

EDITORIAL

HIGH PERFORMANCE PREPARATION FOR ATHLETES OF DIVERSE ABILITIES

Agnes Makowski BScPT, MScPT, Dip Sport PT, FCAMT
President, Sport Physiotherapy Canada

This summer brings great anticipation as the world's best athletes prepare to compete in Beijing, China for the Olympic and Paralympic Summer Games. Athletes, coaches, technical staff, and sport medicine specialists are all hard at work, carefully planning the final phases of training and competition strategy.

Canada is paying special attention to these Games, as we eagerly await our turn in hosting the world! The 2010 Winter Olympic/Paralympic Games will take place in beautiful Vancouver, BC. Although the Winter Games are still in the future, we can definitely feel the spirit and momentum building!

Canada and the United States have shared a proud sport medicine history of supporting our national athletes during international competition. Each country provides an accomplished Integrated Support Team (IST) to manage the health and wellness needs of its athletes. Sport Physiotherapy Canada (SPC) is one of the Expert Provider Groups through which sport physiotherapists are selected to the Canadian Olympic and Paralympic Games' medical teams. We know that our athletes will be in very competent hands! However, we also recognize the need for on-going professional development of our members and are committed to leaving a strong sport medicine legacy for the future.

One upcoming educational initiative will demonstrate the evidence-based approach to elite level physiotherapy for Paralympic Athletes. SPC and the Vancouver Olympic/Paralympic Organizing Committee (VANOC) are pleased to present *High Performance Preparation for Athletes of Diverse Abilities*. This course will be offered as a post-congress course to the Canadian Physiotherapy Association's (CPA's) Annual Congress (May 29-June 1, 2008) in Ottawa, Ontario on June 2, 2008.

Course Objectives

This course will introduce physiotherapists to the unique area of Paralympic and Olympic winter sport. The classification system used in para-sport will be outlined and the role of physiotherapists

working with athletes with a physical difference will be identified. Physiotherapists will be provided with resources to use in their communities to promote sport participation for individuals of all abilities. The epidemiology of injury in Paralympics and Olympics past will be examined. Physiotherapists will also be updated on the sport medicine team preparations for the winter 2010 Paralympic and Olympic Games. An evidence-based review of high performance preparation and recovery techniques for these athletes will also be featured. Our keynote presenters are Nancy Quinn, Chief Canadian Therapist for the Beijing Paralympic Games and Rick Celebrini, Chief Therapist for the 2010 Olympic Winter Games.

Learning Outcomes

Upon completion of this workshop participants will

1. Increase awareness and expertise specific to the unique physiotherapy management of Paralympic and Olympic athletes.
2. Maximize knowledge and expertise in preparation for the unique role as a Paralympic and Olympic team therapist.
3. Increase knowledge related to an evidence-based approach to high performance sport preparation and recovery techniques for athletes of diverse abilities.
4. Have resources to take back to their communities to promote sport participation for individuals of all abilities.

We warmly welcome our American Sports Physical Therapy Section (SPTS) colleagues and students to participate! Learn more about the program and register for the course at the CPA website www.physiotherapy.ca, or contact information@physiotherapy.ca for assistance.