

Chairperson's Report

Happy New Year everyone!

We've decided to start 2007 off with a change to our newsletter. It is the sign of the times that many newsletters, papers, and journals are now being published as "e-news" and the Sport Physio BC executive decided we should follow suit. The savings on printing and mailing costs will ultimately allow us to provide you with more courses at reasonable costs, education, and information. For those who prefer to read the print version, feel free to print off a copy and circulate it around your office. We plan on archiving past editions of *Sidelines* onto our website for future reference:

www.sportphysiobc.com

2006 was an exciting year for Sport Physio BC. With much thanks to a very busy education coordinator and executive, as well as the support of our sponsors, we ran some very successful courses last year: the Upper Extremity Mulligan course, the Topics in Sport Physiotherapy Symposium, and very recently a Certificate Prep Course. We also held a taping and information night for the UBC physiotherapy students, ran two Sport First Responder courses, got our website up and running, gained over 50 new BC SPC members, and recruited a record-breaking 25 members from BC to do

their Sport Physio exams this year!! All of these people have now completed the written component of the exam and are busy studying for the practical exam to be held in Vancouver the weekend of January 26-28th. Good luck to all!!

Congratulations to those BC therapists chosen to work at the upcoming Canada Winter Games in Whitehorse, Yukon from February 23rd – March 10th. Andrea Reid, Tyler Dumont, and Susan Lott will all be heading into the northern cold for the games. Have fun and be sure to write us with some stories when you return!

And with that, we are looking forward to 2007. Check out the education report in this edition regarding upcoming courses. Also exciting, informative, and fun is our new Sport Physio BC Forum on the website. Keep your eyes open for more information. If you have any suggestions or requests for course topics or would like to inform us of upcoming events, please contact us at sportphysiobc@yahoo.ca.

All the best in 2007!

Timberly George, BScKin, BScPT
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Chairperson,
BC Div. of Sport Physio Canada
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2006 HomeSense Skate Canada International



Sandra Denis, Physiotherapist (L);
Jacqui Agate, Nurse (R).



Back Row (L to R): Janice Swanson (Physiotherapist), Martin Wong (Nurse), Chris Morrow (Physician), Sue Lott (Physiotherapist), Fran Burbidge (Nurse), Kristi Zinkiew (Physician). Front Row (L to R): Jacqui Agate (Nurse), Jane Moran (CMO), Isabel Grondin (CT), Joanne Maclaren (Medical Clinic Administrator)

November 1-5, 2006, Victoria, BC played host to the 2006 HomeSense Skate Canada International Grand Prix Event. The Health Team was run by Dr. Jane Moran who is also the Medical Chair for the ISU. Some Sport Physiotherapists joined this team of practionners composed of Emergency Physicians, Emergency Nurses, Paramedics, Physiotherapists and Athletic Therapists as well a Massage Therapist, a Chiropractor and an Acupuncturist on call.

The Physiotherapists involved were: Carolyn Cossenas (Vancouver), Sylvie Cote (Victoria), Sandra Denis (Victoria), Julie Fairbairn (Vancouver), Sue Lott (Victoria), Janice Swanson (Nanaimo), and Chief Therapist Isabel Grondin (Shawnigan Lake). Since the event was hosted in Canada, our medical team acted both as the host and the core medical. The hours were long starting at 5:30AM on some days and ending no later than 11PM. A total of 59 athletes from 16 countries participated in the successful event. The multidisciplinary team worked great together and the long hours and efforts were accompanied by some great times and good laughs.

Thank you to all who participated.

– Isabel Grondin

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Sport Physio BC Online Forum!

SPC BC is pleased to announce the launching of our Sports Physio BC Message Board! This is an Online Forum where any physiotherapist can register and log on to share ideas, useful resources, job postings, opportunities working with teams, discuss specific case loads, etc. The possibilities are endless. In addition to facilitating communication between lower mainland Sports Physios, those of you in more isolated areas of BC, as well as those working or traveling abroad can use the forum as a valuable resource and also stayed connected.

The forum can be accessed from our website www.sportphysiobc.com or directly at spcbc.proboards91.com. Be sure to bookmark this page and put it at the top of your favorites list!

Included as well, is a section regarding the SPC examination process, where sample questions and a

Topics in Sports Physiotherapy

Getting ready for the 2007 Sport Physiotherapy Examinations

The Certificate Exam Prep Course that took place on December 2-3, 2006 at UBC was full with 20 participants. Tyler Dumont kicked off the weekend with his review of exercise physiology (a big help for when members challenge their Diploma Exam) and discussion of functional testing when screening for return to play. Clyde Smith led the afternoon session on athletic taping leaving some of the participants impressed with how much they could learn when they are already proficient tapers!

Kevin Stoll and Zenya Kasubuchi led the Sunday morning session on protective equipment. They would like to extend a special thank you to our local equipment suppliers who were kind enough to donate various sample gear: G-Max Sports for the rugby and soccer gear, Forerunners for a variety of shoes, and Sportmed for the braces. Harry Toor, our resident first-aid expert, led a session on concussion assessment and management, as well as touching on some emergency care issues. Finally, RMT Sean Trimble concluded the weekend with a

discussion of how to approach them will be posted. Our first sample question is for the Certificate-level emergency station (based on but not directly from any previous exam). The following is a sample question:

Certificate-level Emergency Station – *Sample Question*

You are at a field hockey tournament when you notice two players involved in a collision. The opposing team's player seems unaffected and continues playing.

The referee stops play a few seconds later. Your team's player is lying on the ground (semi-prone, head turned to one side). He/she is definitely conscious, mumbling (but coherent) when you arrive. He/she complains of right forearm pain.

As a practical exam station, throughout your assessment you will continually learn new information about the player. So for this practice question, act out your on field management, and see the Online Forum for further information on the player's condition, as well as a sample marking key.

– *Harry Toor, Sport Diploma*



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Anatomy Teasers

1) **Which of the following muscles contribute to internal rotation of the Tibia on the Femur?**

- A: Semitendinous, Semimembranous, Biceps Femoris Short Head, Gracilis, Tensor Fascia Lata
- B: Semitendinous, Semimembranous, Biceps Femoris Short Head, Gracilis, Popliteus
- C: Semitendinous, Semimembranous, Gracilis, Popliteus, Sartorius
- D: Semitendinous, Semimembranous, Gracilis, Popliteus, Plantaris, Tensor Fascia Lata
- E: Semitendinous, Semimembranous, Biceps Femoris Short Head, Gracilis, Popliteus, Plantaris

2) **The following are lateral stabilizers of the tibiofemoral joint...**

- A: Lateral Collateral Ligament, Anterior Cruciate Ligament, Iliotibial Band Tract, Semimembranous Tendon, Arcuate Ligament
- B: Lateral Collateral Ligament, Anterior Cruciate Ligament, Posterior Cruciate Ligament, Iliotibial Band Tract
- C: Lateral Collateral Ligament, Anterior Cruciate

Ligament, Iliotibial Band Tract, Arcuate Ligament, Popliteofibular ligament

- D: Lateral Collateral Ligament, Medial Collateral Ligament, Anterior Cruciate Ligament, Iliotibial Band Tract, Arcuate Ligament

The answers to these anatomy teasers are posted on the SPCBC website <http://spcbc.proboards91.com/> in the "Exam Discussion" section.

– *Happy Palpations, Wil Seto*

Topics in Sports Physiotherapy

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review of the theory and practice of sport massage.

We would like to extend sincerest thanks to our group of experts who led the weekend. We are lucky to have them as part of Sport Physio BC. There are 24 Sport Physio BC members challenging their Certificate and Diploma exams this January. Good luck to everyone and happy practicing.

Please contact us at sportphysiobc@yahoo.ca with any suggestions you may have for upcoming courses or evening events.

– *Andrea Reid, Education Coordinator*

B U L L E T I N B O A R D

Upcoming Courses / Events

- **Mulligan Concepts, Lower Quadrant**
– Jack Miller
February 3-4, 2007
- **Running Injuries** (Spring 2007)
– Matt Walsh
- **Sport Accupuncture** (Spring 2007)
– Doug Freer
Spring 2007
- **Sport First Responder** (Spring 2007)
- **Perspectives on Gait** (Fall 2007)
(Interdisciplinary course on gait analysis: Orthopaedics, Neurologic and Sport perspective)

Check the Sport Physio BC website under 'Events' for registration details, course location, and fee information (www.sportphysiobc.com)

Need help with your sports team? Have a sporting event coming up requiring Sport Physio services? Let us know!! We'll post it on the bulletin board, on the website, and send out email blasts to our members! Contact us at sportphysiobc@yahoo.ca

Need an assistant trainer for your team? There are many current UBC Physio students interested in gaining experience with Sport Physiotherapy. If you currently work with a team and need some extra help or are willing to mentor a student, please contact us at sportphysiobc@yahoo.ca and we'll pass your name onto the students. Students are our future – let's help them get there!!