



Additional experience adds to the ability of Sport Medicine physicians to provide quality medical services for athletes at all levels, and all active Canadians.

Involvement with various Medical, Sport and Sport Medicine organizations at local, provincial, national and /or international levels

Involvement with other organizations in the larger sport community such as: Canadian Center for Ethics in Sport (CCES), Canadian Coaching Association, Canadian Olympic Committee (COC), Canadian Paralympic Committee (CPC), Commonwealth Games Canada (CGC), Jeux du Canada Games, etc.

Experience in providing leadership in personal practice or employment situations on a day-to-day basis

Experience in working in a multidisciplinary setting with other medical and para-medical professionals

Involvement in teaching or academic capacities related to Sport Medicine; administrative experience

Experience in providing event medical coverage at local, provincial, national and/or international levels

Advanced Trauma Life Support and /or Advanced Cardiac Life Support

Other specialized training as needed

Due to their expertise in musculoskeletal medicine, Sport Medicine physicians may also be asked to work with “industrial athletes”. They must therefore also be knowledgeable in the areas of medical/legal, disability and workers’ compensation issues.

The Canadian Academy of Sport Medicine (CASM) is an organization of physicians that is committed to excellence in the practice of medicine as it applies to all aspects of physical activity.

Our mission is to forge a strong, collective voice for sport medicine in Canada; to be a leader in advancing the art and science of sport medicine, including health promotion and disease prevention, for the benefit of all Canadians through programs of advocacy, education, research and service.

For more information about CASM, to join the Academy, or to find a Sport Medicine physician in your community, please contact:

CASM NATIONAL HEAD OFFICE

5330 Canotek Road, Unit 4

Ottawa ON, K1J 9C1

Tel: 613-748-5851—Fax: 613-748-5792

E-mail: dhaworth@casm-acms.org

www.casm-acms.org

Sport Medicine continues to evolve to meet the demands of the active individual as well as the changing roles of physicians in the health community.



This brochure was developed with the help and input of the CASM Team Physicians’ Committee.



CANADIAN ACADEMY OF SPORT MEDICINE

WHAT IS A SPORT MEDICINE PHYSICIAN?

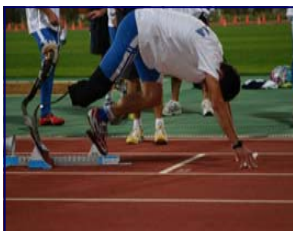
CANADIAN ACADEMY OF SPORT MEDICINE



WHAT IS A SPORT MEDICINE PHYSICIAN?

Sport Medicine physicians have specialized training and skills that position them to be caregivers for active patients of all ages. They have an interest in the promotion of life-long wellness and fitness, as well as in prevention, diagnosis and management of illness and injury. Many have completed further professional training, in the form of a Sport Medicine Fellowship and/or an additional university degree (Master's or PhD level) in a related discipline such as sport medicine, exercise science, etc.

The Canadian Academy of Sport Medicine (CASM) has developed a standardized and specific certification examination – the CASM Diploma in Sport Medicine. This is an objectively judged examination to assess competency to practice Sport Medicine. Within Canada this is a necessary credential to call oneself a Sport Medicine physician. CASM has also developed a curriculum, outlining the knowledge base that such a physician should have.



Sport Medicine physicians can provide for the specific requirements of the active patient:

Diagnosis and comprehensive management of injury or illness in acute, sub-acute or chronic states

Review and recommendation of exercise prescription for both individuals and teams; including pre-screening for exercise, activity or sport-specific needs, and counselling about strength and conditioning

Pre-participation physical assessments to determine ability to participate in specific sport related activities

Counselling regarding medications and supplements in terms of health, doping control, and legal implications

Management of rehabilitation goals and plan for return to sport or activity in coordination and cooperation with other medical and rehabilitation professionals

Advice and counselling regarding psychological issues and mental preparation for sport

Communication of their knowledge to coaches, athletes, teachers, parents, officials, administrators etc.



The Sport Medicine physician is knowledgeable about:

Diagnosis and treatment of injuries and/or illnesses, including the ability to set minor fractures and reduce dislocated joints

Interpretation of laboratory results, special tests and imaging studies (X-rays, MRI, ultrasounds, etc.)

Triage of multiple injuries or illnesses

Issues for athletes of all ages and gender (i.e. gender verification, the female athlete triad, pregnancy, issues for the paediatric or geriatric population, etc.)

Issues for athletes and persons with disabilities

Sport specific issues related to injury/illnesses (i.e. rules and regulations, HIV/AIDS etc.)

Specific acute and /or chronic disease states (diabetes, asthma, cardiac conditions, osteoarthritis, etc.) in terms of participation in sport and exercise, and the role of physical activity in prevention

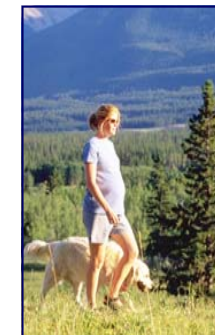
Appropriate use of orthotics, bracing, taping and splinting for overuse and traumatic injuries

Environmental and travel issues, immunizations and vaccinations for athletes

Nutritional factors that can affect performance and training, including fluid and electrolyte replacement

Current guidelines for management of traumatic brain injury (concussion) and other head injuries

Sport safety research and associated recommendations



These two photos courtesy of CAAWS (Canadian Association for Advancement of Women in Sport)