



# SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

## In This Issue:

Sport Med Saturdays . . . . .	1
President's Message . . . . .	2
National Disabled X-Country Ski Team . . . . .	3
Web page info . . . . .	3
Sport 1st aid/Taping Workshops . . . . .	4
SASM Research Grants . . . . .	4
Concussion and Sport. . . . .	5
Honorarium Payment Guidelines . . . . .	6

Providing Sport Medicine and Science Services and Programs for all active people in Saskatchewan

Autumn 2006

## Sport Med Saturdays - Coming Soon!

### Registration deadline is quickly approaching for the inaugural Sport Med Saturdays.

As was mentioned in the last newsletter, the SMSCS has revamped the Sport Medicine Rounds Program that consisted of monthly one hour sessions in Saskatoon and Regina. The new and improved version, Sport Med Saturdays, promises to bring an educational, multidisciplinary approach to sports injury management that is accessible to all practitioners throughout the province.

Sport Med Saturdays will be presented in the Fall in Saskatoon, and in the Spring in Regina. The first session will focus on assessment and diagnosis of anterior hip pain, while the second session will follow up with treatment and rehabilitation techniques. Presenters will be from a variety of sports medicine professions. **Continuing Education credited sessions. Register early!**

#### Session One

#### Anterior Hip Pain- Assessment and Diagnosis

**Date:** Saturday October 28, 2006

**Location:** Room 246 Physical Activity Complex (PAC), University of Saskatchewan

**Registration Deadline:**

September 29, 2006, or first 125 registrants

#### Session Two

#### Anterior Hip Pain- Treatment and Rehabilitation

**Date:** Saturday, March 31, 2007

**Location:** University of Regina, Room TBA

**Registration Deadline:**

March 2, 2007, or first 125 registrants

**Times for Both Days:** 10:00 a.m. – 2:45 p.m. (includes 45 minute lunch break) Doors open at 9:30 a.m.

**To Register Contact:** Pat Tremaine, CPTe Ph: (306) 966-2043  
Fax: (306) 966-1986 Email: [pat.tremaine@usask.ca](mailto:pat.tremaine@usask.ca)

**OR**

go to the SMSCS website at [www.smscs.ca](http://www.smscs.ca) to download a registration form

**Cost:** Health Care Professional - \$50.00, Student Rate - \$25.00

For more detailed information on specific speakers and individual session topics go to the SMSCS website at [www.smscs.ca](http://www.smscs.ca)

The SMSCS would like to sincerely thank the following *Sport Med Saturdays Program* Sponsors

#### GOLD SPONSOR



A division of Wyeth Consumer Health Care Inc.

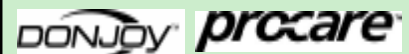
Makers of:



#### SILVER SPONSOR



Makers of:





# SMSCS Staff and Consultant off to Finland With National Disabled Cross Country Ski Team

As stated in the last newsletter, the SMSCS staff and consultants have been working extensively with the National Disabled Cross Country Ski team over the last year. We have been contracted by this organization to provide a Performance Enhancement Team (PET) for their national and developmental teams. In addition, we have also been involved in *Top Secret Research Program* with the National team. Bruce Craven, staff person with the SMSCS, is the Science and Medicine Coordinator of the team.

The SMSCS, through the

involvement of Bruce, provided PET services in January at a camp in Canmore, Alberta. In February, consultant and physiotherapist A.J Tabin, accompanied the team to Austria, Germany, and Switzerland for two weeks as the team prepared for the Paralympic Winter Games. In April, staff members Travis Laycock and Heather Hynes, along with the U of S Dean of the College of Kinesiology, Carol Rodgers, who is an exercise physiologist, accompanied Bruce at another camp in Canmore. Additional Canmore camps were held in July and August. In October, Bruce, Carol, and Heather will

accompany the team to Finland for 10 days of training. Additional camps are also scheduled for Silverstar in November and then back in Canmore in December.



## Need it? Find it on the SMSCS Web Page

Here's what's at ...

[www.smscs.ca](http://www.smscs.ca)



### RESOURCE VIDEOS

*For loan on the following topics:*

- Nutrition
- Drug Education
- Sport Medicine
- Exercise Physiology
- Mental Training
- Many others...

*For sale:*

- Body Image video & lesson plans

### SPORT 1ST AID KITS & SUPPLIES FOR SALE

- Tape, various types & sizes
- Underwrap
- Hot/Cold Packs
- Various Band-aids
- Gauze
- Tensors
- Scissors & Tape Cutters
- Ointments
- Tape Adherent
- Many more...

### SISSSEL EXERCISE AND REHAB EQUIPMENT & SUPPLIES FOR SALE

- ABS Pro Gymballs
- Medicine Balls
- Sit Fits
- Fit Tubing
- Ankle Tubing
- Physio Toners

### RESOURCE ARTICLES ON

- Nutrition
- Drug Education & Doping Control
- Sport Medicine
- Exercise Physiology
- Mental Training
- Many others...

### RESOURCE MANUALS

- Sport 1st Aid
- Exercise Physiology
- Strength & Conditioning
- Mental Training
- SNAC Nutrition

### TRAINING DAIRY

### NUTRITION CHECK UP

### PREVIOUS NEWSLETTERS & ANNUAL REPORTS

### SPORT MED SATURDAYS

### ACL INJURY PREVENTION PROGRAM

### LINKS TO OTHER RELATED AGENCIES

...MUCH, MUCH MORE...



Attend our workshop and avoid sport taping nightmares!

## Sport 1<sup>st</sup> Aid & Sport Taping Workshops

- | Are you a team trainer, parent or coach involved with a sports team?
- | Are you prepared to handle minor sports injuries?
- | Would you know what to do in the event of a medical emergency during a practice?
- | Have you ever asked yourself, "What should I have in my Sport First Aid kit?"
- | Is not knowing how to tape an athlete's thumb becoming a problem?

If you answered "yes" to any of these questions, you have lots to learn at one of our seven-hour Sport 1<sup>st</sup> Aid or Sport Taping Workshops.

Call Travis Laycock at  
**1.888.350.5558**  
for more information.

## APPLICATION FOR SPORTS MEDICINE RESEARCH GRANT

The Saskatchewan Academy of Sports Medicine has two research grants of \$1,500 each available annually for projects that will improve knowledge in the field of Sports Medicine and Injury Rehabilitation.

There could be a broad range of topics – individual treatment, injury research, studying a training method that prevents injury, review of equipment or sports surfaces and alterations in training techniques for improved sports function would all be considered as viable topics. **Application forms** are available from Cary Brunett, SASM administrator, via email at [carybrunett@sasktel.net](mailto:carybrunett@sasktel.net).

If you are interested in doing a research project of six months to one year's duration for which this funding would be helpful, please apply by September 30, 2006, to:

Dr. Arnold Endsins, Secretary  
Saskatchewan Academy of Sports Medicine  
2111 Potts Crescent,  
Regina, SK S4V 2E7

## Dairy Farmers of Saskatchewan



The SMSCS acknowledges the financial support of the Dairy Farmers of Saskatchewan for their continuing support of the High School Athletics Nutrition Workshops.

This province-wide program continues to grow and provide valuable information to high school teams in Saskatchewan. To book your workshop, contact Heather Hynes toll free at 1.888.350.5558, ext. #5.

**There are a limited number of workshops available, so book early!**

# Concussion and Sport

**Very often the SMSCS receives calls from parents, coaches and even athletes wanting information and advice on where to turn for information on signs and symptoms of a concussion, return to play guidelines, etc.**

ThinkFirst Canada has developed a very extensive Concussion Education and Awareness Program, with the help of concussion and sports medicine experts. This program is overseen by ThinkFirst's Concussion Education and Awareness Committee.

The purpose of the Concussion Education program is to provide information about concussions to all individuals likely to come into contact with someone who has suffered a concussion. The information about concussions includes diagnosis, treatment, management, and return to activity guidelines. With the help of the Concussion Education and Awareness Committee and other ThinkFirst volunteers, several educational items about concussion have been developed to enhance knowledge of concussion and concussion guidelines.

**To learn more about ThinkFirst Canada visit their website at [www.thinkfirst.ca](http://www.thinkfirst.ca)**

Materials available include:

- [Concussion card for the general public](#)
- [Concussion card for physicians](#)
- [Concussion hand out for parents](#)
- [Concussion hand out for coaches/trainers](#)
- [Concussion Information for Athletes](#)
- [Letter to physicians about the materials](#)
- [Question and Answer Document for Physicians](#)
- [ThinkFirst Concussion Questionnaire](#)

## Sport Science and Medicine services available



The WCSG will be held in the County of Strathcona, Alberta, in August 2007. Each Provincial Sport Governing Body is eligible for 12 hours of sport science services in preparation for the Games. Also in 2007 the Canada Winter Games will be held in Whitehorse from Feb. 24 - March 10. Teams are eligible for 36 hours of service.

The services available through the SMSCS are: Nutrition, Mental Training, Drug & Supplement Education, Exercise Physiology, Sport Medicine Prevention & Assessment, and Biomechanics.

Coaches, technical directors, or executive directors should contact SMSCS Programs Coordinator, Travis Laycock at 975.0867 or [travis.laycock@sasktel.net](mailto:travis.laycock@sasktel.net) for more information.



**Craven SPORT services**

Sport Physiotherapy | Orthopedic Rehabilitation | Training



3602 Taylor St. E • Phone: 306 374 3388  
Saskatoon, SK S7H 5H9

**KAREN CRAVEN**

B.Sc.(ANAT), B.Sc.(PT), DIP.SPORT(PT), C.S.C.S

Phone: 306 220 7854

email: [craven.sports@sasktel.net](mailto:craven.sports@sasktel.net)  
[www.cravensportservices.ca](http://www.cravensportservices.ca)

**SMSCS  
Fall Board of Directors  
Meeting**

Thursday, October 5, 2006

6:30pm - 9:00pm

Davidson, SK

For more information contact Mark Heny  
at 780-9208

# Honorarium Payments for Event Coverage

**There has been numerous inquiries of late regarding the current procedure for honorarium payments for individuals that cover sporting events through the SMSCS's Medical Coverage Program.**

To alleviate some of the concerns and inquiries, it was felt that a step by step explanation was warranted.

1. Upon completion of the event, all equipment and remaining supplies are either picked up by a SMSCS staff member or the event organizer returns them to the SMSCS office, either in person or by bus.
2. Inventory is then taken on all perishable items from such things as sport 1<sup>st</sup> aid kits, CASM bags, etc and re-stocked to pre-event status. All bags, carrying cases, and equipment is checked over for damage.
3. Costs of the items used are noted for invoicing.
4. The number of hours that each individual covered is calculated and then grouped into an invoice total that is

sent to the event host organizing committee, along with the invoice for the various perishable items used, as well as any other potential costs such as damaged or lost equipment, or any other cost related expense.

5. Once the SMSCS receives payment from the host organization, cheques are then distributed by the SMSCS to each of the provider groups that had members who provided medical coverage at the event. Along with the cheque each provider group is provided with a specific breakdown of the number of hours that each individual covered.
6. It is then up to each of the provider groups to distribute cheques to individual members within their association. Each provider group has determined what percentage of their hourly honorarium will be distributed to individual members. Some simply pass on the entire honorarium while others keep back a small percentage for

association initiatives such as educational sessions.

So as you can see the process is a long and extensive with many steps. If anyone has any questions on this process or the Medical Coverage Program in general please don't hesitate to call.

A huge thank you goes out to each of the following medical provider groups who continue to provide a very valuable service to the athletes of Saskatchewan and in some instances from other areas of Canada and around the world!

- 1) **Saskatchewan Academy of Sport Medicine**
- 2) **Sport Physiotherapy Saskatchewan**
- 3) **Saskatchewan Athletic Therapy Association**
- 4) **Canadian Sport Massage Therapists Association – Sask Chapter**
- 5) **Chiropractors Association of Saskatchewan – Chiropractic Sport Sciences Council**



# Support Saskatchewan Lotteries



- m 12,000 volunteer groups and over 800 communities share the proceeds
- m 600,000 people participate in lottery-funded sport, culture and recreation activities each year
- m \$1 billion annual economic impact providing 23,000 jobs.

**Be a winner.  
Buy your tickets today.**

Canada's Most extensive line of sports medicine supplies and rehabilitation products

## DIAMOND ATHLETIC MEDICAL SUPPLIES INC.

**We specialize in:**

- u Chattanooga & Saunders products
- u Thera-Band products
- u Tens Units and Electrical Modalities
- u Home Healthcare Supplies
- u All Training Room and Taping Supplies

**We are very proud to have served Saskatchewan over the years and are dedicated to continue the outstanding service.**

1387 Grant Avenue  
Winnipeg, MB  
R3M 1Z9

Phone 1.800.781.9127

Fax 1.204.488.0294

Web [www.diamondathletic.com](http://www.diamondathletic.com)



## Western College of Remedial Massage Therapies Sports Massage Program

The Western College of Remedial Massage Therapies Inc. in Regina Saskatchewan has developed and delivered a Post-Graduate Sports Massage Therapy Program for over a decade.

Intensive three-day Pre and Post Event Sports Massage courses and 1,000 hour competency post-graduate Sports Therapy Distance Education courses are available.

**If you are interested in obtaining Certification or a Diploma in Sports Massage, contact our school and we will be happy to provide you with the education necessary to practice safely and accurately in order to meet the needs of your athletic based clientele.**

Web Page [www.westerncollege.ca](http://www.westerncollege.ca)

Email [wayne.baiton@westerncollege.ca](mailto:wayne.baiton@westerncollege.ca)

Phone 306-757-2242

## Alaska ATHLETICS Sports Medicine Centre

87 Campus Drive, Saskatoon, SK S7N 5B2 • Phone: 306.966.1027 • Fax: 306.966.6502

Hours of Operation: Mon-Thur 7:30am - 5:00pm; Fri 7:30am - 12:00pm



- Premier sports medicine rehabilitation centre
- Qualified and experienced physiotherapist
- Maximizing function and preventing injury

- Comprehensive physical therapy services for orthopedic and sports related injuries
- Personalized, individual care



~ NO REFERRAL REQUIRED ~

**For Appointments, call 966.1027**