



SPECIALIST  
SPORTS MEDICINE  
CENTRE

**Cordially invite you to attend our  
Active Learning Module Education and Dinner Meetings**

**Special Groups in Sports Medicine:  
Children, The Elderly & Females**

**This Education Program is an RACGP approved ALM - 40 QI & CPD points.  
Activity Number: 763798**

**RSVP:** Specialist Sports Medicine Centre (ph: 9525 3444 | fx: 9525 3999) or  
[emma.kirton@specialistsportsmed.com.au](mailto:emma.kirton@specialistsportsmed.com.au) before 2/10/12 (numbers are limited)

**Name:** \_\_\_\_\_

**Practice:** \_\_\_\_\_

**Contact #:** \_\_\_\_\_

**Contact Email:** \_\_\_\_\_

Email address must be supplied in order to receive the Predisposing Activities that need to be completed.

***Yes, I will attend the meeting on:***

Tuesday 9 October 2012 | 6.15pm – 8.00pm

Tuesday 30 October 2012 | 6.15pm – 8.00pm

Tuesday 27 October 2012 | 6.15pm – 8.00pm

**The 40 QI & CPD points will only be awarded to GPs who complete the predisposing and reinforcing activities and attend all three sessions.**

Please advise if there are any special dietary requirements.

No, I am unable to attend any meeting.

Specialist Sports Medicine Centre ABN 92 991 226 442

3 / 545 – 549 Kingsway Miranda 2228

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## Learning Objectives of this ALM

- **Describe** the components of the Female Athlete Triad and the significant long term consequences on increased morbidity and mortality
- **Describe** injury patterns that uniquely present in children, particularly epiphyseal growth plates
- **Describe** the impact of exercise in the elderly population in reducing morbidity and mortality of major medical conditions, particularly osteoporosis and osteoarthritis
- **Indicate** the preferred imaging modality (where applicable) that will best guide management
- **Demonstrate** correct examination techniques, especially the ability to elicit clinically relevant signs and contributing biomechanical factors
- **Formulate and use** management plans for individual patients that include both medical interventions and rehabilitation, taking into consideration symptom and functional outcomes

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**Tuesday 9 October 2012**

## **Active Learning Module**

### **Special Groups in Sport Medicine - Children**

*An interactive, clinically-oriented Activity Learning Module dedicated to the multidisciplinary approach of managing unique problems that present in sporting children. The module will include - typical presentations, underlying pathology, clinical assessment, physical examination, principles of rehabilitation and commonly used / emerging medical interventions.*

6:15pm **WELCOME AND REGISTRATION**

6:30pm **POWER POINT & ALTERNATING TWO SMALL GROUP WORKSHOPS - 25mins each**

**Paediatric Rheumatology & Sports Medicine**

- Dr Damien McKay - common injury patterns, case presentation

**Physiotherapy**

- Michael Bushell - rehabilitation, training loads, practical session

**Orthopaedics**

- Dr Martin Sullivan - congenital problems, the spastic flat foot, case presentation

**Podiatry**

- Phil Perry - Adolescent Heel Pain, case presentation, VGA practical session

8:15pm **QUESTION & ANSWER TIME - Expert Panel**

8:30pm **CLOSE**

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**Tuesday 30 October 2012**

## **Active Learning Module**

### **Special Groups in Sport Medicine - Elderly**

*An interactive, clinically-oriented Activity Learning Module dedicated to the multidisciplinary approach of managing unique problems that present in the elderly population and exercise. The module will include - typical presentations, underlying pathology, clinical assessment, physical examination, principles of rehabilitation and commonly used / emerging medical interventions.*

6:15pm **WELCOME AND REGISTRATION**

6:30pm **POWER POINT & ALTERNATING TWO SMALL GROUP WORKSHOPS - 20mins each**

**Exercise Physiology**

- Brent Collier / Nigel Morgan - exercise prescription, benefits, practical session

**Chiropractic**

- Dr Andrea Cooze - spondylosis, case presentation, "How I treat" practical session

**Acupuncture & Remedial Massage**

- Jeff Butler - pain management, "How I treat" workshop

**Orthopaedics**

- Dr John Trantalis - rotator cuff arthropathy, shoulder & elbow arthroplasty

**Sport & Exercise Medicine**

- Dr George Pitsis - PRP & Stem Cell injections in OA, aseptic techniques workshop

8:15pm **QUESTION & ANSWER TIME - Expert Panel**

8:30pm **CLOSE**

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**SPECIALIST  
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**Tuesday 27 November 2012**

## **Active Learning Module**

### **Special Groups in Sport Medicine - Females**

*An interactive, clinically-oriented Activity Learning Module dedicated to the multidisciplinary approach of managing unique problems that present in the exercising female, particularly the Female Athlete Triad. The module will include - typical presentations, underlying pathology, clinical assessment, physical examination, principles of rehabilitation and commonly used / emerging medical interventions.*

6:15pm **WELCOME AND REGISTRATION**

6:30pm **POWER POINT & ALTERNATING TWO SMALL GROUP WORKSHOPS - 20mins each**

**Hand and Plastic Surgeon**

- Associate Professor Anand Deva - body dysmorphia, case presentation

**Sport & Exercise Medicine**

- Dr George Pitsis - menstrual dysfunction, osteoporosis, case presentation

**Sports & Clinical Nutrition**

- Dr Helen O'Connor - Nutrition and the Female Athlete, case presentation

**Performance Psychology**

- Dr Michael Martin - How to Love your Negative Thoughts, case presentation

**Orthopaedics**

- Dr Anthony Leong – ACL Reconstruction in Female Athletes, case presentation

8:15pm **QUESTION & ANSWER TIME - Expert Panel**

8:30pm **CLOSE**

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