

Draft programme - 2. September 2019

		WEDNESDAY 2.10.2019 - Courses	
DATE	HALL	Mediterranea	Pharos
14.00-14.20		COURSE 1: ATHLETES ECG (Katja Ažman (SLO), Herbert Loellgen (GER))	COURSE 2: EMERGENCY CARE OF THE ATHLETES: PART 1 (Vincenzo Ieracitano (IT))
14.20-14.40			
14.40-15.00			
15.00-15.20			
15.20-15.40			
15.40-16.00			
16.00-16.20			
16.20-16.40			
16.40-17.00			
17.00-17.20			
17.20-17.40			
17.40-18.00			

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THURSDAY 3.10.2019 - Courses			
DATE			
HALL			
9.00-9.20			Mediterranea 1 COURSE 3: CARDIOPULMONARY EXERCISE TESTING IN ATHLETES (Ioan Stoian (RO), Vladimir Ivančev (CRO))
9.20-9.40			
9.40-10.00			
10.00-10.20			
10.20-10.40			
10.40-11.00			
11.00-11.20			
11.20-11.40			
11.40-12.00			
12.00-12.20			
12.20-12.40			
12.40-14.00	BREAK - Start of the Conference		
HALL	STREAM I Hall Europa A	STREAM II Hall Europa C	STREAM III Hall Europa D
14.00-14.20	HOT TOPICS IN SPORT & EXERCISE MEDICINE Screening for Talent? Genetic athletic selection – Fact or fiction? Y Pitsiladis (UK)	SESSION 1: EXERCISE PRESCRIPTION FOR HEALTH (EPH) - THE NEXT FRONTIER Exercise prescription for health as a step to personalized medicine H Loellgen (GER) Parenteral physical activity influences the health and wellness of future generations S Pecorelli (IT) EPH for healthy subjects over 65: Italian prospective and preliminary data from NESTORE Project S Porcelli (IT) Biological basis of the anti-inflammatory effects of regular exercise X Bigard (FRA) Molecular mechanisms of cardiovascular disease prevention by physical activity E Vecile (IT) Immune response to exercise FC Mooren (GER)	WORKSHOP ACL INJURY PREVENTION
14.20-14.40			
14.40-15.00	SESSION 1: THE MAKING OF CHAMPIONS Medical aspects of talent identification J de Almeida (POR)		
15.00-15.20	Physiology of Champions: a Holistic Perspective. V Klissouras (GRE)		
15.20-15.40	Sports doctors and athletes collaboration to achieve success in the sports world S Rozenstoka (LAT)		
15.40-16.00	Taking care of athletes during Youth Olympic Games C Schneider (GER)		
16.00-16.20	BREAK		
16.20-16.40	HOT TOPICS IN SPORT & EXERCISE MEDICINE When to start with competitive sport in young athletes? J Steinacker (GER)	SESSION 2: EXERCISE PRESCRIPTION FOR HEALTH (EPH) - THE NEXT FRONTIER How to get start moving and how to keep the motivation? M Tušak (SLO) The prescription of physical exercise in prevention and treatment of diseases F Pigozzi (IT) Sitting time is a new smoking A Debruyne (BEL)	WORKSHOP LOW BACK PAIN PREVENTION
16.40-17.00			
17.00-17.20	SESSION 2: THE MAKING OF CHAMPIONS Selection phases and criteria for specific sports disciplines A Ionescu (ROM)		
17.20-17.40	Chronological versus biological age in young athletes J Steinacker (GER)		
17.40-18.00	Youth Sports: Specialization, Diversification, and Burnout W Roberts (USA)		
18:00-18:20	The right of a child to be or not to be a champion <i>Speaker TBD</i>	SESSION 3: TACKLING THE CHRONIC DISEASES THROUGH EPH HIIT for cardiac rehabilitation D Constantinou (SA) Exercise and arterial hypertension A Jegier (POL) Exercise prescription in oncologic patients N Kozjek Rotovnik (SLO)	FREE ORAL COMMUNICATIONS SESSION
18:30-20.30	OPENING CEREMONY AND OPENING LECTURE - “Personalized Sport- and Exercise Medicine” - A Challenge for an Efficient Future Health management. Speaker: prof. Norbert Bachl (AUT)		

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DATE	FRIDAY 4.10.2019		
HALL	STREAM I Hall - Europa A	STREAM II Hall - Europa C	STREAM III Hall Europa D
9.00-9.20	SESSION 3: ATHLETES HEART - PREDICTABLE OR PREVENTABLE? The impact of pre-participation screening in cardiovascular prevention: ethical, social and clinical aspects A Biffi (IT) Arrhythmia in athletes: when should we be worried about? F Giada (IT) Cardiomyopathies in athletes: is there a place for competitive sport? M Papadakis (UK) Sport participation after myocardial infarction; dead and buried? <i>Speaker TBD</i> Prevention of sudden cardiac death in young athletes - cases J Kawazoe Lazzoli (BRA)	SESSION 4: Effects of balance training on cognitive abilities KM Braumann (GER) Prevention of Dementia by Physical Activity H Loellgen (GER) Physical exercise for prevention and treatment of Parkinson's disease C. Fossati (ITA) SESSION 5: PROTECTING CLEAN SPORT The reality of fight against doping in an international federation A Lacoste (FRA) Cardiovascular adverse effects of doping substance abuse D Niederseer (CH)	FREE ORAL COMMUNICATIONS SESSION
9.20-9.40			
9.40-10.00			
10.00-10.20			
10.20-10.40			
10.40-11.00	BREAK and POSTER SESSION I		
11.00-11.20	HOT TOPICS - WHY THE BRAIN MATTERS ? Concussion »protection of athletes – facts and hopes« M Turner (UK) Sports & Exercise Psychiatry: the UK perspective A Mistry (UK) Exertional Heat Stroke: A risk of participation in unexpected warm conditions W Roberts (USA)	SESSION 6: HOW YOU APPROACH YOUR ATHLETE A novel method of approaching a patient. The multidisciplinary model and how it works in practice. T Papadopoulou (UK) Treating with exercise prescription. TBD	WORKSHOP HAMSTRING INJURY PREVENTION
11.20-11.40			
11.40-12.00		ROUND TABLE: HAMSTRING INJURIES Hamstring muscles anatomy, pathophysiology, classification, diagnosis and differential diagnosis. M Piagkou (GRE); Hamstring injury prevention programs C Lyrtzis (GRE) Hamstring injuries treatment and return to play K Natsis (GRE)	WORKSHOP EPH
12.00-12.20			
12.20-12.40			
12.40-13.00	BREAK		
13.00-14.20	BREAK		
14.20-14.40	HOT TOPICS IN SPORT & EXERCISE MEDICINE Exercise and Cardiometabolic Health in People with Physical Limitations: Time to Raise the Intensity? J Bilzon (UK)	SESSION 7: TBD TBD TBD	WORKSHOP PORTABLE MS US
14.40-15.00			
15.00-15.20			
15.00-15.20	INTERCONTINENTAL SYMPOSIUM: Exercise as medicine and promotion of physical activity coordinators: Y Pitsiladis (UK), J Bilzon (UK)	ROUND TABLE: SPORTS INJURIES IN YOUNG ATHLETES Anatomical differences between child and adult skeleton N Anastasopoulos (GRE), Sport injuries in immature skeleton K Natsis (GRE), ACL injuries in young athletes I Terzidis (GRE) coordinator K. Natsis (GRE)	FREE ORAL COMMUNICATIONS SESSION
15.20-15.40			
15.40-16.00			
16.00-16.20			
16.20-16.40	BREAK and POSTER SESSION II		
16.40-17.00	HOT TOPICS IN SPORT & EXERCISE MEDICINE NUTRITION IN RECOVERY STRATEGIES X Bigard (FR)	SESSION 8: ACL injuries in adolescence: Current management strategies and injury prevention program P Yung Shu Hang (HONG KONG)	

17.00-17.20	MEDICINE		TREATING ATHLETES	Innovative approaches to the treatment of the Achilles tendon M Carmont (UK)	FREE ORAL COMMUNICATIONS SESSION
17.20-17.40	SESSION 4: NUTRITION TRENDS IN SPORTS	Prevention of GI problems in marathon runners FC Mooren (GER)	LOWER LIMB - NOVEL INTERVENTIONS	Low-load resistance training with blood flow restriction in muskuloskeletal rehabilitation E Sellon (UK)	
17.40-18.00		Body Composition Monitoring in Young Athletes N Rotovnik Kozjek (SLO)		Evidence based use of PRP in sports medicine G Gruber (AUT)	

20:00-23:00	CONFERENCE DINNER				
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DATE	SATURDAY 5.10.2019				
HALL	STREAM I Hall Europa A		STREAM II Hall Europa C		STREAM III Hall Europa D
9.00-9.20	HOT TOPICS IN SPORT & EXERCISE MEDICINE	Para-sports – and different looks on it (medical care, gap to be a paraathlete, exercise capacity, etc) S Rozenstoka (LIT)	SESSION 9: ATHLETIC HIP AND GROIN - THE CURRENT PERSPECTIVE	The hip and groin pain in athletes. How updated you are? T Papadopoulou (UK)	WORKSHOP DYNAMIC TAPING
9.20-9.40				Indications for surgical treatment of hip impingment syndromes in sports K Stražar (SLO)	
9.40-10.00	SESSION 5: TEAM MATTERS: PREVENTION, CARE, RECOVERY.	Is your Athlete on the Verge of Overtraining? P Schober (AUT)		Imaging the hip and the groin E Sellon (UK)	
10.00-10.20	SESSION 5: TEAM MATTERS: PREVENTION, CARE, RECOVERY.	Relative energy deficiency syndrome (RED's) in young athletes E Martos (HUN)	SESSION 10: MAKING DECISIONS DURING GROWING UP. PROBLEMS IN ADOLESCENCE	Pediatric foot deformities in sports participation M Drobnic (SLO)	FREE ORAL COMMUNICATIONS SESSION
10.20-10.40		Recovery after exerce and injuries. Why is topic menthol superior to ice bath? H Kokki (FIN)		Patellofemoral biomechanics and disorders management N Christodoulou (CYP)	
10.40-11.00		Organization of immediate care in Sport Competition (and training). The experience of Federazione Medico Sportiva Italiana (PSSD and MOGESS) V Ieracitano (IT)		Athletes with adolescent idiopathic scoliosis M Vodicar (SLO)	
11.00-11.20	BREAK				
11.20-11.40	HOT TOPICS IN SPORT & EXERCISE MEDICINE	Join the moving movement N Jones (UK)	SESSION 11: CHALLENGES ABOUT BIOMECHANICS AND FUNCTIONAL DIAGNOSTICS	Clinical biomechanics: are we able to prevent injuries at the examination room? B Ulkar (TUR)	FREE ORAL COMMUNICATIONS SESSION
11.40-12.00				Complex Nature of Functional Body Asymmetries: Context of Testing and Injury Prevention N Šarabon (SLO)	
12.00-12.20	HOT TOPICS IN SPORT & EXERCISE MEDICINE: coordinators: F Pigozzi (IT) Y Pitsiladis (UK)	Performance Analysis of Transgender and Intersex Athletes J Harper (USA), Biology of inclusion for transgender and intersex athletes Y Pitsiladis(UK)		Force-Velocity Relationship in Assessment of Mechanical Muscle Capacity O Knežević (SER)	
12.20-12.40				New concept of speed and explosive strength training using post-activation potentiation conditions S Djordjevic (SLO)	
12.40-13.00				Functional Muscle Diagnostics as a Tool for Muscle Injury Prevention V Ivančev (CRO)	
13.00-13.30	CLOSING CEREMONY, YIA				

KEYNOTE LECTURE
Break
Hall



**10.00 - 17.00 FIMS
MEETING**

**17:30-18:30 EFSMA
Scientific Committee
meeting**

Pharos

**8:00-11:00 EFSMA EC
meeting**

**14.00- 17.00 EFSMA
Council of delegates**

**17.30-19.00 UEMS MJC
Sports Medicine
meeting**