

CYCLING INJURIES, ILLNESS AND PERFORMANCE WEBINAR SERIES



Topics include:

- Traumatic Injuries in Cycling
 - Is this really a non-contact sport?
- Overtraining / The tired cyclist
 - Why is my rider getting dropped?
- Traumatic Events in Cycling
 - Their effects + anticipate, plan for and manage
- Physiologic Monitoring and Interventions
 - What are we doing now
- Medical Monitoring
- Nutrition
 - Assessment, recommendations for the cyclist
- Paracycling Primer
- Medical Considerations, Injuries and illness in the paracyclist
- MTB – Medical coverage of MTB events
- Mental Health and the Elite Cyclist
- Bike Fit
- Saddle Sores – Oh my aching...
- Movement Efficiency – Assessment and recommendations

If you enjoy learning, cycling and the Tour de France then this is the course for you. Led by Dr Wade Elliott, team physician for Cycling Canada, this 4 session webinar series will cover all aspects of sport medicine and team physician coverage as it pertains to the cyclist and cycling.

This four session webinar series will cover all aspects of cycling injuries, diagnosis, injury prevention and management across road, mountain and track cycling in both abled bodied and adaptive cycling. [REGISTER HERE](#)

01 When

Thursday evening at 8pm EST /5pm PST on the 10th, 17th, 24th of September and October 1st 2020.

(You must attend all 4 of them to receive the 6 Mainpro + credits.)

03 Duration

This webinar series will consist of 4 sessions, each lasting about 90mins with multiple speakers each presenting 1-2 topics.

02 How

Via Zoom webinars, once [registered through the CASEM website](#), you will receive an email with the zoom registration link.

04 Cost

There is no cost to CASEM members. The cost for Non Members is either \$25 for one session or \$75 for the series.

Originally this CME event was scheduled to be held in conjunction with the **Tour de T1D** in Horseshoe Valley this September, however, not to be thwarted, we have planned the same virtual 100km cycle ride [available here](#).



CASEM will direct all funds raised to Barrie's Royal Victoria Regional Health Centre Youth Diabetic Clinic.

Join the #CASEMT1D100 - REGISTER NOW