Thursday morning 27 October 2011

n 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. Lehleitner (Austria)
   10:35  Sports Injuries Treatment - New Trends, K. Natsis (Greece)
   10:55  Abdominal - Adductor Syndrome: Sports Hernia, S. Apostolides (Greece)
   10:50-10:15 Coffee break
   10:15  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

n 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. Sesboüé (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. Cummiskey & 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 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 Overt raining 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. ROCHECONGAR (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

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)
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)
14:20  Blood Lactate during Exhausting Exercise Testing in Trained Children and Adolescents, P. H. SCHOBER (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;

10:15-11:35  Chronic Fatigue & Exercises
Chair: K. Kerschan-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
Chair: 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
Chair: 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
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 of Senior Sportsmen, M. SANDRI (Italy)

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. WONDRAŞCH (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)