

5th European EISCSA Congress

SPORTMEDICA 2008

Luxembourg
October 16th-18th, 2008



sportmedica

Final Program

OPTIMIZATION OF PHYSICAL ACTIVITY Implications for Sports, Prevention & Rehabilitation

Hosted by

Luxembourg Society of Sports Medicine
(S.L.M.S.)

Luxembourg Society of Sports Physiotherapy
(S.L.K.S.)

Luxembourg Society of Research in Orthopaedics and Sport Medicine
(S.L.R.O.M.S.)

European Interdisciplinary Society for Clinical and Sports Applications
(E.I.S.C.S.A.)

Official Course of the IOC MEDICAL COMMISSION



PROGRAM-AT-A-GLANCE

	Thursday October 16th		
14:00	Arrival & Registration	Industrial Exhibition Opening	
15:00	Keynote lecture: Jacques Duchateau (<i>Belgium</i>) Neuromuscular adaptations to strength training revisited		
15:45	Free communications	Free communications	Sportmedizinisches Trainersymposium
16:00	Session 1	Session 2	
17:00 18:30	General and sport specific applications of warming-up		1. Prevention & Management von Sportverletzungen
19:00	Congress Opening		
19:15-19:45	Keynote lecture: Daniel Theisen (<i>Luxembourg</i>) The injury prevention research in Luxembourg		
19:45-20:30	Keynote lecture: Lars Engebretsen (<i>Norway</i>) A ounce of prevention?		
	Friday October 17th		
08:30- 09:15	Keynote lecture: Lars Engebretsen (<i>Norway</i>) Injury prevention in sports medicine		Sportmedizinisches Trainersymposium 2. Workshops
09:15-10:30	Advances in preventing sports injuries		
11:00-12:30	The female athlete	Injury Prevention Workshops	3. Spezifische sportmedizinische Aspekte
12:30-13:30	Industry Workshop TiGenix fi Rehab after characterized chondrocyte implantation		Industry Workshop Kinefi Clinical Applications of wireless EMG
13:30-14:00	Free communications Session 3		
14:00-	Keynote lecture: Vojko Strojnik (<i>Slovenia</i>) Relation between conditioning and technical training in high performance sports		Sportmedizinisches Trainersymposium 4. Trainingsteuerung
14:30-16:00	Designing strength and conditioning programmes in sports and disease	EISCSA Workshops 1	
16:30-18:30	Symposia : Return to play following sports injuries		
	Saturday October 18th		
08:30-09:15	Keynote lecture: Michael Kjaer (<i>Denmark</i>) : Decline in muscular function with ageing from molecules to function		
09:15-10:00	Ageing and functional performance		EISCSA Workshop 2
10:00-10:40	Award Session : Best oral presentations		
11:00-13:00	State-of-the-Art-Session Proprioception Balance Sensorimotor Training		
13:00-13:30	Final remarks and closing session Award Ceremony: Best Oral Presentation Award given by Luxembourg Society of Research in Orthopaedics and Sports Medicine Best Poster Award given by Luxembourg Society of Sports Physiotherapy		

Scientific Programme

Thursday, October 16th 2008

14:00 Arrival & Registration, Industrial Exhibition Opening

15.00-15.45	Neuromuscular Mechanisms Revisited
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Room: Amphitheatre

Chair: Dietmar SCHMIDTBLEICHER (GER); Marc FRANCAUX (BEL)

15.00

Key-note Lecture

Neuromuscular adaptations to strength training revisited

Jacques DUCHATEAU (BEL)

15.45 -16.45	Oral Presentations Session 1
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Room: Amphitheatre

Chair: Dietmar SCHMIDTBLEICHER (GER); Marc FRANCAUX (BEL)

15.45

Alteration of the Hmax/Hmax ratio following magnetic stimulation of the human soleus muscle

Annet. MAU-MÖLLER (GER)

15.55

Adaptations in muscle strength and neuromuscular activation on selective muscles of the ankle joint following a combined sensorimotor and strength training

Henrike LAABS (GER)

16.05

Neuromuscular fatigue after an ultramarathon

Guillaume MILLET (FRA)

16.15

Polymyographic study of the pelvic floor muscle activation in daily and therapy related activities

Birgit SCHULTE-FREY (GER)

16.25

Vibratory exercise improves the dynamic balance in women with fibromyalgia

N. GUSI (ESP)

16.35

Hemodynamic impact of a "test-training" isokinetic session

Eric BRASSINNE (BEL)

15.50 -16.50	Oral Presentations Session 2
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Room: Conference Room F2

Chair: Henning MADRY (GER); Daniel THEISEN (LUX)

15.50

Inter- and intra observer reliability of a new measurement device for tibio-femoral rotation

Olaf LORBACH (LUX)

16.00

Rehabilitation exercises for patients treated with characterized chondrocyte implantation and microfracture

Dieter VAN ASSCHE (BEL)

16.10

Evaluating knee function in patients treated with characterized chondrocyte implantation and microfracture, following an identical, standardized rehab protocol

Dieter VAN ASSCHE (BEL)

16.20

Long-term outcome of fasciotomy for chronic exertional compartment syndrome of the forearm in competitive motor cyclists

Sandra LEAL (SUI)

16.30

Intensity Control in swim training by means of the individual anaerobic threshold

Sabrina SKORSKI (GER)

16.40

Sports injury surveillance in young athletes in Luxembourg

Anne FRISCH (LUX)

17.00-18.30	General and Sport Specific Applications of Warming up
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Room: Amphitheatre

Chair: Frank MAYER (GER); Robert HUBERTY (LUX)

17.00

General applications of warming-up

Christian RASCHNER (AUT) / Andreas SCHLUMBERGER (GER)

17.30

Applications in football

Andreas SCHLUMBERGER (GER)

18.00

Applications in alpine skiing

Christian RASCHNER (AUT)

18.30-19.00

Break and visit of the industrial exhibition - Poster Session

19.00-19.15 Congress Opening*Room: Amphitheatre*

19.00

Welcome messages

Charles DELAGARDELLE, *Congress President*Sven BRUHN, *EISCSA President*..Mars DI BARTOLOMEO, *Minister of Health & Social Security*Jeannot KRECKE, *Minister of Sports***19.15-20.30 The Role of Prevention through Sport & Exercises***Room : Amphitheatre*

Chair: Romain SEIL (LUX) ; Axel URHAUSEN (LUX)

19.15

Key-note Lecture

The injury prevention research in Luxembourg

Daniel THEISEN (LUX)

19.45

Key-note Lecture

An ounce of prevention?

*Lars ENGBRETSEN (NOR)***20.30 Welcome Party at the congress centre****Friday, October 17th 2008****08.30-10.30 Advances in Preventing Sports Injuries***Room: Amphitheatre*

Chair: Lars ENGBRETSEN (NOR); Dietrich PAPE (LUX)

08.30

Key-note Lecture

Injury prevention in sports medicine

Lars ENGBRETSEN (NOR)

09.15

Advances in preventing shoulder sports injuries

Bénédicte FORTHOMME (BEL)

09.40

Back injuries

Véronique FEIPEL (BEL)

10.05

Muscle-Tendon-Stretching

Dominique De Jaeger (BEL)

10.30-11.00**Break and visit of the industrial exhibition - Poster Session****11.00-12.30 The Female Athlete***Room: Amphitheatre*

Chair: Véronique FEIPEL (BEL), Jürgen SCHARHAG (GER)

11.00

Gender differences in muscular adaptation to strength training

Birgit FRIEDMANN (GER)

11.45

The female athlete triad: facts and remedies

*Jacques POORTMANS (BEL)***11.00-12.30 Injury Prevention Workshop***Room: Workshop-Room Level-2*

Chair: Roland KRECKE (LUX), Louis WENNIG (LUX)

11.00

Clinical examination of the shoulder at risk in the overhead athlete: focus on injury prevention

Ann M. COOLS (BEL)

11.30

Basic and advanced version of an injury prevention program for amateur football players

Kathrin STEFFEN (NOR)

12.00

Strategies for the prevention of back pain

*Marc VANDERTHOMMEN (BEL)***12.30-13.30 INDUSTRY WORKSHOPS**

12.30-13.30

*Industry Workshop 1 by TiGenix®***Rehab after Characterized Chondrocyte Implantation (CCI)***Room: Conference Room F2*

Chair: Romain SEIL (LUX)

12.30

Autologous Chondrocyte Implantation with Characterized Chondrocytes

Romain SEIL (LUX)

12.50

Results of a clinical phase III-study ChondroCelect® vs. microfracture

Fredrik ALMQVIST (BEL)

13.10

Rehab after CCI

Dieter VAN ASSCHE (BEL)

12.30-13.30

Industry Workshop 2 by KINE®

EMG

Room: Conference Room VIP Arena

12.30

Clinical applications of wireless EMG

Einar EINERSSON (ISL)

13.30 -14.00	Oral Presentations Session 3
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Room: Amphitheatre

Chair: Sven BRUHN (GER)

13.30

Relation between maximal power output during isokinetic workout on a cycling ergometer and maximal strength

Dennis SANDIG (GER)

13.40

Relevance of inertial fatigue test in sport applications

Boris JIDOVSEFF (BEL)

13.50

Strength imbalances and prevention of hamstring injury in professional soccer players: a prospective study

Jean-Louis CROISIER (BEL)

14.00-16.00	Designing Strength and Conditioning Programmes in Sports and Disease
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Room Amphitheatre

Chair: Charles DELAGARDELLE (LUX) / Fernand RIES (LUX)

14.00-14.30

Key-note Lecture

Relation between conditioning and technical training in high performance sports

Vojko STROJNIK (SLO)

14.30

Lessons from single fiber studies for exercise training

Daniel THEISEN (LUX)

14.50

Designing strength and conditioning programmes in COPD

Martijn A. Spruit (NED)

15.10

Effects of resistance training during chemotherapy of breast cancer patients

Freerk T. BAUMANN (GER)

15.30

Designing strength and conditioning programmes in chronic heart failure

Patrick FEIEREISEN (LUX)

15.50-16.00

Discussion

14.30-16.00 EISCSA Workshop 1*Workshop Room 2 Level -1*

Chair: Bernd HERBECK (GER); Eric BRASSINNE (BEL)

14.30

Isokinetic strength measurement

S.MÜLLER (GER) / H.TIEDJE (GER)

15.00

Exercise evaluation via EMG-Biofeedback training

Birgit SCHULTE – FREI (GER)

15.30

Evaluation of muscular power

*Olivier BONNIER (BEL)***16.00-16.30****Break and visit of the industrial exhibition - Poster Session****16.30-18.30 Symposia: Return to Play Following Sports Injuries***Room : Amphitheatre*

Chair: Romain SEIL (LUX), Holger SCHMITT (GER)

16.30

Introduction

Romain SEIL (LUX)

16.40

Muscle injuries

Jacques MENETREY (SUI)

17.00

Ankle injuries and return to play

Jon KARLSSON

17.20

Return to play after anterior cruciate ligament surgery

Roland KRECKE (LUX)

17.40

Shoulder injuries

Ann M. COOLS (BEL)

18.00-18.30

Panel Discussion

19.30**CONGRESS GALA DINNER** *Abbaye de Neumünster, Luxembourg – Grund*

Saturday, October 18th 2008**08.30-10.00 Ageing and Functional Performance***Room: Amphitheatre*

Chair: Jacques DUCHATEAU (BEL); Christian HAAS (GER)

08.30-09.15

Key-note Lecture

Decline in muscular function with ageing – from molecules to function

Michael KJAER (DEN)

09.15

Muscle function and ageing

Marc FRANCAUX (BEL)

09.35

Whole body vibration training in elderly

*An BOGAERTS (BEL)***09.15-10.00 EISCSA Workshop 2***Room: Workshop Room Level-1*

09.15

Functional strength training

*Andreas SCHLUMBERGER (GER)***10.00-10.40 AWARD SESSION** (Société Luxembourgeoise de Recherche en Orthopédie et Médecine du Sport)*Room : Amphitheatre*

Chair: Charles DELAGARDELLE (LUX) / Marc SCHILTZ (LUX)

10.00-10.40 Oral Presentations Session 4

10.00

Neural and muscular adaptations to resistance training in young men supplemented by essential amino acid

Stéphanie VIEILLEVOYE (BEL)

10.10

Characteristic of agonist muscles activation during ballistic contraction preceded by rapid antagonist muscle activation

Chris RICHARTZ (BEL)

10.20

How the brain acts: Imagination of proprioceptive modalities after ACL-reconstruction

Jochen BAUMEISTER (GER)

10.30

Functional and therapeutic effects of 8 weeks sensorimotor training in Achilles and Patellar tendinopathy

*Steffen MÜLLER (GER)***10.40-11.00****Coffee break and visit of the industrial exhibition - Poster Session**

11.00-13.00	State – of – the – Art – Session
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Room: Amphitheatre

Chair: Sven BRUHN (GER); Andreas SCHLUMBERGER (GER)

Proprioception – Balance – Sensorimotor Training

13.00-13.30	Final Remarks and Closing Session
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Room : Amphitheatre

Chair: Charles DELAGARDELLE (LUX); Sven BRUHN (GER)

Award Ceremony:

- Best Oral Presentation Award given by:
Luxembourg Society of Research in Orthopaedics' and Sports Medicine
- Best Poster Award given by:
Luxembourg Society of Sports Physiotherapy

POSTER- SESSION

Award for the best poster given by the Luxembourg Society of Sports Physiotherapy

Thursday October 16th to Saturday October 18th 2008, at Poster Area, Level 1 Arcades

Poster session is continuous.

1st Author presence: Friday: 17th at 16.00-16.30 ---- Saturday 18th at 10.40 -11.00

P1

Carlson, A. Barthelmes, FJ. Schweigert, F. Bittmann, F. Mayer (GER)

Negative energy balance is highest in female athletes retiring from competitive career

P2

N. Coorevits, S. Verschueren, A. Bogaerts, C. Delecluse (BEL)

Determinants of the functional status in institutionalized female elderly

P3

Boris Jidovtseff, C. Cordonnier, M. Vandermeulen, JM Crielaard (BEL)

Gender differences in force-power-velocity relationships

P4

P. Prevc, A. Dolenec, B. Jereb, D. Rugelj, K. Tomazin, M. Ulaga, P. Palma, V. Strojnik (SLO)

Motor ability dimensions in frail elderly

P5

M. Vasilescu, A. Ionescu, M. Oravitan, L. Rusu, M. Barbu (ROM)

Physical exercises – important factor for metabolic syndrome treatment

P6

M. Cassel, F. Pilz, S. Müller, A. Hirschmüller, H. Baur, F. Mayer (GER)

Influence of eccentric training on maximum force capacity of the lower extremity in patients with Achilles tendinopathy

P7

Hanno Felder, C. Grüneberg, , S. Dittrich, B. Stiehl, L.A. Gäng

Myoelectric activity of the shoulder muscles during „In-VIVO-DRIVE

P8

M. Fröhlich, E. Emerich (GER)

A meta-analysis to determine the training frequency in strength training

P9

S. Koplín, R.Schnittker, J.Baumeister , T. Jöllenbeck,, M.Weiss, (GER)

Reliability of force plates during drop-landing: A basis for reference data in the rehabilitation process

P10

M. Oravitan, M. Vasilescu, L. Rusu, C. Avram (ROM)

Study regarding electromyographic biofeedback efficiency in rehabilitation after anterior cruciate ligament reconstruction

P11

F.Pilz; M. Cassel, S. Müller, H. Baur, A.Hirschmüller, F. Mayer (GER)

Pain reduction and peak torque in plantarflexion after eccentric training in patients with Achilles tendinopathy

P12

L.Rusu, M.Vasilescu, E.Paun, M.Dragomir (ROM)

Algorithm of prevention and rehabilitation in iliotibial fasciitis at runners

P13

L. Rusu, M.Vasilescu ; E.Paun, M.Dragomir(ROM)

Assessment, and proprioceptive rehabilitation programme in infraspinatus syndrome at athletes

P14

H. Tiedje, S. Schwieger, S. Müller, H. Baur, F. Mayer (GER)

Peak torque in rotational shoulder movements in patients with supraspinatus tendinopathy

P15

M. Vasilescu, A. Ionescu , M. Oravitan , L. Rusu, M. Barbu (ROM)

The conservator treatment to prevent surgery intervention in shoulder impingement syndrome