EFSMA 2015 CONGRESS

September 10 - 12, 2015
Antwerp, Belgium

PROGRAM

www.efsma2015.org
Welcome Address

Dear Colleagues,

It is my pleasure to announce the next biennial Congress of the European Federation of Sports Medicine Associations, which will be held in Antwerp, Belgium on September 10 - 12, 2015 and is organised by the VVS (Flemish Society for Sports Medicine).

I want to congratulate our French colleagues with their successful 2013 edition in Strasbourg. It is our intention to continue their success in Antwerp.

The congress will consist of state-of-the-art lectures by an international faculty of renowned experts comprising members of the society and eminent invited guest speakers. We are happy with the support of the scientific committee of the VSG (Dutch Society for Sports Medicine).

Apart from the invited lectures, there will also be scientific sessions for selected proffered papers. The congress focus is multidisciplinary innovation organised in three parallel tracks with indexed and published papers focused on comprehensive education and short scientific papers, posters and workshops. Participants will be able to move freely between these three tracks to tailor the congress to their individual needs and learning requirements.

The sessions will deal with the following topics:

- Management, economics and coaching
- Exertion physiology, biomechanics, gait and motion analysis
- Nutrition, antidoping and medication
- Brain and cognitive function, psychology
- Paralympics, orthopaedics, tendon
- Preparticipation examination with focus on children and elderly
- Physiotherapy, return to play
- Cardiology, radiology and nuclear imaging

Hands-on workshops will be organised on dry needling and injection techniques, bike adjustment and diagnostic ultrasound. Kindly note that early booking is recommended as the number of tickets for these hands-on workshops is limited.

I sincerely hope to welcome you to Antwerp on the occasion of EFSMA 2015!

Jan Gielen
Organiser EFSMA Congress 2015
Treasurer VVS
Program - Thursday, September 10

11.00 - 12.30  EFSMA 4th Scientific & Education Commission Meeting (Kinepolis, Room 1)
Closed Meeting - On invitation only

14.00  EFSMA 44th Executive Committee Meeting (Kinepolis, Room 1)
Closed Meeting - On invitation only

Parallel Oral Presentations

<table>
<thead>
<tr>
<th>Art, Performance and Sports Theater 1</th>
<th>Paralympics Theater 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>14.00  The performer of the 21st century: Jan Fabre's acting exercises</td>
<td>14.00  Powerchair Hockey, a new sport for the very severe disabled: The challenge of classification</td>
</tr>
<tr>
<td>Edith Cassiers &amp; Ann Hallemans, Antwerp, Belgium</td>
<td>Denis Jaeken, Lanaken, Belgium</td>
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<tr>
<td>14.40  Training elite athletes: a scientific approach and insights for practical application</td>
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<tr>
<td>Jan Bourgois &amp; Jan Boone, Ghent, Belgium</td>
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<tr>
<td>15.10  Prevention of low back pain in dancers</td>
<td>15.00  Evidence based classification in para alpine skiing</td>
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<tr>
<td>Nathalie Roussel, Antwerp, Belgium</td>
<td>Sandra Titaer, Rotterdam, The Netherlands</td>
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<tr>
<td>15.30  Coffee Break</td>
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Plenary Opening Session - Theater 1

16.00 Welcome Addresses
Jan Gielen, President of the EFSMA 2015 Congress
André Debruyne, President of EFSMA
Fabio Pigozzi, President of FIMS
Jacques Rogge (video), Former President of the International Olympic Committee

16.45 Keynote Lecture
Sport medicine and genetics: Present situation and future challenges
Norbert Bachl, Vienna, Austria

Program - Friday, September 11

Parallel Oral Presentations

<table>
<thead>
<tr>
<th>Nutrition Theater 1</th>
<th>Biomechanics Theater 2</th>
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</thead>
<tbody>
<tr>
<td>09.00  Beetroot juice and sports performance: What's the latest?</td>
<td>09.00  Natural forefoot running biomechanics: Influence of heel heights and running technique on ground reaction force, muscle activity and joint kinematics</td>
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<tr>
<td>Andrew Jones, Exeter, UK</td>
<td>Rudí Frankinouille, Antwerp, Belgium</td>
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<tr>
<td>09.30  Recovery and top sports: Role of nutrition</td>
<td>09.30  Gait analysis during running on a treadmill: Objectifying the influence of fatigue</td>
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<tr>
<td>Will McCormack, Limerick, UK</td>
<td>Johan Roeykens, Antwerp, Belgium</td>
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<tr>
<td>09.50  Exercise and diet to reduce ectopic fat mass in people with overweight</td>
<td>10.00  Do performers' experience and sex affect their performance?</td>
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<tr>
<td>Wendy Hens, Antwerp, Belgium</td>
<td>Emmanuel Jacobs, Antwerp, Belgium</td>
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<tr>
<td>10.05  Nutrition and sports in elderly</td>
<td>10.10  Depth of the centre of mass does not relate to performance during a reactive agility task in field hockey athletes</td>
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<tr>
<td>Will McCormack, Limerick, UK</td>
<td>Frek Laumen, Brussel, Belgium</td>
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<tr>
<td>10.20  Ultra-distance running, nutrition and the Female Athlete Triad</td>
<td>10.20  Relationship between the range of angular motion and velocity of trunk rotation in young and older adults</td>
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<tr>
<td>Lindy-Lee Folscher, Pretoria, South Africa</td>
<td>Erika Zernikó, Bratislava, Slovakia</td>
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<tr>
<td>10.30  Coffee Break</td>
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<table>
<thead>
<tr>
<th>Biomechanics - Gait &amp; Motion Analysis in Top Sports Theater 2</th>
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<tbody>
<tr>
<td>11.00 Preparticipation examination: The European approach with ECG mandatory</td>
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<tr>
<td>Herbert Lölgen, Remscheid, Germany</td>
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<td>11.30 Development of an eHealth program to improve health behavior in adults through general practice</td>
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<td>Jolien Plaete, Ghent, Belgium</td>
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<td>11.50 Is the time to introduce the “Limited-Echo” in the PPE?</td>
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<td>Vincenzo Biasini, Scoppito, Italy</td>
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<td>12.00 Ten minutes echocardiography as a sustainable strategy to prevent sudden cardiac death</td>
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<td>Alessia Nardecchia, Rome, Italy</td>
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<td>12.10 Pre-participation screening: Cost and yield of three different ECG interpretation criteria</td>
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<tr>
<td>Özis ElzadehKhalayat, Liverpool, UK</td>
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<td>12.20 Athletes ECG interpretation: Refined criteria against Seattle and European criteria</td>
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<tr>
<td>Luca Fallaiolovita, Fermo, Italy</td>
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<tr>
<td>12.30 Lunch</td>
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11.00 Biomechanical based treatment for tendinopathy
Philip Roosen, Ghent, Belgium

11.25 Modifiable risk of ACL (re)-injury in (female) team sports: Identification + screening = prevention?
Joe Vannentgerhem, Liverpool, UK

11.50 The influence of heeldrop height on the running pattern
Sophie De Mits, Ghent, Belgium

12.15 Normal shoulder biomechanics investigated by electromyography
Özis ElzadehKhalayat, Liverpool, UK
Program - Friday, September 11

13.00 Satellite Symposium organized by Tilman
Analgesic efficacy and safety of bioprotected curcuminoids in clinical practice
Yves Henrotin, Liège, Belgium

13.30 Poster Tour 1

Parallel Oral Presentations

Orthopaedic and Return to Sports
Theater 1

14.00 Reducing metal artifacts at MRI after Ligamys Procedure* Pieter van Dyck, Antwerp, Belgium


14.50 Return to competition after complete anterior cruciate ligament rupture in Belgian soccer competition Mathias Cottenie, Leuven, Belgium

15.00 Rates of hamstring graft salvage with arthroscopic debridement of infected anterior cruciate ligament reconstructions: a systematic review and meta-analysis Kenan Kursumovic, Blackpool, UK

15.10 Injuries in recreational football players in Turkey Gürhan Dönmez, Ankara, Turkey

15.20 Posterior ankle impingement syndrome in football players: Case series of 26 elite athletes Gürhan Dönmez, Ankara, Turkey

15.30 Coffee Break

Parallel Oral Presentations

Tendon
Theater 1

14.00 Women, sports, and stress incontinence Alexandra Vermandel, Antwerp, Belgium

14.20 Risks of traumatic brain injuries in soccer Jeff Skenel, San Diego, USA & Arie Tesselaar, Til, The Netherlands

14.40 Preparatory muscle activity of the lower limb during jump landings in subjects with chronic ankle instability Eline Haghedooren, Leuven, Belgium

14.50 The hamstring syndrome: A broader view Peter Verspeelt, Antwerp, Belgium

15.00 Accuracy of ball handling time measurement via a radio-based tracking system Dino Poimann, Erlangen, Germany

15.10 Eucapnic voluntary hyperventilation test to diagnose exercise-induced bronchoconstriction in young athletes Sven Sels, Leuven, Belgium

15.20 Measuring power output during cycling: How accurate is the Polar Look Kéo device? Johan Roeykens, Antwerp, Belgium

Program - Friday, September 11

Physiotherapy – Prevention and Return to Play
Theater 2

16.00 Cell therapies in tendon pathologies: The future? Cathy Speed, Cambridge, UK

16.20 Tendinopathy revisited Peter Bursens, Ghent, Belgium

16.35 What about tendon blood flow? Evi Wezenbeek, Ghent, Belgium

16.50 Exploring the effect of a second closely-timed infiltration of PRP to treat proximal patellar tendinopathy Jean-François Kaux, Liège, Belgium

17.00 Patellar strap and sports tape reduce pain in athletes with patellar tendinopathy: A randomised controlled trial Astrid de Vries, Groningen, The Netherlands

17.20 Electromyographic assessment of shoulder girdle muscles during common rehabilitation exercises Omid Alizadehkhaiyat, Liverpool, UK

16.55 The preventive effect of the Nordic hamstring exercise on hamstring injuries in amateur soccer players Nick van der Horst, Utrecht, the Netherlands

17.10 Rehabilitation of patellofemoral pain syndrome: Is there a difference between a standard treatment protocol and specialized treatment protocol? Isabel Denutte, Leuven, Belgium

17.15 What about tendon blood flow? Evi Wezenbeek, Ghent, Belgium

16.30 Can citrulline decrease the muscle CK after a vigorous exercise? Jean Pierre Castiaux, Brussels, Belgium

16.45 Patellar strap and sports tape reduce pain in athletes with patellar tendinopathy: A randomised controlled trial Astrid de Vries, Groningen, The Netherlands

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## Program - Saturday, September 12

### Parallel Oral Presentations

#### Cardiology

**Theater 1**
- **09.00** Cardiac remodeling in athletes: Distinguishing the athlete from the patient
  Hein Heidbuchel, Hasselt, Belgium
- **09.30** The role of the ECG in cardiovascular screening of athletes
  Mats Björesson, Stockholm, Sweden
- **10.00** HRV and heart-brain interaction
  Doris Eller-Berndt, Vienna, Austria

**Theater 2**
- **09.00** Nuclear medicine possibilities in sports injuries
  Andor Glaudemans, Groningen, The Netherlands
- **09.20** The role of the ECG in cardiovascular screening of athletes
  Mats Björesson, Stockholm, Sweden
- **09.40** NMR-based muscle talent detection
  Wim Derave, Ghent, Belgium
- **10.00** Percutaneous tenotomy: (Non)sense?
  Mattias Seghers, Antwerp, Belgium
- **10.15** Length prediction: Validity of Greulich-Pyle and Beunen Malina-Freitas technique
  Tom Sebrechts, Antwerp, Belgium

**10.30** Coffee Break

**10.30 - 14.00** EFSMA Exercise Prescription for Health Symposium (Kinepolis, Room 3)
Closed Meeting - On invitation only

#### Radiology & Nuclear Imaging

**Theater 1**
- **09.00** Clinical knee MRI: Standard and novel methods, and the impact of field strength on diagnostic performance
  Pieter Van Dyck, Antwerp, Belgium
- **09.40** NMR-based muscle talent detection
  Wim Derave, Ghent, Belgium
- **10.00** Percutaneous tenotomy: (Non)sense?
  Mattias Seghers, Antwerp, Belgium
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  Tom Sebrechts, Antwerp, Belgium

**12.30** Lunch

**13.30** Poster Tour 2

### Antidoping & Medication

**Theater 1**
- **11.00** Doping anno 2015: Evolutions in use and detection
  Peter Van Eeno, Ghent, Belgium
- **11.30** A holistic anti-doping approach for a fairer future for world-class sport
  Yannis Pitsiladis, Brighton, UK
- **12.00** Medical issues on anti-doping
  Hans Cooman, Aalst, Belgium

**Theater 2**
- **11.00** Mysteries of the human brain unveiled: Imaging of white matter microstructure and neuroplasticity
  Paul Parizel, Antwerp, Belgium
- **11.20** Groin pain in sports: The anatomy gives the answer
  Ernest Schilders, London/Leeds, UK
- **11.40** Biceps femoris and semitendinosus – teammates or competitors? New insights into hamstring injury mechanisms in male football players: A muscle functional MRI study
  Joke Schuermans, Ghent, Belgium
- **11.55** Ultrasound shear wave elastography in the screening of anterior exertional compartment syndrome
  Jean-Baptiste Pialat, Lyon, France
- **12.10** Wrist dynamics: Radiology meets hand surgeon
  Mario Maas, Amsterdam, The Netherlands

**14.00** Clinical sport psychology in Flanders: Concepts, practice and future challenges
Caroline Jannes, Ghent, Belgium

**14.20** Platelet rich plasma: Ethics, evidence, and effectiveness
Mike McNamee, Swansea, UK

**14.45** Effects of physical exercises on depression and other mood disorders
Luis Marcos Ferreira Junior, Uberaba, Brazil

**14.55** The ironic consequences of positive virtual exergame feedback
Jessica Cornick, Santa Barbara, United States

**15.05** Correlation and interaction of stress factors and injury related scales in the risk of injury questionnaire (Risk-IQ) for elite athlete
Victor Wang, Potsdam, Germany

**15.30** Closing Ceremony
**Workshops - Friday, September 11**

09.00
**Ultrasonography**  
Anatomical US reference images of the upper limb  
Jan Veryser, Knokke, Belgium  
Max n° of participants allowed: 20

11.00
**Ultrasonography**  
Anatomical US reference images of the lower limb  
Jan Veryser, Knokke, Belgium  
Max n° of participants allowed: 20

14.00
**Injury Prevention**  
Injury prevention in multi-sports populations  
Lennert Goossens & Dirk De Clerck, Ghent, Belgium  

**Aim of the workshop:**  
To bring theory into practice: After presentation of the theoretical framework and the study results, the contents of the intervention, including warm-up and cool-down, stretching, functional strength, dynamic stabilization, core stability and training of landing and cutting techniques will be presented in a practical session.  
Max n° of participants allowed: 20

16.00
**ESWT**  
A short introduction to Shockwave Therapy  
Luc Vanden Bossche, Ghent, Belgium  
ESWT in Sports Medicine  
Klaus Hornig, Saarbrücken, Germany  

**Aim of the workshop:**  
Extracorporeal-Shockwave-Therapy is applied regularly and with a high success rate for indications such as calcific tendinitis, plantar fasciitis/heel spurs, chronic Achilles tendinopathies and many more.  
This hands-on workshop is directed to starters as well as experienced Shockwave-practitioners.  
You will learn how to reduce or take away pain, improve mobility and muscle strength to enable the patient to return to normal activities as quickly as possible, thanks to the combination of local treatment and an extra focus on Myofascial Trigger Points.  
As a result, therapeutic successes are often possible where no potential avenues for treatment were previously available.  
ESWT can also be used for "muscle hygiene" in the sense of both prophylaxis against injury and performance enhancement.  
Highly recommended workshop on a therapy with a great future!  
Max n° of participants allowed: 20

**Workshops - Saturday, September 12**

09.00
**Dry Needling**  
Update Myofascial Therapy: Principles, research and dry-needling.  
Hands-on clinical workshop - Part I (Theory)  
Kris Demanet & Jan Pattyn,  
Belgian Chapter International Myopain Society  
Trigger  
Max n° of participants allowed: 40

11.00
**Dry Needling**  
Update Myofascial Therapy: Principles, research and dry-needling.  
Hands-on clinical workshop - Part II (Practice)  
Kris Demanet & Jan Pattyn,  
Belgian Chapter International Myopain Society  
Trigger  

**Aim of the Workshop:**  
Hands-on presentation of Myofascial Therapy and dry needling. After a short update and state of the art, participants will get live demonstrations in diagnostic and therapeutic techniques. We will choose some Myofascial Triggerpoints and demonstrate the essential Myofascial and Dry needling skills.  
Max n° of participants allowed: 40

14.00
**Risk Martial Arts Platform**  
How to deal with the medical concerns and controversies of risk associated martial arts  
Vlaamse Sportfederatie vzw  

**Key-note speakers and others involved with this workshop:**  
Representatives of the Martial Arts Risk's Platform's medical advice team:  
- Prof. Dr. Patrick Cras, Dr. Luk Buyse, Dr. Rik De Kinderen, Dr. Luk De Pelecijn  
- Martial Arts Risk's Platform: Els Dom (coordinator)  
- Additional experts/researchers on invitation  

**Aim of the workshop:**  
The workshop invites the participants to reflect about how to deal with risk associated martial arts. The aim of the workshop is, by debating the ethical and medical aspects of risk associated martial arts exerted by young people, to create more understanding of the different aspects and to help the participants when dealing with risk associated martial arts in their working environment. During the workshop, participants also get information about the pre-participation examination and the return to fight protocol.  
Max n° of participants allowed: 30

**Bike Adjustment**  
Joris Verreydt, Sports Biomechanist, Bakala Academy – KU Leuven, Belgium  

**Aim of the workshop:**  
The aim of the workshop is to provide a practical insight in the bike fitting process of a race bike. By using practical examples this workshop will show the importance of a thorough body examination prior to the bike adjustment. The participants will see an overview of how the bike needs adjustment depending on different body specifics. These adjustments are applied to recreational as professional cyclists.  
Max n° of participants allowed: 25
Registration

Registration Fees

<table>
<thead>
<tr>
<th>Event</th>
<th>Until 30/06</th>
<th>As of 01/07</th>
<th>On-Site</th>
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<tbody>
<tr>
<td>EFSMA Member</td>
<td>€ 450,00</td>
<td>€ 500,00</td>
<td>€ 550,00</td>
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<tr>
<td>Non-Member</td>
<td>€ 550,00</td>
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<tr>
<td>Student - Full Period</td>
<td>€ 250,00</td>
<td>€ 275,00</td>
<td>€ 300,00</td>
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<tr>
<td>Student - One Day Registration</td>
<td>€ 150,00</td>
<td>€ 175,00</td>
<td>€ 200,00</td>
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<tr>
<td>One Day Registration</td>
<td>€ 250,00</td>
<td>€ 275,00</td>
<td>€ 300,00</td>
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<tr>
<td>Gala Dinner - Friday, September 11</td>
<td>€ 75,00</td>
<td>€ 85,00</td>
<td>€ 95,00</td>
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<tr>
<td>Workshop</td>
<td>€ 25,00</td>
<td>€ 30,00</td>
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The Registration Fee includes

• Access to all scientific sessions
• Access to the industrial exhibition
• Meeting bag with program and abstracts, tourist and other information
• Lunches and coffee breaks as announced in the program

Confirmation

Immediately after submitting your online registration form, an automatic confirmation is sent by email. If you do not receive this automatic confirmation, your registration has not been made successfully. Medicongress will send a formal confirmation by email after receipt of payment.

Changes

You will receive a personal link in your final confirmation email. With this link it will be possible to make changes into names, dinner choice, etc. You can even add attendees with this link in case you prefer to make group bookings.

Payment

All payments are to be made in Euro, net of all bank charges and commissions for the receiver. Payment is to be made by Credit Card, all major credit cards are accepted.

Cancellation Policy

Any participant cancelling his/her registration before 31 July 2015, will receive a refund, less 100,00 Euro covering administration costs. No refunds are made after this date.

Our Terms and Conditions

These terms and conditions apply to all payments/registrations made to Medicongress Services. By using the online payment facility on this website you implicitly accept these general terms and conditions.

By entering your credit card information:
You state that you are an authorized user of the credit card and that the associated information entered is accurate.
You authorize Medicongress Services to charge the booked amount to your credit card.

Declined/ Refused payments:
We cannot accept liability if the payment is refused or declined by the credit/ debit card supplier (due to the customer quoting incorrect card details or other reasons).

Refunds:
Only the cancellation policy mentioned in the programme is applicable. No refunds can be made after the deadline.

Hotel Accommodation

A number of hotel rooms (see below) have been booked at special group rates, including breakfast, city taxes and VAT. You can reserve your hotel room through the online registration form. These rates are only apply for reservations made through Medicongress.

Any requests for hotel accommodation must be accompanied by a Credit Card number, in order to secure the room. This Credit Card will not be charged by the organizers but only serves as a reservation guarantee.

Participants will have to pay their hotel room and personal expenses at the reception of the hotel. In case of late cancellation or no show, the room will be charged on the Credit Card.

Plaza Hotel****
Single room: € 131,39
Double room: € 133,78

Leopold Hotel Antwerp****
Single room: € 102,95
Double room: € 115,90

Payment happens at check-in.

Radisson BLU Astrid Hotel Antwerp****
Single room: € 161,39
Double room: € 163,78

Free use of the Health Club with sauna, steam bath, swimming pool and fitness

Ibis Antwerpen Centrum Hotel***
Single room: € 81,39
Double room: € 97,78

You have to book minimum 2 nights.
After August 8 other rates are applied.

Century Hotel Antwerp***
Single room: € 71,39
Double room: € 83,78

Astoria Hotel Antwerp***
Single room: € 97,39
Double room: € 99,78

Free use of the fitness in the Leopold Hotel Antwerp

Leonardo Hotel Antwerp***
Single room: € 87,39
Double room: € 99,78
General Information

Venue

Kinepolis Antwerpen
Groenendaallaan 394
2030 Antwerpen
Belgium
www.kinepolis.be

Kinepolis Antwerpen has a free car park.

How to get there

By tram:
Take tram 6 at the premetro station Astrid (= Astridplein, next to the Central Railway Station), with terminus at 100 m from Kinepolis Antwerpen.

By bus:
City buses 23 en 123 and regional buses 720, 730, 770, 772, 775 have a stop on the Groenendaallaan at 250 m from Kinepolis Antwerpen.

By plane:
Brussels Airlines is pleased to be your Preferred Carrier for the EFSMA Congress 2015 – and extends 10% discount on available return economy fares from Europe, Tel Aviv & Moscow to Brussels and vv.

Book until 09 September 2015 and Travel between 06 and 15 September 2015.