

Workshop Program – 2nd World Congress on Sports Injury Prevention



A lower extremity injury prevention warm-up incorporating a proximal to distal movement strategy

This workshop will be a practical, interactive session demonstrating the application of a proximal to distal movement strategy that emphasizes proximal control into a soccer team warm-up. The key learning objectives are 1) to review the content and sequence of a soccer warm-up that effectively combines physiological preparation with injury prevention considerations in a time efficient program and 2) to introduce specific instructions and exercises that emphasize proximal control and optimal biomechanics.

Faculty: R Celebrini (Canada)

How to conduct an injury surveillance program I

Injury surveillance is the first step in injury prevention because it provides important information about the frequency, characteristics and causes of injury. An example of a single team sport (FIFA injury reporting system), single individual sport (IAAF), and multi-sport (NCAA Injury Surveillance System) surveillance system will be demonstrated. In each example, the faculty will briefly outline 1) project goals 2) methods 3) successes 4) problems/challenges and 5) subsequent application, such as during the Beijing Olympic games in all participating sports.

Faculty: R Dick (USA), J Dvorak (chair, Switzerland), A Junge (Switzerland)

Recurrent injuries: How to define them and how to record them

Interpreting the role of previous injury as a risk factor for sports injuries is confounded by the inconsistent definitions adopted for a recurrent injury in epidemiological studies. The workshop will present and discuss a framework that enables recurrent injuries to be differentiated as 're-injuries' (of a fully-recovered previous injury) and 'exacerbations' (of a non-recovered previous injury). Participants will be able to unify the range of recurrent injury definitions employed in epidemiological studies of sports injuries.

Faculty: R Bahr (Norway), R Dick (USA), C Fuller (Chair, England), W Meeuwisse (Canada)

Efficient taping strategies to prevent injuries of the upper extremities

Prophylactic taping has been an accepted technique in the prevention of athletic injuries. Although tape application can be used to support motion or protect against injury, it is important to enhance performance by understanding the linkage of the kinetic chain in upper extremity

movement. This workshop will provide opportunities for attendees to apply taping techniques to support movement enhance performance and prevent injuries of the upper extremities.

Faculty: C Ortega (chair, USA), G Zuest (USA)

Efficient taping strategies to prevent injuries of the lower extremities

Prophylactic taping has been an accepted technique in the prevention of athletic injuries. Tape application is used to protect, restrict or support a body part and when combined with biomechanical principles can also enhance performance. This workshop will provide opportunities for attendees to apply taping techniques to prevent injuries and support efficient movement of the lower extremities.

Faculty: C Ortega (chair, USA), G Zuest (USA)

Research evidence and clinical support for hamstring and "groin" muscle strains: an active approach to injury prevention/re-occurrence and rehabilitation

This workshop will be based on research on the role of inflammation in muscle repair following acute strain injury and exercise, as well as the potential of athlete screening to identify deficits that may be addressed with exercise programs to prevent injuries. Using a multimedia presentation, discussion, question and answer form, participants will better understand the principles of an active approach for hamstring and groin muscle injury prevention and rehabilitation including return to sport.

Faculty: TM Best (co-chair, Canada), L Maffey (co-chair, Canada)

Research evidence and clinically practical elements of the “core” of physiotherapy pre-season evaluation: Using real-time ultrasound biofeedback

This workshop will examine research evidence on how “core” muscle’s strength, timing and efficiency may be essential in injury prevention and management, as well as how the “core” may play a role in enhanced sport performance. The format will be a multi-media presentation of athlete’s initial and post exercise real-time ultrasound core evaluation as well as a “live demonstration” of real-time ultrasound usage for “core evaluation”.

Faculty: L Maffey (Canada)

Active conservative treatment for the prevention of groin pain

This workshop will be based on an active rehabilitation program for athletes with groin pain, which has been developed over the last ten years in Japan, and recently been developed for prevention. Dynamic hip flexion-extension and adduction-abduction exercises with torso rotation are key elements of the program. The aim is the relaxation of hip adductor and flexor muscles

combined with the reinforcement of hip abductor and extensor muscles. This program is useful not only for beginners, but also for top athletes.

Faculty: T Fukubayashi (chair, Japan), S Niga (Japan)

Practical issues of patellar tendinopathy prevention on top level athletes”

This workshop will analyze if the current eccentric training protocols are sufficient for top level athletes with high demands on the tendon. The faculty will review proposals for new protocols, as well as the implementation of such protocols in the training plan of high level athletes. At the end of this workshop, participants will be able to implement specific eccentric training for relevant high level athletes participating at the professional level.

Faculty: JM Alonso (co-chair, Spain), À Basas (Spain), A Frohm (Sweden), M Kongsgaard (co-chair, Denmark),

Preventing winter sport injuries among recreational skiers and snowboarders

Experts from the International Society for Trauma and Sport Medicine for Winter Sports, the International Society for Skiing Safety and the French Association of Ski Resorts Physicians will address methods to prevent injuries among skiers and snowboarders: helmet wear, appropriate binding settings and how these can be promoted, the characteristics of effective wrist protectors, and how to involve ski patrols in skiing safety. Participants will be able to implement effective programs to promote skiing safety.

Faculty: MH Binet (France), R Greenwald (chair, Scotland), M Langran (Scotland), J-D Laporte (France)

How to conduct an injury surveillance program II

Injury surveillance is the first step in injury prevention because it provides important information about the frequency, characteristics and causes of injury. In this workshop, examples of a single sport (Athletics World Championships) and multi-sport (Olympic team sport tournaments) surveillance system will be demonstrated. In each example, the faculty will briefly outline 1) project goals 2) methods 3) successes 4) problems/challenges and 5) subsequent application. Audience discussion will follow.

Faculty: JM Alonso (Spain), R Dick (chair, USA), M Mountjoy (Canada), P Renström (Sweden)

RugbySmart

This workshop will present a RugbySmart workshop of the type delivered to rugby coaches and referees in New Zealand. The RugbySmart DVD highlighting physical conditioning, technique in the contact phases of rugby and injury management in rugby will be complemented with practical

activities. Attendees will gain insight into the approach taken to the delivery of injury prevention messages in New Zealand rugby union since 2001.

Faculty: S Gianotti (New Zealand), K Quarrie (New Zealand)

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

Overhead athletes often show sport-specific adaptations at shoulder level, predisposing them for injuries. It is important in injury prevention to identify these alterations in the early stages of shoulder pain. The purpose of this workshop is to provide an algorithm for clinical reasoning and to demonstrate specific shoulder tests to identify possible causes of impingement symptoms, one of the most frequently described functional shoulder problem in overhead athletes. The workshop will focus on hands-on assessment.

Faculty: AM Cools (co-chair, Belgium), JC Reeser (co-chair, USA)

Establishing an emergency action plan for high school, colleges, and clubs to respond to a collapsed and unconscious athlete and a potential cardiac emergency

Sudden cardiac arrest is the leading cause of death in young athletes. Workshop participants will evaluate their current medical response planning for a cardiac emergency. The management of sudden cardiac arrest in athletes and the role of automated external defibrillators will be reviewed. Participants will learn how to prepare for, recognize, and respond to a collapsed and unresponsive athlete, and they will be familiar with appropriate emergency planning for sudden cardiac arrest in athletics.

Faculty: J Drezner (chair, USA)

The preparticipation physical evaluation in the office and club setting utilizing standardized forms and protocols

Use of a standardized history questionnaire can assist the sports medicine or primary care provider in detecting athletes at risk for musculoskeletal injury, sudden death, and potential catastrophic events. The objectives of this workshop are to assist sports medicine providers in conducting a screening preparticipation evaluation using a comprehensive history questionnaire, highlighting specific history elements and physical exam recommendations to improve detection of athletes with underlying cardiovascular disease and musculoskeletal conditions at risk of injury.

Faculty: J Drezner (co-chair, USA), R Dimeff (co-chair, USA)

Athletic Logic Injury Registration System

This workshop will provide a demonstration of the injury registration and performance management system Athletic Logic that is used by the ITF, the ATP, the Sony Ericsson WTA Tour and the Royal Netherlands Lawn Tennis Association. At the end of the workshop participants will be able to enter data; quickly copy and adapt individual programs to groups and vice versa; prepare a weekly, monthly and yearly program; and produce statistical reports on training and injury data.

Faculty: M Fitton (USA), B Pluim (co-chair, USA), M Turner (co-chair, USA) T Vaziri (USA)

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

The preventive program “The 11” is designed for amateur players to reduce typical football injuries. The basic version includes ten evidence-based or best-practice exercises and the promotion of Fair Play. The exercises focus on core stability, neuromuscular control and plyometrics. The advanced version is a complete warm-up program that combines the key exercises from “The 11” and the “PEP” program with running exercises, and provides different levels of the exercises.

Faculty: M Bizzini (co-chair, Switzerland), A Junge (co-chair, Switzerland), G Myklebust (co-chair, Norway)

ACL injury prevention programs: How to implement and are they effective

This workshop will provide the most up-to date research on how non-contact ACL injuries occur and examine the similarities and differences among the various ACL injury prevention training programs. The learning objective will focus upon the biomechanical effects of neuromuscular training exercises. The evidence of the various intervention programs will be presented in order to discuss their potential to reduce ACL injury risk and assess their potential for more effective and efficient intervention protocols.

Faculty: M Bizzini (Switzerland), TE Hewett (USA), R Smith (USA), ML Voight (chair, USA)

Titleist Performance Institute Golf Fitness screen: Preventing injury and improving performance

The goal of this workshop is to provide the participant with an overview of the major physical performance factors that limit most participants from reaching their potential and potentially lead to injury. Based upon the successful golf fitness screen developed by the Titleist Performance Institute, participants will learn how to effectively screen and identify physical factors that limit a player’s performance. The main emphasis will be on the demonstration of the 12 step screening process.

Faculty: L Gill (USA), H Langberg (Denmark), R Smith (USA), ML Voight (chair, USA)

Techniques for preventing ACL injuries

The purpose of this workshop is to demonstrate techniques used for neuromuscular training for ACL injury prevention. We will compare and contrast components of the most and least efficacious programs. We will summarize the Norwegian and Cincinnati approaches. Use of these training techniques to decrease incidence of knee and ACL injury in female athletes by even a percentage could have significant effects on the number of knee injuries and ACL injuries, specifically in female athletes.

Faculty: T Hewett (co-chair, USA), G Myklebust (co-chair, Norway)

Safe Sports International – a global program for sports safety promotion

The purpose of the Safe Sports International program is to develop a global organization for safety promotion in sports that brings together socially and geographically defined sports communities. We will display and discuss injury definition issues (examples from track and field) and how Internet technology can be used to promote sports safety. The participant will be able to learn new methodological approaches to sports safety promotion that are adjusted for the global sports community.

Faculty: C Finch (Australia), C Goulet (Canada), T Timpka (chair, Sweden)