



World Leaders in the Art & Science of Sport Medicine

Over the better part of the last two decades, the Sport Medicine Centre has established itself as a leader in education, research and clinical practice. Our experts travel Canada and the world teaching the next generation of physicians, surgeons, and therapists the lessons we have learned. Our research constantly advances the art and science of sport medicine, and our standard of clinical care delivers and evaluates the best possible outcomes for patients.

A few of our achievements:

- Leaders in the field of sport-related concussions
- New technology evaluation
- Cutting edge arthroscopic surgery in the province
- Injury prevention led by experts in the field
- Golf Health
- Web-based outcomes assessment protocol developed and pioneered at the Sport Medicine Centre
- Basic science applications from the McCaig Centre: bench to bedside research
- High Performance Sport

Leaders in the field of sport-related concussions

- Spearheaded the Heads up for HITS campaign for Minor Hockey in conjunction with the Sport Medicine Council of Alberta
- Published definitive systematic reviews on the basic and clinical science of concussion
- Dr. Meeuwisse is part of two international consensus conferences that determine the modern definition and assessment of concussion in sport

Evaluation new technology

- Extra-corporeal Shock-Wave treatment
- Definitive research by Drs. Brain Chung and Preston Wiley on tennis elbow and plantar fasciitis attracting patients from as far away as California
- The Heat probe (electro-thermal treatment of shoulder instability)
- KT arthrometer (measuring knee laxity)
- Rodeo flack jackets (preventing injuries in rodeo athletes)

Arthroscopic surgery in Alberta

- Dr. Bob Hollinshead first arthroscopic shoulder surgeon
- Dr. Nick Mohtadi first arthroscopic hip surgeon

Injury prevention

- Dr. Meeuwisse has determined the way sport injuries are defined world-wide
- Dr. Carolyn Emery is a leading expert in adolescent sport injury, recognized by the Alberta Heritage Foundation for medical Research and Canadian Institutes of Health Research

Golf Health

- Physiotherapist David Lindsay recognized as a world leader in golf health and rehabilitation
- Clientele includes professional golfers from the PGA, Nationwide and Canadian tours

Web-based outcomes assessment protocol developed and pioneered

- Anterior Cruciate Ligament Injury in the Knee
- Rotator Cuff Tears in the shoulder
- Currently developing an outcome questionnaire for hip problems

Basic science applications from the McCaig Centre: bench to bedside research

- Treatment of MCL tears in the knee. 20 years ago we operated on MCL tears; now we do not
- Laser Doppler imaging

Educate thousands of students, residents, and fellows

- Annual Stampede Sport Medicine Conference for Family Physicians
- Educated Fellows from Canada, Australia, New Zealand, Japan, England, Saudi Arabia, USA and Argentina

High Performance Sport

- Empirical knowledge transferred to athletes at all levels
- Members of the Sport Medicine Centre have provide care for Canada's athletes at Olympic, Commonwealth, Pan American Games and countless other national and international events
- National Sport Centre: Dr. Victor Lun
- Own the Podium program: Dr. Meeuwisse
- Calgary Flames
- International Rugby Board

Physiotherapy

- Highest standards of care for elite athletes as well as weekend warriors
- Low ratio of patients per hour
- Leaders in developing treatment protocols for common injuries and surgical rehabilitation
- Recognized by their peers for outstanding contributions to the profession of physiotherapy

Athletic Therapy

- Our therapists are currently developing unique sports on-field protocols that could revolutionize on-field treatment

Nutrition Programming

- Kelly-Anne Erdman Former Olympic cyclist who has now become one of Canada's leading experts on sport nutrition
- National study to assess diet, supplementation and high performance athletes
- Sport nutrition advisory committee with Coaching Association in Canada

