

SASMA 2026
29 - 31 October 2026
PROTEA HOTEL BY MARRIOTT, STELLENBOSCH
PROVISIONAL PROGRAMME (SUBJECT TO CHANGE)

THURSDAY 29 OCTOBER 2026

07:30 - 09:30	Registration opens for workshops	Venue: Magnifica 1 - 3
09:30 - 17:15	Workshop 1: LBU-UCT Collaboration Rugby Science Workshop in partnership with SARU and SASMA	Venue: Protea Hotel by Marriott, Magnifica 1
	Facilitators: Prof Ben Jones & Dr Sharief Hendricks	
09:30 - 09:45	Welcome	Dr Sharief Hendricks & Prof Ben Jones
09:45 - 10:15	Keynote: Head impacts in rugby: From measurement to management	Dr James Tooby
10:15 - 10:45	Panel discussion. Chair: Prof Ben Jones	Dr James Tooby, Dr Anna Stodter, Mr Clint Readhead & Prof Jon Patricios
10:45 - 11:10	Tea & Coffee break	Venue: TBC
11:10 - 11:20	Injuries in rugby league	Dr Sarah Whitehead
11:20 - 11:30	The longitudinal match demands of rugby league	Dr Lois Mackay
11:30 - 11:40	Adding an extra layer of protection: The independent concussion spotter initiative in Super League rugby	Dr Marelise Badenhorst
11:40 - 12:00	Keynote: Rugby science in community rugby: Reducing the injuries in the community game	Prof Keith Stokes
12:00 - 12:10	Changing laws in rugby, the South Africa experience	Dr Wayne Viljoen
12:10 - 12:30	Panel discussion. Chair: Dr James Brown	Prof Keith Stokes, Dr Wayne Viljoen & Lara Paul
12:30 - 13:30	Lunch	Venue: TBC
13:30 - 13:50	Keynote: Concussion in rugby: From the known-unknown to the known	Dr James Brown
13:50 - 14:15	Panel discussion. Chair: Mr Clint Readhead	Dr James Brown, Dr Marelise Badenhorst & Prof Jon Patricios
14:15 - 14:25	Objective postural instability in rugby players with persisting symptoms after concussion: What standard clinical tools may miss	Mr Michael Lumb
14:25 - 14:35	World rugby's RREP study: Outcomes and implications	Dr Janesh Ganda & Prof Jon Patricios
14:35 - 14:45	Player Load: An exploration of load across the men's and women elite global game	Dr Danielle Salmon
14:45 - 15:10	Keynote: Tackling the tackle	Dr Sharief Hendricks
15:10 - 15:30	Panel discussion. Chair: Prof Keith Stokes	Demi Davidow, Dr Wayne Viljoen, Dr Anna Stodter & Dr Neil McCarthy
15:30 - 16:00	Tea & Coffee break	Venue: TBC
16:00 - 16:10	Building technical capacity in the tackle: the effects of fatigue to inform skill training and assessment in rugby	Demi Davidow
16:10 - 16:20	Physical and Technical Development of Women's Rugby in South Africa	Lara Paul
16:20 - 16:30	Content analysis of contact education resources for coaches in collision sports	Rizaan Behardien
16:30 - 16:55	Keynote: Elite rugby: Safety v spectacle	Prof Ben Jones
16:55 - 17:15	Panel discussion. Chair: Dr Sharief Hendricks	Prof Ben Jones, Dr Anna Stodter, Dr James Tooby & Dr Neil McCarthy
17:15	Closing and final reflections	Mr Clint Readhead
08:30 - 17:00	Workshop 2: The MSK collective: A masterclass in musculoskeletal medicine	Venue: Protea Hotel by Marriott, Magnifica 2
	Facilitators: Dr Adrian Rotunno	
08:30 - 08:40	Welcome, format and case-based audience polling	Dr Adrian Rotunno
08:40 - 10:10	Session 1: Beyond the ankle sprain	
08:40 - 09:15	Expert case and operative/non-operative decisions	Prof Graham McCollum
09:15 - 09:35	Live ultrasound: ATFL, CFL, AITFL, peroneals and dynamic assessment	Dr Shaun Scheepers
09:35 - 09:55	Functional progression and athlete-specific readiness	Helene Simpson
09:55 - 10:10	Audience case vote and MDT Q&A. Debate MRI indications, associated chondral lesions, fixation choices and the limits of dynamic ultrasound.	MDT Panel
10:10 - 10:35	Tea & Coffee break	Venue: TBC
10:35 - 12:05	Session 2 - Patellar Tendinopathy: The difficult case	
10:35 - 11:10	Staged volleyball case: Initial treatment and six-month plateau	Dr Hans Zwerver
11:10 - 11:30	Live ultrasound: Tendon, doppler, partial tear, fat pad and adjacent structures	Dr Shaun Scheepers
11:30 - 11:50	Strength progression, monitoring and sport-specific load	Dr FC du Toit
11:50 - 12:05	Debate when imaging changes management, how to manage training through pain and what to do when rehabilitation stalls	MDT Panel
12:05 - 12:55	Lunch	Venue: TBC
12:55 - 14:25	Session 3 - Monoarthritis: One hot joint, many possibilities	
12:55 - 13:30	Clinical blueprint and diagnostic triage	Prof Christa Janse van Rensburg
13:30 - 13:50	Ultrasound: Effusion, synovial hypertrophy and Doppler, including the limits of imaging	Dr Shaun Scheepers
13:50 - 14:10	Exercise modification and functional restoration	Dr FC du Toit
14:10 - 14:25	Debate the role and timing of aspiration, infection exclusion, referral urgency and safe rehabilitation.	
14:25 - 14:45	Tea & Coffee break	Venue: TBC
14:45 - 16:30	Session 4 - Symmetrical polyarthritis: Look beyond overuse	
14:45 - 15:30	Pattern recognition, diagnostic protocol and referral	Prof Christa Janse van Rensburg
15:30 - 15:50	Ultrasound: Synovitis, tenosynovitis and power Doppler	Dr Shaun Scheepers
15:50 - 16:15	Exercise prescription, fatigue, flare management and strength	Dr FC du Toit
16:15 - 16:30	Audience-led MDT discussion. Debate early inflammatory arthritis clues, when to escalate to rheumatology, and how to balance symptom control with continued training.	MDT Panel
16:30 - 16:55	Integrated MDT case challenge: diagnosis → imaging → rehab → RTP	
16:55 - 17:00	Five key messages and close	

08:15 - 17:00	Workshop 3: Respiratory care of the athlete Facilitator: Prof Martin Schwellnus	Venue: Protea Hotel by Marriott, Magnifica 3
08:15 - 08:25	Welcome & introduction	Chair: Prof Martin Schwellnus; South Africa
08:25 - 09:00	Session 1: Respiratory health in the athlete	
08:25 - 08:45	What is the spectrum of respiratory health problems and why it matters to the team physician?	Prof Martin Schwellnus; South Africa
08:45 - 09:00	Basic respiratory physiology in exercise – what every clinician must know	Prof Hege Clemm, Norway
09:00 - 10:30	Session 2: Acute respiratory infections (ARinf) in the athlete	Chairs: Prof Maarit Valtonen, Finland; Prof Martin Schwellnus; South Africa
09:00 - 09:15	Introduction to acute respiratory infection (ARinf): Epidemiology, risk factors and diagnosis	Prof Maarit Valtonen, Finland
09:15 - 09:25	Clinical syndromes and assessment for severity of ARinf (red flags - evidence of multi-organ involvement in athletes with ARinf)	Prof Martin Schwellnus; South Africa
09:25 - 09:40	Management of acute ARinf in my athletes: non-pharmacological and pharmacological options including antibiotic stewardship	Prof Wayne Derman, South Africa
09:40 - 10:00	Clinical decision making for the return-to-full performance process in athletes with Arinf	Prof Martin Schwellnus; South Africa
10:00 - 10:15	How to prevent ARinf in my team?	Prof Maarit Valtonen, Finland
10:15 - 10:45	Practical case discussions (3 groups; 10min for each station) <i>Station 1: Case 1 (Focus on diagnosis)</i> <i>Station 2: Case 2 (Focus on treatment)</i> <i>Station 3: Case 3 (Focus on return-to-sport decision)</i>	Prof Maarit Valtonen, Finland Prof Wayne Derman, South Africa Prof Martin Schwellnus, South Africa
10:45 - 11:15	Tea & Coffee break	Venue: TBC
11:15 - 12:15	Session 3: Nasal conditions in the athlete	Chairs: Dr Cameron McIntosh, South Africa; Prof Wayne Derman, South Africa
11:15 - 11:30	Recognizing, diagnosis and principles of managing nasal obstruction in the athlete	Dr Cameron McIntosh, South Africa
11:30 - 11:45	Clinical approach to rhinitis (allergic and non-allergic) in the athlete – recognition, diagnosis, and management	Prof Wayne Derman, South Africa
11:45 - 12:30	Practical tasks in groups (2 stations; 20 min for each station) <i>Station 1: Using screening tools to assess for possible nasal obstruction</i> <i>Station 2: Demonstration and hands on practical clinical examination to assess nasal conditions in the athlete</i>	Prof Wayne Derman, South Africa & Prof Maarit Valtonen, Finland Dr Cameron McIntosh, South Africa, Prof Martin Schwellnus, South Africa
12:30 - 13:15	Lunch	Venue: TBC
13:15 - 14:45	Session 4: Asthma and exercise-induced bronchoconstriction (EIB) in athletes (Lower airway dysfunction - LAD)	Chairs: Prof Hege Clemm, Norway; Prof Richard Van-Zyl Smit, South Africa
13:15 - 13:25	Epidemiology and risk factors for asthma/EIB in athletes	Prof Hege Clemm, Norway
13:25 - 13:45	How can I confirm the diagnosis of asthma/EIB (IOC consensus algorithm, direct and indirect provocation tests)	Prof Hege Clemm, Norway
13:45 - 14:10	Inhaler therapy for athletes with asthma/EIB, including anti-doping regulations	Prof Richard Van-Zyl Smit, South Africa
14:10 - 14:45	Practical task in groups (3 stations; 30 min) <i>Stations 1-2: Spirometry (hands on using devices)</i> <i>Station 3: Inhalers and inhaler technique (hands on demonstration)</i>	Prof Hege Clemm, Norway; Prof Martin Schwellnus, South Africa & Prof Wayne Derman, South Africa Prof Richard Van Zyl-Smit, South Africa
14:45 - 15:15	Tea & Coffee break	Venue: TBC
15:15 - 16:45	Session 5: Diagnosis and management of complex presentations - When is asthma not asthma?	Chairs: Prof Hege Clemm, Norway; Ms Samantha Holtzhausen, South Africa
15:15 - 15:30	Epidemiology, risk factors, diagnosis and management of EILO in athletes	Prof Hege Clemm, Norway
15:30 - 15:45	Breathing pattern dysfunction (BPD) in athletes: Screening, diagnosis and management	Prof Hege Clemm, Norway & Ms Samantha Holtzhausen, South Africa
15:45 - 16:45	Practical task <i>Practical office assessment of breathing patterns, practical use of the BPAT tool (or similar) to assess for BPD, basics of managing BPD,</i>	Ms Samantha Holtzhausen, South Africa
16:45 - 17:00	Session 6: Summary & conclusion	Chairs: Prof Wayne Derman, South Africa; Prof Martin Schwellnus, South Africa
	Online self-assessment (Online mentimeter quiz with prize) Concluding remarks	
19:00	Free evening for delegates Presidents & Invited Speakers Dinner (By invitation)	Rykaart's at Longridge Wine Estate, Sellenbosch