



EUROPEAN FEDERATION OF SPORTS MEDICINE ASSOCIATIONS
9th European Congress on Sports Medicine

EFSMA 2015 CONGRESS

September 10 - 12, 2015
Antwerp, Belgium



PROGRAM

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Vlaamse Vereniging voor
Sportgeneeskunde vzw

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Organisation and Administration

Medicongress

Noorwegenstraat 49
9940 Evergem
Belgium
Phone: +32 9 218 85 85
Fax: +32 9 344 40 10
Email: efsma2015@medicongress.com



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 (Kinopolis, Room 1)**
Closed Meeting - On invitation only

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

Parallel Oral Presentations

Art, Performance and Sports Theater 1

- 14.00 **The performer of the 21st century: Jan Fabre's acting exercises**
Edith Cassiers & Ann Halleman, Antwerp, Belgium
- 14.40 **Training elite athletes: a scientific approach and insights for practical application**
Jan Bourgois & Jan Boone, Ghent, Belgium
- 15.10 **Prevention of low back pain in dancers**
Nathalie Roussel, Antwerp, Belgium

Paralympics Theater 2

- 14.00 **Parantee, Flemish part of the Belgian Paralympic Committee**
Annick Viaene, Ghent, Belgium
- 14.30 **Powerchair Hockey, a new sport for the very severe disabled: The challenge of classification**
Denis Jaeken, Lanaken, Belgium
- 15.00 **Evidence based classification in para alpine skiing**
Sandra Titulaer, Rotterdam, The Netherlands

15.30 Coffee Break

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

Nutrition Theater 1

- 09.00 **Beetroot juice and sports performance: What's the latest**
Andrew Jones, Exeter, UK
- 09.30 **Recovery and top sports: Role of nutrition**
Will McCormack, Limerick, UK
- 09.50 **Exercise and diet to reduce ectopic fat mass in people with overweight**
Wendy Hens, Antwerp, Belgium
- 10.05 **Nutrition and sports in elderly**
Will McCormack, Limerick, UK
- 10.20 **Ultra-distance running, nutrition and the Female Athlete Triad**
Lindy-Lee Folscher, Pretoria, South Africa

Biomechanics Theater 2

- 09.00 **Natural forefoot running biomechanics: Influence of heel heights and running technique on ground reaction force, muscle activity and joint kinematics**
Rudi Frankinouille, Antwerp, Belgium
- 09.30 **Gait analysis during running on a treadmill: Objectifying the influence of fatigue**
Johan Roeykens, Antwerp, Belgium
- 10.00 **Do performers' experience and sex affect their performance?**
Emmanuel Jacobs, Antwerp, Belgium
- 10.10 **Depth of the centre of mass does not relate to performance during a reactive agility task in field hockey athletes**
Freek Laumen, Brussel, Belgium
- 10.20 **Relationship between the range of angular motion and velocity of trunk rotation in young and older adults**
Erika Zemková, Bratislava, Slovakia

10.30 Coffee Break

Parallel Oral Presentations

PPE & Exercise Prescription for Health Theater 1

- 11.00 **Preparticipation examination: The European approach with ECG mandatory**
Herbert Löllgen, Remscheid, Germany
- 11.30 **Development of an eHealth program to improve health behavior in adults through general practice**
Jolien Plaete, Ghent, Belgium
- 11.50 **Is the time to introduce the "Limited-Echo" in the PPE?**
Vincenzo Biasini, Scoppito, Italy
- 12.00 **Ten minutes echocardiography as a sustainable strategy to prevent sudden cardiac death**
Alessia Nardecchia, Rome, Italy
- 12.10 **Pre-participation screening: Cost and yield of three different ECG interpretation criteria**
Geza Halasz, L'Aquila, Italy
- 12.20 **Athletes ECG interpretation: Refined criteria against Seattle and European criteria**
Luca Fallavollita, Fermo, Italy

Biomechanics - Gait & Motion Analysis in Top Sports Theater 2

- 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?**
Jos Vanrenterghem, 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**
Omid Alizadehkhayat, Liverpool, UK

12.30 Lunch

Program - Friday, September 11

13.00 **Satellite Symposium organized by Tilman**

Analgesic efficacy and safety of biooptimized 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

14.25 **Primary repair of the torn ACL: Back to the future?**
Jan Victor, Ghent, 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

Miscellaneous Theater 2

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

14.20 **Risks of traumatic brain injuries in soccer**
Jeff Skeen, San Diego, USA & Arie Tesselaar, Tiel, 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 Seys, Leuven, Belgium

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

15.30 **Coffee Break**

Program - Friday, September 11

Parallel Oral Presentations

Tendon Theater 1

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

16.20 **Tendinopathy revisited**
Peter Burssens, 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

17.10 **Acute effect of exercise on blood flow in asymptomatic Achilles tendons examined with Doppler ultrasound**
Lucie Risch, Potsdam, Germany

17.20 **Predictive value of imaging characteristics for patellar and Achilles tendinopathy**
Ruth IJtsma, Groningen, The Netherlands

Physiotherapy – Prevention and Return to Play Theater 2

16.00 **How milestone screening can objectify a return-to-play decision**
Frederic Nemery, Ghent, Belgium

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

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

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

Program - Saturday, September 12

Parallel Oral Presentations

Cardiology Theater 1		Radiology & Nuclear Imaging Theater 2	
09.00	Cardiac remodeling in athletes: Distinguishing the athlete from the patient <i>Hein Heidbuchel, Hasselt, Belgium</i>	09.00	Nuclear medicine possibilities in sports injuries <i>Andor Glaudemans, Groningen, The Netherlands</i>
09.30	The role of the ECG in cardiovascular screening of athletes <i>Mats Björsson, Stockholm, Sweden</i>	09.20	Clinical knee MRI: Standard and novel methods, and the impact of field strength on diagnostic performance <i>Pieter Van Dyck, Antwerp, Belgium</i>
10.00	HRV and heart-brain interaction <i>Doris Eller-Berndl, Vienna, Austria</i>	09.40	NMR-based muscle talent detection <i>Wim Derave, Ghent, Belgium</i>
		10.00	Percutaneous tenotomy: (Non)sense? <i>Mattias Seghers, Antwerp, Belgium</i>
		10.15	Length prediction: Validity of Greulich-Pyle and Beunen Malina-Freitas technique <i>Tom Sebrechts, Antwerp, Belgium</i>
10.30	Coffee Break		
10.30 - 14.00	EFSMA Exercise Prescription for Health Symposium (Kinepolis, Room 3) <i>Closed Meeting - On invitation only</i>		

Parallel Oral Presentations

Antidoping & Medication Theater 1		Radiology & Nuclear Imaging Theater 2	
11.00	Doping anno 2015: Evolutions in use and detection <i>Peter Van Eeno, Ghent, Belgium</i>	11.00	Mysteries of the human brain unveiled: Imaging of white matter microstructure and neuroplasticity <i>Paul Parizel, Antwerp, Belgium</i>
11.30	A holistic anti-doping approach for a fairer future for world-class sport <i>Yannis Pitsiladis, Brighton, UK</i>	11.20	Groin pain in sports: The anatomy gives the answer <i>Ernest Schilders, London/Leeds, UK</i>
12.00	Medical issues on anti-doping <i>Hans Cooman, Aalst, Belgium</i>	11.40	Biceps femoris and semitendinosus – teammates or competitors? New insights into hamstring injury mechanisms in male football players: A muscle functional MRI study <i>Joke Schuermans, Ghent, Belgium</i>
		11.55	Ultrasound shear wave elastography in the screening of anterior exertional compartment syndrome <i>Jean-Baptiste Pialat, Lyon, France</i>
		12.10	Wrist dynamics: Radiology meets hand surgeon <i>Mario Maas, Amsterdam, The Netherlands</i>
12.30	Lunch		
13.30	Poster Tour 2		

Program - Saturday, September 12

Parallel Oral Presentations

Sports Psychology Theater 1		VASO Protocol Theater 2	
14.00	Clinical sport psychology in Flanders: Concepts, practice and future challenges <i>Caroline Jannes, Ghent, Belgium</i>	14.00	Flemish recommendations for the sports pre participation examination <i>Johan Van Acoleyen, Leuven, Belgium</i>
14.20	Platelet rich plasma: Ethics, evidence, and effectiveness <i>Mike McNamee, Swansea, UK</i>		
14.45	Effects of physical exercises on depression and other mood disorders <i>Luis Marcos Ferreira Junior, Uberaba, Brazil</i>		
14.55	The ironic consequences of positive virtual exergame feedback <i>Jessica Cornick, Santa Barbara, United States</i>		
15.05	Correlation and interaction of stress factors and injury related scales in the risk of injury questionnaire (Risk-IQ) for elite athlete <i>Victor Wang, Potsdam, Germany</i>		
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

- | | Theater 1 | Theater 2 |
|-------|---|--|
| 09.00 | <p>Dry Needling
 Update Myofascial Therapy: Principles, research and dry-needling.
 Hands-on clinical workshop - Part I (Theory)
 <i>Kris Demanet & Jan Pattyn,</i>
 <i>Belgian Chapter International Myopain Society</i>
 <i>Trigger</i>
 Max n° of participants allowed: 40</p> | |
| 11.00 | <p>Dry Needling
 Update Myofascial Therapy: Principles, research and dry-needling.
 Hands-on clinical workshop - Part II (Practice)
 <i>Kris Demanet & Jan Pattyn,</i>
 <i>Belgian Chapter International Myopain Society</i>
 <i>Trigger</i>
 Max n° of participants allowed: 40</p> | <p>Bike Adjustment
 <i>Joris Verreydt, Sports Biomechanist, Bakala Academy – KU Leuven, Belgium</i></p> <p>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</p> |
| 14.00 | <p>Risk Martial Arts Platform
 How to deal with the medical concerns and controversies of risk associated martial arts
 <i>Vlaamse Sportfederatie vzw</i></p> <p>Key-note speakers and others involved with this workshop:
 <i>Representatives of the Martial Arts Risk's Platform's medical advice team:</i></p> <ul style="list-style-type: none"> • Prof. Dr. Patrick Cras, Dr. Luk Buyse, Dr. Rik De Kinderen, Dr. Luc De Pelecijn • Martial Arts Risk's Platform: Els Dom (coordinator) • Additional experts/researchers on invitation <p>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</p> | |

Registration

Registration Fees

	Until 30/06	As of 01/07	On-Site
EFSMA Member	€ 450,00	€ 500,00	€ 550,00
Non-Member	€ 550,00	€ 600,00	€ 650,00
Student - Full Period	€ 250,00	€ 275,00	€ 300,00
Student - One Day Registration	€ 150,00	€ 175,00	€ 200,00
One Day Registration	€ 250,00	€ 275,00	€ 300,00
Gala Dinner - Friday, September 11	€ 75,00	€ 85,00	€ 95,00
Workshop	€ 25,00	€ 30,00	€ 35,00

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, steambath, swimmingpool 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 Antwerpen***

Single room: € 71,39
Double room: € 83,78

Astoria Hotel Antwerpen***

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.

