

17th
Biennial
Congress

Integrate Accelerate Elevate

SASMA 2017
South African Sports Medicine Association

24 - 27 October
Century City Conference Centre and Hotel
Cape Town



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Congress organisers LONDOCOR +27 82 455 7853 sonja@londocor.co.za

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TUESDAY 24 OCTOBER 2017

PRE-CONGRESS WORKSHOPS

09:00 - 17:00	Sport Fieldside Emergency Care	Meeting Room 8 & 9 (combined)
08:30 - 16:00	Exercise is Medicine	Meeting Room 7
09:00 - 17:00	Advanced Physiotherapy	Meeting Room 11

WEDNESDAY 25 OCTOBER 2017

07:00 - 08:30 **REGISTRATION** Exhibition Area

08:30 - 10:30 PLENARY SESSION Hall A & B

Chairs: Philda de Jager & Sharief Hendricks

08:30 - 08:35	Opening	Pierre Viviers (President-Elect SASMA)
08:35 - 08:45	Welcome by Western Cape Minister of Cultural Affairs and Sport	Minister Anroux Marais
08:45 - 09:00	Integrate, Accelerate, Elevate	Phatho Zondi (President SASMA)
09:00 - 09:40	<u>Noble Lecture</u> : The Young Athlete - down to the bone	Aurelia Nattiv
09:40 - 10:20	<u>Keynote address</u> : Crossing borders to reach our common goals in Sports Medicine	Evert Verhagen
10:20 - 10:30	Q & A	

10:30 - 11:00 **TEA** Exhibition Area

11:00 - 12:30 PARALLEL SESSIONS 1.1 - 1.4

1.1 Pitch side practice

Chair: Stan Herring

11:00 - 11:05	Session Introduction	
11:05 - 11:20	Critical Decision Making Under pressure	Efraim Kramer
11:20 - 11:35	Live video review in clinical decision making	Pierre Viviers
11:35 - 11:50	Team sport vs individual sport pitch side support: the role of the sports scientist	Shona Hendricks
11:50 - 12:05	Integrating technology to describe match demands in field hockey	Marc Booysen
12:05 - 12:20	Fail to Prepeare - Prepare to Fail	Liam West
12:20 - 12:30	Q & A	

1.2 Optimising the journey of the amputee from surgery to elite performance

Chair: Wayne Derman

11:00 - 11:15	From amputation to walking again: the prosthetist's perspective	Jayson Chin
11:15 - 11:30	The effect of walking prosthesis choice on functional capacity and biomechanics in a transfemoral amputee	Phoebe Runciman
11:30 - 11:45	Choosing the best running specific prosthesis for performance	Lara Grobler
11:45 - 12:00	The interaction between running blades and athletic performance of Paralympic athletes with amputation	Suzanne Ferreira
12:00 - 12:15	Long term health of the athlete with impairment	Wayne Derman
12:15 - 12:30	Panel Discussion	

1.3 Exercise is Medicine: Is Exercise Public Health's Best Buy?

Chairs: Christa Janse Van Rensburg & Yoga Coopoo

11:00 - 11:15	Exercise is Medicine - current updates, progress and challenges	Willem van Mechelen
11:15 - 11:30	Active challenges and progresses for physical activity in South Africa	Vicki Lambert
11:30 - 11:45	The application of Big Data and Computational Science in sport and exercise medicine	Jill Borresen
11:45 - 12:00	Is exercise money's best buy? An update from the Lancet series	Estelle Watson
12:00 - 12:30	Panel Discussion	All speakers + Christa Janse Van Rensburg

1.4 Workshop: Paediatric Orthopaedics

11:00 - 11:40	"Tips, Tapes & Tools" that work miracles in kids (40 mins)	Meeting room 8 +9 (combined)
11:40 - 12:20	Recurrent stress fractures - my approach (40 mins)	Angela Smith
12:20 - 12:30	Q & A	Kate Ackerman

12:30 - 13:30 **LUNCH & POSTERS** Exhibition Area

13:30 - 15:00	PARALLEL SESSIONS 2.1 - 2.4	
	2.1 Cycling Science: Pain in the Peleton (Sponsored by Takeda)	Hall A
	Chair: Jon Patricios	
13:30 - 13:50	A day on tour with Team Dimension Data	Jarrad Van Zuydam
13:50 - 14:10	Static and dynamic assessment for optimising cycling biomechanics	Wendy Holliday
14:10 - 14:30	The physiological characteristics of the World's leading male and female cyclists:	Jeroen Swart
	Physiological data from a 4-time Tour de France winner in comparison to top 5 world ranked women's cyclists	
14:30 - 14:50	The lateral clavicle and ACJ	Steve Roche
14:50 - 15:00	Panel Discussion	
	2.2 Acute illness in the Athlete: 8 clinical tips in 8 minutes from 8 presenters on 8 topics!	Hall B
	Chair: Martin Schwellnus	
	<i>*Symposium will include audience participation- bring your smart phone!</i>	
13:30 - 13:40	Introduction and audience participation activity	Martin Schwellnus
13:40 - 13:48	Back to basics - Acute illness and the exercise response - are they compatible?	Martin Schwellnus
13:48 - 13:56	Is acute illness a problem? - Burden of illness in the athlete	Wayne Derman
13:45 - 14:04	What causes acute illness in athletes? - Who is at higher risk?	Alan Kourie
14:04 - 14:12	Consequences of acute illness in athletes - performance and health	Anri van Tonder
14:12 - 14:20	Acute illness in athletes travelling into Africa - 8 tips in prevention and management	Austin Jeans
14:20 - 14:28	Return-to-play after acute illness	Leigh Gordon
14:28 - 14:36	Prevention strategies - general	Christa Janse van Rensburg
14:36 - 14:44	Prevention strategies - nutritional	Leslie Bonci
14:45 - 15:00	Audience participation activity and general discussion	
	2.3 ACL Symposium	Hall C
	From DNA to return to play - all you need to know about ACL injury risk factors, pathology, rehabilitation and preventing re-injury	
	Chair: Karen Schwabe	
13:30 - 13:45	Bench to bedside: Lessons from Genomics	Alison September
13:45 - 14:00	ACL reconstruction and additional procedures to improve result	Spike Erasmus
14:00 - 14:15	The hidden meniscal tears of ACL injury. Ramp lesions and Root tears	Richard von Bormann
14:15 - 14:30	Optimal loading on the ACL knee within a criterion-based rehabilitation progression model	Arnold Vlok
14:30 - 14:45	Early Essentials - setting your patient up for success	Cobus Breytenbach
14:40 - 15:00	Panel Discussion	
	2.4 Working towards a strategy to prevent common injuries in cricket	Meeting room 8 + 9 (combined)
	Chair: Janine Gray	
13:30 - 13:45	Injury profile of professional cricketers in South Africa over the last 3 seasons	Janine Gray
13:45 - 14:05	Bowling them over with a healthy back	Benita Olivier
14:05 - 14:25	Taking wickets with a healthy shoulder	Megan Dutton
14:25 - 14:45	Scoring runs with a healthy hamstring	Janine Gray
14:45 - 15:00	Panel Discussion	
15:00 - 15:30	TEA	Exhibition area

15:30 - 16:45	PARALLEL SESSIONS 3.1 - 3.4	
	3.1 Open Communication	Hall A & B
	Chairs: Yoga Coopoo & Caroline D'Alton	
15:30 - 15:33	Session Introduction	
15:34 - 15:41	Leisure athletes at risk of medical complications: outcomes of online pre-participation screening among 15 778 endurance runners, using current European Guidelines - SAFER VI study	Karen Schwabe
15:42 - 15:49	Prevalence and modifiable intrinsic risk factors for anterior knee pain among runners in peri-urban communities in Ekurhuleni, Gauteng province	Siyabonga Kunene
15:50 - 15:57	How do transplant athletes experience competitive sport: A volleyball perspective?	Louise Anderson
15:58 - 16:05	The effect of three different exercise training modalities on cognitive and physical function in a healthy older population	Carla Coetzee
16:06 - 16:13	The psycho-hormonal influence of anaerobic fatigue on semi-professional female soccer players	Adele Broodryk
16:14 - 16:21	One night of partial sleep deprivation impairs recovery from a single exercise training session	Dale Rae
16:22 - 16:29	Compression socks and post-exercise recovery: how does it work?	Lara Grobler
16:30 - 16:45	Panel Discussion	

3.2 Open Communication - Exercise in Medicine		Hall C
Chairs: Louis Holtzhausen & Rina Grant		
15:30 - 15:33	Session Introduction	
15:34 - 15:41	Home-based balance training can reduce freezing of gait, but not improve turning ability	Elizabeth Atterbury
15:42 - 15:49	The effect of progressive resistance exercise intervention on HIV infected individuals taking antiretroviral therapy (ART) in Zimbabwe	Victor Mbayo
15:50 - 15:57	High Intensity Interval Training And Detraining Effects On Cardio-Metabolic Profiles Of Young Overweight And Obese Women	Privelege Ndlovu
15:58 - 16:05	The effect of therapeutic horseback riding on heart rate variability of children with disabilities	Zingisa Nqwena
16:06 - 16:13	Cerebral haemodynamics and cognitive performance in stroke survivors following exercise	Elmarie Terblanche
16:14 - 16:21	SA case studies: The effect of an exercise intervention program on the cardio-metabolic profiles of a Diabetic; a Metabolic Syndrome; a Cardiovascular and a Depressive patient	Georgia Torres
16:22 - 16:29	Somatosensory training improves sensory integration but not haptic feedback in individuals with mild to moderate Parkinson's disease	Karen Welman
16:30 - 16:45	Panel Discussion	
3.3 Open Communication - Sports Specific 1		Meeting room 8 +9 (combined)
Chairs: Clint Readhead & Wayne Viljoen		
15:30 - 15:33	Session Introduction	
15:34 - 15:41	Concussions: A Conundrum of Uncertainty and the Need to Standardise Care - The Online Concussion Awareness Training Tool – www.cattonline.com	Shelina Babul
15:42 - 15:49	Assessing the validity a novel collision sport simulator developed to study tackling and prevent tackle-related injuries	Nicholas Burger
15:50 - 15:57	The contact skill characteristics of an academy rugby union team	Steve den Hollander
15:58 - 16:05	Statistical methods to explore the relationship between illness and injury in the Super Rugby tournament	Charl Janse van Rensburg
16:06 - 16:13	Infections of the respiratory tract account for >50% of all illness during the super rugby union tournament – a prospective study involving 80 088 player days	Audrey Jansen van Rensburg
16:14 - 16:21	Barriers to concussion management in low-income countries. Uganda as a case study	Samuel Lubega
16:22 - 16:29	Vitamin D status amongst elite rugby union players – an observational pilot study	Jeandre Viljoen
16:30 - 16:45	Panel Discussion	All
3.4 Open Communication - Epidemiological Studies		Meeting room 7
Chairs: Mike Lambert & Mamosilo Lichaba		
15:30 - 15:32	Session Introduction	
15:32 - 15:39	High pre-competition injury rate dominates the injury profile at the Rio 2016 summer Paralympic Games: a prospective cohort study of 51,198 athlete days	Phoebe Runciman
15:40 - 15:47	About 1/20 road cyclists report non-traumatic injuries, with 38% of the injuries being severe enough to affect cycling – A cross-sectional study amongst 22 560 cyclists	F.C du Toit
15:48 - 15:55	The Injury and Illness Profile of 23055 Participants in a 94.7km Cycle Race Cross-Sectional Study	Christa Janse van Rensburg
15:56 - 16:03	Pre-race medical screening and educational intervention reduces medical complications in distance runners: A prospective	Martin Schwellnus
16:04 - 16:11	Injuries and Illness in athletes with Spinal Cord Injury: Lessons from London 2012 Summer Paralympics	Tommie Swart
16:12 - 16:19	Sport, gender and age increase risk of illness at the Rio 2016 summer Paralympic Games: a prospective cohort study of	Phoebe Runciman
16:20 - 16:27	Lifetime prevalence, annual incidence, and incidence of common running injuries differ between 21.1km versus 56km runners: A cross sectional study in 76 654 distance runners	Paola Wood
16:28 - 16:45	Panel Discussion	All
3.5 Open Communication - Biomechanics		Meeting room 2
Chairs: Helen Bayne & Andrew Green		
15:30 - 15:33	Session Introduction	
15:34 - 15:41	Reliability of rotational knee laxity measurements in healthy participants using the RKT device	Samuel Beckley
15:42 - 15:49	Selected motor fitness test scores for rural emergency medical and rescue services (EMRS) personnel in the North West	Solomon Mthombeni
15:50 - 15:57	The biomechanical evolution of a portable muscle testing device (PAB®), using air pressure as a biofeedback and strength testing tool - a new innovation.	Andre Pienaar
15:58 - 16:05	Runners self-optimize their kinematics in response to running-induced fatigue after eight weeks of endurance training	Saint Sackey
16:06 - 16:13	Plantar foot loading patterns of healthy weight and overweight school children from South Africa and Germany	Gabriela Tidbury
16:14 - 16:21	Differences in foot posture between habitually barefoot and shod children and adolescents	Ranel Venter
16:22 - 14:28	Feasibility of higher intensity goal oriented gait re-training in chronic stroke patients: a pilot study	Jeanine Watson
16:30 - 16:45	Panel Discussion	All
16:50 - 17:30	PLENARY SESSION	Hall A & B
Chair: Mike Lambert		
16:50 - 17:20	<u>Keynote Address:</u> Injury Prevention - how far have we come?	Willem van Mechelen
17:20 - 17:30	Q & A	

17:30

OPENING COCKTAIL FUNCTION

Exhibition Hall

DAY 26 OCTOBER 2017

07:00 - 07:55	PARALLEL SESSIONS 4.1 - 4.5	
	4.1 Breakfast Seminar - Sponsored by Sanofi	Meeting room 8 +9 (combined)
	Does Viscosupplementation really postpone Total Knee Replacement in the treatment of Knee Osteoarthritis?	Robert van der Plank
	4.2 Ethics	Hall A & B
	Medico-Legal Ethical Dilemmas in Sports Medicine	Helen Millson
	4.2 Biomechanics Interest Group	Hall C
	Purpose: to advance the field of biomechanics in South Africa by supporting high quality research and promoting the translation of research to practice. *Open invitation to all interested parties.	Steered by Helen Bayne and John Cockcroft

08:00 - 09:40	PLENARY SESSION Chairs: John Cockcroft & Barry Getz	Hall A & B
08:00 - 08:45	Mechanical considerations in the aging runner	Blaise Williams
08:45 - 09:30	Correct alignment: prevent and treat youth sports injuries	Angela Smith
09:30 - 09:40	Q & A	

09:45 - 10:30	PARALLEL SESSIONS 5.1 - 5.5	
	5.1 ACSM Paediatric Sports Medicine - Supported by MSD Chair: Jon Patricios	Hall A & B
09:45 - 09:55	Common problems by age	Angela Smith
09:55 - 10:10	Diagnosis, treatment, management in different age groups	Kate Ackerman
10:10 - 10:20	Principles of preventing youth sports injuries	Angela Smith
10:20 - 10:30	Panel Discussion	
	5.2 Sport & Mental Health Chair: Louis Holtzhausen	Meeting Room 7
09:45 - 09:57	Incidence of Mental Disorders in Professional Cricket and Rugby Players	Vincent van Gouttebarge
09:57 - 10:10	Clinical challenges in the Elite Athlete	Kirsten Van Heerden
10:10 - 10:25	Living & Working in the Zone: Lessons from the World of Elite Sport	Clinton Gahwiler
10:25 - 10:30	Panel Discussion	
	5.3 Monitoring Load in Sport Chair: Jeroen Swart	Hall C
09:45 - 09:58	Load monitoring in football	Ryan White
09:58 - 10:10	Finding the optimal balance in training - detecting early symptoms of fatigue and overreaching	Rob Lamberts
10:10 - 10:25	Load monitoring in endurance sports	Mike Posthumus
10:25 - 10:30	Panel Discussion	
	5.4 Workshop: Early Athlete Development 1	Meeting room 8 +9 (combined)
09:45 - 10:05	How much is too much? How much is too soon?	Justin Durandt
10:05 - 10:20	Monitoring & measuring sports participation in youth athletes	Rodet-Williams Yila
10:20 - 10:30	Q & A	

10:30 - 11:00 **TEA**

11:00 - 12:30	PARALLEL SESSIONS 6.1 - 6.5	
	6.1 ACSM Paediatric Sports Medicine - Supported by MSD Chair: Pierre Viviers	Hall A
11:00 - 11:25	Snapping hip and other sports hip disorders	Angela Smith
11:25 - 11:50	Back pain in adolescents	Stan Herring
11:50 - 12:15	Overuse injuries in kids	Kate Ackerman
12:15 - 12:30	Q & A	
	6.2 Soccer Medicine	Hall B

Chair: Lervasen Pillay		
11:00 - 11:12	The incidence of injuries & illnesses in South African male professional football players	Helen Bayne
11:12 - 11:24	Sundowns' rise to glory: Medical pearls & pitfalls	Carl Tabane
11:24 - 11:36	The effect of ethnicity on fatigue and hamstring injury risk in elite soccer players	Robert Jones
11:36 - 11:48	Lumbo-sacral dysfunction in footballers	Simon Lawson
11:48 - 12:00	New trends in the rehabilitation of concussion in soccer	Shaun Jankielsohn
12:00 - 12:15	Accelerated hamstring rehabilitation protocol using early eccentric loading using grucos and nordbord as tools - case report series	Ziyaad Mohammed
12:15 - 12:30	Q & A	
6.3 Protecting the Athlete's Spine		Hall C
A comprehensive approach to the treatment and prevention of injuries to the spine		
Chair: Philda de Jager		
11:00 - 11:15	Pars defects in asymptomatic junior tennis players - "Stop Complaining and keep serving the ball"	Mike Turner
11:15 - 11:30	The Sportsman with symptomatic lumbar disc prolapse - my approach and management	Nick Kruger
11:30 - 11:45	Core stability vs general exercise for lower back pain - what does the evidence say?	Neil Hopkins
11:45 - 12:00	Exoskeleton technology: Transforming Para-athlete performance	Yumna Albertus
12:00 - 12:15	The management and protection of the young athlete's spine	Greg Duddy
12:15 - 12:30	Panel Discussion	All
6.4 Workshop: LCHF dietary approaches for the recreational and competitive athlete		Meeting room 8 +9 (combined)
11:00 - 12:30	Format: Case Studies, short presentations, Q&A. <i>*Interactive session facilitated by Glen Hagemann</i>	Tim Noakes, Tamzyn Murphy, Chris Webster, Jean de Villiers
12:30	LUNCH	Exhibition Hall
12:50 - 13:25	BJSM & SAJSM DISCUSSION: "How to get published" <i>*Lunch time session - delegates can continue lunch while discussion takes place</i>	Hall A Babette Pluim (BJSM) Mike Lambert (SAJSM)
13:30 - 15:00 PARALLEL SESSIONS 7.1 - 7.5		
7.1 ACSM Paediatric Sports Medicine - Supported by MSD		Hall A
Chair: Jon Patricios		
13:30 - 13:55	Hot topics in the paediatric knee	Angela Smith
13:55 - 14:20	Common injuries in the young female athlete	Kate Ackerman
14:20 - 14:45	Foot and ankle through childhood and adolescence	Angela Smith
14:45 - 15:00	Q & A	
7.2 Sports Cardiology Symposium		Hall B
Chair: Leigh Gordon		
13:30 - 13:35	Session Introduction	
13:35 - 13:50	PHE screening in SA - ECG or no ECG?	Leigh Gordon
13:50 - 14:10	A heart for cycling? Cardiovascular screening of professional cyclists	Adie Horak
14:10 - 14:35	Discovering the gene for Arrhythmogenic Right Ventricular Cardiomyopathy: why this will change the game	Bongani Mayosi
14:35 - 14:50	Sudden Cardiac Death: Clinical Update	Efraim Kramer
14:50 - 15:00	Q & A	
7.3 Biomechanics & Sports		Hall C
Chair: Helen Bayne		
13:30 - 13:50	Mechanical differences between acceleration, deceleration and steady pace running	Blaise Williams
13:50 - 14:10	Application of a fibre-optic based technique to measure <i>in-vivo</i> tendon strain during treadmill running	Cobus Miller
14:10 - 14:30	The biomechanics of the world's greatest distance runners: Kenyan or elite characteristics?	Ross Tucker
14:30 - 14:50	Quick out of the blocks: Acceleration mechanics of South Africa's elite sprinters	Helen Bayne
14:50 - 15:00	Q & A	
7.4 Case Studies		Meeting room 8 +9 (combined)
Chairs: Phatho Zondi & Babette Pluim		
13:30 - 13:35	Session Introduction	
13:35 - 13:45	Lumbar stress injury or not? – a Case Study of a Cricket Player	Christa Janse van Rensburg
13:45 - 13:55	Longstanding bilateral hip pain in a field hockey player	Tanya Green
13:55 - 14:05	Management of difficult dislocation	Ali Ganai
14:05 - 14:15	Complicated Synovial Cyst Tibiofibular Joint Squash – a Case study	Christa Janse van Rensburg
14:15 - 14:25	Not all acute football groin injuries are groin disruptions - a multi-system extra pulmonary TB masquerades as an acute	Momoso Lichaba
14:25 - 14:35	Acute, non-traumatic muscle tear in a provincial rugby player, all is not what it seems to be	Gershwin Kortje
14:35 - 14:45	To catch a red herring? : Knee pain in a healthy male ultra-marathon runner	Riaan van Tonder
14:45 - 14:55	An unusual muscle tear in a cricket fast bowler	Emmari Carstens
7.5 Workshop: Early Athlete Development 2		Meeting Room 7

	Faciliator: Pierre Viviers	
13:30 - 14h00	The Western Cape Academy System	Lyndon Bouah
14:00 - 14:30	Adolescent performance & development	Ben Jones
14:30 - 15:00	Panel Discussion including athlete, Tamzin Thomas	Bouah, Jones, Thomas

15:00 - 15:45 **TEA**
ORAL "FLASH" POSTER PRESENTATIONS

Exhibition Hall
Exhibition Hall

15:45 - 17:30	PARALLEL SESSIONS 8.1 - 8.5	
	8.1 ACSM Paediatric Sports Medicine - Supported by MSD	Hall A
	Chair: Liam West	
15:45 - 16:30	Being the clandestine psychologist: 2 case studies I really learnt from	Angela Smith
16:30 - 17:15	My 5 "Hot Tips" in Paediatric Sports Medicine	Angela Smith & Kate Ackerman
17:15 - 17:30	Q & A	
	8.2 Protecting the health & performance of the traveling athlete	Hall B
	Chair: Ephraim Nematswerani	
15:45 - 15:55	Session Introduction & audience participation	
15:55 - 16:10	Jet Lag - fighting the fatigue	Christa Janse Van Rensburg
16:10 - 16:25	Protecting the athlete's health in high risk periods	Phatho Zondi
16:25 - 16:40	Sleep and Performance	Dale Rae
16:40 - 16:55	Travel through Africa	Ephraim Nematswerani
16:55 - 17:10	The travelling mind	Kirsten Van Heerden
17:10 - 17:30	Q & A	
	8.3 Shoulder Symposium	Hall C
	Chair: Caroline D'Alton	
15:45 - 16:05	An orthopaedic surgeon's view of shoulder pathology in overhead athletes	Steve Roche
16:00 - 16:20	Ready, Steady, Go – prevention of injury through the tennis App	Babette Plum
16:20 - 16:40	What are the loads on the shoulder in overhead athletes and how can we manage these?	Janine Gray
16:40 - 17:00	Integrating functional anatomy in shoulder exercise rehabilitation of the overhead athlete - no more guessing!	Erna Bruwer
17:00 - 17:20	Referred pain in the overhead athlete	Jason Fyfer
17:20 - 17:30	Panel Discussion	
	8.4 Running Workshop	Meeting room 8 +9 (combined)
15:45 - 16:30	The Running Readiness Scale	Blaise Williams
16:30 - 17:00	The Sub-2hour Marathon	Andrew Bosch
17:00 - 17:30	Panel discussion including Tanith Maxwell (SA Marathon Runner)	Williams, Bosch, Maxwell
	8.5 Open Communication - Sports Specific 2	Meeting room 7
	Chairs: Wayne Derman & Paola Wood	
15:45 - 15:50	Session Introduction	
15:50 - 15:57	Prevalence, clinical presentation, treatment and severity of Exercise Associated Muscle Cramping (EAMC) differ between	Izaan De Jager
15:58 - 16:05	Novel direct and indirect effects of risk factors for Exercise Associated Muscle Cramping (EAMC) in a cohort of 47784 distance runners over 4 years	Esme Jordaan
16:06 - 16:13	Chronic disease, medication use, history of injuries and running experience are associated with Exercise Associated Muscle Cramping (EAMC): Cross-sectional study in 15 778 distance runners	Martin Schwellnus
16:14 - 16:21	Oral supplementation of specific collagen peptides accelerates improvement in Achilles tendon symptoms and function in combination with eccentric exercise.	Stephan Praet
16:22 - 16:29	13.3% runners use prescription medication, mostly to treat hypertension, raised serum lipids, depression and asthma: A cross-sectional study in 76 654 distance runners	Marcel Jooste
16:30 - 16:37	Prevalence and etiology of injuries in trail runners	Johan van Heerden
16:38 - 16:45	About 1/8 runners report a non-traumatic injury annually, and >50% of these significantly affect training: A cross-sectional	Menzi Ngcobo
16:46 - 16:53	Novel risk factors associated with more severe Exercise Associated Muscle Cramping (EAMC): A cohort study of 41 698 distance runners	Sonja Swanevelder
16:54 - 17:01	13% of 56km, and 4% of 21.1km runners use analgesic/anti-inflammatory medication during events: A cross-sectional study of 76 654 distance runners	Adrian Rotunno
17:02 - 17:15	Panel Discussion	

19:00 **CONGRESS DINNER**

08:00 - 08:55	PARALLEL SESSIONS 9.1 - 9.5	
	9.1 Workshop: Strategic Social Media	Meeting Room 7
08:00 - 08:55	Strategic social media use: how to get the most bang for your buck	Claire Bower
	9.2 Concussion: From "Consensus to Clinical Care"	Hall C
08:00 - 08:15	Berlin: Converting Consensus	Jon Patricios
08:15 - 08:30	Addressing Athletes with Prolonged Symptoms	Stan Herring
08:30 - 08:45	CTE: Certainty or Tenuous Evidence?	Michael Turner
08:45 - 08:55	Panel Discussion	
	9.3 Sports Nutrition Update	Meeting room 8 +9 (combined)
08:00 - 08:25	Latest trends in sports nutrition: carbo loading, ketogenic diet, energy drinks, high protein... Scienci-ness vs Science	Leslie Bonci
08:25 - 08:50	Personalised and periodised nutrition to maximise training adaptations and performance - for adult endurance vs strength / team sport athletes including weight management	Lize Havemann-Nel & Nicki de Villiers
08:50 - 09:00	Q&A	
	9.4 MSK Lectures (Open to all delegates)	Meeting Room 11
08:00 - 08:10	Introduction To SAMSIG (South African Musculoskeletal Interest Group)	Richard de Villiers
08:10 - 08:45	MRI of Wrist Injuries	Mark Velleman
08:45 - 08:55	Q & A	

09:00 - 09:55	PLENARY SESSION	Hall A, B
	Chair: Glen Hagemann	
	Integrate, Accelerate, Elevate. What can we learn from other industries?	Sudesh Sivasaru, Debra Barnes

10:00 - 11:00	PARALLEL SESSIONS 10.1 - 10.5	
	10.1 Ethics: Social Media and Clinical Practice	Meeting Room 7
	Chair: Sharief Hendricks	
10:00 - 10:20	Social Media activity provides evidence to inform practice (Value of SM as an evidence base) The value of discussing evidence with peers via Social Media	Evert Verhagen
10:20 - 10:40	HPCSA guidelines. Common mistakes	Neil Hopkins
10:40 - 11:00	Audience Discussion	Audience Participation
	10.2 The Female Athlete	Hall A & B
	Chair: Claire Geldenhuys	
10:00 - 10:20	Practical tools for implementing the Female Athlete Triad Guidelines	Aurelia Nattiv
10:20 - 10:35	Hormones & Performance in Women	Kate Ackerman
10:35 - 10:50	Exercise in Pregnancy	Ettie Barsky
10:50 - 11:00	Discussion	
	10.3 Desperate and dateless - the difficult tendon. Lessons from the 4th International Scientific	Hall C
	Chair: Philda de Jager	
10:00 - 10:15	Molecular mechanisms causing tendon injuries	Malcolm Collins
10:15 - 10:30	Where is pain on the continuum?	Philda de Jager
10:30 - 10:45	Effective rehabilitation for the difficult tendon	Helene Simpson
10:45 - 11:00	Discussion	
	10.4 Sports Nutrition	Meeting room 8 +9 (combined)
	Chair: Amanda Claassen-Smithers	
	<u>Hosted by the Association for Dietetics in South Africa</u>	
10:00 - 10:20	Practical Sports Nutrition for adolescent athletes	Sarah Chantler
10:20 - 11:00	Panel discussion with local and international experts: Maximising the role of the Dietitian to enhance performance nutrition services to the athlete	Lesli Bonci, Nikki de Villiers, Sarah Chantler, Lezandre Wolmarans, Sean Surmon, Clint Redhead, Christa Janse Van Rensburg
	10.5 MSK Lectures (Open to all delegates)	Meeting Room 11
10:00 - 10:25	Subscapularis injuries in adolescent waterpolo players	Graeme Thompson
10:25 - 10:50	Imaging of Surfing Injuries	Jean-Claude Koenig
10:50 - 11:00	Q & A	

11:00 - 11:30 **TEA**

11:30 - 13:00	PARALLEL SESSIONS 11.1 - 11.5	
	11.1 Technology & Social Media in Sport and Health Promotion	Hall A
	Chair: Evert Verhagen	
11:30 - 11:50	Cycling as a case study on the use of technology to monitor performance and training efficacy	Jeroen Swart
11:50 - 12:10	Social media and scholarly communication	Claire Bower
12:10 - 12:30	Technology and social media for health promotion	Evert Verhagen
12:30 - 13:00	Social media channels are not being used to their full potential in sports medicine - how could they?	Panel Discussion
	11.2 Rugby Medicine: "You cannot fix what you do not know is broken"	Hall B

Chair: Clint Readhead		
11:30 - 11:40	Research Model for the Applied Setting	Ben Jones
11:40 - 11:55	Concussion in Rugby - the World Rugby evidence model	Ross Tucker
11:55 - 12:10	Age Group versus Size Classifications in Youth Rugby: The pros and cons	Mike Lambert
12:10 - 12:20	How to coach the tackle to maximise performance and safety	Sharief Hendricks
12:20 - 12:35	A comparison of catastrophic injury incidence rates by Provincial Rugby Union in South Africa	Marelise Badenhorst
12:35 - 12:50	Non-sanctioning of illegal tackles by referees at the SA Rugby Craven Week	Wilbur Kraak
12:50 - 13:00	Panel Discussion	

11.3 The thrills and spills of Mass Participation Medicine		Hall C
Chair: Jann Killops		

11:30 - 11:45	Injury and illness profiles in a mass participation cycling event	Christa Janse Van Rensburg
11:45 - 12:00	Challenges of the Race Medical Director – Experiences from a multistage cycling event	Jann Killops
12:00 - 12:15	Athletes with special needs – Accessibility of mass participation events for all, breaking down barriers	Wayne Derman
12:15 - 12:30	The use and abuse of analgesics and NSAID's in mass participation medicine – Cure or curse	Adrian Rotunno
12:30 - 12:45	Current approach to medical screening for mass participation events	Martin Schwellnus
12:45 - 13:00	Panel Discussion	

11.4 Global Developments in Antidoping. Part 1		Meeting room 8 +9 (combined)
Chair: Khalid Galant		

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11:30 - 11:50	How can you guarantee "safe" dietary supplement use? What systems are in place, how effective are they and red flags	Amanda Claassen-Smithers
11:50 - 12:05	Doping statistics: Top 10 sports including types of supplements implicated	Fahmy Galant
12:05 - 12:20	Latest advances in doping detection - tests and techniques <i>Therapeutic Use Exemptions - what you need to know</i>	Jeroen Swart
12:20 - 12:30	International standards, criteria and process for granting TUEs	Mike Turner
12:30 - 12:45	Who needs to apply for a TUE from a South African perspective	Lervasen Pillay
12:45 - 12:55	Top reasons for returned / denied applications	Carl Tabane
12:55 - 13:00	Panel Discussion	

11.5 MSK Lectures (Open to all delegates)		Meeting Room 11
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11:30 - 11:55	Imaging of Groin Injuries	Pete Mercouris
11:55 - 12:20	Imaging of Cycling Injuries	Richard de Villiers
12:20 - 12:45	Imaging of the Elbow	Shaun Scheepers
12:45 - 13:00	Q & A	

13:00

LUNCH

13:20

SASMA Biennial General Meeting

Hall A & B

14:00 - 14:45 PARALLEL SESSIONS 12.1 - 12.5		
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12.1 Leadership: Making an Impact that Matters		Hall A
Chair: Phatho Zondi		

Panel Discussion: Elana Meyer, Debbie Alexander, Suzanne Ferreira

12.2 Concussion Symposium		Hall C
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Chair: Wayne Viljoen

14:00 - 14:20	Advanced Care Settings - Implications for practice	Jon Patricios
14:20 - 14:40	"Concussion can be treated!" - Oculovestibular assessment & rehabilitation	Megyn Robertson
14:40 - 14:45	Discussion	

12.3 Global Developments in Antidoping. Part 2		Meeting room 8 +9 (combined)
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Chair: Fahmy Galant

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Legal matters and common trends:		
14:00 - 14:20	Role of medical professionals in doping hearings	Wafeekah Begg
14:20 - 14:40	Role of law enforcement/Criminal aspects of performance enhancing drug-use and trafficking	Mark de Bruin
14:40 - 14:45	Discussion	

12.4 MSK Lectures (Open to all delegates)		Meeting Room 11
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14:00 - 14:45	Image-guided injections	Andrew van den Heever
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14:50 - 15:30 PLENARY SESSION		Hall A & B
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Chair: Pierre Viviers

Keynote: Integrate, Accelerate, Elevate. When it all comes together

Brandon Beack

15:30

CLOSING OF CONGRESS