



JUNE 26-28 2008

WORLD CONGRESS ON SPORTS INJURY PREVENTION

TROMSØ NORWAY



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Second Announcement & Program





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Welcome to the 2nd World Congress on Sports Injury Prevention

The 1st World Congress on Sports Injury Prevention was held at the Holmenkollen Park Hotel in Oslo, Norway in June 2005. During three beautiful midsummer days, more than 600 delegates from 55 countries gathered for the first time to share information on sports injury prevention. Although major research advances have been made in sports medicine, until recently the focus has been almost exclusively on the treatment of injuries, both for the elite and amateur athlete. The 1st World Congress on Sports Injury Prevention was therefore a landmark event, signifying a significant shift in research interest from treatment towards the prevention of sports injuries. The congress established a venue for scientists and practitioners to present new research and discuss the potential for prevention of different injury types in different sports.

With 74 invited speakers from all over the world delivering a total of 105 lectures during 19 symposia and 16 practical, hands-on workshops, the inaugural Oslo congress was a tremendous success. The congress also featured 154 research abstracts on injury prevention, presented as podium lectures or posters and published in the June 2005 issue of British Journal of Sports Medicine, a special thematic issue dedicated to sports injury prevention. In addition, the congress included an extraordinary social program with excellent opportunities to network with the world's leading experts on sports injury prevention.

After an intensive three-day scientific and social program, the response we have received from many of the more than 500 delegates has been overwhelming! They have highlighted keynote presentations of exceptional quality, symposia and workshops representing the state-of-the-art in sports injury prevention, social events in beautiful weather, the boat trip on the Oslo harbor, the welcome reception at the Holmenkollen ski jump, and the many opportunities for highly stimulating discussions with new friends.

We are now excited to be able to invite you to Tromsø for the 2nd World Congress on Sports Injury Prevention. The 2nd World Congress will follow the format of the 2005 congress in Oslo, with a multi-disciplinary perspective on sports injury prevention for different sports and different injury types, including studies on intervention methods, epidemiology, risk factors and injury mechanisms. The three-day program will include keynote lectures, symposia, instructional courses, free communications and workshops.

Based on the number and quality of program proposals received by the November 1st deadline, the 2nd World Congress on Sports Injury Prevention in Tromsø will be a success. We have received enough program proposals from around the world to fill three excellent three-day congresses. The scientific committee has faced a difficult task, having to choose between 15 keynote lecture proposals, 20 proposals for 3-hour symposia and 20 proposals for 90-minute symposia. We look forward to three exciting days - dedicated to protecting the health of our athletes. You do not want to miss the 2nd World Congress on Sports Injury Prevention in Tromsø, Norway in 2008!

Fredrik S. Bendiksen, MD
President,
Organizing Committee

Roald Bahr, MD, PhD
Chair
Program Committee



"I would like to congratulate you on the top performance of the 1st World Congress on Sports Injury Prevention. With this conference, you have initiated and coordinated discussion, and stimulated new research programmes on such an important issue as sports injury prevention. We were honoured to actively participate at the conference and are looking forward to future collaboration".

Jiri Dvorak, Professor, Chairman F-MARC, FIFA Chief Medical Officer

"On behalf of the Sports Physical Therapy Section of the American Physical Therapy Association here in the USA, I would like to congratulate the entire organizing team for a very successful congress. As a presenter and participant, I can say first hand that this was a well run congress that served the participants well in both the dissemination of valuable information as well as providing excellent opportunities to network and exchange ideas with colleagues from around the world that will hopefully degenerate down into making sports safer around the world."

Mike Voight, President, Sports Physical Therapy Section, American Physical Therapy Association

"We participants take our hats off to you and all the organizers for an outstanding conference and fabulous hospitality. I can't wait for the next go around."

Bob Cantu, Chief of Neurosurgery Service, Director of Sports Medicine, Emerson Hospital, Concord, Massachusetts

"The Oslo Conference was excellent - I'd have to say, without a doubt, it was the best and most stimulating conference I have been to in at least 4-5 years!"

Caroline Finch, Professor, NHMRC Principal Research Fellow, Director NSW Injury Risk Management Research Centre, University of New South Wales

"The Congress was perfect in every way. It addressed issues in a forthcoming and aggressive way while leaning on science to substantiate the discussions being held. Injury prevention is a key component to what athletic trainers specialize in and the Congress provided opportunities for each athletic trainer in attendance to share opinions and have discussions related to how we can better protect our athletes from future conditions that might limit their ability to participate."

Chuck Kimmel, President, National Athletic Trainers' Association

"As sports physical therapists of the medical staff of AFC Ajax Amsterdam, we would like to compliment you with the great organization and content of the 1st World Congress on Sports Injury Prevention. Hardly ever has a seminar brought up so much information from all over the world about such a complex subject."

Peter Hoogland & Mark Rekers, sports physical therapists, AFC Ajax Amsterdam

"Thank you for the amazing effort that you and the organizing committee put forth with the recent congress in Oslo. It was truly an all around wonderful experience that I had, both with the education presentations, as well as the planned social events. It certainly takes a lot of individuals to make happen what you did, so please pass on my appreciation as well as my congratulations to all of those involved with making the congress such a success. I look forward to attending future congresses."

Jeff G. Konin, PhD, ATC, PT, Assistant Athletic Director for Sports Medicine, Associate Professor of Health Sciences, James Madison University

PROGRAM

Wednesday June 25th

20.00 Welcome reception

Thursday June 26th

08.00 Registration

10.00 **OPENING CEREMONY**

KEYNOTE: Roald Bahr (Norway) & Karim Khan (Canada): Injury prevention - do we need to shift focus from the ACL to overuse injuries?

KEYNOTE: Jiri Dvorak (Switzerland): Give Hippocrates a jersey - promoting health through sports

12.00 LUNCH

13.00 **SESSION A**

Tendons - from molecule to man

Chair: Henning Langberg (Denmark)

Michael Kjaer (Denmark): Tendon injuries - why is it a big problem

Henning Langberg (Denmark): Do tendons rupture due to the lack of adaptation?

Mette Hansen (Denmark): Do female hormones affect tendon trainability?

Bjarki Haraldsson (Denmark): The relationship between structural properties in the patellar tendon and physical activity - a link to overuse injuries?

Jens Bojsen-Møller (Denmark): Mechanical structure and function of the large human tendons - why are they so easily injured?

Mads Kongsgaard (Denmark): Resistance and eccentric training as prevention and treatment of patellar tendinopathy

Henning Langberg (Denmark): Future perspectives

All: Panel discussion

SESSION B

Injury prevention in rugby union

Chair: Mick Molloy (Ireland)

Mick Molloy (Ireland): Rugby scrum/injury mechanism and prevention

Simon Kemp (UK): The influence of risk factors on the incidence of tackle injuries in professional rugby union

Andrew McIntosh (Australia): Injury causation and prevention in the tackle in community rugby

Ken Quarrie (New Zealand): Injury prevention in New Zealand

Martin Raftery (Australia): Understanding and preventing catastrophic cervical spinal cord injury

Preston Wiley (Canada): Special issues in injury prevention (including tournaments and women's rugby)

Colin Fuller (UK): Rugby World Cup injury analysis

Paul McCrory (Australia): Understanding and preventing concussion

All: Panel discussion

SESSION C

Free communications/workshops

16.00

SESSION A

The prevention of knee and lower leg injuries among elite alpine skiers and competitors

Chair: Robert Johnson (USA)

Robert Johnson (USA): Comparison of injury trends among recreation versus elite and competitive alpine skiers

Bruce Beynnon (USA): ACL injuries among ski racers in New England

Jasper Shealy (USA): A review of key studies in the prevention of alpine skiing injuries

Bruce Beynnon (USA): Risk factors for ACL injuries among elite alpine skiers and competitors

Carl Ettlinger (USA): Knee and lower leg injury mechanisms among elite alpine skiers and competitors

Jasper Shealy (USA): Strategies for reducing the risk of injury among elite alpine skiers and competitors

Robert Johnson (USA): A comprehensive plan for injury reduction among elite alpine skiers and competitors

SESSION B

The hierarchy of evidence in sports injury prevention: a methodological debate

Chair: Roald Bahr (Norway)

Roald Bahr (Norway): Introduction and setting rules of debate

Carolyn Emery (Canada): The randomized controlled trial: the highest level of evidence in injury prevention in sport

Willem van Mechelen (Netherlands): RCT, CT or none? That's the question!

Karim Khan (Canada): RCTs are critical for good clinical practice

Caroline Finch (Australia): Observation of reality is what we need!

Roald Bahr (Norway): Questions/viewpoints from the floor

All: Summary statements on each side

Roald Bahr (Norway): Voting and consensus!

SESSION C

Free communications/workshops

18.00 Midsummer celebration at Sommerøya

08.00 **KEYNOTE:** Willem Meeuwisse (Canada): Practical models of injury prevention

09.00 SESSION A

Prevention of football injuries

Chairs: Jiri Dvorak (Switzerland) & Colin Fuller (UK)

Jan Ekstrand (Sweden): 25 years of prevention research

Astrid Junge (Switzerland): Football injury epidemiology: what are we trying to prevent?

Thor Einar Andersen (Norway): Ankle injuries: how do they happen and what can be done for prevention?

Árni Árnason (Iceland): Hamstring strains: why so frequent and are prevention programs effective?

Bert Mandelbaum (USA): Knee injuries: the special case of ACL injury prevention in women

William Garrett (USA): Groin injuries: what are they and can they be prevented?

Donald Kirkendall (USA): Head injuries: are they preventable?

Astrid Junge (Switzerland): Country-wide implementation of a prevention program: the Swiss experience

Simon Gianotti (New Zealand): Country-wide implementation of a prevention program: the New Zealand experience

All: Panel discussion

SESSION B

A sport-specific approach to the prevention of shoulder problems among overhead athletes

Chair: Jonathan C. Reeser (USA)

Jonathan C. Reeser (USA): Introduction and overview: what is the scope of the problem?

Ann M. Cools (Belgium): A brief overview of shoulder kinematics

Mark R. Hutchinson (USA): Strategies for the prevention of shoulder problems in baseball

David Gerrard (New Zealand): Pathomechanics of shoulder problems in swimmers: strategies for prevention

Mark R. Hutchinson (USA): Strategies for the prevention of shoulder problems in tennis

Jonathan C. Reeser (USA): Practical strategies for preventing shoulder problems in volleyball athletes

David Gerrard (New Zealand): The uniqueness of the immature musculoskeletal system

Andrew Gregory (USA): Practical strategies for preventing shoulder problems in developing athletes

Ann M. Cools (Belgium): Effective rehabilitation (and secondary prevention) of shoulder problems

All: Panel discussion

SESSION C

Free communications/workshops

12.00 LUNCH

13.00

SESSION A

What makes injury prevention in children and adolescents different?

Chair: Carolyn Emery (Canada)

Carolyn Emery (Canada): Overview of epidemiology/risk factors/ long-term consequences of injury in children and adolescents

Willem Meeuwisse (Canada): Injury surveillance issues in child and adolescent sport

Tim Hewett (USA): Non-contact injury mechanisms in youth

Grethe Myklebust (Norway): Lower extremity injury prevention strategies in youth soccer and handball

Brent Hagel (Canada): Injury prevention in child and adolescent skiing and snowboarding

Brian Benson (Canada): Concussion prevention in child and adolescent ice hockey

Barbara Morrongiello (Canada): Psycho-social factors related to the uptake of injury prevention strategies in child and adolescent sport

Lorrie Maffey (Canada): Preseason evaluation in youth sport

Carolyn Emery (Canada): Future directions for injury prevention in child and adolescent sport

All: Panel Discussion - moving the research agenda forward in injury prevention in child and adolescent sport

SESSION B

Behaviour and sports injuries

Chair: Evert Verhagen (Netherlands)

Evert Verhagen (Netherlands): Behaviour: a peculiar injury risk factor

Barbara Morrongiello (Canada): Attitudes, emotions, and cognitions. Influences on risk taking

Caroline Finch (Australia): The validity of data on sports safety behaviours

Carolyn Emery (Canada): Behaviours, attitudes, and injury risk

Brent Hagel (Canada): Does the use of protective equipment cause injuries in sport and recreation activities by increasing risk taking behaviour?

Barbara Morrongiello (Canada): Strategies to reduce risk-taking behaviour: a test of two interventions

Dorine Collard (Netherlands): Development of preventive strategies in sports, should we listen to the athletes?

All: Panel discussion - is it time to shift our focus to the behavioural aspects of sports injuries?

SESSION C

Preventing injuries in track and field

Chair: Juan Manuel Alonso (Spain)

Juan Manuel Alonso (Spain): How large is the injury problem in athletics? - overall epidemiology

Geoffrey Verrall (Australia): Preventing injuries among sprinters - the case of hamstring injuries

Karim Khan (Canada): Preventing injuries among middle distance and long distance runners - the case of stress fractures

Henning Langberg (Denmark): Preventing injuries among jumpers - the case of patellar and Achilles tendinopathy

Mark R. Hutchinson (USA): Preventing injuries among throwers

Thomas M. Best (USA): Surviving the decathlon - and the training for it!

All: Panel discussion - setting the research agenda for injury prevention in track and field

16.00

SESSION A

Anatomical contributions to knee injury: factors we can no longer ignore

Chair: Scott McLean (USA)

Sandra J. Shultz (USA): Anatomical and postural contributions to knee injury risk - a relationship that remains poorly understood

Anh-Dung Nguyen (USA): Defining sex specific lower extremity postures: bridging the gap between static and dynamic lower extremity alignment

Scott McLean (USA): Anatomical predictors of high risk knee joint loading states

All: Panel discussion - implications for injury prevention and future directions

SESSION B

Implementing an injury prevention programme

Chairs: Holly Silvers (USA) & Simon Gianotti (New Zealand)

Holly Silvers (USA): Implementing prevention programs: lessons from the field

Simon Gianotti (New Zealand): Documenting evidence of success or failure

Grethe Myklebust (Norway): Ensuring, monitoring, and promoting compliance

Mario Bizzini (Switzerland): Working with volunteer coaches and their teams

All: Panel discussion

SESSION C

A methodological consensus statement for the reporting of sports injury intervention studies

Chair: Caroline Finch (Australia)

Editors of the leading international sports medicine research journals will present and discuss a new consensus statement for the reporting of sports injury intervention studies. Draft guidelines will be developed by the Editors prior to the congress, and this symposium will focus on researcher feedback and promotion of the new guidelines. The symposium program will be determined during the pre-conference consensus statement development process

Contributors:

Caroline Finch (Editor, Journal of Science and Medicine in Sport; Australia)

Paul McCrory (Editor, British Journal of Sports Medicine; Australia)

Michael Kjær (Editor, Scandinavian Journal of Science and Medicine in Sport; Denmark)

Willem Meeuwisse (Editor, Clinical Journal of Sports Medicine, Canada)

Saturday June 28th

08.00

KEYNOTE: Tim Hewett (USA): Coupled biomechanical - epidemiological strategies for preventing ACL injuries: connecting the body's core to injury at the knee

09.00

SESSION A

Game, set, and match - the prevention of injuries in tennis

Chair: Per Renström (Sweden)

Babette Pluim (Netherlands): What is the extent of the problem and what risk factors have been identified?

Todd Ellenbecker (USA): USTA High Performance Profile

Anna Frohm (Sweden): Prevention of patellar tendinitis

Angel Ruiz-Cotorro (Spain): Prevention of spondylolysis in young tennis players - the Spanish experience

Michael Turner (UK): Prevention of spondylolysis in young tennis players - the English experience

Todd Ellenbecker (USA): Preventative shoulder exercises

Jules van de Veen (Netherlands): Feet at risk and how to protect them

Claire Verheul (Netherlands): Stability exercise for the prevention of groin injuries

All: Panel discussion - will chronic injuries remain a chronic problem in tennis?

SESSION B

Influencing government policy development for sports injury prevention

Chairs: Caroline Finch (Australia) & Willem van Mechelen (Netherlands)

Caroline Finch (Australia): Introduction, the importance of data and why is it so important that we influence government policy for sports safety?

Simon Gianotti (New Zealand): Influencing government policies that impact on sport injury prevention - the implementation of the New Zealand Injury Prevention Strategy

Toomas Timpka (Sweden): Policies for safety in youth sports, an international perspective

Claude Goulet (Canada): Quebec governmental policies for sports safety: what they were, what they are, and what works

Lars Engebretsen (Norway): Obtaining government support for preventive research in sport injuries and the implementation of this research in Norway

Willem van Mechelen (Netherlands): Discussant and sports injury prevention. Who is responsible - the 'Nanny State' or the individual?

All: Panel discussion

SESSION C

Studying sports injury mechanisms - from the field to the laboratory

Chair: Andrew McIntosh (Australia)

Andrew McIntosh (Australia): Introduction - the importance of understanding injury mechanisms

Paul McCrory (Australia): Studying sports injury phenomena - clinical perspective

Paul McCrory (Australia): What coaches, players and athletes report about injury mechanisms

Ken Quarrie (New Zealand): Playing situation & behaviour - match analysis using video

Thor Einar Andersen (Norway): Translation of player situation & behaviour analysis to football

Trevor Savage (Australia): Gross biomechanical description of injury situations

Tron Krosshaug (Norway): Local analysis of injury mechanisms - from incident analysis using video to lab studies

James Slauterbeck (USA): Laboratory studies of injury mechanisms - in vivo and in vitro

Bertrand Fréchède (Australia): Computer simulations of injury mechanisms

Andrew McIntosh (Australia): Linking injury mechanism studies with interventions to prevent injury

All: Panel discussion

20.00 Banquet at the Radisson SAS Hotel

12.00 LUNCH

13.00

SESSION A

Implementing training programs targeted to improve performance and prevent injury in team sports - successes, perils, pitfalls and politics

Chair: Jiri Dvorak (Switzerland)

Jiri Dvorak (Switzerland): Introduction: overview of implementing training programs targeted to improve performance and prevent injury in team sports

Geoffrey Verrall (Australia): Australian football

Thor Einar Andersen (Norway): Soccer

James Moriarty (USA): American football

All: Panel discussion

15.00

Mechanism of hamstring muscle strain injuries and implications for prevention

Chair: Geoffrey Verrall (Australia)

Geoffrey Verrall (Australia): Introduction: is the mechanism of injury relevant?

Thomas M. Best (USA): Kinematics of the hamstring muscles during sprinting

Geoffrey Verrall (Australia): Why is the biceps the most commonly injured hamstring muscle?

David Morgan (Australia): From the lab: the non-uniform sarcomere model of hamstring muscle strain injury

SESSION B

ACL injury paradigm: ACL biology and its relationship to injury and prevention

Chair: James Slauterbeck (USA)

James Slauterbeck (USA): Introduction of an "ACL Injury Paradigm" and its relationship to prevention

Javad Hashemi (USA): ACL geometry, property, and morphology - a sex-based assessment

Bruce Beynon (USA): Load application to the knee and neuromuscular control

Dan Hardy (USA): Relationship of sex hormones, gene expression profiles, and ACL remodeling to ACL loading and failure

Jimmy Slauterbeck (USA): Where we need to go?

All: Panel discussion

Adjustment for exposure to injury risks: considerations in the selection of controls, debate between biomechanists and epidemiologists

Chair: Karim Khan (Canada)

Karim Khan (Canada): Introduction and setting rules of debate

Andrew McIntosh (Australia): Torquing with epidemiologists - a biomechanical perspective on case control studies

Brent Hagel (Canada): An epidemiologic perspective on selection of controls for etiologic studies of protective equipment use in the sport and recreation context

SESSION C

Free communications & workshops

Free communications & workshops

15.00

SESSION A

Geoffrey Verrall (Australia): From the field: the force / fatigue model of hamstring injury

Thomas M. Best (USA): The influence of inflammation on the healing pathway. Do the mechanisms matter?

Árni Árnason (Iceland): Does the mechanism of injury influence the prevention program

Geoffrey Verrall (Australia): Summary

All: Panel discussion - areas of agreement and disagreement for the mechanics of hamstring injuries and implication for prevention programs

SESSION B

David Lloyd (Australia): Why does it break? Biomechanics has the answer!

Caroline Finch (Australia): When the load gets too big, epidemiology is the answer!

Karim Khan (Canada): Questions/viewpoints from the floor

All: Summary statements on each side

Karim Khan (Canada): Voting and consensus!

SESSION C

17.00

KEYNOTE: Colin Fuller (UK): Risk management in sports. Prevention is better than cure

18:00

CLOSING CEREMONY

20:00

Speaker's dinner - special event

SOCIAL EVENTS

Wednesday June 25th - Welcome Reception

New meets old in between the modern SAS Radisson Hotel and the preserved pier in the center of Tromsø. You can't miss this opportunity to interact with participants and invited speakers and enjoy the special atmosphere of Tromsø - also known as "the Paris of the North!"

Thursday June 26th - Midsummer Experience

Otervika is an idyllic beach close by the fishing village of Sommarøy, next to the island Kvaløya. The beach is encircled by slopes of naked rock with a spectacular view over the open sea. You will be entertained and served an arctic buffet with a unique variety of specialties from this part of our country.



Friday June 27th - The banquet

The formal banquet will take place in Radisson SAS Hotel Friday evening. Take pleasure in fine food and enjoy the good company of fellow congress participants in the hotel ballroom.

Saturday June 28th - Speaker Dinner

By invitation - for invited speakers only. Prepare for a surprise!

Organizing Committee

President:

Fredrik S. Bendiksen, MD

Honorary President:

Gerhard Heiberg, IOC Executive Board Member/Chairman of the IOC Marketing Commission

Members:

Roald Bahr MD PhD

Lars Engebretsen MD PhD

Anne Guri Sklet

Lene Røe MSc

Scientific Committee

President:

Roald Bahr, MD PhD, Professor & Chair, Oslo Sports Trauma Research Center, Oslo, Norway

Members:

John A. Bergfeld, MD, Director, Cleveland Clinic Sports Health, Cleveland, Ohio, USA; President, International Society of Arthroscopy, Knee Surgery and Orthopedic Sports Medicine (ISAKOS)

Bruce Beynon, PhD, McClure Professor of Musculoskeletal Research, Department of Orthopaedics & Rehabilitation, University of Vermont College of Medicine, USA

Giuliano Cerulli, MD, Professor, Orthopedics and Traumatology, Chief of Department, University of Perugia, Italy

Jiri Dvorak, MD, Professor of Neurology, Schulthess Clinic Zurich, Switzerland; FIFA Chief Medical Officer, Chairman, FIFA Medical Assessment and Research Center (F-MARC); Deputy Editor, Spine

Lars Engebretsen, MD PhD, Professor & Co-chair, Oslo Sports Trauma Research Center, Norway; Chair, Division of Neuroscience and Musculoskeletal Medicine, Orthopaedic Center, Ullevål University Hospital, Oslo, Norway

Toru Fukubayashi, MD, Professor, Faculty of Sports Science, University of Waseda, JAPAN; Member medicine committee of ISAKOS

Jo Hannafin, MD PhD, Attending Orthopaedic Surgeon and Director of Orthopaedic Research, Hospital for Special Surgery, Professor of Orthopaedic Surgery, Cornell University Medical College, New York, USA; Head Team Physician, WNBA New York Liberty, Team Physician USRowing, Medical Commission FISA

Jon Karlsson, MD PhD, Professor, Academic Head, Department of Orthopedics, Sahlgrenska Academy at Göteborg university, Sahlgrenska University Hospital, Göteborg, Sweden

Michael Kjær, MD PhD, Professor & Head, Institute of sports Medicine, Sports Medicine Research Center, University of Copenhagen, Bispebjerg Hospital, Copenhagen, Denmark; Editor-In-Chief, Scandinavian Journal of Medicine & Science in Sports

Bert Mandelbaum, MD, Santa Monica and Orthopaedic and Sports Medicine Group, Team Physician US Soccer, Pepperdine University, Chivas, USA, Assistant Medical Director MLS, FIFA F-MARC Member, Director of Santa Monica Orthopaedic Research and Education Foundation and Fellowship

Paul McCrory, MBBS PhD, Associate Professor and NHMRC Clinical Research Fellow, The University of Melbourne, School of Physiotherapy, Australia

Willem (Winne) Meeuwisse, MD PhD, Professor & Chair, Sport Injury Prevention Research Group, University of Calgary, Sport Medicine Centre, Calgary, Canada; Editor-In-Chief, Clinical Journal of Sport Medicine

Sandra Shultz, PhD ATC, CSCS, Associate Professor, Department of Exercise and Sport Science, University of North Carolina at Greensboro, USA, Co-Director of the Applied Neuromechanics Research Laboratory, University of North Carolina at Greensboro

Satellite Course -

Advanced Team Physician Course



The Advanced Team Physician Course is organized by the Oslo Sports Trauma Center in partnership with the American Medical Society for Sports Medicine (AMSSM) and the International Society for Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine (ISAKOS) as a satellite course prior to the 2nd World Congress on Sports Injury Prevention. The course will take place at Svinøya rorbuer in Svolvær, Lofoten from June 21 through June 24, 2008. Svinøya rorbuer are situated on a tiny fishing hamlet on an island in Svolvær - combining tradition and atmosphere with all modern conveniences. Please note that registration to the Advanced Team Physician Course is on a first come, first served basis - limited to 75 participants.

Course Location - The Lofoten Island

- mountains and lofty peaks
- open sea and sheltered coves beaches and untouched countryside
- sunshine at breakfast
- storm at lunchtime and calm seas at suppertime
- tiny, picturesque fishing villages like real life fairy tales
- authenticity guaranteed!

Course Vision

This will be a team physician course geared towards the practical issues of working with high-level athletes in a team sports setting! We will learn from the best! We will review and discuss high-profile cases! We will teach you how to prevent injuries in your daily work as a team physician and how to design surveillance systems for athletes' injuries. The final day we will put you on the spot with difficult cases where you have to make a decision within 30 seconds!



PROGRAM

Saturday June 21st

Arrival and hotel check-in at *Svinøya rorbuer, Svolvær*

Afternoon/evening program

- By bus to the village of Henningsvær
- Visit *Gallery Lofoten*
- Dinner at the fish restaurant *Fiskekrogen*

Sunday June 22nd

SESSION 1

The challenges of a team physician

My life as a team physician

Where are your loyalties: coach, team or athlete?

Medico-legal issues for the team physician

This is how we have built our team and how we work - brief talks demonstrating different team structures, positive and negative experiences

- Sports medicine in the Japanese National Olympic Committee
- Organizing a sports medicine team in professional Australian Rules Football
- The FIFA experience
- Sports medicine in a major US University
- Building a strong team in a small country - the Norwegian model
- Building for success in Vancouver 2012

Panel discussion

SESSION 2

Return to sports after injury

Treatment of stress fractures and return to sports

Treatment of ligament injuries and return to sports

Treatment of ligament injuries of muscle injuries and return to sports

Functional training preparing to return to sports: the sling exercise therapy concept

Panel discussion-clearance for sports: ethical dilemmas illustrated by cases

SESSION 3

Managing concussions in a team setting

Concussion - what is it and how do you detect and diagnose it in a team sports setting?

The role of neuropsychological testing in concussion management

Managing the difficult cases - repetitive concussions in team sports athletes

Taking concussion prevention from the labs to the field

Evening program

- Dinner in restaurant Børsen Spiseri

Monday June 23rd

SESSION 4

Novel approaches in the treatment of tendinopathies

Eccentric training

Ultrasound-guided sclerosing injections

Ultrasound guided electrocoagulation

Extracorporeal shock wave treatment

Surgical treatment

Case discussions - which is the first option, and which is the last line of defence?

SESSION 5

Prevention is the key

Stay healthy! How it is done within the Norwegian Olympic team

From postseason injury analysis through pre-season screening to a targeted injury prevention program (The "Fit to play" program)

The Australian disease: Hamstring injuries - primary and secondary prevention

SESSION 6

Burning medical issues for the team physician

What is the current evidence on cardiac screening in high-level athletes?

Managing exercise-induced bronchoconstriction in athletes

The over-trained and non-functioning athlete: diagnosis and treatment

Can protein supplements help speed the recovery of muscle injuries?

The role of growth factors in connective tissue and muscle injuries in sports

Afternoon & evening program

- Deep Sea Rafting to Skrova - the traditional whaling village in Lofoten

- Dinner at the *Zakariasbrygga* restaurant

- BBQ - whale and salmon - specialities of the island

Tuesday June 24th

SESSION 7

Sport medicine preparation and prevention in America

The preparticipation evaluation and cardiac screening

Emergency preparedness

Prevention of overuse injuries in youth sports

SESSION 8

The groin enigma in sports

Setting the stage: which are the clinical entities involved in groin pain?

The aetiology of groin injuries: Possible explanations

Diagnosing the athlete with chronic groin injury: Clinical features and examination

Non-surgical management of chronic groin injuries

Rationale and options for surgical management of chronic groin injury

SESSION 9

Bring your own cases: medical and musculoskeletal problems in team sports athletes

Symposium participants and faculty will bring cases: musculoskeletal, internal medicine etc.

Cases will be prepared and discussed in a panel session. Bring your own: present a difficult case to us and let us discuss it!

Evening & overnight program

Dinner in restaurant Børsen Spiseri

Departure after dinner on Whale Safari - overnight trip from Svolvær to Tromsø with stops en route for fishing and whale-watching!! Remember - midsummer the sun never sets in Northern Norway!

Arrival & check-in in Tromsø on Wednesday June 25th in the morning (Welcome Reception for the 2nd World Congress for Prevention of Sports Injuries in the evening)

DONJOY®

Registration

To register for the 2nd World Congress on Sports Injury Prevention and the Advanced Team Physician Course, please visit the congress web site at www.ostrc.no.

Advance registration closes May 1, 2008. On-site registration is not available.

Please note that registration is limited - and participation will be confirmed on a "first come, first served" basis. For the Advanced Team Physician Course, priority will be given to physicians who are also registered for the 2nd World Congress on Sports Injury Prevention.

Call for abstracts

The organizers wish to present the state-of-the-art in injury prevention research at the 2nd World Congress on Sports Injury Prevention, and will therefore include poster sessions and free communications to present the most recent research. The congress is multidisciplinary, and we encourage abstracts to be submitted within all fields of sports injury prevention research. This includes studies on injury epidemiology, risk factors for injury, injury mechanisms, intervention studies on injury prevention, relevant biomechanical studies, studies on sports behaviour and attitudes, and related research from other fields. Please visit the congress web site at www.ostrc.no to submit your abstract.

- The deadline for abstract submission is January 1, 2008. Abstracts will only be accepted via the Internet. No exceptions will be made for late abstracts.
- Abstracts will be published in a special themed issue of the British Journal of Sports Injury Prevention.
- The abstract must be written in English. If English is not your first language, please have it reviewed by a language editor.
- Authors will be informed of the decision of the Scientific Committee by March 1, 2008. Abstracts will be accepted as oral presentations or posters (please indicate your preference when submitting the abstract online).
- Make the title brief, but informative, clearly indicating the nature of the investigation/presentation. Do not capitalize the title!
- Objective data MUST be included so that the reviewers can make a fair and meaningful appraisal.
- Abbreviations are allowed, but must be clearly defined.
- The abstract can not be longer than 300 words and must be structured, using the following headings and including the following information (hard return between each section):
 - Background: Provide the background for the study in one or two sentences
 - Objective: State the main question or objective of the study and the major hypothesis tested, if any.
 - Design: Describe the design of the study, indicating, as appropriate, use of randomisation, blinding, criterion standards for diagnostic tests, temporal direction (retrospective or prospective), and so on.
 - Setting: Indicate the study setting, including the clinical setting or competitive level in sports if relevant (e.g. youth sports, high school league, elite division, World Cup team).
 - Patients (or Participants): State selection procedures, entry criteria, and numbers of participants entering and finishing the study.
 - Interventions (or Assessment of Risk Factors): Describe essential features of any interventions, including their method and duration of administration. For observational studies, clearly outline the independent variables.
 - Main Outcome Measurements: The primary study outcome measures (dependent variables) should be indicated as planned before data collection began. If the hypothesis being reported was formulated during or after data collection, this fact should be clearly stated.
 - Results: Report the main findings of the study.
 - Conclusions: State only those conclusions of the study that are directly supported by data, along with their clinical application (avoiding overgeneralisation) or whether additional study is required before the information should be used in usual clinical settings.
- Please note: Equal emphasis must be given to positive and negative findings of equal scientific merit



DEFIANCE III

"Prevention is better than any cure. Wear a **DonJoy** brace"





TROMSØ

LOFOTEN

OSLO

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Welcome to the Land of The Midnight Sun

In June Tromsø offers you 24 hour daylight and midnight sun, with temperatures up to 25 degrees C. You will experience the stunning nature of Northern Norway through four summer days in late June, and may even be tempted to go for a swim in the Arctic Sea.

At a latitude of nearly 70 degrees north, around an hour and a half by plane from either Oslo, Spitsbergen or Murmansk, 300 km north of the Arctic Circle, some 2000 km south of the North Pole, where the Aurora belt of the planet makes landfall, you find Tromsø, the capital of Norway's high north. The Gateway to the Arctic makes its living from education, research, fishing, reading satellite data and brewing beer. What makes life worth living, though, is theatre, cinema, classical music, rock festivals, sports and a slightly mad nightlife. Tromsøites tend to combine rough border humour with a passion for the arts.

Downtown Tromsø is an attractive and busy ensemble of historical wooden houses and modern architecture, museums and art galleries, churches and museums, good shopping, restaurants serving local food with an international twist and bustling, loud cafes.

The city is surrounded by windswept islets, birdcliffs, fishing villages, large, mountainous islands, sheltered fjords with green farmland and lush forests under majestic mountains and glaciers. In the east, the Lyngen Alps act as a protective wall of towering mountains, glaciers, gushing rivers and ravines. The population is of Norwegian, Sami and Finnish origin, but has hospitality and a sense of humour in common.

The seven wonders of the north; the fairy-tale coast of Helgeland, the fabled mountain archipelago of Lofoten, the whales off Andenes, the rocky outer coast of Senja Island, the high skies of the Sami heartland, Land's End at North Cape and the Polar Bear Kingdom of Spitsbergen are all within reach from Tromsø.

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The congress is hosted by Oslo Sports Trauma Research Center, which was established at the Norwegian School of Sport Sciences in 2000.



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