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COMMENTARY

Cheryl and Jack Taunton's Role in the Evolution of Sports and Exercise Medicine in British Columbia and Beyond

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Abstract

This commentary outlines the evolution of sports and exercise medicine in British Columbia and the unique collaborations with my close friends and colleagues, Dr. Jack and Cheryl Taunton. This article outlines the important legacy of the work of the Jack and Cheryl and the trainees that came through the Allan McGavin Sports Medicine Centre. Included in this article is an anthology of works that outline the impact of the Allan McGavin Sports Medicine Clinic over the years including highlighting key graduates from our programming. **Health & Fitness Journal of Canada 2020;13(4):39-81**

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The Evolution of Sports and Exercise Medicine in British Columbia

The mighty Fraser River has over thousands of years, deposited alluvial soil as the fresh waters from British Columbia's glaciers flow to the Salish Sea. The largest delta of the Fraser River estuary is Lulu Island and the site of the City of Richmond. This location of "new earth" would play a catalytic role in the growth of academic sports and exercise medicine in Canada.

In 1976, Dr. Jack and Cheryl Taunton settled in Mariner's Village in Richmond after Jack completed medical school at the University of British Columbia (UBC) and Cheryl finished her post graduate degree in Kinesiology at Simon Fraser University (SFU). Both of them, under the guidance of Dr. Eric Banister, had been involved as students in the attempt to develop the

concept of a Preventive Medicine Centre in downtown Vancouver.



Jack and Cheryl Taunton.

Jack was completing his internship at Saint Paul's Hospital at that time. Jack's lifelong interest in distance running had drawn him to Richmond several years

Tribute to Jack and Cheryl Taunton

before to join the Kajaks Track and Field Club training group, which included several strong runners coached by Dr. Doug Clement.



Diane and Doug Clement.

In 1960 Dr. Doug and Diane Clement moved to Richmond to join Drs. Dick Talmey and John Varley in general practice after completing internship in San Francisco. Doug had competed in the 4x400 m relay and 800 m at the 1952 Helsinki and 1956 Melbourne Olympic Games as well as the 1954 Vancouver and 1958 Cardiff British Empire and Commonwealth Games. Diane was the Canadian record holder in the 100 m and 200 m and represented Canada at the 1956 Melbourne Olympics and 1958 Cardiff Commonwealth Games. Both were approached by Richmond's recreation department to form a track and field club. With the support of the City of Richmond's promise to build track and field facilities at Minoru Park, the Kajaks were founded in 1961.

Doug had attended the University of Oregon (1951-1955) as an undergraduate and competed in NCAA track and field under the coaching of Bill Bowerman, the founder of the NIKE Shoe Company. He completed his four years of medical school in 1959. As he started coaching track and field in Richmond, he found many of the

injuries of his athletes a puzzle to solve as sports and exercise medicine did not have text books or journals. After a few years, Doug limited accepting new patients to athletes only. The challenges grew as imaging was limited to x-rays only. One of his athletes, Jack Taunton was drawn by the same questions surrounding the impact of exercise and sport on the human body. He had faced the impact of dyslexia and the 1954 Polio epidemic on himself and learned that determined effort, a fighting spirit and a positive drive can solve many challenges.



Jack and Cheryl Taunton.

Cheryl and Jack started a partnership in collaborating in the promotion of sports and exercise medicine initially as students at Simon Fraser University and the University of British Columbia which has continued throughout their half a century as a couple. Cheryl has quietly provided detailed completion structure to Jack's provocative visions. A truly symbiotic partnership.

Tribute to Jack and Cheryl Taunton



From L-Don McKenzie, Rob Lloyd Smith, Cheryl and Jack Taunton, and Navin Prasad.

Wednesday, April 11, 1973

Distance Runners' Tendinitis Called a Goutlike Syndrome

Medical Tribune Report

VANCOUVER, B.C.—Tendinitis was viewed as a "goutlike syndrome" by a team of investigators at Richmond, B.C., who presented a report here on the etiology and treatment of tendinitis among endurance athletes.

"One of the most important, if not the most important, factor causing the inflammation and then leading to crystal deposits in and around the tendon is the elevated uric acid levels associated with intensity long-term training," they told the sixth annual meeting of the Canadian Association of Sport Sciences.



DR. CLEMENT

When serum uric acid levels of controls and of non-symptomatic endurance track athletes were studied, they said, elevated levels were seen in the athletes.

"The stress of a marathon was shown to significantly increase serum uric acid levels," they added.

On studying uric acid levels in athletes suffering from tendinitis, the investigators observed that many had levels outside the normal limit of 7 mg./100 ml. Aspirated

fluid from some of the affected tendons was then examined for the presence of needle-shaped urate crystals, which, when viewed under cross-polarized filters, they said, can be demonstrated "as negatively birefringent." The tissues were stained for uric acid and the tendons were then examined for ultrastructural changes by electron microscope.

When uric acid levels were elevated and crystals were identified in aspirated fluid, the report said, the athlete was treated with colchicine and a uricosuric agent.

"To date, this treatment has permitted top-class athletes to resume their training



MR. TAUNTON



MRS. TAUNTON

Example article resulting from early collaborative work (Medical Tribune Report, 1973).

In 1977 as Jack completed his Internship, he joined Doug in practice at the Richmond Health Sciences Centre. The Terra Nova Sports Medicine Clinic followed and in 1978 were joined by Dr. Don McKenzie, who had completed his PhD at Ohio State and MD at UBC. The seeds of academic sports and exercise medicine had been planted. Doug had been invited to join the adjunct Faculty of Kinesiology at SFU to

teach sports medicine. As Jack completed his internship, he joined Doug at Simon Fraser University.



Jack Taunton enjoying running along the dyke in Richmond BC. Source: Cheryl Taunton. Image can also be found in article by Heather Kent (2000).

This caught the attention of several crucial members of the UBC Faculty of Medicine and School of Kinesiology. Doug Clement was a member of the same UBC Thunderbird Rugby team while at medical school with Dr. Peter Grantham, Head of the Department of Family Medicine and Dr. Bob Morford, Professor and Director of the School of Physical Education (now School of Kinesiology). They gained the approval of Dr. Bill Webber, the Dean of Medicine and for the first time the stars were aligned to create the first inclusion of Sports Medicine in the formal hierarchy of academic studies in one of the world's leading universities.

Tribute to Jack and Cheryl Taunton



The John Owen Pavilion in 1980. (UBC Archives Photograph Collection, 2004).

The Division of Sports Medicine was initiated by the merging of the Terra Nova Sports Medicine Clinic and the University of British Columbia in 1979. Prior to this, the primary sport medicine physicians had formed a referral network, which included specialists in orthopaedic surgery, Dr. Ross Davidson and Dr. Pat McConkey and physiotherapists, Clyde Smith and Haik Gharibians. With the agreement of this group of seven professionals, the British Columbia Sports Medicine Clinic (now Allan McGavin Sports Medicine) was formed and functioned from a portable trailer building located on the grounds adjacent to the UBC Hospital. Months later, the John Owen Pavilion was converted into the fledgling clinic blending primary care sports medicine, orthopaedics and physiotherapy under one roof. Now patients with sports and exercise medicine problems and injuries had an organization ready to solve the situation with immediate communication between the professionals.

The original three, Doug, Jack, and Don were hired by the Faculty of Medicine and the School of Physical Education on tenure track for teaching classes, guiding graduate

students and providing training for post graduate physicians. Dr. Rob Lloyd-Smith became the first fellow who upon graduation joined the clinic and the Student Health Service to focus on coverage for Varsity Team Sport for the University.



From L- Pat McConkey, Haik Garibians, Jack Taunton, Ross Davidson, Dick Loomer, Doug Clement, Clyde Smith, and Don McKenzie, 1988.

The research results progressed rapidly and an international recognition followed immediately. Increased clinical demand led to the growth in the clinic size in 1988. Don McKenzie expanded his interest through exercise physiology on respiratory function and oncologic disease. Jack Taunton focused on imaging innovation in overuse injuries and evaluation of biomechanics impact on footwear design.

Tribute to Jack and Cheryl Taunton



Allan McGavin Sports Medicine Clinic expansion 1988.

The global formalization of sport began in 1894 with the founding of the International Olympic Committee (IOC) followed by Federation Internationale de Football Association (FIFA) in 1904, Federation Internationale de Natation (FINA) in 1908, International Association of Athletics Federations (IAAF) in 1913 and Federation Internationale de Medecine du Sportive (FIMS) in 1928.

North American formalization of Sports and Exercise Medicine began in 1954 with the founding of the American College of Sports Medicine (ACSM) followed by the Canadian Association of Sports Science (CASS) in 1967, Canadian Academy of Sports and Exercise Medicine (CASEM) in 1970, Allan McGavin Sports Medicine Clinic, The Division of Sports Medicine, Department of Family Practice and School of Kinesiology University of British Columbia in 1979 and the Clinical Journal of Sports Medicine in 1990.



1970 Commonwealth Games, Edinburgh First CASEM appointed medical team. Doug Clement on left.

Sports Medicine is Born in Canada

After completing his medical degree, Jack Taunton returned to SFU to join the Kinesiology faculty in 1978 and worked alongside Doug Clement. Doug was also a sports medicine physician on faculty in Kinesiology since 1976 and Jack's former running coach. Both would move on to change the face of Sports Medicine as co-founders of the Allan McGavin Sports Medicine Centre at U.B.C. in 1981. As Fred Hume, UBC Athletics Historian recorded in reference to Doug Clement's induction into the UBC Sports Hall of Fame:

The department is proud to have played a part in the early careers of both Jack and Doug who have been so critical to the development of their field.

"In 1968, Clement began compiling from his practice case studies of a specific and intriguing nature, publishing his accounts and findings. It was from these humble beginnings the discipline of sports medicine was born in this country. Clement became so interested and knowledgeable in this aspect of medicine that he limited his practice to sport and exercise-related problems and issues. A pioneer in this field, he not only practiced, researched and studied sport medicine, but taught this specialty at Simon Fraser University from 1976 to 1979 and at UBC from 1979 through the 1980s, gaining professor status in 1987."



Doug Clement: Left alone his shoes to fill

Dr. Doug Clement was a Canadian Olympian both as an athlete and a coach. He represented Canada at two Olympics and two British Empire Games as part of the 4x400 metre relay team.

He has been selected to Canada's teams in at least 30 international sporting events in the capacities of coach, general manager or member of the medical staff. He and his wife, Diane, co-founded the Richmond Kajaks & the Vancouver Sun Run.



Doug Clement and Jack Taunton outside the John Queen Pavilion in 1982

56 THE MEDICAL POST, NOVEMBER 17, 1992

Sports medicine team joined Cdn. athletes to Spain

BY MICHELE CASATY
VANCOUVER - Canada's Olympic contingent in Barcelona was served by a crack sports medicine staff assembled by the Canadian Olympic Association. According to Dr. Douglas Clement, co-director of the University of British Columbia's Allan McGavin Sports Medicine Centre, this was in line with Canada's role as a world leader in sports medicine.

Together with co-director Dr. Jack Taunton, Dr. Clement was joined in Barcelona by Dr. Don McKenzie (PhD), an assistant professor at UBC, and physiotherapist Trish Hopkins and Clyde Smith, all members of the McGavin centre staff. Physiotherapist Ron Mattison accompanied them to a pre-Olympic training camp in France. He did not make the trip to Spain.

Physiotherapist Ron Mattison (left) only got as far as the pre-Olympic training camp in France. The others who went to Barcelona are: Dr. Doug Clement, Dr. Jack Taunton, Dr. Don McKenzie, Trish Hopkins and Clyde Smith.



Example of early reports outlining the contributions of experts from the Allan McGavin Sports Medicine Centre (Chazottes, 1992; UBC Archives Photograph Collection, 1992).

Now four decades later, the list of accomplishments of the myriad of kinesiologists, physiotherapists, and physicians who have trained throughout

Tribute to Jack and Cheryl Taunton

their graduate studies and residencies at the University of British Columbia, have spread their expertise across North American universities and at Olympic Games and World and Regional Championships.



From L- Ron Mattison and Navin Prasad.

Jack and Cheryl Taunton with Diane and Doug Clement were the co-founders of the Vancouver Sun Run in 1985. This has grown from 3500 entries initially to now over 50,000 and has impacted on the health of many British Columbians by promoting an optimal lifestyle.

In 2018 the Allan McGavin Sports Medicine Clinic moved to the new Chan Gunn Pavilion adjacent to the Doug Mitchell Thunderbird Sports Centre. The facilities created expansive space and concepts to meet the exercise needs of the 21st century.



Picture of Vancouver Sun Run.



From L- Doug and Diane Clement, Jack Taunton, Jan Neufeld, and Cheryl Taunton.



Chan Gunn Pavilion: A New Resource for Vancouver Athletes

by Margaret Buttner

The practice of academic sports medicine was pioneered nearly 40 years ago by Vancouver running community legends Dr. Doug Clement and Dr. Jack Taunton. Doug and Jack met at Simon Fraser University's Faculty of Kinesiology in the 1970s and quickly bonded over their love of running as Doug, a former Olympian, served as Jack's running coach. The two physicians changed the face of sports medicine in Canada when they co-founded the Allan McGavin Sports Medicine Centre at UBC, the first of its kind in the country. Since then, the Centre has served thousands of athletes with an emphasis on knees and hips, two areas of concern for runners.

Over time, the building started to deteriorate, and in 2015, Dr. Chan Gunn stepped forward with a \$7 million donation in support of a new facility to replace the aging Sports Medicine Centre. Dr. Gunn is known for his work in finding ways to alleviate pain from nerve damage through intramuscular stimulation (IMS) and he saw that supporting a new, state-of-the-art facility would enable him to further his important work.

The newly opened Pavilion houses the Centre for Physical Activity and Exercise Medicine, which includes the Jack and Darlene Poole Rehabilitation and Research Gym, the Gunn IMS wing (dedicated to chronic pain treatment and research) and an enhanced space for the Allan McGavin Sports Medicine Clinic, including primary care sports medicine, physiotherapy and orthopedics. The facility also features a kinesiology and physiology lab with cutting-edge technology.

"The Chan Gunn Pavilion is enabling us to go far beyond what people traditionally define as sports medicine," says Jack. Jack and Doug have handed the reins to a new generation of sports experts, including Dr. Rob Drupala. A former track and field athlete at SFU, Dr. Drupala's areas of specialty include all aspects of child, adolescent and adult sports and exercise medicine, with a special interest in alternative or complementary injury management. In addition to sharing care for UBC's varsity athletes, he is involved in care for the Vancouver Whitecaps and the Vancouver Canucks. His expertise in the area of soccer has led to the clinic being designated as a FIFA Medical Centre of Excellence, one of only two in Canada.

For more information, visit sportsmedicine.med.ubc.ca.

Article featuring the new Chan Gunn Pavilion
(Buttner, n.d.).

Tribute to Jack and Cheryl Taunton



Allan McGavin Sports Medicine Clinic
Current photo of the new Allan McGavin Sport Medicine Clinic at the University of British Columbia. Photo courtesy of Allan McGavin Sport Medicine Clinic (2018).



The Allan McGavin Sports Medicine team on recognition by FIFA.



back row: Gord Matheson Trish Hopkins Jack Taunton Clyde Smith Paul Wright Ron Mattison Doug Clement
 Linda Davidson Bob Hindmarch Rob Lloyd-Smith
 front row: Trish Hopkins Connie Lebrun Nalin Prasad Don McKenzie Pat McConkey
 2018 AMSMC opening at Chan Gun Pavilion



From L- Ron Mattison, Elizabeth McKenzie, Rob Lloyd Smith, Clyde Smith, Jack Taunton, Zenya Kasubuchi, and Trish Hopkins.

UBC sports medicine named "Medical Centre of Excellence" by FIFA

September 1, 2016

The University of British Columbia's Allan McGavin Sports Medicine Centre (AMSMC) was inaugurated as a FIFA Medical Centre of Excellence on September 1, 2016.

UBC's sports medicine centre is one of only two in Canada, and just three in the U.S., to attain the designation from the Federation Internationale de Football Association, based in Zurich.

Jiri Dvorak, FIFA's Chief Medical Officer, Steve Reed, Vice President of Canada Soccer Association and Deborah Money, Executive Vice Dean of the Faculty of Medicine were among those speaking at the inauguration ceremony, while others, including Bob Lanarduzzi, President of Vancouver Whitecaps FC joined as special guests.



L-R: Jiri Dvorak, Chief Medical Officer, FIFA; Deborah Money, Executive Vice Dean, UBC Faculty of Medicine; Rob Drapala, Director, Soccer Medicine & Physician, AMSMC; Steve Reed, Vice President, Canadian Soccer Association; Don McKenzie, Director, Sports Medicine, AMSMC

UBC in Vancouver is a highly respected academic institution and jointly with McGill University in Montreal, we are proud and motivated to support the development of Football Medicine in Canada.
 — Dr. Jiri Dvorak, FIFA's Chief Medical Officer

FIFA Medical Centres of Excellence must demonstrate their leadership in soccer medicine through a strict selection process. Accreditation is granted for a period of five years, during which all centres report annually on their activities.

The designation serves as an endorsement of the centre's ability to offer expert treatment for injuries and guidance on injury prevention for soccer players, from elite levels to youths. It also enables the centre to offer FIFA-certified courses on injury prevention, rehabilitation, strength and flexibility training to soccer coaches, athletes, physicians and therapists.



Article featuring UBC Sports Medicine (UBC Faculty of Medicine, 2016).

AN ANTHOLOGY OF THE DIVISION OF SPORTS AND EXERCISE MEDICINE AT UBC

The following anthology of articles and reports were created based on the works emanating from the Division of Sports and Exercise Medicine at the University of British Columbia. These articles have been provided with permission of Dr. Clement, and the links to the original sources are provided (where available). Where appropriate, stories have been supplemented by related images from Dr. Clement.

1. **FAST TRACK TO THE TOP**
2. **RENOWNED SPORTS MEDICINE PHYSICIAN JACK TAUNTON INDUCTED INTO BC SPORTS HALL OF FAME**
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#1 FAST TRACK TO THE TOP (Chess, 1988).

“Despite its humble beginnings, the Allan McGavin Sports Medicine Centre at UBC is regarded as the best clinic of its kind in Canada. Not bad for a group of guys who first played rugby together, and just could never quite shake that old team spirit. It may be one of the reasons for their success

Garmisch, West Germany, 1981. The men’s World Cup downhill ski race. A Canadian skier loses control and plunges down the icy slope. He can almost hear the ligaments of his knee ripping to shreds. His first thought is to get it treated immediately. Or is it?

If that skier was Ken Read, he flew home to Canada for treatment by the staff of a sports medicine clinic that has since become a facility renowned for the expertise and technical back-up that helped Read to a successful recovery.

Tribute to Jack and Cheryl Taunton



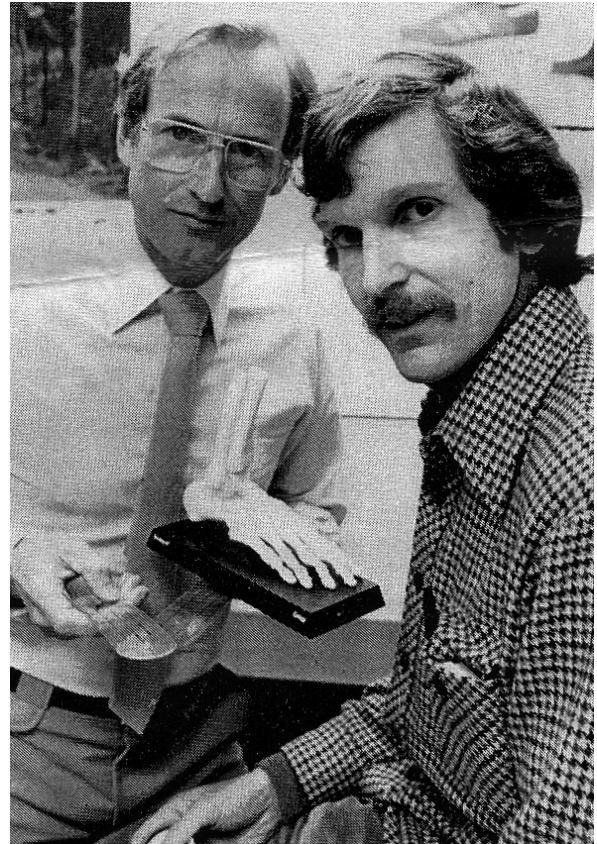
Lynn Kanuka, Olympic Bronze Medalist.

It is a clinic with a patient roster that reads like a Who's Who of Canadian sport, Lynn Kanuka, Alex Baumann and Debbie Brill among its patients: a clinic that does not restrict its services to athletes but sees other professionals too, like the stripper who gyrate a little too enthusiastically and tore a muscle in her stomach: a clinic that sees, on average, 1000 recreational, amateur and professional athletes every week. It is the Allan McGavin Sports Medicine Centre at the University of British Columbia.

The newly renovated, expanded and christened clinic, despite its very humble beginnings, is the best sports medicine clinic in Canada, and it is largely because of two very dedicated professionals, Dr. Doug Clement and Dr. Jack Taunton, the clinic's co-directors.

"Clement and Taunton are the forces behind whole thing, Dr. Jack Oliver, past president of the Canadian Academy of

Sports Medicine, has said. "What puts them a notch above the other is they are involved to the hilt in sport. They have managed to put a lot of egos and specialties under one roof, where they can complement each other."



From L- Doug Clement and Jack Taunton.

Drs. Taunton and Clement do indeed complement one other. While Dr. Taunton is the consummate administrator, serving as both the head of the B.C. Sports Medicine Council and as and as president of the Canadian Sports Medicine Council, Dr. Clement prefers to focus on research and the international forums, symposia and conferences at which he is regularly asked to speak.

For his contribution to the field of sports medicine research, Doug Clement was recently named by *Influence* magazine as one of the 50 most influential men in

Tribute to Jack and Cheryl Taunton

Canada. In addition, both doctors maintain a rigorous schedule of patient consultation and treatment at the clinic. They also share the vision of heading up the finest fully-integrated sports medicine clinic in Canada. "Our mandate from the very beginning," explains Dr. Taunton, "was to create facility where individuals with interests in both patient care and research could work in both areas."

Though there are now over 50 sports medicine clinics across Canada, the vast majority are restricted to patient care, as the cost of research is so prohibitive. In Canada, only three other clinics come close to UBC 's. Dalhousie and the University of Western Ontario each has an affiliated private clinic, while the Bobby Orr Sports Medicine Centre in Toronto, a private clinic, has only recently begun to fully function, and can offer only limited services at present.

In trying to pinpoint what sets the UBC clinic so far ahead of the rest, one always comes to its people. The quality of the staff is the chief reason that UBC funds the clinic. "It's the group of people that makes us unique," says Taunton. "Other clinics have trouble finding people to work full time because they make less money working at a clinic than in private practice." This fact has not stopped Clement and Taunton from assembling an extraordinary team of physicians, surgeons and physiotherapists. The staff has an unparalleled national reputation.

Taunton has, in the last few years, been to Yugoslavia and Malaysia as a physician to the Canadian teams in the World Student Games and World Field Hockey Championships. He is physician to the national men's and women's field hockey teams. Doug Clement, himself an Olympic athlete who ran for Canada in the 1952 and

1956 games, is currently the national track coach."

Dr. Don McKenzie, the clinic's head of research, is physician to the Canadian Olympic rowing, kayaking and canoeing teams and Drs. McConkey and Loomer treat the Olympic alpine ski teams. Dr. Ross Davidson, one of the clinic's surgeons, is the Vancouver Canucks surgeon and not to forget the clinic physiotherapists, Clyde Smith was chief physiotherapists for Canada at the Los Angeles Olympics in 1984, and his co-worker, Ron Mattison, will go to Seoul in the same capacity this summer. Obviously, these guys are hot.



Dr. Don McKenzie.

Tribute to Jack and Cheryl Taunton



From L- Pat McConkey and Mark McConkey.



Dr. Ross Davidson.



Dr. Dick and Diane Loomer with Jean Chrétien.

Their international travel with various Canadian teams has brought some of the clinic's staff the chance to prove themselves professionally in a global perspective. It is with pride and just a touch of envy that clinic members refer to Jack Taunton's experience in Zagreb, Yugoslavia at the world Student Games where he saved the life of a British runner with sun stroke.

The runner collapsed suddenly during a race, and medical officials could neither agree on what was wrong with him nor supply essentials such as ice and fluids. Taunton, who happened to be watching the race from the stands, forced his way into the examining room and immediately took control. Identifying the sun-stroke, he sent a member of his Canadian medical team to get the ice and equipment that was not otherwise forthcoming. It took four hours to stabilize the athlete, but it was clear to all that Taunton had saved his life.

Amazingly, such unpreparedness at international games is not uncommon. Taunton recalls how at the International Field Hockey Championships in Malaysia when ice was needed it was brought in a barrel with a hammer and a chisel. So, the Canadian teams do not take any chances.

Tribute to Jack and Cheryl Taunton

Drawing primarily from the Allan McGavin Sports Medicine Centre's staff and expertise, Canada sends a veritable MASH unit to international games, with four physicians, eight surgeons and 4000 pounds of equipment.



From L- Doug Clement and Ron Mattison with patient.

One would think that enjoying such a high profile, clinic directors Taunton and Clement might become a little big-headed. Not these guys. The last Wednesday of every month they hold clinical meetings at which the entire staff is encouraged to offer input. "There is no hierarchy here," says Laurie Burroughs, clinic coordinator and that has always been the way at the clinic since its earliest days as a small private practice in Richmond called the Terra Nova Sports Medicine Clinic. Doug Clement, a true pioneer in the field of sports medicine, had been treating sports-related injuries in his private practice for over a decade when he joined with Jack Taunton to create the Lower Mainland's only sports medicine clinic. Opening its doors in 1977, the clinic quickly established itself locally and nationally. But patients were having to go elsewhere for surgery and physiotherapy and Clement and Taunton disliked this complication in the recovery process. "Now if one of us wants to ask a surgeon or physiotherapist a question," says Dr.

Taunton, smiling, "we walk into the next room!"

After a brief stint at Simon Fraser University where Clement and Taunton assembled a team of one other doctor, two surgeons and a physiotherapist, it became obvious the clinic needed more space. Just when the clinic was prepared to move to a site near Richmond General Hospital, Peter Grantham, head of family practice in the faculty of medicine, called. UBC's medicine and physical education faculties wanted to locate a sports medicine clinic on campus. Housing and funding would be provided in exchange for expertise.

The clinic arose out of a unique set of circumstances," recounts Clement. "There was a kind of rugby connection." It just so happens that Clement, Grantham, and the heads of physical education and medicine had all played rugby together at UBC in the 1950s. Their team spirit intact, the men easily agreed on the terms of their arrangement.

The clinic and its staff are employees or faculty members of UBC, and the clinic itself is considered a part of UBC. The university provides the clinic with a home and 50 per cent of its income. Neither Taunton nor Clement have misgivings about being under the auspices of UBC. They realize that the affiliation has afforded the clinic the opportunity to become a world-renowned facility. State of the art laboratory equipment and access to university libraries, personnel and the UBC hospital are the primary advantages of being answerable to a university. Were Taunton and Clement less willing to share the credit for their clinic with its staff and with the university, the clinic could not have achieved its current level of success.

The clinic's first home at UBC, a 1,000 square foot trailer behind the UBC hospital, meant that a lot more than egos would

Tribute to Jack and Cheryl Taunton

have to be pared down. There was not even space for desks. Doug Clement explains “Sometimes we’d have seven doctors consulting in one room and it was almost like working in war time conditions.” Seven doctors in one tiny examining room, then meant literally (yet never figuratively) that toes would be stepped on. Clement and Taunton almost miraculously, managed to run a fully integrated sports medicine clinic out of a tiny trailer with only one nurse and three examining rooms, until a new home could be found. The trailer now sits as an annex to the clinic, a constant reminder of just how far the clinic has come. The doctors now even have desks.

The new home that welcomed the clinic in 1980 had been the changing room for athletes playing on the fields that surround it. Sweaty UBC students had changed and showered there for years. It may even have been in that very changing facility that Doug Clement met the fellow rugby players who were to help found the clinic on campus. Seeing the clinic today, however, it is hard to believe that the facility was ever anything other than a top-notch centre. The recent expansion brings the total clinic size to 8,000 square feet, consisting of a primary care examining area, a physiotherapy treatment area, a biomechanics and physiology laboratory, as well as doctors’ offices. The clinic staff now totals over 40 professionals who treat well over 50,000 patients per year. Most of the patients are B.C. residents, but patients come from Alberta, Saskatchewan, Yukon and the Northwest Territories as well. Though Calgary had planned to open a 30,000 square foot clinic in time for the Winter Olympics, the facility never materialized. So east of Vancouver, the nearest comparable sports medicine clinic is still in Toronto. Yet the Allan McGavin

Sports Medicine Centre, because of its triple capacity as patient care facility, major research centre and community educator, still remains the best in Canada.

An integral part of the clinic’s operation is the BC Sports Medicine Council, housed in the trailer beside the clinic. The Council looks after community sports medicine education, and the coordination of teams (i.e. for the Vancouver Marathon) in the province. Programs are regularly offered to educate parents and coaches of athletes and the Council has set up a hotline for athletes with substance abuse questions and problems. The BC Sports Medicine Council was the first such provincial body in Canada, due in no small part to the efforts of Drs. Clement and Taunton.



Clyde Smith.

The most recent expansion of the clinic brought with its new equipment that will further increase its national stature. A new \$60,000 Cardio Pulmonary Exercise System, when coupled with one of the clinic’s ergometers (mechanical device that allows an athlete to stimulate performing his sport) allows the physiologist to determine a breath-by-breath physiological analysis of an athlete engaged in his or her sport. This system

Tribute to Jack and Cheryl Taunton

will be used to study and correct the problem of over training in national athletes. “This is the best way to test fitness” explains Dr. Don McKenzie, head of research for the clinic. “With this we can monitor and prepare an exercise regimen specific to the individual athlete’s needs” One very unique ergometer, designed to test the fitness of wheelchair athletes, was instrumental in Rick Hansen’s training for the Man in Motion world tour. Several of the clinic’s staff were consulted on exercise, nutrition and research for the around the world odyssey.

Another very unique piece of equipment new to the clinic is the NASA designed CMC Shuttle. This apparatus enables an athlete to lie down and simulate walking, running and jumping without any of the effects of gravity. Originally “designed to study ways to reduce the effects of weightlessness on the long bones of athletes,” explains physiotherapist Clyde Smith, the CMC Shuttle is use in physiotherapy treatment. The effects of exercise on an athlete recovering from a leg injury are greatly lessened and recovery can occur more quickly. Such “space age” equipment emphasizes Jack Taunton’s belief that “sports medicine is still a new field, ripe for a lot of research studies.”

With that in mind, Jack Taunton and Doug Clement look to the day when the clinic can reach the desired size of 20,000 square feet. There is talk of further expansion in 1992. Meanwhile, both men continue to head a movement to establish a recognized North American program for sports medicine, and a formal, recognized Canadian Fellowship based on the one already in place at the Allan McGavin Sports Medicine Centre. One thing remains certain, as long as the team of Clement and Taunton remains the driving force behind this world class sports medicine facility at

UBC, the clinic will continue to grow in size and reputation.”



Dr. Jack Taunton.

#2. INNOVATION AND DETERMINATION LEAD TAUNTON TO HALL OF - RENOWNED SPORTS MEDICINE PHYSICIAN JACK TAUNTON INDUCTED INTO BC SPORTS HALL OF FAME (Fennel, 2014).

“American philosopher Elbert Hubbard is credited with suggesting that “if you want to ensure something gets done, ask a busy person to do it, for the other kind has no time.”

It’s a belief that certainly holds true when it comes to Dr. Jack Taunton, who last evening (Thursday) was officially inducted into the BC Sports Hall of Fame in the builder category—an honour being widely cheered by colleagues and athletes alike who recognize and appreciate his many contributions.

Tribute to Jack and Cheryl Taunton



From L- Jack Taunton with Charmaine Crooks- 5x Olympian.

“He is considered one of the fathers of sports medicine in Canada, and everyone’s friend,” said Charmaine Crooks, the celebrated Canadian Olympic track and field runner who co-hosted the honoured members reception Wednesday at the hall, during which time the official class of 2014 champions plaques were unveiled.

At age 67, the immensely popular local sports physician continues to eagerly contribute to improving the lives of athletes—on and off the playing field. Colleagues at Fortius Sport and Health, where he is director of sport medicine, are overjoyed by his recognition.

“We’re delighted that Jack is being honoured in this way and we couldn’t be happier for him and his family,” chief operating officer Lynda Cannell said on the centre’s website. “Jack has made our community, our province and our field of sports and exercise medicine better on the strength of his leadership and his capacity to push the envelope and create new frontiers.”

Added chief sport officer and co-founder Dr. Rick Celebrini: “From working with him at Vancouver 2010 and in many other capacities, Jack has that unique ability to inspire people to make things happen and to perform at their best. He is a tribute to our profession and to the field of sport and

exercise medicine and its role in athlete development, sport and active living.”

Describing his induction into the hall as “overwhelming and certainly very humbling,” the typically modest Taunton said he looks at the honour as him representing a team of people dedicated to the advancement of sports medicine.

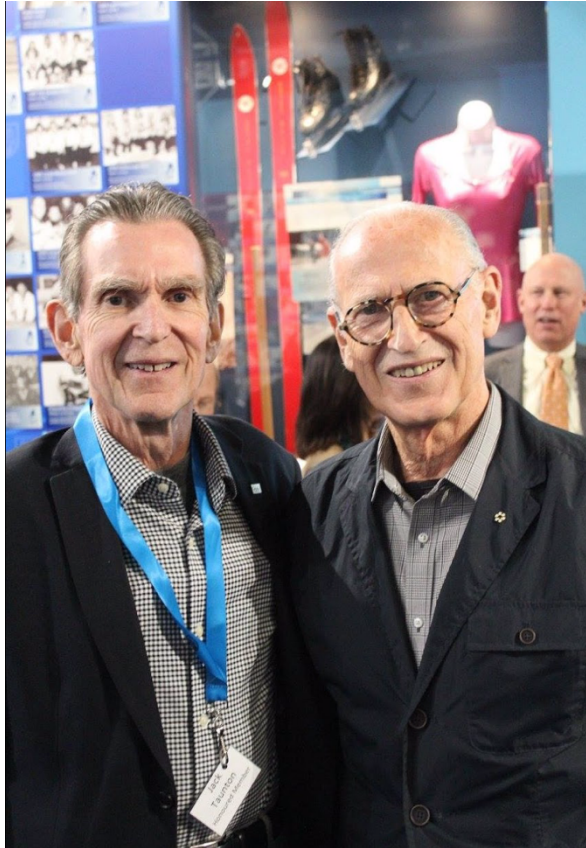
“It’s not just me, but all the people I’ve been so lucky to work with. It’s been a tremendous career.”

Taunton is one of 11 inductees to the hall this year, among a class that includes fellow builder Bob Nicholson, who guided Team Canada to more than 70 medals in international ice hockey competitions; Scott Niedermayer, one of the greatest defencemen in hockey history who won every major championship during his career including the Stanley Cup and Olympic gold medal; Lars Hansen, who became the first player from B.C. to appear in the modern-day NBA; and Sarah Burke, who successfully lobbied the International Olympic Committee to have half-pipe skiing added to the Olympic program for the 2014 Winter Games.

A keen and talented athlete growing up, Taunton played football and soccer and also ran competitively—as a middle-distance runner—for Simon Fraser University, where he earned bachelor and master degrees in science. He later graduated from the University of B.C. Faculty of Medicine, and went on to earn a diploma in sports medicine from the Canadian Academy of Sport Medicine. Taunton’s interest in running marathons, at which he ultimately became nationally-ranked, led him to start a club where there hadn’t been one before. With the help and support of his wife Cheryl—without whom, he insists, none of his visions would have ever been realized—Taunton created the Lions Gate Road Runners in 1971 with the

Tribute to Jack and Cheryl Taunton

hope of promoting long-distance running. This led to the establishment of many major local runs, including the Vancouver Marathon.



From L- Jack Taunton with Doug Clement.

Later, while on vacation in New Zealand, Taunton learned how a small club race went from drawing 1,000 participants to 30,000 participants. That inspired him to join forces, with among others long-time friend, colleague and Richmond Kajaks Track and Field Club founder Doug Clement, to create the Sun Run in 1985, now one of the largest road races in North America with its primary mandate still being to promote health, fitness and community spirit. An ardent cyclist, his efforts were also instrumental in the creation of B.C. Superweek, one of the most prestigious pro-cycling series in North America. Taunton, however, is equally

proud that the event has grown beyond a series of races to include children's and developmental races.

A leading figure in the field of sports medicine, Taunton also co-founded both SportMed BC and Allan McGavin Sports Medicine Centre more than 30 years ago. He also considers himself fortunate to have travelled much of the globe working with Canada's national men's and women's field hockey teams—the latter of which featured his daughter Kristen, who earned 99 international caps. He also worked for the Vancouver Grizzlies during their NBA tenure here, and spelled off Doug Clement with the Vancouver Canucks.



Jack and Cheryl Taunton.

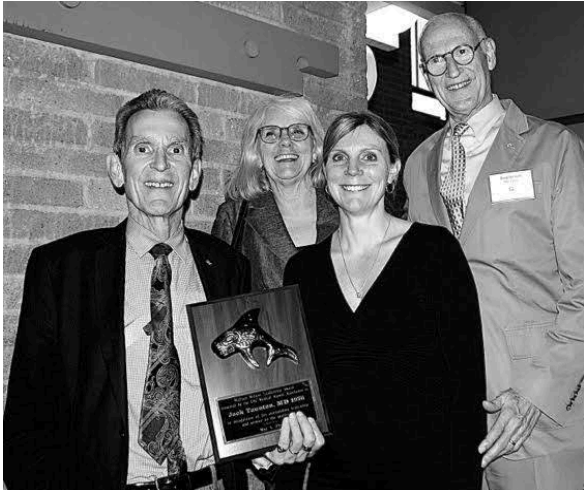
"I'm sure glad Cheryl enjoyed basketball, which was her sport in university, and hockey because we'd spent four to five days a week in those days (the latter half of the 1990s) at GM Place (now Rogers Arena)," he said.

The level of experience he gained during those years inspired Taunton to apply to become chief medical officer for the Vancouver 2010 Winter Olympic and Paralympic Games.

Under his leadership, the events were honored by the International Olympic Committee as having the best sport medicine platform in Olympic history.

Tribute to Jack and Cheryl Taunton

“That was a four-and-half-year challenge that gave you grey hair, but at the end of the day was so rewarding because of the people I was so fortunate to work with,” said Taunton, whose hard work and dedication are renowned in the athletic world.



From L- Jack, Cheryl and Kristin Taunton with Doug Clement.

“He’s obviously a person who really, really cares,” said Cheryl Taunton said of her husband. “I think his legacy will be one of being a caring and giving person who enjoyed mentoring people around him, and who had a vision and wouldn’t take no for answer. He’d move to make it happen.”

Cheryl added there is also little doubt Jack Taunton has had profoundly positive influence on his daughters. Kristen is now an orthopedic surgeon in Whistler, while Carla is a professor of art history and critical studies in Halifax.”



From L- Carla and Cheryl Taunton.

#3 A BREAST IN A BOAT (International Breast Cancer Paddlers Commission (IBCPC), 2016).

“Dr. Don McKenzie is the sports medicine physician who, in 1996, founded and coached “Abreast in A Boat”, the first breast cancer dragon boat team of twenty-four women in Vancouver, British Columbia, Canada.

Dr. McKenzie launched his project to test his theory that upper body exercise would be beneficial for people who had been treated for breast cancer, challenging the prevailing thinking that such exercise would cause lymphoedema. He was right and the breast cancer dragon boat movement has become an international phenomenon, with over 180 teams in 16 countries (and growing).

Tribute to Jack and Cheryl Taunton



Dr. Don McKenzie, Vancouver, British Columbia, Canada.

Not only does Dr. McKenzie work with breast cancer paddlers all around the world, he is also a member of the Medical Committees of the International Canoe Federation (ICF) and the International Olympic Committee (IOC) and was formerly the Chairman of the International Dragon Boat Federation Medical Commission (IDBF). He has been physician to the Canadian National Canoe Team since 1981 and has attended each summer Olympics since 1984.

Currently Dr. McKenzie is Professor and Director of the Division of Sports Medicine, Faculty of Medicine at the University of British Columbia in Vancouver. His areas of expertise are: clinical exercise physiology, breast cancer and exercise, and pulmonary physiology. He is a recipient of many awards including the Rick Hansen Sports Medicine Research Award; Outstanding Scholar, University of British Columbia;

and Canadian Society of Exercise Physiology Honour Award.

Dr. McKenzie continues his work in research around breast cancer and exercise. This work is followed closely by the medical community and the breast cancer paddlers around the world. He enjoys paddling, sailing and surfing. His wife, Barbara is a retired teacher and they have two grown children. – a daughter who is a resident in internal medicine and a son in the computer technology field.

Dr. McKenzie activities with breast cancer paddlers have enriched his life and the paddlers say the same thing about him. He has improved the quality of life for more people than he will ever know. He has given them hope; hope that they can lead a full and active life after treatment for breast cancer.”

MR. DRAGON BOAT (Kent, 2002).



“Dr. Don McKenzie had his sights set on a research career, but after completing a doctorate in exercise physiology at Ohio State University he realized that he needed human subjects because he required blood and muscle samples. So, he moved back to Canada to earn a medical degree from UBC and, 2 years later — in 1980 — he joined Drs. Jack Taunton and Doug Clement in founding the university's Allan McGavin

Tribute to Jack and Cheryl Taunton

Sports Medicine Centre. And that is how dragon boats entered his life.

McKenzie became involved with breast cancer survivors in 1995 while working with physiotherapist Sherri Niesen on her doctoral research. A spin-off of that work was McKenzie's launch of Abreast in a Boat (www.abreastinaboat.com; *CMAJ* 1998; 159: 376-8), a dragon-boating team that has since spawned a worldwide movement involving the sport among women with breast cancer or breast cancer survivors. It was a natural choice for McKenzie, 56, a long-time kayaker who still paddles 4 times a week, competes in masters' events and has served as a coach and physician to the Canadian kayaking team at 5 Olympic Games.

Today, he is trying to determine how arm lymphedema affects women with breast cancer when they exercise. The goal is "to identify what role exercise plays in lymphatic function. I think that will help us if we decide to intervene with other modes of therapy for people with lymphedema, whether it's exercise or whether it's a compression sleeve." All of the dragon-boating women who underwent arm-circumference measurements during his early research experienced "zero or very low" levels of lymphedema, McKenzie says. He would also like to assess lymphatic function with MRI testing. "It's interesting physiology, and there are a large number of people who would benefit."

The research has also "been embraced by the dragon-boat population, and they are carrying it forward."



Don McKenzie.

McKenzie believes that the use of exercise in breast cancer rehabilitation will become mainstream treatment faster than it did for cardiac rehabilitation because these patients are taking on more responsibility for their care. The medical profession has been slower to embrace the role of exercise rehabilitation but "is gradually catching on," he says.

McKenzie says breast cancer patients have enriched his life. "It has been a marvellous experience. The first 24 women who volunteered [for the initial study] were exceptionally trusting — they had no idea what we were up to."

The paddling part has also remained a rewarding adjunct to his research. Seven years after it began, he wouldn't miss his Wednesday nights coaching the original Abreast in a Boat team on Vancouver's False Creek. "I have been able to see what Abreast in a Boat has done for so many

women — the effect has been so profound on their emotions and so positive globally. The people I've met, the camaraderie, the support they get from other cancer patients, that has been the miracle of the whole project. The lymphedema was the start. Now it's a small part of it." — *Heather Kent*, Vancouver.

EXERCISE IS MEDICINE

Dr. Don McKenzie, to share his research on breast cancer as part of Health Sciences Dean's Speaker Series (Macdonald, 2019).



"Dr. Don McKenzie has changed the approach to exercise prescription for women with breast cancer.

As a global leader in the science of cancer and exercise, his research has had a significant impact on improving the lives of women with breast cancer.

Challenging the notion that women diagnosed with breast cancer should avoid upper-body exercise, McKenzie's research focuses on dragon boat paddling as an avenue for improving existing cases of breast cancer-related lymphedema.

McKenzie will share his world-renowned research with the University of the Fraser Valley on Monday, March 18, 2019 in Abbotsford as part of the Faculty of Health Sciences Dean's Speaker Series.

McKenzie is a Professor of Kinesiology and Director of the Division of Sports Medicine at the University of British Columbia (UBC). He is an exercise physiologist and physician with a long track record of research in the areas of

exercise physiology, sports medicine, and exercise and cancer. He holds a Bachelor of Science from the University of Guelph, a Master of Physical Education from the University of British Columbia, a doctorate from Ohio State University, and a Doctor of Medicine from UBC.

McKenzie has published extensively in the fields of exercise physiology, sports medicine, and cancer. His research has received over \$5.5 million in funding. He has published over 200 peer-reviewed journal publications and 17 book chapters, and has given countless presentations and invited talks.

An avid kayaker, and exceptional athlete in his own right, Dr. McKenzie has been to 10 Olympic Games as a medical officer for Canada's national canoe team. He has worked extensively with the IOC and WADA on issues of doping in sport.

McKenzie has received numerous awards and distinctions in his career. In 2001, he was awarded the Canadian Society for Exercise Physiology Honour Award, in recognition of his outstanding contributions to the field of exercise physiology. Also, in 2001, he was awarded the Meritorious Service Medal at Rideau Hall by Her Excellency the Right Honourable Adrienne Clarkson, Governor General of Canada. He is a Queen Elizabeth II Diamond Jubilee Medal recipient and in 2007, he was awarded an honorary LLD doctorate degree from the University of Guelph." - University of the Fraser Valley

#4 THE THUNDERBIRD OLYMPIC HISTORY: THE 2010 TRAILBLAZERS (Fox, 2020).

"During the Vancouver Olympics, UBC was represented even beyond the athletes. From the medical team to an honorary mayoral role, here are two alumni who played an important role behind-the-

Tribute to Jack and Cheryl Taunton

scenes in both leading up to and during the Games.



Dr. Jack Taunton.

One of North America's leading sports medicine doctors, UBC alumnus and Professor Emeritus for the Faculty of Medicine, Division of Sports Medicine, Jack Taunton played a critical role in the Vancouver 2010 Olympics as Chief Medical Officer. During the games, he supervised the training of over 2,700 volunteers, organized medical stations at event venues, and managed doping control programs.

The role is one in a string of essential and impactful Olympic and Paralympic roles Taunton has held throughout his career. He also worked at the Los Angeles 1984, Seoul 1988, Barcelona 1992 and Sydney 2000 Olympics prior to Vancouver 2010.

Beyond the Olympic Games, Taunton has played, and continues to play, a pivotal role in the running community here in BC, as he established the BMO Marathon and what was originally the Lions Gate Eight — now the Vancouver Sun Run — alongside his wife Cheryl, and Doug and Diane Clement.

Here on campus, Taunton established Vancouver's first sports medicine clinic with Doug Clement and Don McKenzie in 1979, the beginnings of the Allan McGavin Sports Medicine Centre here on campus; he was the Centre's director for over 25 years.

In recent years, he helped raise \$2.5M to establish the School of Kinesiology's Chan Gunn Pavilion, home of the Allan McGavin Clinic today. He also co-founded the UBC Grand Prix.

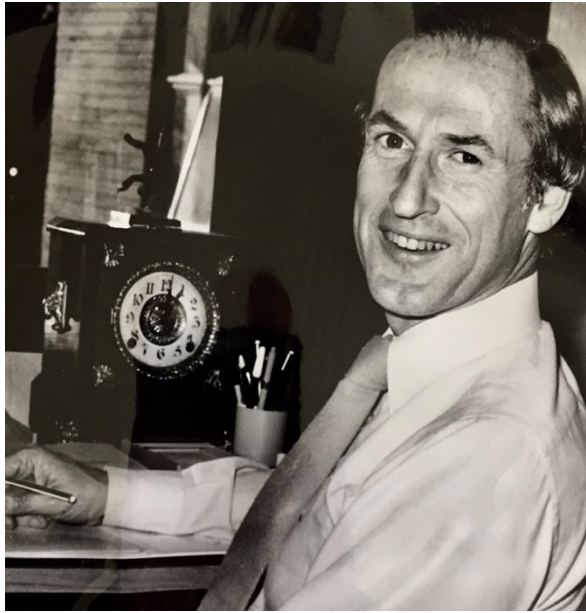
In terms of professional and national sports programs, Taunton was the team physician for the Vancouver Grizzlies and Field Hockey Canada. He has also played pivotal roles with various sports medicine organizations, including SportMed BC and Fortius Sport & Health.

For his work in the sports medicine field, Taunton is a recipient of the Queen's Diamond Jubilee Medal, a Lifetime Achievement Award from the Canadian Academy of Sport and Exercise Medicine, and the Canadian Academy of Sport and Exercise Medicine Medal of Service Award—among many others. Taunton is at the forefront of sports medicine in Canada, and has played an important role in the lives of athletes from field hockey to basketball and everything in between—including the lives of those who participated in Vancouver 2010.



Dr. Jack Taunton.

Tribute to Jack and Cheryl Taunton



Dr. Doug Clement.

Here on campus, and around Vancouver, this 1952 and 1956 Olympian is well-known as a track and field athlete, coach and advocate, and renowned sports medicine clinician, professor and innovator—he is also a third of UBC's Allan McGavin Sports Medicine Clinic founding trio alongside Jack Taunton and Don McKenzie: Doug Clement.

During Vancouver 2010, Clement played an important role in the 2010 Olympic and Paralympic Games as an honorary mayor of the Paralympic Village alongside his wife and fellow Olympian Diane Clement. Diane also played a crucial role in Vancouver 2010 as a member of the Bid Committee.

Clement's athletic career in track included trips to two Olympic and two British Empire Games. He has subsequently been selected to Canadian teams in coaching, general manager and medical staff roles for Olympic, Pan American, Commonwealth and World Championship games.

Clement attended UBC medical school, graduating with an MD in 1959. Throughout his time studying, Clement

competed for the Thunderbird track and rugby teams.

Following graduation, Dr. Clement opened his own practice in Richmond, BC. There, he became a leading proponent of exercise contributing to the prevention of heart disease.

In 1964, and alongside his wife, Clement founded one of Canada's renowned track clubs: the Richmond Kajaks. There, he would coach athletes to world fame for 31 years.

Between 1980 and 1987, Clement even became the Thunderbirds middle distance track coach, coaching at least 10 athletes to Olympic status while teaching on campus as well. His work in track and field, both with the Kajaks and UBC, earned him the Longines Wittnauer Award for coaching one of the top three athletes in the world.

At that time, Clement and his wife Diane joined with Jack Taunton and his wife Cheryl to establish the Lions Gate Eight, more commonly known today as the Vancouver Sun Run.

Throughout his athletic pursuits, he continued to run his medical practice — building the foundation for sports medicine in Canada. Clement not only studied, practiced and researched the field, but also taught the specialty at SFU and UBC. He began his UBC teaching career in 1979 and gained his professorship in 1990.



Dr. Doug Clement and President Santa Ono of UBC.

Tribute to Jack and Cheryl Taunton

In 1992, Clement was appointed to the medical staff of the Vancouver Canucks.

Doug Clement is a Sports Medicine Council Lifetime Achievement Award and Order of Canada Recipient. Here on campus, he is a UBC Sports Hall of Fame, BC Sports Hall of Fame and Canadian Olympic Hall of Fame inductee.”



From L- Scott Fraser, Don McKenzie, Doug Clement, Dean Taylor, Rob Lloyd Smith, Jack Taunton, Clyde Smith, Pat McConkey, Ron Mattison, Trish Hopkins, and Paul Wright.



From L-Doug Clement and Jack Taunton.

AN ANTHOLOGY OF THE DIVISION OF SPORTS AND EXERCISE MEDICINE AT UBC



Dr. Rob Lloyd Smith with President Santa Ono.

#5 UBC SPORTS HALL OF FAME: DR. ROB LLOYD-SMITH (UBC Thunderbirds, 2013).

“A unanimous committee selection for induction into the UBC Sports Hall of Fame, Dr. Rob Lloyd-Smith has been the head sport medicine physician for UBC Thunderbird teams since 1982.

Rob has been credited by numerous UBC coaches with making significant contributions to conference and national championship victories by providing top-flight injury treatment to a countless number of UBC student-athletes from across the entire varsity sport portfolio. After completing medical training at McGill University in 1977, Rob ventured west and soon entered general practice. In 1982 he came to UBC to work at the Student Health Service as well as the BC Sports Medicine Clinic (now the Allan McGavin Sports and Exercise Medicine Centre) where he was the first to complete the newly developed Fellowship in Sports Medicine.

Rob began as a clinical instructor in both the UBC Faculty of Medicine and School of Kinesiology in 1984 and earned the designation of clinical professor in 1999. His academic credentials and publications are numerous and his medical consulting experience has spanned a broad spectrum of organizations including Canada's national biathlon, nordic ski and field

Tribute to Jack and Cheryl Taunton

hockey teams, the FIS (Federation Internationale de Ski) Medical Committee, the NHL Players Association, and the National Ballet of Canada.

Most recently, Rob was chief medical officer at the men's ice hockey venues during the 2010 Vancouver Olympic and Paralympic Winter Games."



From L- Elizabeth McKenzie, Diane Clement, Rob Lloyd Smith, Cheryl and Jack Taunton.

AN ANTHOLOGY OF THE DIVISION OF SPORTS AND EXERCISE MEDICINE AT UBC



Dr. Navin Prasad

#6 BC LIONS' TEAM DOCTOR RECEIVES AWARD FROM INDIA (Griffin, 2016).

VANCOUVER – "At first, Navin Prasad thought it was a prank. An envelope

addressed to him arrived at his office at the Allan McGavin Sports Medicine Clinic at the University of B.C. It was covered with stamps from India.

The letter informed him he had been selected as a recipient of the Hind Rattan Award. It was given annually to accomplished former residents of India. He had never heard of it before.

He asked relatives in India to check out the award and the society that administers it. Sure enough, the award was real.

The society presented him the award in Delhi on Jan. 25, India's Republic Day — the equivalent of our Canada Day.

But why had he been chosen as the recipient? Prasad said the society doesn't reveal its reasons. It does that in part to avoid being swamped with applications from among an estimated 25 million non-residents of India (NRIs) who are eligible for the award. It used to be given only to businessmen, but in the past decade, potential recipients have included those working in science, medicine and the arts.

In chapters around the world, the NRI Welfare Society nominates people who have made some kind of outstanding contribution in their field. Prasad believes he was chosen because he's one of the first Indo-Canadian physicians in sports medicine.

He has represented Canada in three Olympic Games, five Pan American Games and four Commonwealth Games, and was chief medical officer for the 2014 Commonwealth Games in Glasgow. Local sports fans might know him better as one of three team doctors for the B.C. Lions.

Asked what the award meant to him, Prasad said: "It's kind of nice to be validated for work that's your passion that you're already doing anyway. Someone else looks at it and says, 'We want to recognize you for something you've done.'"

Tribute to Jack and Cheryl Taunton

Prasad also says he appreciates that the place where he was born maintains the connection.

Born in Patna, India, Prasad grew up in Edmonton from the age of five. In high school, he was active in sports, playing football and soccer. But when he tore his left ACL at age 18, he faced a big decision. Getting an operation meant he was committed to playing at an elite level. But he was already thinking of going to medical school.

In the 1980s, sports medicine was barely 20 years old. As Prasad recovered from his injury, he thought about going into this field that combined his interest in sports and medicine.

After graduating in medicine from the University of Alberta, Prasad headed to UBC to train at Canada's first sports medicine program. In 1991, he became a member of the McGavin Sports Medicine Clinic.

It was through the clinic that he became one of the physicians for the B.C. Lions."

AN ANTHOLOGY OF THE DIVISION OF SPORTS AND EXERCISE MEDICINE AT UBC



Dr. Pat McConkey with Dr. Mark McConkey.

#7 A TRIBUTE TO DR. PAT McCONKEY (Shuley, 2012).

"When Dr. Patrick McConkey first started to operate on injured Whistlerites' knees it was out of the old medical trailer on what is now the Whistler Golf Club course driving range. This week, thousands of surgeries later, patients gathered to say a fond farewell as McConkey retires.

On Tuesday evening around 20 people, many of them ski instructors, gathered at the Brewhouse Pubside, to shake hands one more time with the man who brought them back from their knee injuries. When asked what he thought of the event being held in his honour, McConkey described himself as "a pretty lucky guy."

"I'm very flattered," he said. "I've never been interested in any self-promotion. Whatever I've done has been my pleasure and my honour, I couldn't be a luckier guy in many ways in treating the kinds of patients that I want to treat. "Throughout his career, McConkey has operated on approximately 3,500 ACLs on patients from all over the Lower Mainland. His entry into knee-specific surgery came in 1976 when left to train for three months in Eugene, Oregon, under the watchful eye of Dr. Donald B. Slocum. Slocum was regarded as the "champion of new approaches to orthopaedic care," having undertaken the first gait analysis and educated the orthopaedic community on the concept of knee instability and reconstruction. McConkey referred to Slocum simply as "The Master."

"When I came back, I told people that I was a knee surgeon. That was kind of unheard of at the time, to do any sub-specialization like that. Back then I did trauma and all kinds of things, but I slowly started to isolate my practice to knees only."

McConkey cut his teeth as a knee surgeon at the Acute Care Unit Hospital at the University of British Columbia in the

Tribute to Jack and Cheryl Taunton

late 70s. Seasonal workers and ski professionals from all the ski hills, as well as any knee injuries from Vancouver, would get shipped to the centre after a busy weekend and often get treated then and there. "On Sundays they would drop a bus load of injured knees at the University Hospital and in those days we had the opportunity to operate on these skiers sometimes on the same day or on the evening of the following day," said McConkey.

He first started seeing patients in Whistler on Saturday and Sunday afternoons in the mid-80s. "I made some visits there myself actually, as an injured skier," recalled McConkey of his early years skiing as a medical student. "I wasn't much of a skier, but those were different days. "Vancouver Coastal Health expects to announce McConkey's replacement in the coming weeks.

Over the last 30 years, McConkey has earned a reputation as one of the leading knee surgeons in Canada having operated on everyone from Sea to Sky locals to World Cup ski racers. Folk around Whistler that bear the distinct ACL surgery scar down their knee most likely wear the mark of "Dr. McConkey" and many consider it a badge of honour. Luis Mi Del Corral Rojo, a local ski instructor from Spain who had his ACL surgery just four months ago, organized the event as a tribute to his surgeon.

"This was the least I could do for Dr. McConkey, the man who has allowed me to again do the things that I love," he said."

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Dr. Ross Davidson.

#8 PROFILE: DR. ROSS DAVIDSON (RepliCel Life Sciences Inc, n.d.).

"Dr. Davidson has facilitated the recovery of numerous high-profile professional athletes during his 30+ year career in sports medicine. He is the former Director, Post Grad Programmes Sports Medicine at the University of Auckland and is currently a member of the New Zealand Orthopaedic Association and the Canadian Orthopaedic Association. He is the past president of the National Hockey League Physicians Society, past head physician and orthopaedic consultant for the Vancouver Canucks Hockey Club (NHL), past orthopaedic consultant to the Vancouver Grizzlies Basketball Team (NBA), past orthopaedic consultant to Allan McGavin Sports Medicine Centre, and past orthopaedic consultant to the Canadian Football League Players Association. Dr. Davidson held the position of clinical professor, department of orthopaedics at the University of British Columbia until 2000. Dr. Davidson

Tribute to Jack and Cheryl Taunton

currently has appointments to the Auckland Surgical Centre and Southern Cross Hospital in New Zealand and is the Director of the Post- Graduate Programme in Sports Medicine at the University of Auckland. Dr. Davidson is a highly regarded and sought-after lecturer having presented more than 60 lectures and presentations and is published in 17 scientific publications on sports-related injuries and treatments.”

AN ANTHOLOGY OF THE DIVISION OF SPORTS AND EXERCISE MEDICINE AT UBC



#9 PROFILE: RON MATTISON (Gallant, 2016).

“Quesnel graduate and internationally recognized physiotherapist Ron Mattison is being recognized by UBC as one of the latest inductees to the UBC Sports Hall of Fame.

When Mattison graduated from Quesnel high school in 1968 he had no idea what his career path would be. However, after an injury (he played hockey while working towards a physical education degree at UBC) he discovered his passion in physiotherapy.

“I decided to take a few courses and volunteered at athletic events during school,” he said.

With a bachelor’s degree in Rehabilitation Medicine from University of Alberta, Mattison landed his first job as UBC’s head athletic trainer which he held for seven years, during which time he attended his first Olympics, the 1984 summer games in Los Angeles, with the wrestling team.

He practiced his skills at many world championships, Commonwealth Games and the 1988 Seoul Olympics in a variety of sports, always including the swim teams.

Mattison joined the Allan McGavin Sports Medicine Centre team after leaving UBC in 1986 and continues to consult with the UBC Canadian High-Performance Swim Centre. He is one of Canada’s most sought-after physiotherapists and has been a mentor for countless student trainers and current physiotherapy staff.

Among his many accomplishments, Mattison has worked as the lead physiotherapist with the Canadian National Swimming Team since 2007 and has been a member of six Canadian Olympic Medical Teams.

He has also ensured seamless connectivity between student-athletes undergoing injury rehabilitation with sports medicine physicians and surgeons who are among his colleagues at the Allan McGavin Sports Medicine Centre.

The inductees to the UBC Sports Hall of Fame were chosen from a slate of distinguished nominees by an eight-

member selection committee representing a cross-section of the university community, including UBC Thunderbirds alumni.

Three extraordinary athletes, two unique builders and one historically significant national championship-winning team were selected for induction in 2016.

Mattison, along with former UBC Chancellor, the late Sherwood Lett, will be inducted in the Builder category.”

AN ANTHOLOGY OF THE DIVISION OF SPORTS AND EXERCISE MEDICINE AT UBC



Dr. Michael Koehle

#10 DR. MICHAEL KOEHLE ON MANAGING SELF DOUBT (UBC School of Kinesiology, 2018).

“Career Highlights

- Lead Physician at Whistler Olympic Park for the 2010 Vancouver Olympic Games
- 2014-15 Killam Teaching Prize
- School of Kinesiology Professor: KIN 471 and KIN 562
- Selected by the Canadian Space Agency as one of 32 shortlisted individuals in the 2017 astronaut recruitment campaign
- Multiple medical and research missions with the Himalayan Rescue Association in Nepal

Dr. Michael Koehle, Professor with the School of Kinesiology and Physician at the Allan McGavin Sports and Exercise Medicine Centre, is not one to boast about his personal or professional achievements. In fact, when we sat down to talk research and exercise, and how each informs the other, Mike was almost sheepish when asked to elaborate on these successes. “I don’t want to highlight *any* of my accomplishments,” he jokes, as we begin to get down to business.

Teaching and research

Mike teaches KIN 471 – Prevention of Sports Injuries, and KIN 562 – Bioenergetics of Physical Activity here at the School, acts as the new Director of Sport and Exercise Medicine in the Chan Gunn Pavilion, and is actively engaged in his own research. “I’m looking at how the environment (meaning air pollution, high altitude, heat, or deep-sea diving) affects the human body,” he says. “And mainly, I want to understand how these environmental factors affect us while we exercise – what the health consequences are, and ultimately how we can prevent them.

“I started down this career path because I like being outdoors. I’ve always been interested in how the human body functions, and I wanted a job where I could be working outdoors and looking deeper at human movement.” This interest has taken him all over the world, including Nepal to work with the Himalayan Rescue Association, Kenya to study respiratory limitations in Kenyan runners, as well as the Arctic as part of his rural and remote medicine training, for which he also trained in South Africa and Australia. “There’s a quote in science – and I didn’t make this up,” he laughs. “It goes, ‘if you can

study a fish in Cleveland, you should study a different fish,' so that's part of the reason for the altitude stuff, but studying air pollution is pretty important to me, and it's a big wide-open area," he says. It's also especially relevant now, considering the wildfires that rage through British Columbia during the summer months. Mike fields lots of questions about whether or not people should be exercising when air quality dips. "It's a complicated question that needs to be answered, but what we're finding is that sitting at home and not exercising doesn't help," Mike says.

Mike hopes his research will lead him to create some concrete guidelines for minimizing the health effects of air pollution and optimizing the benefits of physical activity, as we head toward more pollution problems in the future. "Pollution is bad, but exercise is good. This is a message I want to really get across."

Managing self-doubt

Regarding his research and academic career, Mike speaks at length about his biggest challenge: self-doubt. "I spend a lot of time questioning myself, and feel often that I could be a better researcher, a better teacher. The doubt comes up when I face rejection, for example. And there's a lot of rejection in academia. Grants may only have a 10% acceptance rate. You could always have more publications in better journals with more funding – always. I think you'll find I'm not alone in this feeling either, a lot of faculty are really driven by self-doubt." Mike says that he wished, at 18, he'd heard a message like this.

"The Impostor Syndrome never goes away. I've learned this speaking to friends who are far better researchers than me – they still struggle with it too. But I think learning how to face rejection is an important lesson – it's that lean and hungry

feeling that works for people and helps you strive toward improving every aspect of your job."

As we talked about his career, Mike stressed the importance of sharing these challenges. "I think of undergrad students reading about faculty members' careers and thinking everything is perfect and how could they ever achieve something like this, and in reality, it's really a house of cards, and we're all trying to keep all aspects of our jobs together. That self-doubt is normal, and even healthy."

A typical work week

When asked to describe a typical work week, Mike laughs. "It feels like it's all emails these days." Despite this sentiment, Mike expresses gratitude about the variety his day-to-day holds. "One day a week I'm in the Allan McGavin Sport and Exercise Medicine Centre working as a Physician, and this really feels like a little holiday, because here I really get to shut everything else down and focus on keeping people moving." He dedicates another day each week to working with his grad students – he's currently supervising one post-doctoral researcher, two PhD candidates, four Masters students, and clinical fellows that conduct some research as well. The rest of the week he carves out time to teach; conduct his own research; author papers, articles, and book chapters; and finally, he puts on his program and building director hat to look after all the administration work necessary to successfully run the sport and exercise medicine program and clinical facilities.

The most exciting thing for Mike about the new space he shares with his research and physician team at the Chan Gunn Pavilion is having everyone together. "It's the first time in 10 years that I've been physically near my closest collaborators.

Previously, I'd go months without seeing them," he says. "What I really like is seeing the grad students and grad and clinical trainees interact – that's priceless. They all have vast amounts of knowledge that complement each other."

Making moves outside of work

Outside of his professional portfolio, Mike makes exercise a priority in his calendar. "I do a lot of physical activity," he says. "All of my commuting is active commuting, whether it's running or cycling. And then I augment that as well, every day."

Mike says he's usually training for something, whether it's Ironman triathlons, or extensive cycling routes. Right now, he's training to ride in the Haute Route bike race in the Alps this month, which covers 800km of distance and includes a 20,000m elevation gain. "I do all of these things for myself," he says, trying to skip past the details of these achievements.

Aside from the obvious health benefits, this physical activity outside of his clinical practice and research gives him some necessary time to think. "All my work is about trying to remove barriers to physical activity," he says. "To practice sports medicine, you need to know a thing or two about every single sport."

If he really needs to get away, Mike pulls out his pilot's license and takes his plane out around the Lower Mainland. "This plane, if you saw it, you wouldn't want to fly in it – it's so old," he jokes. "But this is another chance for me to really escape and think. I've been flying for the last 10 years." When asked if he had any advice for other young researchers or students who struggle to find this time to get away and think, Mike answers, "I think you need to schedule exercise in your calendar and

defend it and don't feel guilty about it. Because it's critical."

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Dr. Bob McCormack.

#11 PROFILE: DR. BOB MCCORMACK (New West Orthopaedic and Sports Medicine Centre, 2021).

"**Dr. Bob McCormack** is a Professor in the Department of Orthopaedics at the University of British Columbia. His clinical practice focuses on knee and shoulder injuries with subspecialty interest, and research activities, in the area of articular cartilage regeneration and ligament reconstruction.

He is active in sports medicine and cares for athletes at the university, national, and professional levels. This includes the varsity athletes at three universities (in both U Sports and the NCAA). At the professional level Dr. McCormack is the

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head physician for the BC Lions (CFL), the Orthopaedic Surgeon for the Vancouver Whitecaps FC (MLS), and works as a consultant for the NHL/NHLPA.

He is a physician for several national teams, in both summer and winter sports and has been part of the medical team at numerous international multi-sport events (including ten Olympic Games). He has been the head physician for the Canadian Olympic team since 2004, most recently was the Chief Medical Officer at the 2018 Olympic Winter Games in Korea. Between Games he is the Medical Director for the Canadian Olympic Committee and on the PASO medical commission, for the Pan Am Games.

In his research role Dr. McCormack is the Director of the Simon Fraser Orthopaedic Research Foundation, which concentrates on prospective randomized trials in Orthopaedics.”

(Royal Columbian Hospital Foundation, n.d.).

“When athletes gather for the 2018 Winter Games in South Korea, so will Royal Columbian Hospital orthopedic surgeon Dr. Robert McCormack, who is Team Canada’s Chief Medical Officer. He and fellow Royal Columbian orthopedic surgeon Dr. Dory Boyer are heavily involved in sports medicine, helping care for amateur and professional athletes at the highest levels



RM: This will be my 10th Olympics as the team doctor. I started off in 2000 as the orthopedic surgeon for the Canadian team, and then in 2004 became head of the medical team. I have been at each Summer and Winter Games since then. Between Games, I am organizing things. There is a lot of planning before the Games to make sure everything is optimized, so the athletes can perform their best.

Foundation: What are your team’s main responsibilities?

RM: We are responsible at the Games for keeping the athletes healthy in terms of injury and illness. It’s not uncommon to have injuries, because athletes are always pushing the envelope. But if somebody has had injuries or illnesses like the flu, if they are not able to perform at their best, they are unlikely to be successful. We have to make sure people are at optimal health for performance.

Foundation: Aside from treating injury and illness, how else does your team help athletes become optimally prepared?

RM: We have to prepare them for a different level of stress. Some of these athletes have competed in relative anonymity, and then all of a sudden, there are 2,000 athletes and 10,000 media. All of a sudden, they are in the spotlight. The levels of stress are much higher. It’s not always the best athlete that wins but the one that is best prepared to handle the Olympic environment. That’s why we actually have more sports psychologists than we do doctors at the Winter Games, because mental performance is as important for their success.

Foundation: The Olympics always have memorable moments. Do you get swept up in all of that?

RM: It’s hard not to get excited about the Olympics. It’s great. But as a sports medicine physician, it’s actually really

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important you don't get swept up in the highs and lows. I've always said I can't get too high or too low, because then I run the risk of making decisions that are in the best interest of the team rather than the individual, which is my priority."

AN ANTHOLOGY OF THE DIVISION OF SPORTS AND EXERCISE MEDICINE AT UBC



Dr. William Regan

#12 PROFILE: DR. WILLIAM REGAN (Specialist Referral Clinic, 2021).

"His credentials include a medical degree from the University of Toronto completed in 1981. He then completed a residency, graduating with a speciality in Orthopedic Surgery in 1986.

Following the completion of this, he completed three six-month fellowships at the University of Toronto, the University of British Columbia, and the Mayo Clinic. Dr. Regan currently is head of the division of upper extremity surgery at the University

of British Columbia and his practice is devoted to disorders of the upper extremity and knee.

He is currently appointed as an Associate Professor of Orthopaedic Surgery at the University of British Columbia, Associate Head of the Department of Orthopaedics at Vancouver Hospital – UBC Site, Head of the Division of Upper Extremity Surgery in the Department of Orthopaedics, and practices out of the Allan McGavin Sports Medicine Centre."

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Dr. Jordan Leith

#13 PROFILE: JORDAN LEITH (Dr. Jordan Leith, 2020).

"Dr. Jordan Leith joins the integrated practitioner team at Fortius Sport & Health as an Orthopaedic Surgeon. Dr. Leith is a clinical Associate Professor in the Department of Orthopaedics at the University of British Columbia. He is the Director of the Fellowship program for Arthroscopic Reconstruction of the

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Shoulder, Elbow, Hip and Knee. He is actively involved as an Instructor of Arthroscopy courses for Orthopaedic Surgeons. Dr. Leith is an active Staff Member of the Vancouver General and UBC Hospitals. He also performs surgery at Cambie Surgery Center. His practice involves Advanced Sub-specialized Arthroscopic Reconstruction for disorders of the Shoulder, Elbow, Hip and knee. He is also involved with several professional, university and national Olympic teams as a Consultant. Dr. Leith has been treating athletes of all ages and abilities since 2000.”

#14 PAST SPORT & EXERCISE MEDICINE FELLOWS

A chronological list of our past and Present Fellows with their current location:



1983 Jim McIntyre, Advanced Orthopedics and Sports Medicine, Murray, Utah.



1982 Rob Lloyd-Smith, Allan McGavin Sports Medicine Clinic.



1984 Gordon Matheson, Director, Sports Medicine Division, Stanford University, California.

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1985 Sue Hopkins, Department of Physiology, University of California at San Diego.

1986 Dan Joyce, Private Practice, Washington State.



1987 Preston Wiley, Co-Director, University of Calgary Sports Medicine Centre.



1987 Constance Lebrun, Director, Glen Sather Sports Medicine, University of Alberta.

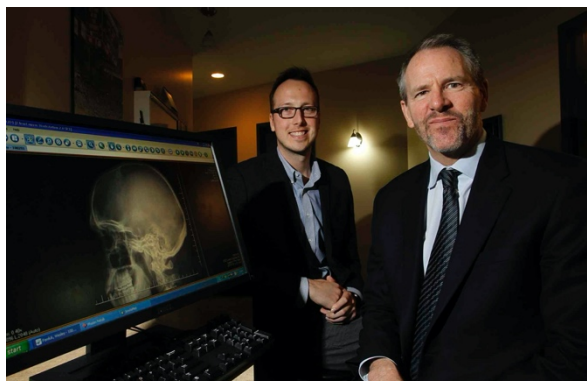


1988 Willem Meeuwisse, Medical Director, University of Calgary Sports Medicine Centre.

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1989 Mary Gisslow, Student Health Services, University of British Columbia.



1990 Neil Craton, Director, University of Manitoba Hargraves Sports Medicine Clinic.



1991 Navin Prasad, Allan McGavin Sports Medicine Clinic.

1992 Karen Legg, Student Health Service, University of British Columbia.



1993 Carl Shearer, New West Sports Medicine Clinic, New Westminster, BC.

1994 Andrew Stager, Emergency Medicine, Lion's Gate Hospital, North Vancouver, BC.

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1995 Mark Roberts, Medical Director, Clinical Teaching Unit, Vancouver General Hospital and Allan McGavin Sports Medicine Clinic.

1996 Jennifer Robinson, Family Practice, Vancouver, BC.

1997 Garth Hunte, Emergency Medicine, St Paul's Hospital, Vancouver, BC.



1998 Karim Khan, Department of Family Practice (Bone Health), University of British Columbia.

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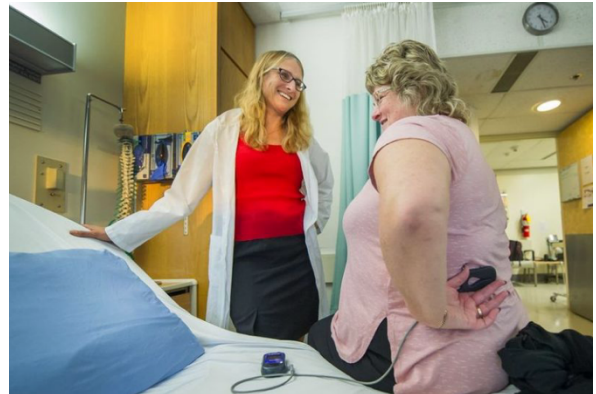


1999 Nick Carter, Physical Rehabilitation and Rheumatology, England.

2000 Chris Johnson, Sports Medicine, Halifax.



2001 Michael Koehle, Allan McGavin Sports Medicine Clinic.



2002 Jill Osborn, Division of Acute and Chronic Pain, St Paul's Hospital, Vancouver, BC.



2005 Fern von der Porten, Whistler Medical Clinic, Whistler, BC.

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2006 Sara Forsyth, Sports Medicine, Fraser Orthopaedic Institut, New Westminster, BC.



2009 Tom Green, Emergency Medicine, Royal Columbian, Hospital, New Westminster, BC.



2008 Nick Rose, Emergency Medicine, Vancouver General Hospital.



2009 Kara Solmundson, Copeman Clinic, Vancouver, BC.

2010 Shiroy Dadachanji, MSP, Victoria, BC.

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2011 Justin Ting, Family Practice and Allan McGavin Sports Medicine Clinic.



2012 Megan Grant, Team Canada Cycling.



2012 Rose Martel, Copeman Clinic, Vancouver, BC.



2013 Rebecca Skillen, Fortius Sport and Health, Burnaby, BC.

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2015 Laura Chng, Emergency Medicine, Royal Columbian Hospital, New Westminster, BC and Allan McGavin Sports Medicine Clinic.



2015 Rob Drapula, Allan McGavin Sports Medicine Clinic and Student Health Services, UBC.



2016 Prema Gopie, Pivot Sports Medicine, Toronto.

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2017 Alyssa Cantarutti, Bayswater Family Practice, Vancouver, BC.



2018 Jim O'Donovan, Sports Surgery Centre, Dublin, Ireland.



2018 Michael Orenstein, Canadian Pain & Regenerative Institute, Vancouver, BC.



2018 Kaila Holtz, Triumph Health, Vancouver, BC.

NOTE: Photos added from clinic members' collections.

Author's Qualifications

The author's qualifications are as follows: Doug Clement MD.

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