

3rd European EISCSA Congress

March 19th-20th, 2004 Freiburg Germany

Presymposium March 18th, 2004



Current Concepts in Training and Therapy

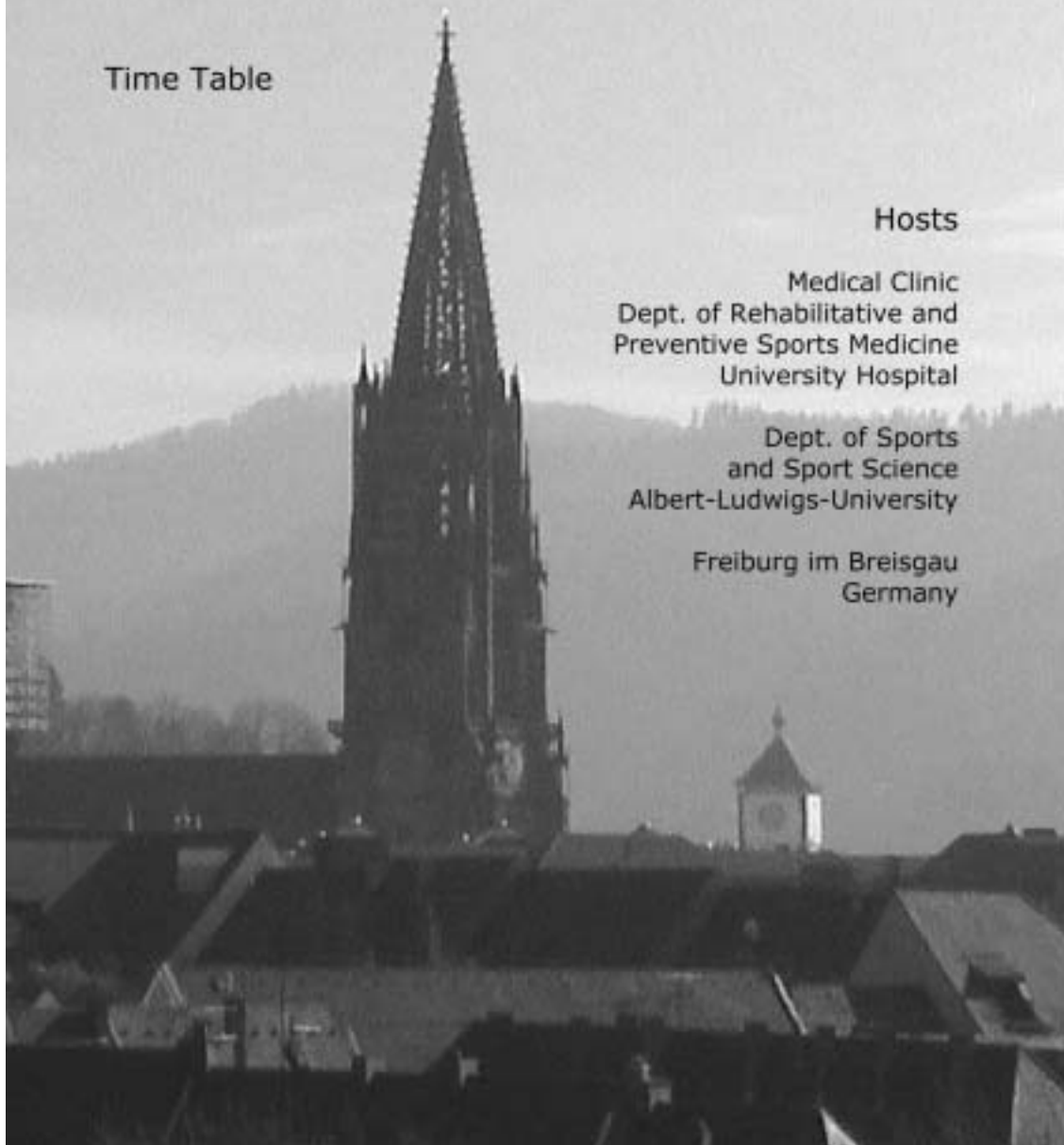
Time Table

Hosts

Medical Clinic
Dept. of Rehabilitative and
Preventive Sports Medicine
University Hospital

Dept. of Sports
and Sport Science
Albert-Ludwigs-University

Freiburg im Breisgau
Germany



Time-Table

Thursday, March 18th, 2004

12:00	Begin registration	Congress Office
02:00	Presymposium (German) Adipositas bei Kindern, Jugendlichen und Erwachsenen – neue Aspekte –	HS 2112
05:45	Workshop: Anthropometrie und Körperfettbestimmung	HS 2112

Friday, March 19th, 2004

09:00	Begin registration	Congress Office
10:00	Exhibition opening / EISCSA & industry discussions	Exhibition Area
11:00	Evidence-based data in rehabilitation	Audimax
12:30	Strength/Balance training in elderly/chronic diseases Low Back Pain – management and prevention Testing in action Scientific poster & exhibition	Poster Area Poster Area Exhibition Area Exhib./Poster Area
01:45	Advances in muscle function	Audimax
03:00	Scientific poster & exhibition	Exhib./Poster Area
03:30	Opening session and congress lecture	Audimax
04:30	Scientific poster & exhibition	Exhib./Poster Area
05:00	Standards in testing and training	Audimax
07:00	Congress evening at “Historisches Kaufhaus”	Down Town

Saturday, March 20th, 2004

09:00	EISCSA state-of-the-art session muscular dysbalances – fact or fiction	Audimax
10:30	Evidence based data in rehabilitation Standardized methods for testing (1) Haltungs- und Bewegungsanalyse bei Spezialeinlagenbehandlung (German) Scientific poster & exhibition	Poster Area Poster Area HS 2112 Exhib./Poster Area
11:30	Treatment evaluation in low back pain	Audimax
01:00	Training efficiency in recreational sports Standardized methods for testing (2) Functional treatment strategies in ankle injuries Scientific poster & exhibition	Poster Area Poster Area HS 2112 Exhib./Poster Area
02:15	Strength and balance training in elderly	Audimax
03:30	Life style and body composition Scientific poster & exhibition	Poster Area Exhib./Poster Area
04:30	Recreation, sports and life style	Audimax
06:00	Final remarks and closing session	Audimax

**Presymposium Adipositas bei Kindern,
Jugendlichen und Erwachsenen – neue Aspekte**

Thursday, March 18th 2004, HS 2112

Chairmen:	Berg A; Freiburg; Germany Korsten-Reck U; Freiburg; Germany
14:00	Begrüßung <i>Berg A, Korsten-Reck U; Freiburg; Germany</i>
14:15	Körperkomposition und Adipositasprävalenz <i>Kromeyer-Hauschild K; Jena; Germany</i>
14:45	Ernährung im Focus – Ansatzpunkte und Strategien für die Bevölkerung <i>Müller MJ; Kiel; Germany</i>
15:15	Belastungstests bei adipösen Kindern und Jugendlichen <i>Förster H; Salzburg; Austria</i>
15:45	Pause/Besuch der Industrieausstellung
16:15	FITOC - Ergebnisse und Erfahrungen <i>Korsten-Reck U; Freiburg; Germany</i>
16:45	Erfolge durch Lifestyle-Veränderungen – eine ein- drucksvolle Bilanz <i>Berg A; Freiburg; Germany</i>
17:15	Anfangen, Dranbleiben, Durchhalten – Tipps für eine erfolgreiche Verhaltensänderung <i>Fuchs R; Freiburg; Germany</i>
17:45	Workshop “Anthropometrie und Körperfettbestimmung”

Evidence based data in rehabilitation

Friday, March 19th 2004, Audimax

Chairmen:	Dickhuth HH; Freiburg; Germany Pokan R; Vienna; Austria
11:00	Physical exercise for children with chronic diseases <i>Förster H; Salzburg; Austria</i>
11:30	Training and rehabilitation regimens after heart transplantation <i>Rohrer A; Vienna; Austria</i>
12:00	Postural control training in Parkinson's Disease <i>Haas CT, Turbanski S, Schmidtbleicher D; Frank- furt/Main; Germany</i>
12:15	Effects of 12 weeks combined aerobic and resistance pool exercise training and detraining on isokinetic strength and quality of life in women with severe fibromyalgia syndrome: randomized controlled trial <i>Gusi N, Tomas-Carus P, Ortega A, Häkkinen A, Häkkinen K, Leal A; Caceres; Spain</i>
12:30	Strength/Balance training in elderly and chronic diseases (Guided poster session) Low Back Pain – management and prevention (Guided poster session) Testing in action (incl. snacks) (Workshop) Scientific poster & exhibition

Advances in muscle function

Friday, March 19th 2004, Audimax

Chairmen: Schmidtbleicher D; Frankfurt/Main; Germany
Belli A; St. Etienne; France

- 01:45 Neural adaptations with chronic changes in physical activity pattern
Duchateau C; Brussels; Belgium
- 02:15 Free rectus femoris muscle transplant – effects on force/power balance between legs
Raschner C, Gardetto A, Pavelka M, Patterson C, Schöller T, Wechselberger G, Pühringer R; Innsbruck; Austria
- 02:30 dyn – a useful quantity to quantify differences in neuromuscular efficiency and its changes due to therapy?
Hirschmüller A, Baur H, Müller S, Mayer F; Freiburg; Germany
- 02:45 The influence of flexibility on eccentric exercise-induced muscle damage
Brassinne E, Salliez P, Duchateau J; Brussels; Belgium
- 03:00 Scientific poster & exhibition

Opening session

Friday, March 19th 2004, Audimax

- 03:30 Opening ceremony
opening “art and music”
addresses * city mayor of Freiburg
* rector of Freiburg university
* DGSP president (German Society of Sports Medicine)
* EISCSA president
- 03:50 Congress lecture
Functional adaptation of skeletal muscle in elderly – prevention towards injury and role in treatment
Kjaer M; Copenhagen; Denmark
Chairman: Gollhofer A; Freiburg; Germany
closing “art and music” (performed by C. Dörre and group)
- 04:30 Scientific poster & exhibition

Standards in testing and training

Friday, March 19th 2004, Audimax

Chairmen: Hofmann P; Graz; Austria
Radlinger L; Bern; Switzerland

- 05:00 Standards in exercise testing
Hofmann P; Graz; Austria
- 05:30 Evaluation of heart-rate monitoring method to measure energy expenditure under different working activities
Froehlich H, Pippert C, Kolb M, Assenbrunner T, Schmidt W; Bayreuth; Germany

- 05:45 Cross transfer effects on muscular training: preliminary approach to optimize training parameters for rehabilitation
Felder H, Frey J, Künnemeyer J, Grünberg C; Idstein, Taunus; Germany
- 06:00 Dynamic contrast enhanced MRI (DCE-MRI) as a diagnostic tool for monitoring lower leg muscle perfusion in training and therapy
Hoos O, Leppek R, Azzam S, Al-Haffar I, Klose KJ, Sommer HM; Marburg; Germany
- 06:15 Reliability of testing the hamstring activity after mechanically induced tibia translation and a time-dependency evaluation of the hamstring latency due to tibia translation velocity
Bumann-Melnyk M, Claes L, Gerngross H, Friemert B; Ulm; Germany
- 07:00 Congress evening

Strength/Balance training in elderly and chronic diseases – Poster

Friday, March 19th 2004, Poster Area

Chairmen: Brassinne E; Brussels; Belgium

- Strass D; Freiburg; Germany
- 12:30 The impact of neuromuscular fatigue on isokinetic strength performance and reflex activity in young and elderly men
Strass D, Granacher U, Förderer DC, Gollhofer A; Freiburg; Germany
- 12:30 Isolated unilateral strength training in stroke patients is more effective than combined unilateral and bilateral training
Aimet M, Pokan R, Kotzian S, Musil U, Pelikan J, Skopetz R, Spiesberger R, Brandl J, Rupp M, Hofmann P, von Duivillard SP, Zifko UA; Bad Pirawarth; Austria
- 12:30 EMG activity and trainability of the rectus abdominis during rocking in a rocking chair with elderly men
Väänänen I; Lathi; Finland
- 12:30 Function and bulk of respiratory and limb muscles after lung transplantation for cystic fibrosis
Lamotte M, Pinet C, Scilla P, Cassart M, Knoop C, Melot C, Estenne M; Brussels; Belgium
- 12:30 The effects of free weights training for older adults
Knobl O, Schott N, Wirth K, Schmidtbleicher D; Frankfurt/Main; Germany
- 12:30 Maximal and explosive force production capacity in elderly men: implications for exercise
Granacher U, Strass D, Gollhofer A; Freiburg; Germany
- 12:30 Weight reduction and risk management – one-year results of a randomized controlled intervention trial with overweight adults
Deibert P, Landmann U, Frey I, König D, Schmidt-Trucksäss A, Berg A; Freiburg; Germany

Low Back Pain – management and prevention – Poster

Friday, March 19th 2004, Poster Area

Chairmen: Schmid C; Basel, Switzerland
Granacher U; Freiburg; Germany

- 12:30 Motor skills, spinal form and function in healthy school children aged 12–14 years
Küster M; Mitterfeld; Germany
- 12:30 Test-retest reliability to the measurements of lumbar muscles using differently short and long ROM values
Baskent A; Istanbul; Turkey
- 12:30 Measurements of lumbar isokinetics for different range of motion values
Baskent A; Istanbul; Turkey

EISCSA – State of the art session Muscular dysbalances – fact or fiction

Saturday, March 20th 2004, Audimax

Chairmen: Mayer F; Freiburg; Germany
Laube W; Feldkirch; Austria

- 09:00 Background and literature review
Laube W; Austria; Schlumberger A; Germany; Radlinger L; Switzerland
- 09:15 Muscular dysbalances – aspects of performance and pro-phyllaxis related muscle function
Schlumberger A, Durjak P, Schulte-Frei B, Baur H; Germany
- 09:30 Muscular dysbalances in physiotherapy – rehabilitation and prevention
Herbeck B, Dahlinger M; Germany, Brassinne E; Belgium; Voisin P; France; van Cingel R; Netherlands
- 09:45 Clinical aspects and medical implications of muscular dysbalances
Mayer F; Germany; Henrotin Y; France
- 10:00 Muscular dysbalances – scientific considerations
Bruhn S, Schmidtbleicher D; Germany; Radlinger L, Switzerland; Croisier JL, Belgium; Belli A; France; Laube W; Austria
- 10:15 Muscular dysbalances – impact on industry
Fenkart G, Hüni G, Widmer S, Martin H; Switzerland
- 10:30 Evidence based data in rehabilitation
(Guided poster session)
Standardized methods for testing (1)
(Guided poster session)
Haltungs- und Bewegungsanalyse bei Spezialeinlagen-behandlung
(Workshop, German)
Scientific poster & exhibition

Treatment evaluation in low back pain

Saturday, March 20th 2004, Audimax

Chairmen: Duchateau J; Brussels; Belgium
Herbeck B; Mannheim; Germany

- 11:30 Lower back and pelvis – common sites for injuries and complaints?
Segesser, B; Basel/Muttenz; Switzerland
- 11:50 Physiotherapeutic treatment strategies in low back pain – still a daily challenge
Eder K; Donaustauf; Germany
- 12:15 The functional stability of the lumbar spine – impact of flexible lumbar corsets
Gruber M, Karl S, Taube W, Gollhofer A, Alt W, Lohrer H; Freiburg; Germany
- 12:30 McKenzie care versus physiotherapy exercises in low back pain patients with reducible derangement-syndrome. Design of a randomized controlled trial
Schmidt C, Supp G, Brockow T, Schmid J, Resch KL; Dresden; Germany
- 12:45 Physiological effects of local heat application
Taeymans J, Clijsen R, Clarys P, Duquet W, Barel AO; Landquart; Switzerland
- 01:00 Training efficiency in recreational sports
(Guided poster session)
Standardized methods for testing (2)
(Guided poster session)
Functional treatment strategies in ankle injuries (incl. Snacks)
(Workshop)
Scientific poster & exhibition

Strength and balance training in elderly

Saturday, March 20th 2004, Audimax

Chairmen: Alt W; Stuttgart; Germany
Berg A; Freiburg; Germany

- 02:15 The effect of hip and trunk stiffness on posture control – possible implications for exercise therapy to prevent falls in the elderly
Grüneberg, C; Idstein, Taunus; Germany
- 02:30 Training induced adaptations in reflex-characteristics of elderly men
Granacher U, Strass D, Gollhofer A; Freiburg; Germany
- 02:45 Strength training and balance performance compared to combined strength & agility training in elderly over 80 years: a three months RCT
de Bruin E, Menzi C, Wälle R, Murer K; Zurich; Switzerland
- 03:00 Muscle functioning, the effect of aging and running
Savelberg HCM, Meijer K; MD Maastricht; Netherlands
- 03:15 Effects of aging and physical activity on gait strategy
Meijer K, Barnhoorn E, Willems P, Savelberg HCM; MD Maastricht; Netherlands
- 03:30 Life style and body composition
(Guided poster session)
Scientific poster & exhibition

Recreation, sports and life style

Saturday, March 20th 2004, Audimax

Chairmen: Fuchs R; Freiburg; Germany
Röcker K; Freiburg; Germany

- 04:30 No pain – no gain? Monitoring of training in sports medicine
Urhausen A; Saarbrücken; Germany
- 05:00 Interaction between life style, body composition and activities of daily living
Berg A; Freiburg; Germany
- 05:30 Measuring daily energy expenditure and daily activity patterns in normal weight and obese children under free living conditions
Paeffgen S, Koenigstorfer J, Schmidt W; Bayreuth; Germany
- 05:45 Ageing and disability – a new crossing between physical activity, social inclusion and life-long well-being
Djobova S, Dobрева I, Van Peteghem A, Van Coppenolle H; Leuven; Belgium
- 06:00 Final remarks and closing session

Evidence based data in rehabilitation – Poster

Saturday, March 20th 2004, Poster Area

Chairmen: v. Cingel R; Arnheim; Netherlands
Rohrer A; Vienna; Austria

- 10:30 Effects of one year mixed aerobic and resistance pool exercise training on bone mass in women with fibromyalgia syndrome: randomized controlled trial
Gusi N, Tomas-Carus P, Leal A; Caceres; Spain
- 10:30 Nerval and mechanical rhythms in rehabilitative balance training
Haas CT, Turbanski S, Schmidtbleicher D; Frankfurt/Main; Germany
- 10:30 Anterior cruciate ligament rupture treatment in an occupational rehabilitation environment. A comparative study between patellar tendon vs. gracilis-semitendinosus graft
Chaler J, Pujol E, Abril A, Maiques A, Unyo C, Garcia F, Müller B, Garreta R; Terrassa; Spain
- 10:30 Effect of knee brace on running dynamics of a subject with ACL rupture
Mutter E, Banizette M, Courtet F, Geysant A, Belli A; St. Etienne; France
- 10:30 Effect of different exercise regimens on patellofemoral pain syndrome
Strojnik V, Vengust R, Vinko P; Ljubjana; Slovenia
- 10:30 Ankle instability and delayed neuromuscular response: acceleration time parameters
van Cingel EHR, Kleinrensink GJ, Uitterlinden EJ, Rooijens PPGM, Mulder PGH, Aufdemkampe G, Stoekart R; HE Doesburg; Netherlands

- 10:30 Effectiveness of different treatment strategies during in-patient rehabilitation after TKA
Erler K, Neumann U, Anders C, Scholle HC, Brückner L; Bad Klosterlausnitz; Germany
- 10:30 Isokinetic and sport motoric ability following lateral ankle and calcaneocuboid joint ligament repair
Nauck T, Lohrer H, Schöll, J, Schmidtbleicher D; Frankfurt/Main; Germany

Standardized methods for testing (1) – Poster

Saturday, March 20th 2004, Poster Area

Chairmen: Laube W; Feldkirch; Austria
Baur H; Freiburg; Germany

- 10:30 Influence of limb dominance on knee flexor:extensor ratio of ACL reconstructed patients
Baumeister J, Ries C, Weiß M; Paderborn; Germany
- 10:30 Multiple angle isometrics knee flexion/extension torque ratios
Baskent A; Istanbul; Turkey
- 10:30 The relation between the heart rate recovery and the heart rate performance curve
Luger M, Pokan R, Hofmann P, von Duvillard SP, Wönisch M, Smekal G, Bachl N, Schmid P; Vienna; Austria
- 10:30 Load distribution under children's midfoot walking bare-foot or in shoes
Moser K, Müller S, Mahler C, Baur H, Mayer F; Freiburg; Germany
- 10:30 Anaerobic power and isokinetic strength of basketball players
Lehance C, Croisier JL, Schlitz M, Maquet D, Crielaard JM, Bury T; Liege; Belgium
- 10:30 Energy turnover at the Race Across America (RAAM) – a case report
Knechtle B, Enggist A, Jehle T; Wallisellen; Switzerland
- 10:30 A short-lasting isokinetic bicycling test in comparison with an endurance and isometric strength test
Stapelheldt B, Schumacher YO, Gollhofer A; Freiburg; Germany
- 10:30 Real time method to determine the ankle joint axes
Hochwald H, Alt W, Busch G; Stuttgart; Germany

Training efficiency in recreational sports – Poster

Saturday, March 20th 2004, Poster Area

Chairmen: Strojnik V; Ljubljana; Slovenia
Gruber M; Freiburg; Germany

- 01:00 “Adapt”-CD-ROM – A new educational tool in adapted physical activity
Djobova S, Dobrova I, Van Peteghem A, Van Coppenolle H; Leuven; Belgium
- 01:00 Training parameters and center of pressure characteristics of healthy runners and patients
Baur H, Gollhofer A, Bächle V, Janz I, Kimmich N, Mayer F; Freiburg, Germany
- 01:00 The influence of prescribed stretching program on heart rate variability in untrained subjects
Moser M, Mück-Weymann M, von Duvillard SP, Hofmann P, Smekal G, Wonisch M, Bachl N, Schmid P, Pokan R; Vienna; Austria
- 01:00 Trainability of physical abilities: dimensions and influencing factors
Blank M, Conzelmann A; Kiel; Germany
- 01:00 Drop jumps added to a warm-up increases the jump height compared to an ergometer warm-up only. A single blind randomized crossover trial. A pilot study
Fontannaz J, Fellay D, Fellay H, Jordan K, Spring H, Hilfiker R; Premploz; Switzerland
- 01:00 Influence of stretching and somatic parameters on counter-movement jumps in tennis players
Küster M; Mitterfeld; Germany
- 01:00 24 hour heart rate- and 24 hour blood pressure response in individuals with metabolic syndrome of three week duration at different altitudes
Spiesberger R, Pokan R, Schmid P, Humpeler E, Schobersberger W, Klinger A, Hörtnagl H, Gunga HC, Fries D, Hofmann P, von Duvillard SP; Bad Pirawarth; Austria
- 01:00 Comparative study between the biofeedback systems myotrainer and automotive on poststroke patients with weakened m. tibialis ant.
Simon N, Pokan R, Aimet M, Urban E, Spiesberger R, Kotzian S, Musil U, Pelikan J, Zifko U; Vienna; Austria

Standardized methods for testing (2) – Poster

Saturday, March 20th 2004, Poster Area

Chairmen: Raschner C; Innsbruck; Austria
Bruhn S; Rostock; Germany

- 01:00 Functional characteristics of safety shoes
Baur H, Gollhofer A, Bültermann D, Deibert P, Frey I, Mayer F; Freiburg; Germany
- 01:00 Workload demands during professional road cycling competition
Heinrich L, Vogt S, Schumacher YO, Blum A, Stapelfeldt B, Schmid A; Freiburg; Germany
- 01:00 Effects of orthotic insoles on biomechanical gait characteristics in healthy children
Müller S, Baur H, Hirschmüller A, Mayer F; Freiburg; Germany

- 01:00 Reliability of the knee extension/flexion multiple angle isometrics
Baskent A; Istanbul; Turkey
- 01:00 Evaluation of plyometric exercise training on functional performances and isokinetic strength
Lehance C, Croisier JL, Maquet D, Bury T; Liege; Belgium
- 01:00 Influence of time of day on the force-time-relation in the upper extremity
Schlumberger A, Kisting S, Schmidtbleicher D; Donaustauf; Germany
- 01:00 Reproducibility of isokinetic peak torque in the knee and ankle joint
König T, Baur H, Müller S, Mayer F; Freiburg; Germany

Life style and body composition – Poster

Saturday, March 20th 2004, Poster Area

- Chairmen: Förster H; Salzburg; Austria
Korsten-Reck U; Freiburg; Germany
- 03:30 The association of different habits of bag carrying with pain experience among young university students: a pilot study
Ghanbari A, Stephenson R, Watson M; Norwich; UK
- 03:30 Physical fitness of obese children: comparison to a reference group and effects of the therapy program FITOC
Korsten-Reck U, Kaspar T, Rücker G, Jotternad S, Bös K, Berg A; Freiburg; Germany
- 03:30 An evaluation of body composition and cardiorespiratory fitness in university students
Aslan S, Aslan UB; Denizli; Turkey
- 03:30 Training with patients with COPD – functional and psychological aspects
Bastian K; Wiehl; Germany
- 03:30 A Relationship between physical activity and body mass index in female university students
Aslan UB, Aslan S; Denizli; Turkey
- 03:30 Measuring bone mineral density of female athletes in variety sport (weight bearing and non weight bearing) and comparison with standards of Iran and the world
Rahimian AM, Hejazi BP; Tehran; Iran
- 03:30 An evaluation of the physical activity level and cardiorespiratory fitness in male university students
Aslan UB, Livanelioglu A; Denizli; Turkey

Workshops

Friday, March 19th, 2004

12:30 **“Testing in action”** *Exhibition Area*
 Presentation of different testing and evaluation methods
 Small snacks will be provided
Presentation and sponsors:
LMT Leuenberger Medizintechnik GmbH, CMV AG, Cosmed GmbH Deutschland, h/p/cosmos sports & medical GmbH, CSMI Solutions
 Registration not necessary

Saturday, March 20th, 2004

10:30 **“Haltungs- und Bewegungsanalyse bei Spezialbehandlungen”** (German) *HS 2112*
 Presentation: Pfaff G; Munich; Germany
Sponsor: MEDREFLEX Therapiekonzepte GmbH
 On-site registration at congress office

01:00 **“Functional treatment strategies in ankle injuries”** *HS 2112*
 Biomechanical and clinical aspects of joint function and Achilles tendon injuries
 Small snacks will be provided
 Presentation: Lohrer H; Frankfurt/Main; Alt W; Stuttgart; Gollhofer A; Freiburg; Schievink F; Hannover; Germany
Sponsor: ORTHOTECH GmbH
 On-site registration at congress office



At the
beginning
were two
chairs...



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