



## Scientific Programme | Details (Update 29 September 2011)

### Thursday morning 27 October 2011

#### PLENARY SESSIONS

#### 08:30-12:15 Skeletal Muscles, Exercises DOMS & Skeletal Muscle Injuries

Chairs: K. Natsis & M. Quittan

- 08:30 Sarkopenia - an Update, K. HOHENSTEIN (Austria)
- 08:50 Changes Ultrasound of the Muscular System, G. BODNER (Austria)
- 09:10 Ultra structural Changes in Skeletal Muscles of Senior Sportsmen, H. KERN (Austria)
- 09:30 Skeletal Muscle in Chronic Disease - Limitations and Opportunities, M. QUITTAN (Austria)
- 09:50-10:15 *Coffee break*
- 10:15 Sarkopenia - Influence of Nutrition and Metabolism, Muscular Injury and Overload, M. LECHLEITNER (Austria)
- 10:35 Sports Injuries Treatment - New Trends, K. NATSIS (Greece)
- 10:55 Abdominal - Adductor Syndrome: Sports Hernia, S. APOSTOLIDES (Greece)
- 11:15 DOMS, Origins, Functional Effects and Limited Treatment - A Literature Review, C. NICOL & J. M. COUDREUSE (France)
- 11:35 Stretching and Sports, from Training to Competition, S. ABELLADENA (France)
- 11:55 What Kind of Exercise for Stretching? F. GRAZIANI & J. M. COUDREUSE (France)

#### PARALLEL SESSIONS

#### 10:15-12:30 Exercise: Is it good for the Brain?

Chairs: V. Klissouras & O. Schuhfried

- 10:15 Introduction - Quo Vadis? V. KLISSOURAS (Greece)
- 10:20 Plasticity of the Human Motor Cortex: Genes & Environment, J. MISSITZI (Greece)
- 10:40 Brain Neurotransmitters & Neurogenesis: The Effect of Exercise, R. MEESUEN (Belgium)
- 11:00 Stimulation of the Brain: New Therapeutic Modalities, O. SCHUHFRIED (Austria)
- 11:20 General Discussion

#### 10:15-12:30 Pain

Chairs: B. Sesboüé & P. Pauly

- 10:15 Indications and Limits of Interventional Pain Management, P. PAULY (Austria)
- 10:45 Pathophysiology of Muscular Pain, B. SESBOÛÉ (France)
- 11:10 Brachialgia, J. LECOCQ (France)
- 11:35 Stimulation by Music in Pain Patients, G. BERNATZKY (Austria)
- 12:00 Concepts for Treating Low Back Pain, A. KARNER-NECHVILE (Austria)

#### 10:30-12:30 EFSMA - Sports Medicine in Europe

Chairs J. Cumiskey & A. Debruyne

- 10:30 UEMS and How it Works, B. MAILLET
- 11:00 Sports Medicine Update, A. DEBRUYNE (Belgium)
- 11:30 Future of Sports Medicine in Europe, J. CUMMISKEY (Ireland)

## Thursday afternoon 27 October 2011

### n PLENARY SESSIONS

#### **13:30-17:00 Osteoarthritis and Sport**

Chairs: P. Jenoure & G. Vanderstraeten

- 13:30 Articular Problems in Elderly Related to Sport, P. JENOURE (Switzerland)
- 14:00 General Treatment of Osteoarthritis with Focus on Exercise, G. VANDERSTRAETEN (Belgium)
- 14:30 Meniscus Lesion and Ligament Lesions in Elderly, K.-P. BENEDETTO (Austria)
- 15:30 Sport Activities after THP and TKP, H. HÖRTERER (Germany)
- 15:50 Sport as a Cause of Osteoarthritis, after Trauma and Surgery, without Trauma and Surgery, A. STEYAERT (Belgium)
- 16:20 Management of Osteoarthritis in Young Athletes which cannot be operated with TP, S. ALDRIAN (Austria)
- 16:40 New Medical Trends in Treatment of Osteoarthritis, F. ALMQVIST (Belgium)

### n PARALLEL SESSIONS

#### **13:30-15:30 Out-Patient Rehabilitation in Internal Medicine: A “Must Have”**

Chairs: J. Niebauer & P. Schmid

- 13:30 Which Patients Should be Referred to Cardiac Rehabilitation? J. NIEBAUER (Austria)
- 13:50 Running away from Shortness of Breath in Heart Failure and Pulmonary Disease! BERENT (Austria)
- 14:10 Exercise Training in Patients with Cancer HALLE (Germany)
- 14: 30 *short break?*
- 14:50 Endurance vs. Strength Training – or Both? WONISCH (Austria)
- 15:10 Exercising for a Better and Longer Life! STEINACKER (Germany)

#### **13:30-14:30 Amputees & Sports**

Chairs: K. Pieber & A. Wicker

- 13:30 Interview with M. LANZINGER (Austria), A. WICKER (Austria)
- 14:00 Amputees & PMR, C. ZORN (Austria)

#### **13:30-16:00 Balkan Sports Medicine Session - Overtraining Syndrome in Athletes**

Chairs: A. Ionescu, N. Dikic & Z. Handziski

- 13.30 Overtraining Syndrome Update, R. BUDGETT (United Kingdom)
- 13.50 Overtraining – Return to Play Challenges K. KHAN (Canada)
- 14.10 Can the Overtraining Syndrome be prevented? R. MEEUSEN (Belgium)
- 14.30 Early Markers and Parameters to identify Overtraining Syndrome, A. IONESCU and I. STOIAN (Romania)
- 15.00 Overtraining - National Experiences (Romania, Serbia, Macedonia)

#### **14:45-16:00 Prevention**

Chairs: M. Ninkovic & K. Micallef- Stafrace

- 14:45 Advice after Injury is like Medicine after Death! A Multi-Pronged Approach to Injury Prevention in Adolescents, T. LONEY (Abu Dhabi)
- 15:10 Prevention of Lower Limb Injuries in the Military, K. MICALLEF-STAFRACE (Malta)
- 15:35 From Fall Prevention to Ambient Assisted Living, K.-L. RESCH (Germany)

#### **15:45-17:00 Medical Rehabilitation in the Acute Hospital**

Chairs: V. Fialka-Moser & G. Küther

- 15:45 Medical Rehabilitation in Acute Settings, A. WARD (United Kingdom)
- 16:00 The Mobile Team Approach of Early Rehabilitation in Acute Hospitals: A Service of Second Choice? G. KUETHER (Germany)

- 16:15 Rehabilitation after Discharge from the ICU,  
T. PATERNOSTRO-SLUGA (Austria)
- 16:30 Discussion: Perspectives of Rehabilitation in the Acute Hospital

**16:15-19:15 Diving Medicine: Is Diving Comparable to Other Sports?**

Chair: U. Preiml & H. Andel

- 16:15 Physical & Physiological Aspects of Diving, U. PREIML (Austria)
- 17:00 The Diver's Ear and Sinuses, F. NAUMANN (Austria)
- 17:30 Pulmonary Problems and Diving, G. WALLNER (Austria)
- 18:15 Treatment of Diving Accidents with HBO, H. ANDEL (Austria)

**17:15-19:00 POSTER PRÄSENTATION**

*Friday morning 28 October 2011*

n PLENARY SESSIONS

**08:30-12:00 Return to Play: Groin Pain in the Athlete**

Chairs: R. Saggini & P. Rochcongar

- 08:30 What is a Groin Injury? Previous and current Diagnostic Concepts.  
Current Position Statements, P. ROCHCONGAR (France)
- 09:00 Diagnostic imaging of groin pain, F. DE PAULIS (Italy)
- 09:30 The Diagnosis and Treatment of Groin Injuries -  
A Surgical Viewpoint, F. MAYER (Austria)
- 10:30 The Diagnosis and Treatment of Groin Injuries -  
A. Conservative Treatment, R. SAGGINI (Italy)
- 11:00 Groin Pain, K. KHAN (Canada)
- 11:30 Discussion and Conclusion

**08:30-12:00 Medical Aspects in Skiing**

Chairs: P. Baumgartl & E. Raas

Chair: P. Baumgartl:

- 08:30 Physiological Requirements in Professional Alpine Skiing,  
G. NEUMAYR (Austria)

- 08:45 Aerobic Capacity and Quality in Adolescent Alpine Skiers,  
P. SCHOBBER (Austria) & J. WINDHABER (Austria)
- 09:00 Bioelectrical Impedance Analysis (BIA) in Alpine Skiers,  
A. KOLLER (Austria)
- 09:15 Biomechanical Aspects of Knee Joint Loading, C. HAID (Austria)
- 09:30 Capillar Plasma Catecholamines on Anaerobic Test in Downhill  
Skiers, H. HÖRTNAGEL (Austria)
- 09:45 Discussion
- 10:15 *Break*
- Chair: E. Raas
- 10:45 The Travelling Team from Jet Leg to Jet Leg,  
W. SCHOBESBERGER (Austria)
- 11:00 Injury Patterns in Skiers in the Change of Time, K. BENEDETTO  
(Austria)
- 11:15 Injury Mechanism in Professional Alpine Skiing, C. FINK (Austria)
- 11:30 Acute Injuries in Nordic Skiing, J. LEREIM (Norway)
- 11:45 Discussion

n PARALLEL SESSIONS

**10:15-12:30 Genetics**

Chairs: E.-M. Strasser & N. Bachl

- 10:15 Genomics of World Class Athletes, Y. PITSILADIS (United Kingdom)
- 10:45 Genetics and Sudden Death in Athletes, H. LÖLLGEN (Germany)
- 11:15 Genetics and Connective Tissue, M. SCHWELNUS (South Africa)
- 11:50 Genetic Research and Testing in Sports –  
An Outlook to Future, B. WESSNER (Austria)

**10:15-12:30 Posture, Sport & Overuse**

Chairs: U. Smolenski & A. Franklyn Miller

- 10:15 Posture Regulation: Physiological Aspects,  
E. RAŠEV (Czech Republic)
- 10:40 Overuse of Muscle Function, L. BEYER (Germany)
- 11:10 Physical Treatment: What is possible? U. SMOLENSKI (Germany)

- 11:40 Biomechanical Overuse of the Lower Limb,  
A. FRANKLYN-MILLER (United Kingdom)
- 12:05 Somatosensory Information processing and Muscle Reflex  
Activation in Chronic Back Pain, C. PUTA (Germany)
- 12:15 Characteristics and Training of Neuromuscular and  
Postural Ability in Female Soccer players, S. DERLIEN (Germany)

**Friday afternoon 28 October 2011**

n PLENARY SESSIONS

**13:30-18:00 Winter Sports Medicine**

Chairs: D. McDonagh & A. Vidal

- 13:30 The Effect of G Forces on Winter Sports Athletes,  
D. McDONAGH (Norway)
- 14:15 Sport in Cold Environments, X. BIGARD (France)
- 15:00 Epidemiology of Snow Sports Injuries: the Need of  
Speaking the same Language, A. ZACHAROPOULOS (Greece)
- 15:22 Epidemiology of Snow Sports Injuries in the  
Ski Resorts of France, M.- H. BINET (France)
- 15:45 Epidemiology of Snow Sports Injuries amongst Children  
- The Importance of Prevention, B. ESCODA (Andorra)
- 16:10 Snowboard and Downhill Ski Injuries. A Comparative Study  
of 13 Consecutive Seasons, A. VIDAL (Spain)
- 16: 20 Injuries amongst Beginner Skiers and Snowboarders,  
M. LANGRAN (Scotland)
- 16.40 Spine Injuries in Snow Sports. Treatment in Elite Skiers,  
A. GENELIN (Austria)
- 17.00 Tendinosis in Snow Sports. Patellar Tendinitis in Elite Skiers,  
S. AGUIRRE (Argentina)
- 17:20 ACL injuries in Snow Sports. Mechanism of Injuries  
and Treatment in Elite Skiers, P. ZUCCO (Italy)
- 17.40 New Helmet Design and the Prevention of  
Head Injuries in Winter Sports, D. McDONAGH (Norway)

n PARALLEL SESSIONS

**13:30-15:00 EFOST-Symposium: Rehabilitation and  
Return to Sport after Surgery**

Chairs: J. Huylebroek & G. Mann

Topics: Return after Shoulder Reconstruction, after ACL Surgery,  
Achilles Tendon Surgery and after Cartilage Surgery

Speakers: P. PAPADOPOULOS (Greece), M.N. DORAL (Turkey),  
F. ALMQVIST (Belgium), G. MANN (Israel), J. HUYLEBROEK (Belgium)

**13:30-15:30 The Role of Physical Training in the Prevention  
of Chronic Musculoskeletal Diseases**

Chairs: A. Liveris & W. Mau

- 13:30 The Significance of Physical Training for the Primary  
and Secondary Prevention of Back Pain, K. PFEIFER (Germany)
- 14:10 Prevention of Sports Injuries including  
Neuromuscular Training,  
W.BANZER (Germany)
- 14:50 Effects of Motivation and Training in Inflammatory  
Rheumatic Diseases, W. MAU (Germany)

**15:30-17:30 Elderly: Strength, Endurance & Balance**

Chairs: K. Pils & G. Rüstü

- 15:30 Sarcopenia in Aging Adults,  
W.F. FRONTERA (Puerto Rico)
- 16:00 Physical Activity Requirements in Older Adults,  
Y. LANDKAMMER (Austria)
- 16:30 Physical Activity Programs in Older Adults:  
Endurance, Strength, Flexibility and Balance,  
G. RÜSTÜ (Turkey)
- 17:00 Recent research about Training in Older Adults,  
K. PILS (Austria)

### **16:00-17:45 Children Sports Medicine**

Chair: H. Förster

- 13:30 Changes of Lung Function and Exercise Performance in Patients after Nuss Procedure for Pectus Excavatum, Ch. CASTELLANI (Austria)
- 13:55 The Trampoline: A New Sports Equipment - A new Pattern of Injury, J. SCHNÖLL (Austria)
- 14:20 Blood Lactate during Exhausting Exercise Testing in Trained Children and Adolescents, P. H. SCHÖBER (Austria)
- 14:45 Anorexia Athletica in Youth, H. FÖRSTER (Austria)

### **Saturday Morning 29 October**

#### n PLENARY SESSIONS

### **08:30-12:30 Return to Play: Abnormal or Pathological ECG**

Chair: F. Pigozzi

- 08:30 State of the art" and history of pre-participation screening in Europe F. PIGOZZI (Italy)
- 09:00 Can an Athlete with an Abnormal ECG Continue to participate in Sport? – A German Opinion, H. LÖLLGEN (Germany)
- 09:30 Can an Athlete with an Abnormal ECG Continue to participate in Sport? – An Opinion from the USA
- 10:00 *Break*
- 10:30 Can an Athlete with an Abnormal ECG Continue to participate in Sport? – An Italian Opinion
- 11:00 Environmental Triggers Are Known to Cause Sudden Cardiac Death in Athletes with Cardiovascular Diseases. In which Patient Groups Should Sport be Contra- Indicated? H.H. DICKHUTH (Germany)
- 11:30 Discussion; Conclusion; Current Position Statements;

#### n PARALLEL SESSIONS

### **10:15-11:35 Chronic Fatigue & Exercises**

Chairs: K. Kersch- Schindl & F. Mayer

- 10:15 Rheumatoid Arthritis and Fatigue, K. KERSCHAN-SCHINDL (Austria)
- 10:35 Overtraining Syndrome, A. URHAUSEN (Luxemburg)
- 11:55 Chronic Fatigue Syndrome, G. EBENBICHLER (Austria)
- 11:15 Exercise Interventions for the Treatment of Chronic Fatigue Syndrome, R. CSAPO (Austria)
- 11:35 CF/CFS – other Therapy Methods, R. STEMBERGER (Austria)

### **10:15-12:30 Plasticity & Adaption**

Chairs: T. Avramescu-Rinderu & J.-J. Glaesener

- 10:15 Neuroplasticity: Current Concept, N.N.
- 10:45 Plasticity of the Motor Unit, K. BORG (Sweden)
- 11:10 Plasticity According to Muscle Type and Resistant Training, T. AVRAMESCU-RINDERU (Romania)
- 11:35 Motor Recovery after Stroke and Traumatic Brain Injury In-acute Rehabilitation, J.-J. GLAESENER (Germany)
- 12:00 Inactivity due to age, A. MURGU (Romania)

### **10:15-12.30 Exercises in Oncology**

Chairs: E. Ergen & R. Crevenna

- 10:15 Exercise in the Prevention of Cancer. T. LICHT (Germany)
- 11:00 Exercise in the Rehabilitation of Cancer, B. MÄHR (Austria)
- 11:30 Muscle Strength in Cancer Patients - Glioblastoma Patients, M. KEILANI (Austria)
- 12:00 Exercise Prescription Principles and Outpatient Rehabilitation for Cancer Patients, R. CREVENNA (Austria)

### **Saturday afternoon 29 October 2011**

of Senior Sportsmen, M. SANDRI (Italy)

n PLENARY SESSIONS

**13:30-16:00 Children & Juvenile Athletes**

Chairs: T. Jovanovic-Mifsud & L. Micheli

- 13:30 Return to Play after a Fracture, Growth Plate Injury or Inflammation - Where are we now?  
Current Position Statements, L. MICHELI (USA)
- 14:00 Asthma and Return to Play in the Child and Adolescent - Where are we now? Current Position Statements,  
J. CUMMISKEY (Ireland)
- 14:30 Special Considerations: Return to Play Decisions in the Female Child and Adolescent - Where are we now?  
Current Position - Statements,  
T. ALENABI (Iran)
- 15:30 Ethical and Legal Aspects of Return to Play Decisions,  
M. LEGLISE (France)
- 16:00 Osteochondrosis in the Growing Athlete:  
Sport Specific Recommendations, J. ALLEYNE (Canada)
- 16:30 Case Report: Specific Training for Children with Cystic Fibrosis, T. JOVANOVIC-MIFSUD (Austria)

n PARALLEL SESSIONS

**13:30-14:30 Molecular Sciences**

Chairs: D. Riviere & W. Bily

- 13:30 Basic Concepts of Cellular Signaling Pathways in Skeletal Muscle, B. WESSNER (Austria)
- 13:45 New Insights into the Molecular Mechanisms of Muscle Growth; Sports and Medical Relevance,  
X. BIGARD (France)
- 14:00 Muscle Aging and Training: It's never too late!  
F. PILLARD (France)
- 14:15 Results of Molecular Analysis in Skeletal Muscles

**13:30-14:30 Shock Waves**

Chair: N.N.

- 13:30 ESWT: Basics and Daily Use in Practice, C. MICHLMAYR (Austria)
- 14:00 ESWT: in Professional Sports, Experiences and Indications,  
M. HENNE (Germany)

**13:30-14:30 Sensomotoric**

Chairs: H. Meier & W. Micheo

- 13:30 Sensomotoric Trunk Stabilisation, H. MEIER (Germany)
- 13:50 Rehabilitation Principles after Cartilage Lesions in the Knee Joint, B. WONDRASCH (Austria)
- 14:10 Rehabilitation of Knee Extensor Mechanism Disorders,  
W. MICHEO (Puerto Rico)

**14:45-15:45 Osteoporosis and Spine**

Chairs: E. Preisinger & E. Mur

- 14:45 Measuring Function in Spinal Stenosis with Activity Monitors, A. J. HAIG (USA)
- 15:05 Exercising in the Prevention of Osteoporosis, W. BILY (Austria)
- 15:25 Osteoporosis and Prevention of Falls,  
K. KERSCHAN-SCHINDL (Austria)

**14:45-16:00 WHO-Symposium**

Chairs: V. Fialka-Moser & Ch. Gutenbrunner

- 14:45 People with Disabilities in Europe,  
A. WARD (United Kingdom)
- 15:05 Overview of the Content of the World Report,  
Cr. GUTENBRUNNER (Germany)
- 15:25 Interactive discussion,  
A. WARD (United Kingdom), Ch. GUTENBRUNNER (Germany),  
T. BOCHDANSKY (Austria), G. EBENBICHLER (Austria)

**14:45-15:45 Ethical and medico-Legal Aspects of  
Return to play decisions**

Chair: F. Pigozzi

14:45 M. McNAMEE (UK),

15.30 D. McDONAGH (Norway)