International Society for Snowsports Medicine
36th SITEMSH Congress

13th – 15th March 2018
Sport- and Congress Centre Arosa

final – final programm
Invitation to the SITEMSH-Congress

It is rumoured, that the Swiss are born with skis. This would probably apply for all alpine countries in the central Europe. For these, Germany, Austria, France, Italy and Switzerland decided at the beginning of the fifties to have regular meeting to discuss skiing and its injuries. The aim was to discuss ways to improve skier’s safety and to compare the different results of the treatment options on rehabilitation after skiing injuries. These were simple meetings of interested surgeons and practitioners. Each presented his results and ideas in his native language, and some faculty just translated the message ad hoc. Thus, the Société Internationale de Traumatologie du Ski et de Médecine des Sports d’Hiver, SITEMSH, was founded. The meetings continued, more countries participated and today it is an international society with 18 national secretaries, a scientific committee and some observers. Today wintersports are not just skiing and due to the broad spectrum of wintersports today, SITEMSH became the International Society for Snowsport Medicine.

Our next meeting will take place – after the last meeting in Switzerland in Zermatt 20 years ago – in the attractive and well-known Arosa. Take the spectacular train or drive along the 365 bendings to get an update on snowsport activities, injuries and their prophylaxis. Meet people and speakers from snowsport countries from all over the world to get latest informations and scientific findings on snowsports. And don’t forget at this occasion to indulge yourself in a spectacular alpine region in the middle of Switzerland. Welcome!

Yours

PD Dr. med. Dominik Heim, congress president 2018 and his team,
national delegate for ESTES

endorsed by:
Monday, 12th March 2018

14.00 meeting of national secretaries
16.00 press conference
17.00 – 19.00 start registration
20.00 faculty dinner (offered by SGTV)

Tuesday, 13th March 2018

07.30–08.30 workshop/hands-on: cast-fixations

Session 1:
What are we talking about? epidemiological facts and prevention I
Chair: Bernat Escoda, Andorra/Dominik Heim, Switzerland

08.30–08.45 general trends in snowsports: Dominik Heim, Frutigen, Switzerland
08.45–09.00 ancient research–snowparks: Injuries, risks, and prevention: Othmar Brügger, bfu, Berne, Switzerland
09.00–09.15 how risky is professional competition: Peter Brucker, Germany
09.15–09.30 children at risk: Yes, they are!: Amedeo Trippel, Chur, Switzerland
09.30–09.45 the difference of dominant and non-dominant leg, Yukio Urabe, Japan
09.45–10.00 discussion
10.00–10.30 coffee break

Session 2:
My brain
Chair: Haleh Dadgostar, Iran/Rita Schaumann-von Stosch, Switzerland

10.30–10.45 my brain in sledding: Raphael Jenni, Chur, Switzerland
10.45–11.00 treatment algorithm in brain injuries: Rita Schaumann, Lucerne, Switzerland
11.00–11.15 the (long) way back: Sönke Johannes/Gabriella Küning, Bellikon, Switzerland
11.15–11.30 prevention of head injuries/the approach of bfu: Othmar Brügger, Berne, Switzerland
11.30–14.30 outdoor activities: «coupe du président» Carmennahütte (traditional skirace for congress participants)

Session 3:
prevention II
Chair: Aleix Vidal, Spain/Bernat Escoda, Andorra

14.50–15.10 Equipment engineering for injury reduction: Christopher Brown, USA
15.10–15.30 trail design and potential for injury: Christopher Brown, USA
free communications

15.30–15.40 Update on head and spinal injury trend since 1992 in the French ski resorts. Methodological consideration: Jean-Dominique Laporte, France

15.40–15.50 The benefits that a Medical Center provides to a ski resort: Nora Torrens, Andorra

15.50–16.00 discussion

16.00–16.30 coffee break

Session 4:
the knee: part I
Chair: Athanasios Zacharopoulos, Greece/Peter Brucker, Germany

16.30–16.50 non-ACL-relevant ski-specific injuries of the knee: Peter Brucker, Germany

16.50–17.10 pediatric ACL – is growing a problem or is the problem growing?: Kai Ziebarth, Berne, Switzerland

17.10–17.30 Tibia plateau fractures – getting worse all the time: Christoph Sommer, Chur, Switzerland

17.30–17.50 sportmedical aspects: Marion Grögli, Bellikon, Switzerland

17.50–18.10 Discussion

18.15–19.00 opening ceremony with welcome drinks (offered by the municipality of Arosa)
– welcome address
– a look into the future: the climate and economy in wintersport: Marc Mauron, Zurich
– the history of SITEMSH: Marc – Hervé Binet, France

Wednesday, 14th March 2018

07.30–08.30 workshop: Imaging – reading X-rays/case discussion

Session 5:
Typical wintersport injuries and treatment today
Chair: Marc-Hervé Binet, France / Thomas Ilchmann, Switzerland

08.30–08.45 the Suva experience: Samuli Aegerter, Suva Lucerne, Switzerland

08.45–09.00 shoulder girdle: Raphael Jenni, Chur, Switzerland

09.00–09.15 joint replacement and snowsport – a no-go? Thomas Ilchmann, Münchenstein, Switzerland

09.15–09.30 ankle and snowboard ankle: Afsaneh Cherati, Zurich, Switzerland

09.30–09.45 skiing injuries in children/adolescents: Athanasios Zacharopoulos, Greece

09.45–10.00 discussion

10.00–10.30 coffee break
Session 6:  
Hypothermia/avalanche  
Chair: Joan Torrens, Andorra / Anton Wicker, Austria

10.30 – 10.50 accidental hypothermia – what we should know about it: Beat H. Walpoth, Geneva, Switzerland
10.50 – 11.10 our experience with avalanche victims: Anna Brunello, Chur, Switzerland
11.10 – 11.30 avalanche rescue: Haleh Dadgostar, Iran
11.30 – 14.30 outdoor activities: speed control on the slope (Suva)

Session 7:  
That’s all around snow sports  
Chair: Jürgen Herfert, Austria, Beat Gründler, Switzerland

14.30 – 14.50 combining science, innovative technology and the art of coaching in high performance sport: Arno Galmarini, Zurich, Switzerland
14.50 – 15.10 the making of a ski: René Unternährer, Doppleschwand, Switzerland
15.10 – 15.30 snowboard: nn
15.30 – 15.50 snowrails, crossblades (videos by Ulo Gertsch, Inventra Thun)
15.50 – 16.00 discussion

16.00 – 16.30 coffee break

Session 8:  
The horror of winter-sport/polytrauma  
Chair: Siavash Tavoosi, Iran / Thomas Müller, Switzerland

16.30 – 16.50 the Bernese experience: nn
16.50 – 17.10 the Iran experience: Siavash Tavoosi, Iran
17.10 – 17.30 our polytrauma management in Chur: Thomas Müller, Chur Switzerland

free communications
17.30 – 17.40 Warm up und cool down on race day in alpine skiing – where is the evidence? Jürgen Herfert, Austria
17.40 – 17.50 Regeneration of elite athletes in alpine skiing – what is known? Jürgen Herfert, Austria
18.00 – 18.30 invited guest lecture: nn
19.30 – 23.00 congress dinner Prätschli Stall/horse carriage
Thursday, 15th March 2018

07.30 – 08.30 workshop: What do we need for rescue – display and hands-on

Session 9:
Rescue/evacuation: how can we still get better?
Chair: Aleix Vidal, Spain/Ivo Breitenmoser, Switzerland

08.30–08.45 ground rescue: Arosa: That’s how we are organised; Beat Mühlethaler, Arosa, Switzerland
08.45–09.00 ground rescue: Grandvalira, Andorra: that’s how we are organised: Bernat Escoda, Andorra
09.00–09.15 air rescue: the situation in Switzerland/Ivo Breitenmoser, Zurich, Switzerland
09.15–09.30 helicopter rescue service: our experience in Les Portes du Soleil across the Swiss/French border: Marc-Hervé Binet, France
09.30–09.45 death by avalanche/The Swiss series: Rebecca Hasler, Sion, Switzerland
09.45–10.00 discussion
10.00 – 10.30 coffee break

Session 10: supported by bfu
the knee: outlook part II
Chair: Christopher Brown, USA/Dominik Heim, Switzerland

10.30 – 10.50 cruciate ligaments – what do we know by now: Niklaus F. Friedrich, Basel Switzerland
10.50–11.10 where is the problem? Christopher Brown, USA
11.10 – 11.30 what does the industry think? Matthias Rückerl, Germany
11.30 – 12.30 round-table with experts: what can be done in future? Introduction 10’: Stefan Freudiger, Bremgarten Switzerland
Christopher Brown, USA/Matthias Rückerl, Germany/Stefan Freudiger, Switzerland/Niklaus F. Friedrich, Basel Switzerland and others

Welcome adress on Tuesday, 13th March 18.15
Mrs. Nicola Katharina Kull, Departement for justice, safety and health, Kanton Graubünden
Lorenzo Schmid, Mayor of Arosa
Registration

international registration and payment see www.sitemsh.org

registration for Swiss residents: edithrubin@bluewin.ch

payment to: Dominik Heim/Sitemsh Arosa, Raiffeisen Bank 3714 Frutigen
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please note that the number of participants is limited for the workshops

Congress fees

consultants, senior registrars, physicians
- 340.– CHF (3 days-pass)
- 380.– CHF (3 days-pass) ad hoc

residents (hospital confirmation required)/paramedics
- 250.– CHF (3 days-pass)
- 280.– CHF (3-days-pass) ad hoc

students (university confirmation required)
- 50.– CHF (day-pass)

day-pass for all (except students)
- 150.– CHF

accompanying person
- for free

congress evening 14th March 2018
- 80.– CHF/ Person

traditional ski-race «coupe du président» 13rd March 2018
- for free

Congress team:

Edith Rubin  Sofie Bonné  Bita Kallenbach  Samira Kessler  Dominik Heim

and team of Medical Center Arosa
Speakers in alphabetic order

- Mr. Samuli Aegerter, MAS Prävention und Gesundheitsförderung, Suva, Lucerne, Switzerland
- Dr. Marc-Hervé Binet, MD, Avoriaz, France
- Dr. med. Ivo Breitenmoser, MD, swiss air rescue, Zurich, Switzerland
- Prof. Christopher Brown, PhD, Worcester, MA, USA
- PD Dr. med. Dipl.-Sportl. Peter U. Brucker, MD, MSc, Orthopädische Chirurgie Munich, Germany
- Mr. Othmar Brügger, MSc, bfu-Swiss Council for Injury Prevention, Berne, Switzerland
- Dr. med. Anna Brunello, MD, stv. Leit. Ärztin, ICU, Kantonsspital Graubünden, Chur, Switzerland
- Dr. Afsaneh Cherati, MD, Sports Medicine, Balgrist, Zurich, Switzerland
- Dr. Haleh Dadgostar, associated Professor IUMS, Teheran, Iran
- Dr. Bernat Escoda, MD, Andorra
- Mr. Stefan Freudiger, IFB, Bremgarten, Switzerland
- Prof. Dr. med. Nikolaus F. Friedrich, Basel Switzerland
- Mr. Arno Galmarini, elite-training.ch, Zurich, Switzerland
- Dr. med. Marion Grögli, MD, Rehaklinik Bellikon, Switzerland
- Dr. med. Beat Gründler, MD, MAS Vmed, AXA, St. Gallen, Switzerland
- Dr. med. Rebecca M. Hasler, MD, MSc, Hôpital du Valais, Sion/Martigny, Switzerland
- PD Dr. med. Dominik Heim, MD, Frutigen, Switzerland
- Dr. Jürgen Herfert, MD, Salzburg, Austria
- Prof. Dr. med. Thomas Ilchmann, PhD, Münchenstein, Switzerland
- Dr. med. Raphael Jenni, MD, Kantonsspital Graubünden, Chur, Switzerland
- Prof. Dr. med. Sönke Johannes, MD, Rehaklinik Bellikon, Switzerland
- PD Dr. med. Gabriella Künig, MD, Rehaklinik Bellikon, Switzerland
- Dr. Jean-Dominique Laporte, MD, Médecins de Montagne, France
- Mr. Marc Mauron, Switzerland Tourism, Zurich, Switzerland
- Mr. Beat Mühlethaler, AlpinMedic, Arosa, Switzerland
- Dr. med. Thomas Müller, MD, Kantonsspital Graubünden, Chur, Switzerland
- Mr. Matthias Rückerl, Voelkl, Germany
- Dr. med. Rita Schaumann-von Stosch, MD, Lucerne, Switzerland
- Dr. med. Christoph Sommer, MD, Kantonsspital Graubünden, Chur, Switzerland
- Dr. Siavash Tavoosi, MD, Teheran, Iran
- Dr. Joan Torrens, MD, Andorra
- Nora Torrens, medical student, Andorra
- Dr. med. Amedeo Trippel, MD, Kantonsspital Graubünden, Chur, Switzerland
- Mr. René Unternährer, swissmassiv, Doppleschwand, Switzerland
- Prof. Yukio Urabe, PT, PhD, Hiroshima, Japan
- Dr. Aleix Vidal, MD, Barcelona, Spain
- Prof. Dr. med. Beat H. Walpoth, MD, Geneva, Switzerland
- Prof. Anton Wicker, MD, Salzburg, Austria
- Dr. Athanasios Zacharopoulos, MD, Amfissa, Greece
- Dr. med. Kai Ziebarth, MD, Children Hospital Berne, Switzerland
congress in collaboration with:
Interested? Please contact us!
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