

Chairperson's Report

Happy New Year!

I'd like to start this year off by saying a huge THANK-YOU to everyone involved in the success of our "Team Therapist Evening Seminar" in November. Co-sponsored by Sport Med BC, and graciously hosted by Phil Moore at LadySport, all attendees and speakers had nothing but excellent feedback. We certainly feel this course will be a legacy that will carry on in years to come. Many thanks as well to our very busy Education Coordinator, Kevin Stoll, who managed to organize the entire course while his wife was giving birth to their first child!

By the time you are reading this, we will be just short of the 365 day countdown to the Vancouver 2010 Olympic Games! For those of you who have offered to volunteer for the games, you are likely starting to feel the buzz of the upcoming sport events being held at all the Olympic venues between Richmond and Whistler. Be sure to check out some of these world-class events. It's a great opportunity to see the worlds' top athletes competing for spots at

the Olympic games. All sport events are listed at www.vancouver2010.com

Sport Physio BC is off to a great start for 2009. We have, for the 4th year in a row, increased our membership numbers and are up to 351! That puts us in second place, next to Ontario. The only group of members that has declined is our student members! If you know a student physiotherapist, encourage them to get involved, sponsor their membership if need be; after all, they are the future!

And finally, congratulations to all of the members who passed the written portion of the SPC exams. The practical exams are being held in April in Montreal. There has been some interest expressed in trying to get an extra sitting of the exam held here in Vancouver. If you are interested in this, please contact Allison MacKay at allisonmackay@hotmail.com.

Timberly George, BScKin, BScPT
 Diploma Sport Physiotherapy
 Chair, Sport Physio BC
timberlygeorge@yahoo.ca

World Ultimate Championships 2008

By Wil Seto, Diploma Sport Physiotherapist; photos by Bob Stoffberg

Back in August 2008, The World Championships for Ultimate was held here in Vancouver, BC. This event, which occurs every four years, features the best of the best from all around the world that come out to play. I was kindly asked by the Men's Australian Masters division team to be their Physiotherapist for the duration of the games.

The Sport:

Ultimate is a sport that is played on a grass field with end zones similar to those used in American football. Each team has seven players and advances the disc by passing it to one another, where a point is scored each time it is caught in the end



Wil Seto attentive on Australia's sidelines.

(New Zealand) snatching disc from Steve (Australia) diving on defense.

zone. Players are not allowed to run with the disc and opposing players may intercept it when it is in the air. Ultimate was first invented in 1968 and organized competition is now played on six continents.

Athletes must possess a great deal of speed, endurance, agility, technique & teamwork. Since the game is played without referees, there is a strong commitment to fair play even at such high level competition amongst the athletes. Players must arbitrate their own calls in the heat of competition using a well-refined system of rules.

In order to understand the type of injuries that occur in Ultimate, it is essential to understand the elements involved in the game. Unlike any other sport, Ultimate contains elements recognizable from several sports, such as the tactics, field and scoring dimensions in American football, the endurance, speed and agility seen in soccer, and the technical aspects of handball & basketball. Yet, Ultimate is a unique sport all on its own.

It involves specialty positions called "handlers" and "cutters / poppers / deep men". Handlers are considered the quarterbacks that possess greater skill in throwing the 175 gram disc for tight short passes

or long bombs that span the length of a football field with a 2 to 3 centimetre margin of error for hitting the target. A cutter / popper & the assigned deep man are all receivers on field; But must also possess adequate throwing ability in order to advance the disc or return it to the handler when more complex throws and decision making is required.

The Tournament:

During the span of 6 days the Aussies played 11 games (usually 2 per day), each game lasting about 2 to 2.5 hours. By the luck of the draw, we usually had our first game of the day at either 10 am or 11 am in the morning and then our second game at either 3 pm or 4 pm in the afternoon. This meant that I usually woke up at 7 am, started getting the athletes ready to play by 8 to 8:30 am and finished the day by about 8 pm to 9 pm.

The pre-game warm up was essential, especially as the tournament progressed and bodies became stiffer and battered up. Strapping and taping for elbows, wrists, thumbs, shoulders, spines, ribs, groins, knees, calves and ankles became routine for each game. Usually, after the first game of the day was finished, I was kept fairly busy with only 2 hours in between to



Mat (Australia) marking one of the best Ultimate players in history (USA).

prepare the athletes for their next match. My lunch was usually on the go in between treatments and on occasion consisted of fudge chocolate & cookies and cream Cliffbars.

The Injuries:

Working with the Aussies at The World Championships kept me busy throughout the entire eight days of the tournament. In fact, before it even started there was already a queue of injuries I needed to address such as muscle strains (hamstring / adductor / calf), sprained ankles / shoulders / thumb, herniated disc (with nerve root palsy), sacro-iliac joint dysfunction / osteitis pubis, fixated vertebral joints / ribs, stingers, & whiplash. This was mostly due to the fact that players had injured themselves competing in regional or national finals 2 to 3 weeks leading up to The World Championships.

I shook my head a little when I went over this list of injuries before the first game of the tournament was even played. However, having previously competed in Ultimate myself, this was somehow not a complete surprise. As well, take into account I was working with a Master's team (33 years or older).



(New Zealand) player & Andrew (Aussie) vying for disc.

Cont'd page 4

The following table outlines the causes of injuries that occur in Ultimate:

Type of Injury

- Concussion / head injury
- Contusions / lacerations
- Lower extremity muscle strains (quads, adductor, hamstring, calf)
- Lower extremity joint sprains (ankle, knee)
- Lumbar / thoracic / cervical spine strains (muscle, joint, disc +/- nerve root palsy, stingers, whiplash)
- Upper extremity injuries (rotator cuff strain, shoulder subluxation / dislocation elbow muscle / ligament strain, sprain 1st MC-P / C-MC, wrist sprain)

Mechanism of Injury

- Ground first contact, incidental contact with opponent: cutting, diving, jumping for disc
- Cleated, blocking disc, incidental contact with opponent, ground contact
- Muscle fatigue – failure with quick, sharp all out sprints repeatedly; large quantity of games in hot weather; not enough recovery
- Quick, sharp cutting motions while the foot is planted, incidental contact
- Twist/bend when throwing disc, impact from jumping / landing for the disc, impact of running, impact from horizontal dive for disc +/- incidental contact
- Over throwing disc, incidental contact with opponent / landing on ground due to diving for disc, blocking disc

Get involved!

Are you wanting to get involved with Sports Teams and Events but don't know where to look??

Sport Physio BC has an e-mail database which includes all members from BC. This database has also been separated into regions (i.e. Greater Vancouver, Vancouver Island, and the North & Interior).

We also have an e-mail list specifically for those of you who are interested in receiving information about sports teams and sporting events in need of physiotherapy help. Whenever a request is sent to us from a team in need or an upcoming sport event, we send out this request to those of you on the "Sport Events" e-mail list.

If you are not on this specific list, you may not hear about all of these opportunities. If you'd like to be on this list, please e-mail us and we'll gladly add you. sportphysiobc@gmail.com

Education Update

By Kevin Stoll, Education Coordinator

The first Team Therapist Course for Sport Physio BC was held in December at LadySport in Vancouver. The course was well received by all who attended, and we'd like to extend special thanks to speakers Scott Fraser, Isabel Grondin, Wendy Epp, and Marc Rizzardo, as well as course host Phil Moore of LadySport.

SPBC has several courses on its Spring agenda, beginning with an evening lecture on Feb. 18. Dr. Chris MacLean will share his intimate knowledge of lower extremity biomechanics, in addition to conducting a tour of the Paris Orthotics laboratory.

SPBC will again be offering the Certificate Prep Course this year on the March 14/15 weekend, with a mock exam to follow on March 22.

We are also hoping to sponsor two 1-day taping courses in April and May, with a focus on beginner to intermediate level taping of the upper and lower extremity.

More details to come!

= = = = = *Bulletin Board* = = = = =

SPBC Spring Courses

Summary of the upcoming courses for this Spring:

- February 18** Lower Extremity Biomechanics, Orthotics, and Current Applied Research, Dr. Chris MacLean
- March 14,15** Certificate Prep Course, Practical exam preparation
- March 22** Mock Exam for Prep Course
- April/May** Upper and Lower Extremity taping seminars - TBD

Please check out the website for more details or to sign up for one of the courses.

Vancouver Sun Run 2009 Sunday, April 19, 2009

The Sun Run is looking for medical team volunteers. All interested individuals should have a valid CPR and First-Aid certificate.

As a part of the medical team, you will receive a Sun Run t-shirt and a great opportunity to gain experience working with medical and paramedical professionals

in many specialties. Contact: Gavin Leung at gavin@sportmedbc.com or 604-903-3884.

Team Physio needed

Physiotherapist required for the Eagles Australian Rules Football team. On-field injury management and taping/strapping skills required. League runs from March to September and games are played at UBC in Vancouver every second Saturday. Remuneration available. Please contact Matt Bell for details: mattbell22@hotmail.com





VANCOUVER • BURNABY • PORT COQUITLAM • LANGLEY

www.sportmedstore.com



NOW AT SPORTMED!

THE CORE X SYSTEM
An Exciting New Product By
Alex McKechnie

Watch For CORE X Lecture Nights
With RICK CELEBRINI
COMING IN MARCH 2009!

WHOLESALE PRICING AVAILABLE
Contact: askus@sportmedstore.com

Expert Technical Service
From Board Certified Pedorthists



www.parisorthotics.com

PRESCRIPTION FOOT ORTHOTICS
✂
ORTHOPEDIC FOOTWEAR & MODIFICATIONS
✂
NON-CUSTOM ARCH SUPPORTS,
HEEL CUPS & INSOLES

VANCOUVER • BURNABY • PORT COQUITLAM • LANGLEY