



Towards a better understanding of how and when musculoskeletal injuries occur – aiming for more effective preventative strategies

Musculoskeletal injuries remain the leading cause of Canadian Armed Forces members being unable to deploy, and the most prevalent reason for medical discharges. Part of the reason these types of injuries are so prevalent is the definition for a musculoskeletal injury is extremely broad. This broad definition is problematic because it makes efforts to track, report, and ultimately prevent musculoskeletal injuries an enormous challenge. The current data available to clinicians, scientists, and other health care professionals tasked with developing effective interventions aimed at preventing musculoskeletal injuries is lacking. The session will also explore the intimate relationship between mental health conditions and physical injury/chronic pain and how this may potentially be skewing our perception as to what the true causes of persistent physical dysfunction might be.

Leads:

LCol Markus Besemann, Head of Rehabilitation Medicine, CF HS Gp HQ Department of National Defence, Government of Canada

Dr. Thomas Karakolis, Defence Scientist at Defence Research and Development Canada

Dr. Ryan Graham, Assistant Professor, University of Ottawa

Pre-Forum Sun 24 Sep (1400-1700 hrs)		
1400	Introduction, Problem Space Definition and Exploration (Panel 1) 105 min	Introduction and summary of key 2016 CIMVHR Forum working group recommendations - <i>Markus Besemann</i> Magnitude and significance of the MSK tsunami on Forces Health: Where do we start? – a CAF and allied perspective - <i>Thomas Karakolis</i> Epidemiology update - <i>Robert Hawes</i> The training-injury Paradox – Can training be used as a ‘vaccine’ against injuries? - <i>Eric Robitaille</i> A Perspective on injury prevention from related tactical professions – Paramedics and Firefighters - <i>Speakers TBD</i> Novel movement analysis methods and the implications on injury reduction - <i>Ryan Graham</i>
1545	Breakout Discussion Groups 45 min	Small group work focusing on benefits and opportunities of collaboration, what we could do and how we could do it better
1630	Reports from Small Groups and Summary/Wrap-up 30 min	Presentation of breakout discussion group results and general discussion highlights <ul style="list-style-type: none"> • Feedback to the whole group • Feedback from the panel • Next steps

Post-Forum Wed 27 Sep (1330 – 1630)		
1330	Summary/Review, Examples, Perspectives, and a New Paradigm? (Panel 2) 90 min	Summary of the pre-Forum discussions and conclusions - <i>Thomas Karakolis</i> A review of the literature and mobility research - <i>Brad McFadyen</i> The Halifax experience - <i>Selena Glover</i> What have we learned in 30 years of clinical practice? Is it time for a new paradigm? - <i>Markus Besemann</i> A perspective on concussion in airborne troops and risk of injury - <i>Speakers TBD</i> A novel method for assessing VOR (Vestibulo-Ocular Reflexes) in concussion – <i>Isabel Galiana (Saccadeanalytics)</i>
1500	Breakout Discussion Groups 60 min	Discuss what participants have learned during Forum 2017 and how they may have modified their views based on their Forum 2017 experience -
1600	Reports from Small Groups and Summary/Wrap-up 30 min	Presentation of breakout discussion group results and general discussion highlights <ul style="list-style-type: none"> • Feedback to the whole group • Feedback from the panel • Next steps

Context and Scope

Musculoskeletal injuries remain the leading cause of Canadian Armed Forces members being unable to deploy, and the most prevalent reason for medical discharges. Part of the reason these types of injuries are so prevalent is the definition for a musculoskeletal injury is extremely broad. This broad definition is problematic because it makes efforts to track and report musculoskeletal injuries an enormous challenge. Consequently, the current data available to clinicians, scientists, and other health care professionals tasked with developing effective interventions aimed at preventing musculoskeletal injuries is lacking.

Key Questions

Under development