

**Dr. Allen Hooper MD, FCFP**

Dr. Hooper is a Clinical assistant Professor, University of Calgary, and a consultant with the Advanced Spine Care Center in Calgary, AB. He specializes in prolotherapy treatments and is currently moving to the Okanagan Valley, setting up practice in Penticton and Kelowna.

**Christopher MacLean, Ph.D.**

Dr. Christopher L. MacLean, Ph.D. is currently the Director of Biomechanics at Paris Orthotics Lab Division, Vancouver BC and has been involved in the prescription foot orthotic industry for the past 20 years. In academia, MacLean completed a Master of Science (Human Kinetics) at the University of British Columbia. Following this, he completed the Ph.D. (Biomechanics) program at the University of Massachusetts Amherst with Dr. Joseph Hamill. His research efforts over the past several years have focused on the mechanism and prevention of overuse running injuries and on the dynamic influence of footwear, exercise and surgical interventions.

**Roy Gillespie, BSc.P.T., C.A.F.C.I., C.S.C.S., C.G.I.M.S.**

A physiotherapist since 1993, Roy graduated from Dalhousie University, Halifax. Certified in traditional Chinese acupuncture and Intramuscular Stimulation (I.M.S.) acupuncture, and a certified Strength and Conditioning Specialist, his experience with numerous sports teams/sporting events has provided insight into the sports medicine world. Currently he is the head therapist for the Okanagan Sun football club, and has worked in the past with the National Freestyle ski team, National Karate team, Okanagan Challenge soccer club, Saint Mary's and Dalhousie University varsity sports teams, and B.C. provincial field hockey association.

**Rick Cellebrini, Phd, Dip Sports PT**

Rick Celebrini is a sports and orthopaedic physiotherapist that recently completed his PhD from the University of British Columbia. He is currently a consultant with various national and professional teams and is the head of sports medicine and science for the Vancouver Whitecaps Soccer Club. He has been to three Olympic games as a physiotherapist and the Pan-Am games as an athlete. Rick was Manager of Medical Services and the Chief Therapist for the Vancouver 2010 Olympic and Paralympic Winter Games. He His research focus is sports injury prevention in general and ACL prevention specifically.



**BC Section of Sport Physiotherapy Canada**

**Sport Physio BC**

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[www.sportphysiobc.com/](http://www.sportphysiobc.com/)

**ASSESSING  
PERFORMANCE  
AND PREVENTING  
INJURIES**

Sunday, June 24, 2012

8:00am - 1:00pm

Grand Okanagan Resort, Kelowna, BC

**To register email:**

**r-goodman@shaw.ca**



**BC Section of Sport Physiotherapy Canada**

Canadian Academy of Sport and Exercise Medicine  
Post Conference Course  
in partnership with Sport Physiotherapy BC

**ASSESSING  
PERFORMANCE  
AND PREVENTING  
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**\$100** CASEM Participants,  
**\$ 150** single day registrants

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# ASSESSING PERFORMANCE AND PREVENTING INJURIES

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## SCHEDULE

8:00am - 8:30am	<b>Registration</b>
8:30am - 8:45am	<b>Welcome - Randy Goodman/Timberly George</b>
8:45am - 9:15am	<b>Predicting Injury, Boosting Performance - Wendy Epp</b> Ever get the feeling a technical skill is being limited by a physical barrier? Ever wonder why more than 75% of competitive young athletes in this province have had medical intervention for CHRONIC injuries? Come experience a synthesis of what predictors of injury and performance detractors continue to present with athletes from grass roots to National ranks spanning 29 different sports.
9:15am - 9:45am	<b>Functional Movement Screen – Are you fit to Train? – Monjav Peters</b> The Functional Movement screen is becoming one of the more common tools used for athlete screens. Discover the science behind this screen and what can be learned about prevention from the FMS
9:45am - 10:15am	<b>Functional Q angle ( Bambi Knees) - Identifying and correcting movement disorders in the lower chain with use of high speed video - Randy Goodman</b> The research in regards to ingoing knees and functional control has progressed rapidly in the last few years. Learn how to use high speed video to evaluate functional Q angle and an exercise program that solves this issue in the majority of cases.
10:15am - 10:30am	<b>Coffee</b>

10:30am - 11:00am	<b>Proper Bike Fit – Preventing injuries before you start - Tyler Dumont</b> Tyler has been teaching professional cyclists for years how to fit their bikes to them to prevent injuries and improving performance. Discover practical tips to use with your cycling patients!
11:00am - 11:30am	<b>Barefoot Running and Innovative Footwear Design: A Biomechanist's Perspective – Christopher MacLean</b> Over the past two years, we have experienced an increase in the discussion surrounding barefoot running and been inundated with innovative footwear designs designed to mimic the perceived benefits of barefoot running. The current presentation will provide the sport medicine practitioner with: 1) the background behind this phenomenon; 2) the biomechanical differences between running barefoot and Shod; and 3) recommendations for transitioning to barefoot running or a more natural running style. Regarding footwear innovation, we will review what we have learned thus far about physiological and minimalist footwear both clinically and scientifically. The presentation will be unbiased and designed merely to share information that may help to educate patients that present to the sport and exercise medicine practice.
11:30am - 12:00pm	<b>A Case for Prolotherapy – Roy Gillespie, Dr. Allen Hooper.</b> Review of current evidence and presentation of a case of a competitive runner and their response to Prolotherapy
12:00pm - 12:30pm	<b>The practical application of novel research findings in the prevention and treatment of lower extremity injury – Rick Celebrini</b> Rick recently completed his PHD on this topic. Current research will be discussed as well as practical tips for you to apply. Learn from one of the leading researchers in the world on this topic.
12:30pm - 1:00pm	<b>Panel discussion.</b>

## SPEAKERS

### Wendy Epp, B. Sc.PT, Dip Sports PT

Wendy has been practicing physiotherapy in the Lower Mainland since 1991. In 1997 she embarked on a screening/assessment tool to be used across sports and across ages to help clinicians/coaches/athletes determine movement patterns, physical presentations that would impair performance or lead to injury. Since that time, over 700 athletes have been exposed to this assessment tool. It is now being used for athletes from the local ranks all the way to the National Team and Professional environment. Wendy consulted with the Canadian Freestyle Ski Team (1997-2010) and was a member of the 2002 Salt Lake City Olympics Canadian Medical Team. She served as Medical Officer for the Vancouver 2010 Olympic Freestyle & Snowboard Venue.

### Tyler Dumont, B.P.E., B.Sc.PT, M.Sc., Dip Sport Physio, CSCS

Tyler has worked the past 18 years in sports physiotherapy; 9 of which were at the Allan McGavin Sports Medicine Centre, UBC. He has worked with athletes from many sports, including extensive experience in cycling, rugby, field hockey, and gymnastics at the provincial, national and international level. In 2007, Tyler opened Physiomoves Physiotherapy Clinic in Surrey, BC and continues to be a part-time Associate Clinical Professor at the UBC department of Physical Therapy. He is a cycling addict and during the last 14 years he has been providing "bike fits" for triathletes, road cyclists, commuters, mountain bikers and recreational cyclists.

### Randy Goodman, B.Sc.PT, Dip. Sports PT

Randy has been an International Sports Physiotherapist for 22 years. This includes working with numerous national teams as well as being the supervisor of Therapy Services for the Olympic Village for the 2010 Olympic and Paralympic Games in Vancouver. He is an examiner for Sport Physiotherapy Canada and an Assistant Clinical Professor at UBC. He is currently completing his Clinical Specialty in Sport Physiotherapy.

### Monjef Peters, B.Sc.PT, Bsc Ex. Phys, CSCS

Monjef is a Vancouver based Physiotherapist, strength and conditioning coach and exercise physiologist. He is an expert consultant and clinician with Fit to Train Human Performance Systems Inc. Monjef's area of focus is in movement based dysfunction and pain.