



IOC WORLD CONFERENCE PREVENTION OF INJURY & ILLNESS IN SPORT



MONACO
10-12 APRIL 2014
Second Announcement
& Call for Abstracts

IN COLLABORATION WITH



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IOC World Conference on Prevention of Injury & Illness in Sport Monte-Carlo, 10-12 April 2014

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Foreword by HSH Albert II



HSH Prince Albert II
of Monaco

I am particularly pleased to host in the Principality the «IOC World Conference on Prevention of Injury & Illness in Sport» from 10 to 12 April 2014.

Let me express my thanks to the organizers who have considered once again Monaco as the venue for this Conference addressing issues of utmost importance for the Olympic movement and the NOC that I preside.

Protecting athletes from injury and illness must be a priority in order to guarantee a safe sport practice. This Conference represents a valuable platform of exchanges to achieve this objective with the presence of high-level specialists and physicians. It is essential, not only to build awareness on the necessity of injury prevention strategies, but also to develop scientific research that will enable to minimise these risks for both recreational and top athletes.

The benefits of this World Conference are multiple, from sharing information to defining appropriate clinical protocols in the fight of prevention which leads ultimately to enhancing the athlete's performance. The diversity of the scientific program combined with the level of the speakers is a guarantee of outstanding contributions and success for the event.

I would like to wish all participants a very warm welcome and a productive Conference.

HSH Prince Albert II



Foreword by the IOC President



Jacques ROGGE

IOC President

While sport improves health and well-being, it also entails a risk of injury and disease. This is why protecting the health of the athlete is a key task for the International Olympic Committee (IOC).

Through its Medical Commission, the IOC has, throughout the years, looked at whether the health benefits of sports participation outweigh the risks of injury and long-term disability, especially for high-level athletes, as well as concentrating in recent years on many prevention issues.

After a first successful edition already held in Monaco in 2011, the IOC World Conference on Prevention of Injury & Illness in Sport is more than ever the ideal platform for a thorough and constructive exchange of views, taking into consideration the latest research on illnesses and injuries in sport.

I wish here to thank HSH Sovereign Prince Albert II and the whole Principality of Monaco for welcoming the second edition in April 2014.

My thanks go also to our partners and all contributing authors and speakers for their support and involvement in the Conference.

Through such a Conference, our objective remains to take concrete measures to implement new and improved injury prevention strategies, and thus maximise safe sports participation for high-level and recreational athletes alike.

Jacques ROGGE



Welcome to Monaco 2014



Lars Engebretsen, MD PhD
*IOC Medical & Scientific Department
Head of Scientific Activities*



Fredrik S. Bendiksen, MD
*President
Organising Committee*



Roald Bahr, MD PhD
*Chair
Scientific Committee*

Dear colleagues,

Based on the success of the inaugural 1st World Congress on Sports Injury Prevention in 2005 in Oslo and the subsequent 2nd World Congress in 2008, where 700 participants from 80 countries participated, the International Olympic Committee decided to accept the invitation to take over responsibility for the congress from the founders at the Oslo Sports Trauma Research Center.

The third edition was the IOC World Conference on Prevention of Injury and Illness in Sport, held in Monaco in April 2011.

As reflected by the change in title in 2011, the scope of the conference was expanded from sports injury prevention, to also include the prevention of other health problems associated with sports participation. With participation of 1000 delegates from 80 countries, this conference represents a milestone in injury and illness prevention.

As during the last congresses, the aim is to present evidence-based information on methods to prevent injuries, illness and other health problems associated with sports participation, using a multidisciplinary perspective. Invited lectures, panel discussions, symposia, workshops, free communications and posters will form the programme. We have invited a number of recognised experts in the area of injury and illness prevention to become members of the scientific committee.

Monaco has again been chosen as the venue, and will serve as a perfect setting for this event.

The scientific committee has received more than 200 submissions for symposia and keynote lectures, and have had a difficult task in choosing between the many excellent submissions. However, with the interest thus shown by clinicians and scientists from scientific groups around the world we believe that the 4th IOC World Conference on Prevention of Injury & Illness in Sport in Monaco in 2014 will be the place to be. You do not want to miss this opportunity, if you are involved caring for the health of the athlete.

A warm welcome to Monaco in April 2014!

Lars Engebretsen, MD PhD

Fredrik S. Bendiksen, MD

Roald Bahr, MD PhD



Organising Committee

President

Fredrik S. BENDIKSEN, MD
Chair, Organising Committee

Members

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*IOC Medical & Scientific Department
Head of Scientific Activities*

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Head of logistics and social events*

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*Account Manager
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Scientific Committee

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Roald BAHR, MD, PhD
*Professor & Chair, Oslo Sports Trauma Research Center, Department of Sports Medicine,
Norwegian School of Sport Sciences, Oslo, Norway*

Members

Cindy CHANG, MD
*Chief Medical Officer, US Olympic Team 2012
Immediate Past President, American Medical Society for Sports
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*Brazilian Olympic Committee Chief Medical officer Rio 2016,
Medical Director and Medical Delegation Chief for the Beijing 2008,
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and Rio 2007 Medical Manager*

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Scandinavian Journal of Medicine & Science in Sports*

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*Assistant Clinical Professor, McMaster University of School
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*Vice Rector for Teaching
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Antonio PELLICCIA, MD Professor
*Post-Graduate School of Sports Medicine
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THE WORLDWIDE OLYMPIC PARTNERS



International Olympic Committee
Medical and Scientific Department



Director in charge:
Richard BUDGETT
www.olympic.org/medical



Important Dates

March 2013

**Second Announcement
Call For Abstracts & 2nd Call for Workshop
Opening of registrations**

1 September 2013

Deadline for submission of Workshop proposals

1 November 2013

**Deadline for submission of Abstracts
Notification to the authors of the decisions of the Scientific
Committee regarding acceptance / rejection of Workshops**

January 2014

**Notification to the authors of the decisions of the Scientific
Committee regarding acceptance / rejection for Abstracts**

21 February 2014

Deadline for guaranteed hotel reservations

20 March 2014

Closing of advance registrations

After 20 March 2014

**Only on-site registrations will be available
(Starting from 9 April)**



Conference Objectives

The IOC World Conference on Prevention of Injury & Illness in Sport will provide the world's leading sports medicine experts with an opportunity to present their work to an international audience of physicians, therapists, scientists and coaches.

The conference will present evidence-based information on how to prevent injuries and other health problems in sport.

This includes a multidisciplinary perspective on epidemiology, risk factors, pathophysiology and injury mechanisms.

The IOC World Conference on Prevention of Injury & Illness in sport will be 2014's premier international conference for those interested in clinical aspects of sports and exercise medicine. The diverse faculty represent the pre-eminent international authorities in injury and illness prevention. Over 120 leaders in their fields are lined up as speakers. One of many highlights promises be the opening lecture by the dynamic tandem, Prof Dohmann Macauley and Prof Karim Khan, BMJ/BJSM editors.

Other keynote speakers and topics include Paul McCrory on concussion, Benno Nigg on running injuries, Evert Verhagen on how digital and mobile platforms will influence athlete care and Andrew McIntosh on technology and equipment in sport.

This triennial conference is a unique opportunity for the global sport and exercise medicine community to meet face to face in the ideal environment that Monaco provides.



Programme at a Glance

Wednesday 9 April	Thursday 10 April	Friday 11 April	Saturday 12 April
<p>16.00 Registrations</p> <p>18.30 WELCOME RECEPTION</p>	<p>08.00 Registrations</p> <p>09.00 OPENING CEREMONY</p> <p>09.30 Keynote 1: Speakers: Karim KHAN (Canada) Domhnall MACAULEY (Great Britain) Has sports injury and illness prevention research delivered? A vigorous debate 10.30 Coffee Break</p> <p>11.00 Session A Symposium 1 Chair: Anthony BEUTLER (USA) The role of human movement patterns in predicting and preventing ACL and other common injuries</p> <p>Session B Symposium 2 Chair: Caroline FINCH (Australia) Making a noise about sports injury prevention – the power of social media</p> <p>Session C/D/E Workshops & abstracts</p> <p>12.30 Lunch</p> <p>14.00 Session A Symposium 3 Chairs: Roald BAHR (Norway) Eero HYVÄRINEN (Finland) Preventing injuries in World Cup alpine skiing – research and implementation hand in hand</p> <p>Session B Symposium 4 Chairs: Greg WHYTE (UK) Hakim CHALABI (Qatar) Is it really possible to prevent sudden cardiac death in sport?</p> <p>Session C/D/E Workshops & abstracts</p> <p>16.00 Coffee Break</p> <p>16.30 Session A Symposium 5 Chairs: Sébastien RACINAIS (Qatar) Ron MAUGHAN (UK) Preventing heat-related problems in athletes</p> <p>Session B Symposium 6 Chair: Johannes ZWERVER (Netherlands) Prevention of the jumper's knee: Jumping to conclusions or not?</p> <p>Session C Symposium 7 Chairs: Kevin GUSKIEWICZ (USA) Jon PATRICIOS (South Africa) International perspectives on prevention of sport-related concussion: Are we gaining ground?</p> <p>Session D/E Workshops & abstracts</p> <p>18.30 Poster discussions</p>	<p>08.30 Keynote 2: Speaker: Paul McCRORY (Australia) TOMBER DANS LES POMMES – 'Zero tolerance' and the fear of chronic traumatic encephalopathy – the role of evidence based concussion prevention</p> <p>09.30 Session A Symposium 8 Chairs: Juan Manuel ALONSO (Spain) Simon S. YEUNG (Hong Kong) Prevention of hamstring injuries in competitive athletes – translating research into evidence-based practice</p> <p>Session B Symposium 9 Chair: Scott McLEAN (USA) Taking the lab to the game: Towards innovative field-based injury screening and prevention</p> <p>Session C Symposium 10 Chair: Michael TURNER (UK) Only mad dogs and Englishmen go out in the midday sun; the prevention of injuries and illness in elite tennis players</p> <p>Session D/E Workshops & abstracts</p> <p>11.00 Coffee Break</p> <p>11.30 Session A Symposium 11 Chair: Hugh SEWARD (Australia) Can rule and regulation changes be used to prevent injuries in football codes?</p> <p>Session B Symposium 12 Chair: Erik WITVROUW (Belgium) Preventing Achilles tendon problems</p> <p>Session C/D/E Workshops & abstracts</p> <p>13.00 Lunch</p> <p>14.30 Keynote 3: Speaker: Benno NIGG (Canada) The evolution of footwear and its role in prevention of running injuries</p> <p>15.30 Thematic Poster Session</p> <p>16.30 Coffee Break</p> <p>17.00 Session A Symposium 13 Chair: Thor Einar ANDERSEN (Norway) Prevention of football injuries at the elite level</p> <p>Session B Symposium 14 Chairs: Stephen TARGETT (Qatar) Lars ENGBRETSSEN (Norway) To screen or not to screen? An international perspective on the IOC consensus statement on Periodic Health Evaluation (PHE) of elite athletes</p> <p>Session C Symposium 15 Chair: Margo MOUNTJOY (Canada) Female athlete triad coalition consensus statement: New guidelines for prevention, screening, treatment, and return to play</p> <p>Session D/E Workshops & abstracts</p> <p>20.00 Sports Medicine Celebration Night</p>	<p>08.30 Keynote 4: Speaker: Evert VERHAGEN (Netherlands) Protecting the health of the @hlete - how online technology may aid our common goal to prevent injury and illness in sport</p> <p>09.30 Session A Symposium 16 Chair: Tron KROSSHAUG (Norway) Screening for ACL injury risk using drop jump tasks – does it work?</p> <p>Session B Symposium 17 Chair: Evert VERHAGEN (Netherlands) Maximising sports injury prevention program impact – issues of implementation, context and compliance across the sports delivery system</p> <p>Session C Symposium 18 Chairs: Per HÖLMICH (Denmark/Qatar) Bert MANDELBAUM (USA) The groin-injury iceberg – looking beneath the surface</p> <p>Session D/E Workshops & abstracts</p> <p>11.00 Coffee Break</p> <p>11.30 Session A Symposium 19 Chairs: Per HÖLMICH (Denmark) Michael KJÆR (Denmark) Prevention – why eccentric?</p> <p>Session B Symposium 20 Chair: Margo MOUNTJOY (Canada) Staying out of hot water: Reducing hyperthermic illness and injury risk in aquatic endurance athletes</p> <p>Session C Symposium 21 Chair: Urban JOHNSON (Sweden) Ahead of injuries; sports injury prevention from a psychological point of view</p> <p>Session D/E Workshops & abstracts</p> <p>13.00 Lunch</p> <p>14.30 Session A Symposium 22 Chair: Grethe MYKLEBUST (Norway) ACL prevention in female handball and football – any specific considerations?</p> <p>Session B Symposium 23 Chair: Martin RAFTERY (Australia) Rugby Sevens World Series – implementing a series-wide injury and illness prevention programme to minimise the impact of the inter-continental travel requirements</p> <p>Session C Symposium 24 Chairs: John DIFIORI (USA) Margo MOUNTJOY (Canada) Current concepts in injury prevention for young athletes: Do we have solutions?</p> <p>Session D/E Workshops & abstracts</p> <p>16.30 Coffee Break</p> <p>17.00 Keynote 5: Speaker: Andrew McINTOSH (Australia) Are we getting the same performance from our equipment as we expect from our athletes? Technology and equipment in sports injury prevention</p> <p>17.45 Closing ceremony</p>



Scientific programme

Wednesday 9 April

16.00 Registrations

18.30 WELCOME RECEPTION

Thursday 10 April

08.00 Registrations

09.00 **OPENING CEREMONY**

09.30 **Keynote 1: HAS SPORTS INJURY AND ILLNESS PREVENTION RESEARCH DELIVERED? A VIGOROUS DEBATE**

Speakers: Karim Khan, Canada & Domhnall MacAuley, Great Britain

- Karim Khan MD PhD Professor,

Department of Family Practice, University of British Columbia, Canada

- Domhnall MacAuley MD FRCGP FFPHMI FFSEM Professor,

Institute of Postgraduate Medicine and Health Science University of Ulster Northern Ireland, Great Britain

10.30 **Coffee Break**

11.00 **Session A Symposium 1**

THE ROLE OF HUMAN MOVEMENT PATTERNS IN PREDICTING AND PREVENTING ACL AND OTHER COMMON INJURIES

Chair: Anthony BEUTLER, USA

- Prospective risk factors and anterior cruciate ligament injury: Results from the JUMP-ACL cohort and beyond
Anthony Beutler, USA 20 min
- Movement pattern risk factors for patellofemoral pain and stress fracture: A new solution to some old problems
Stephen Marshall, USA 20 min
- Can movement pattern change result in decreased injury? Effect of a 10-minute movement retraining program on subsequent lower extremity injury risk
Kenneth Cameron, USA 15 min
- Optimizing movement pattern re-training programs: Lessons learned about supervision, retention, and acceptance
Darin Padua, USA 20 min
- Panel discussion: What we know, what we don't, and what we need to know next about movement patterns and musculoskeletal injury?
Marshall, Padua, Beutler, Cameron, 15 min



Thursday 10 April

Speakers:

- **Anthony Beutler MD Lieutenant Colonel,**
Uniformed Services University
4301 Jones Bridge Road, Bethesda, MD 20814 USA
- **Stephen Marshall PhD Professor,**
Department of Epidemiology Ste 500, Bank of America Bldg
Chapel Hill, NC 27599 USA
- **Darin Padua PhD ATC Professor,**
Department of Exercise and Sport Science, University of North Carolina
Chapel Hill, NC 27599 USA
- **Kenneth L. Cameron PhD MPH ATC Director,**
Keller Army Hospital, 900 Washington Road, West Point, NY 10996 USA

Session B Symposium 2

MAKING A NOISE ABOUT SPORTS INJURY PREVENTION – THE POWER OF SOCIAL MEDIA

Chair: Caroline FINCH, *Australia*

- Overview of the ever-changing barrage of ‘social media’ for sports injury prevention and program implementation. Can facebook replace textbook?
Karim Khan, Canada 10 min
- The clinician and team physician perspective on using social media for sports injury prevention
John Orchard, Australia 10 min
- Mobile apps for sports injury prevention and treatment; an essential tool in team physicians’ and players’ pockets!
Evert Verhagen, Netherlands 15 min
- Sports Medicine Australia perspective: How a sporting federation can use social media for social good to promote sports injury prevention
Nello Marino, Australia 10 min
- Embracing social media for research promotion and dissemination
Caroline Finch, Australia 15 min
- A 2014/2015 update: The newest social media tools and the science behind using them and analysing their effectiveness
Claire Bower, England 15 min
- Panel discussion
Finch, Khan, Orchard, Verhagen, Marino, Bower, 15 min



Thursday 10 April

Speakers:

- **Karim M Khan MD PhD Professor,**
*Centre for Hip Health and Mobility / BJSM
University of British Columbia - Vancouver, BC, Canada V5Z 1M9*
- **John Orchard MD PhD Associate Professor,**
*School of Public Health
Western Ave Sports Clinic
University of Sydney NSW Australia 2006*
- **Evert Verhagen PhD,**
*Dept of Public and Occupational Health
VU University Medical Center van der Boechorststraat 7
1081BT, Amsterdam, Netherlands*
- **Nello Marino BAppSci GradDipMarketing Chief Executive Officer,**
*Sports Medicine Australia
Albert Park, Victoria, Australia*
- **Caroline F Finch BSc(Hons) MSc PhD Professor,**
*Australian Centre for Research into Injury in Sport and its Prevention (ACRISP)
Centre for Healthy and Safe Sport
University of Ballarat, SMB Campus
Lydiard Street South, Ballarat, Victoria, 3350, Australia*
- **Claire Bower MA,**
*Digital Communications Manager, BMJ Journals
BMA House, Tavistock Square, London, England. WC1H 9JP*

Session C/D/E Workshops & abstracts

12.30

Lunch

14.00

Session A Symposium 3

**PREVENTING INJURIES IN WORLD CUP ALPINE SKIING –
RESEARCH AND IMPLEMENTATION HAND IN HAND**

Chairs: Roald BAHR, Norway - Eero HYVÄRINEN, Finland

- Introduction - the FIS Injury Surveillance Program (ISS)
Roald Bahr, Norway 5 min
- The risk of injury on the FIS World Cup: 8-year data from the FIS ISS
Sophie Steenstrup, Norway 10 min
- How injuries happen: Video analyses of injury mechanisms from World Cup races
Tone Bere, Norway 20 min
- Knee joint kinematics of ACL injuries
Kam Ming Mok, Norway 10 min
- Impact biomechanics of head injuries
Svein Kleiven, Sweden 10 min
- Risk factor analysis: Input from stakeholders
Jörg Spörri, Austria 10 min
- Effect of ski design on injury risks
Erich Müller, Austria 15 min
- Translating research to action: The FIS risk management program
Eero Hyvärinen, Finland 20 min
- Panel discussion
Bahr, Steenstrup, Bere, Mok, Kleiven, Spörri, Müller, Hyvärinen, 20 min



Thursday 10 April

Speakers:

- **Roald Bahr MD PhD Professor,**
*Oslo Sports Trauma Research Center
Department of Sports Medicine, Norwegian School of Sports Sciences
Postboks 4014 Ullevål Stadion
0806 Oslo, Norway*
- **Sophie Steenstrup PT MSc,**
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- **Kam-Ming Mok MPhil,**
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- **Jörg Spörri ETH MSc,**
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Rifer Schlossallee 49
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- **Svein Kleiven PhD Associate Professor,**
*Kungliga Tekniska högskolan Skolan för teknik och hälsa
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- **Eero Hyvärinen, MD Member, FIS Medical Commission,**
*Dextra Medical Center
Department of Sports Traumatology
Raumantie 1
00350 Helsinki, Finland*



Session B Symposium 4

IS IT REALLY POSSIBLE TO PREVENT SUDDEN CARDIAC DEATH IN SPORT?

Chairs: Greg WHYTE, UK - Hakim CHALABI, Qatar

- Overview of sudden cardiac death in young athletes
Mathew Wilson, Qatar 20 min
- Screening athletes for conditions predisposing to sudden cardiac death; current perspectives
Mats Börjesson, Sweden 20 min
- Impact of age, sex and ethnicity on the 12-lead ECG
Michael Papadakis, UK 20 min
- Differentiating athlete's heart from cardiomyopathy
Sanjay Sharma, UK 20 min
- Role of the automatic external defibrillator in preventing sudden cardiac death
Jonathan Drezner, USA 20 min
- Panel discussion: Should all athletes diagnosed with hypertrophic cardiomyopathy be restricted from competitive sport?
Whyte, Chalabi, Wilson, Börjesson, Papadakis, Sharma, Drezner, 20 min

Speakers:

- **Mathew Wilson PhD Cardiovascular Physiologist,**
*Department of Sports Medicine
ASPETAR – Qatar Orthopedic and Sports Medicine Hospital
PO Box 29222 - Doha, Qatar*
- **Mats Börjesson MD PhD Professor,**
*Åstrand laboratory
Swedish School of Sports and Health Science (GIH)
Lidingövägen 1 - Stockholm, Sweden*
- **Michael Papadakis MD PhD Senior Lecturer,**
*Department of Cardiovascular Sciences
St George's University of London
London, SW17 0RE, UK*
- **Sanjay Sharma MD PhD Professor,**
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- **Jonathan Drezner MD Professor,**
*Department of Family Medicine
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Box 354410 - Seattle, WA 98195, USA*
- **Greg Whyte PhD Professor,**
*Research Institute for Sport and Exercise Sciences
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Liverpool, L3 3AF, UK*
- **Hakim Chalabi MD Assistant Chief Medical Officer,**
*ASPETAR – Qatar Orthopedic and Sports Medicine Hospital
PO Box 29222 - Doha, Qatar*

Session C/D/E Workshops & abstracts



16.30

Session A Symposium 5

PREVENTING HEAT-RELATED PROBLEMS IN ATHLETES

Chairs: Sebastien RACINAIS, Qatar - Ron MAUGHAN, UK

- Definition and clinical presentation of “heat illness” – what does it include?
Martin Schwellnus, South Africa 20 min
- New guidelines are needed to manage heat stress in elite sports – lessons from an international federation: The FIVB Heat Stress Monitoring Program
Roald Bahr, Norway/Qatar 10 min
- Playing football in a hot country – injury epidemiology of today and the road to Qatar 2022
Cristiano Eirale, Qatar 10 min
- Prevention – the role of the athlete: What should athletes do on the day of competition?
Ron Maughan, UK 15 min
- Prevention – the role of the coaches: Can training prevent heat-related problems?
Sebastien Racinais, Qatar 15 min
- Prevention – the role of technology: Which tools and techniques can maintain the physical integrity of the athlete?
Christophe Hausswirth, France 15 min
- Research – identifying athletes predisposed to exertional heat illness based on the heat-shock response
Julien Periard, Qatar 15 min
- Panel discussion
Schwellnus, Bahr, Eirale, Maughan, Racinais, Hausswirth, Periard, 20 min

Speakers:

- **Martin Schwellnus MBBCh MSc (Med) MD FACSM FFIMS Professor**,
*Department of Human Biology
Faculty of Health Sciences
University of Cape Town
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- **Roald Bahr MD PhD Professor**,
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- **Cristiano Eirale MD Dr**,
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- **Christophe Hausswirth PhD**,
*INSEP - Service Recherche
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- **Julien Periard PhD**,
*Aspetar, Qatar Orthopaedic and Sports Medicine Hospital
PoBx 29222 - Doha, Qatar*



Thursday 10 April

Session B Symposium 6

PREVENTION OF THE JUMPER'S KNEE: JUMPING TO CONCLUSIONS OR NOT?

Chair: Johannes (Hans) ZWERVER, *Netherlands*

- What is the extent of the problem?
Johannes Zwerver, *Netherlands* 10 min
- Patellar tendinopathy – continuum of tendon pathology
Jill Cook, *Australia* 15 min
- Risk factors for the jumper's knee
Håvard Visnes, *Norway* 15 min
- Jumper's knee or lander's knee? Biomechanical aspects
Henk van der Worp, *Netherlands* 15 min
- Ultrasound Tissue Characterization; a new method to visualize and monitor tendon pathology
Hans van Schie, *Netherlands* 15 min
- Use of UTC in prevention of patellar tendon problems
Sam Rosengarten, *Australia* 15 min
- Prevention of the jumper's knee? Evidence and practical aspects
Jill Cook, *Australia* 15 min
- Panel discussion: How can we reduce the incidence of the jumper's knee; future directions for prevention research and implementation?
Cook, Visnes, van der Worp, van Schie, Rosengarten, Zwerver, 20 min

Speakers:

- **Johannes Zwerver MD PhD,**
*Centre for Sports Medicine
University Medical Center Groningen
PO Box 300001, The Netherlands*
- **Jill Cook PT PhD Professor,**
*Department of Physiotherapy, School of Primary Health Care, Faculty of Medicine,
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- **Håvard Visnes MD PT,**
*Oslo Sports Trauma Research Center,
Postbox 4014 – Ullevål Stadion - 0806 Oslo, Norway*
- **Henk van der Worp PhD,**
*Centre for Sports Medicine
University Medical Center Groningen
PO Box 300001, The Netherlands*
- **Hans van Schie PhD Professor,**
*UTCimaging Research
Raaphorstlaan 18 B
2245 BG Wassenaar, The Netherlands*
- **Sam Rosengarten BPhy, M Sports physio,**
*Carlton Football Club
PO Box 83, Carlton North Vic 3054, Australia*



Thursday 10 April

Session C Symposium 7

INTERNATIONAL PERSPECTIVES ON PREVENTION OF SPORT-RELATED CONCUSSION: ARE WE GAINING GROUND?

Chairs: Kevin GUSKIEWICZ, USA - Jon PATRICIOS, South Africa

- Building an effective public health framework for concussion prevention: Is it possible?
Kevin Guskiewicz, USA 3 min
- Influence of athlete attitudes and awareness in concussion prevention: What are we up against?
Michael McCrea, USA 17 min
- Game changing policy geared toward concussion prevention: The NFL experience
Richard Ellenbogen, USA 17 min
- Necks, nuts and 'nocks': How South African rugby plays smart
Jon Patricios, South Africa 17 min
- Concussion prevention models and outcomes in Olympic sports and Australian rules football
Ryan Kohler, Australia 17 min
- The science and technology of sport concussion: Translating data collection into concussion prevention
Kevin Guskiewicz, USA 12 min
- The media's role in concussion prevention: Putting an invisible injury into print
David Epstein, USA 17 min
- Panel Discussion
20 min

Speakers:

- Kevin Guskiewicz PhD ATC FACSM Professor,
Department of Exercise and Sport Science
University of North Carolina at Chapel Hill
204 Fetzer Hall CB# 8700
Chapel Hill, North Carolina 27599 USA
- Michael McCrea PhD ABPP Professor,
Departments of Neurosurgery and Neurology
Medical College of Wisconsin
9200 W. Wisconsin Avenue
Milwaukee, WI 53226
- Richard G. Ellenbogen MD FACS Professor,
Department of Neurological Surgery
University of Washington
Co-Chair, Head Neck and Spine Medical Committee, National Football League
- Jon Patricios MBBCh MMedSci FACSM FFSEM,
The Centre for Sports Medicine & Orthopedics
Johannesburg, South Africa
- Ryan Kohler MBChB MPhil (Sports Medicine) FACSM, FFSEM,
Australian Sports Commission
Leverrier Street Bruce ACT 2617, Australia
- David Epstein Senior Writer,
Sports Illustrated
New York, NY, USA

Session D/E Workshops & abstracts

18.30

Poster discussions



Friday 11 April

08.30

Keynote 2: TOMBER DANS LES POMMES – ‘ZERO TOLERANCE’ AND THE FEAR OF CHRONIC TRAUMATIC ENCEPHALOPATHY – THE ROLE OF EVIDENCE BASED CONCUSSION PREVENTION

Speaker: Paul McCrory, *Australia*

- Paul McCrory MBBS PhD FRACP FACSP FFSEM FASCM FASMF
Associate Professor,
*The Florey Institute of Neuroscience and Mental Health
Melbourne Brain Centre
245 Burgundy Street - Heidelberg Vic 3084, Australia*

09.30

Session A Symposium 8

PREVENTION OF HAMSTRING INJURIES IN COMPETITIVE ATHLETES – TRANSLATING RESEARCH INTO EVIDENCE-BASED PRACTICE

Chairs: Juan Manuel ALONSO, *Spain* - Simon S. YEUNG, *Hong Kong*

- What is the current incident rate of hamstring injuries in elite athletes?
Juan Manuel Alonso, *Spain* 10 min
- Injury mechanism of acute hamstring injuries makes a difference to treatment and prognosis
Carl Askling, *Sweden* 15 min
- The pathophysiology of hamstring injuries, what we can learn from basic science research
Ella Yeung, *Hong Kong* 10 min
- Which screening tools can predict hamstring injuries in competitive athletes?
Simon S. Yeung, *Hong Kong* 10 min
- Can MRI predict the prognosis and return to sports following hamstring injuries?
Jan Ekstrand, *Sweden* 15 min
- What are the evidences to guide and support the prevention and rehabilitation of hamstring injuries?
Nikolas Malliaropoulos, *Greece* 15 min
- Panel discussion: An integrated approach to hamstring injury prevention: The challenges ahead
Alonso, Askling, Yeung, Yeung, Ekstrand, Malliaropoulos, 15 min

Speakers:

- Juan Manuel Alonso MD PhD,
*Chair, IAAF Medical and Anti-doping Commission
Monaco Medical Dept
Royal Spanish Athletics Federation
Spain*
- Carl Askling PT PhD,
*The Swedish School of Sport and Health Sciences and the Section of Orthopaedics and Sports Medicine, Department of Molecular Medicine and Surgery, Karolinska Institutet
Stockholm, Sweden*
- Ella W. Yeung PT PhD Associate Professor,
*Invited medical expert for the China National Teams to London Olympic Games
Associate Professor, Department of Rehabilitation Sciences
The Hong Kong Polytechnic University
Hung Hom, Hong Kong*



Friday 11 April

- **Simon S. Yeung PT PhD Associate Professor,**
Chief Physiotherapist, Hong Kong Delegation to London Olympics Games
Senior Vice Chairman, Hong Kong Amateur Athletics Association
Associate Professor, Department of Rehabilitation Sciences
The Hong Kong Polytechnic University
Hung Hom, Hong Kong
- **Jan Ekstrand MD PhD Professor,**
Department of Medical and Health Sciences, Linköping University
Linköping, Sweden
- **Nikolaos G. Malliaropoulos MD, Msc, PhD, FFSEM(UK),**
Sports Medicine Physician-EJU Medical Committee Member
General Secretary ECOSEP
Sports Medicine Clinic of S.E.G.A.S.
Thessaloniki, Greece

Session B Symposium 9

TAKING THE LAB TO THE GAME: TOWARDS INNOVATIVE FIELD-BASED INJURY SCREENING AND PREVENTION

Chair: Scott McLEAN, USA

- Introduction- Moving from the lab to the field: A timely and critical step in effective sports injury risk screening and prevention
Scott McLean, USA 5 min
- Integrated video and computational analysis of injury situations in naturalistic game setting – potential for moving beyond the lab
Tron Krosshaug, Norway 15 min
- Modeling-based estimation of true joint contact forces – perspectives for injury risk estimations in real competitions
Uwe Kersting, Denmark 15 min
- Novel field-based athlete performance and injury risk assessment via integrated body-worn inertial motion and pressure sensor technologies
Grant Goulet, USA 15 min
- On slope injury risk assessment in alpine ski racing – a combined GPS and inertial sensor approach
Matthias Gilgien, Norway 15 min
- Where to from here? The next steps in successfully achieving real-time field based athlete risk assessment
Scott McLean, USA 10 min
- Panel discussion: Taking the lab to the game: Benefits, pitfalls and future directions?
McLean, Krosshaug, Kersting, Goulet, Gilgien, 15 min

Speakers:

- **Scott McLean PhD,**
School of Kinesiology - University of Michigan
401 Washtenaw Ave
Ann Arbor, MI, USA, 48109
- **Tron Krosshaug PhD,**
Oslo Sports Trauma Research Center
Department of Sports Medicine, Norwegian School of Sport Sciences
PO Box 4014 Ullevål stadion - 0806 Oslo, Norway



Friday 11 April

- **Uwe Kersting PhD,**
Aalborg University
Center for Sensory-Motor Interaction
Fredrik Bajers Vej 7D3
9220 Aalborg, Denmark
- **Grant Goulet PhD,**
School of Kinesiology
University of Michigan
401 Washtenaw Ave
Ann Arbor, MI, USA, 48109
- **Matthias Gilgien MsC,**
Department of Physical Performance
Norwegian School of Sport Sciences
PO Box 4014 Ullevål stadion
0806 Oslo, Norway

Session C Symposium 10

ONLY MAD DOGS AND ENGLISHMEN GO OUT IN THE MIDDAY SUN; THE PREVENTION OF INJURIES AND ILLNESS IN ELITE TENNIS PLAYERS

Chair: Michael TURNER, UK

- Braces or Aces - a risk benefits analysis of tennis; what is the extent of the problem?
Babette Pluim, Netherlands 15 min
- Baseline basics - a year in the life of 75 elite junior tennis players; risk factors for injuries and illness
Evert Verhagen, Netherlands 15 min
- Serve and volley in the sun - the prevention of heat illness in elite tennis players at 40°C
Julien Périard, Qatar 15 min
- Game, set and match - achieving population change by the development of healthy tennis clubs
Babette Pluim, Netherlands 15 min
- Panel discussion: What more can tennis do to protect the players?
Turner, Pluim, Verhagen, Periard, 30 min

Speakers:

- **Michael Turner MB BS FFSEM Chief Medical Adviser,**
Lawn Tennis Association
100 Priory Lane
London SW15 5JQ, United Kingdom
- **Babette Pluim MD PhD Chief Medical Adviser,**
Royal Netherlands Lawn Tennis Association (KNLTB)
Displayweg 4
Amersfoort 3821 BT, Netherlands
- **Evert Verhagen PhD Assistant Professor,**
Department of Public and Occupational Health
EMGO Institute, VU University Medical Centre
Van de Boechorststraat 7
Amsterdam 1081 BT, Netherlands
- **Julien Périard PhD Research Scientist,**
Research and Education Centre
ASPETAR, Qatar Orthopaedic and Sports Medicine Hospital
P.O. Box 29222, Doha, Qatar

Session D/E Workshops & abstracts



Friday 11 April

11.00 **Coffee Break**

11.30 **Session A Symposium 11**

CAN RULE AND REGULATION CHANGES BE USED TO PREVENT INJURIES IN FOOTBALL CODES?

Chair: Hugh SEWARD, *Australia*

- Overview of rule changes to prevent injury (Australian Football, NFL, Rugby, Football)
Hugh Seward, *Australia* 15 min
- Using injury surveillance to identify potential for rule change and monitor outcomes
Caroline Finch, *Australia* 15 min
- Rules to reduce concussion incidence
Paul McCrory, *Australia* 15 min
- Rules to reduce musculoskeletal injuries (e.g. ACL, hamstrings etc)
Michael Makdissi, *Australia* 15 min
- Case studies
John Orchard, *Australia* - Martin Raftery, *Australia* - Jeff Steinweg, *Australia* 15 min
- Panel discussion
Seward, Finch, McCrory, Makdissi, Orchard, Raftery, Steinweg, 15 min

Speakers:

- **Hugh Seward MBBS DObst RCOG Adjunct Senior Research Fellow,**
*Executive Officer AFL Medical Officers Association
24 Buckland Ave, Newtown, Victoria, 3220, Australia*
- **Caroline F Finch PhD Professor,**
*Centre for Healthy and Safe Sport
University of Ballarat, SMB Campus
Lydiard Street South, Ballarat, Victoria, 3350, Australia*
- **Paul McCrory MBBS PhD Associate Professor,**
*The Florey Institute of Neuroscience and Mental Health
Melbourne Brain Centre - Austin Campus
245 Burgundy Street
Heidelberg Vic 3084 Australia*
- **Michael Makdissi MBBS PhD,**
*Olympic Park Sports Medicine Centre
Olympic Bvd, AAMI Park
Melbourne, Australia 3004*
- **John Orchard MD PhD Associate Professor,**
*School of Public Health, University of Sydney,
Sydney NSW, Australia 2006*
- **Martin Raftery MBBS Chief Medical Officer,**
*International Rugby Board
249 Woollooware Rd
Cronulla 2230, Australia*
- **Jeff Steinweg MBBS,**
*Chief Medical Officer, Football Federation of Australia
82 Alt St, Queens Park
NSW 2022 Australia*



Session B Symposium 12

PREVENTING ACHILLES TENDON PROBLEMS

Chair: Erik WITVROUW, *Belgium*

- What is the extent of the problem?
Nele Mahieu, *Belgium* 10 min
- Risk factors for achilles tendon problems
Erik Witvrouw, *Belgium* 10 min
- Role of tendon blood flow?
Alexander Scott, *Canada* 15 min
- Role of eccentric training?
Nele Mahieu, *Denmark* 15 min
- Role of stretching?
Duncan Reid, *New Zealand* 15 min
- Future directions for achilles tendon injury prevention research?
Erik Witvrouw, *Belgium* 10 min
- Panel discussion
Mahieu, Witvrouw, Scott, Mahieu, Reid, 15 min

Speakers:

- **Nele Mahieu PT, PHD,**
Ghent University
De Pintelaan 185, 3B3
9000 Gent, Belgium
- **Erik Witvrouw,**
Ghent University
De Pintelaan 185, 3B3
9000 Gent, Belgium
- **Alexander Scott,**
University of British Columbia
2177 Wesbrook Mall
Vancouver, Canada
- **Duncan Reid,**
Auckland University of Technology
0627 Auckland, New Zealand

Session C/D/E Workshops & abstracts

13.00

Lunch



Friday 11 April

14.30 **Keynote 3: THE EVOLUTION OF FOOTWEAR AND ITS ROLE IN PREVENTION OF RUNNING INJURIES**

Speaker: Benno Nigg, *Canada*

- **Benno Nigg PhD,**
Human Performance Laboratory, Faculty of Kinesiology
University of Calgary
2500 University Dr. NW
Calgary, Alberta
T2N 1N4, Canada

15.30 **THEMATIC POSTER SESSION**

16.30 **Coffee Break**

17.00 **Session A Symposium 13**

PREVENTION OF FOOTBALL INJURIES AT THE ELITE LEVEL

Chair: Thor Einar ANDERSEN, *Norway*

- The extent of the problem
Jan Ekstrand, *Sweden* 10 min
- The mechanisms and risk factors
Thor Einar Andersen, *Norway* 10 min
- The challenge of recording overuse injuries
Ben Clarsen, *Australia/Norway* 10 min
- Periodization in football
Raymond Verheijen, *Holland* 10 min
- Rule change can reduce potential injuries
John Bjørneboe, *Norway* 10 min
- Coach-directed injury prevention in football
Torbjørn Soligard, *Norway/Switzerland* 10 min
- Worldwide implementation of The 11+
Mario Bizzini, *Switzerland* 10 min
- Panel discussion
Ekstrand, Andersen, Clarsen, Verheijen, Bjørneboe, Soligard, Bizzini, 20 min

Speakers:

- **Jan Ekstrand MD PhD Professor,**
Linköping University, Sweden
1st vice Chairman of UEFA Medical Committee
Solstigen 3
58943 Linköping, Sweden
- **Thor Einar Andersen MD PhD Associate Professor,**
Oslo Sports Trauma Research Center
Department of Sports Medicine
Norwegian School of Sport Sciences,
PO Box 4014, Ullevaal Stadion - 0806 Oslo, Norway
- **Ben Clarsen PT Research Fellow,**
Oslo Sports Trauma Research Center
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Norwegian School of Sport Sciences,
PO Box 4014 Ullevål Stadion - 0806 Oslo, Norway



Friday 11 April

- **Raymond Verheijen MSc Director,**
World Football Academy
Schoutsland 15
1619 DM Andijk, The Netherlands
- **John Bjørneboe MD PhD Research Fellow,**
Oslo Sports Trauma Research Center
Department of Sports Medicine
Norwegian School of Sport Sciences,
PO Box 4014 Ullevål Stadion - 0806 Oslo, Norway
- **Torbjørn Soligard PhD Research Scientist,**
Medical & Scientific department
International Olympic Committee
Château de Vidy
1007 Lausanne, Switzerland
- **Mario Bizzini PT PhD Research Scientist,**
Schulthess Klinik
Lenggalde 2,
8008, Zürich, Switzerland

Session B Symposium 14

TO SCREEN OR NOT TO SCREEN? AN INTERNATIONAL PERSPECTIVE ON THE IOC CONSENSUS STATEMENT ON PERIODIC HEALTH EVALUATION (PHE) OF ELITE ATHLETES

Chairs: Stephen TARGETT, *Qatar* - Lars ENGEBRETSEN, *Norway*

- Introduction the IOC consensus statement on PHE, still valid 5 years on?
Lars Engebretsen, *Norway* 10 min
- Screening from a North American perspective
Cindy Chang, *USA* 15 min
- Screening of mass participation events the two oceans marathon experience
Martin Schwellnus, *South Africa* 20 min
- Is there any role for routine blood tests in the PHE
Stephen Targett, *Qatar* 15 min
- Screening in the Middle East the Aspetar experience
Bruce Hamilton, *New Zealand* 20 min
- Why risk factor screening will not help us identify the at-risk athlete?
Roald Bahr, *Norway* 20 min
- Panel discussion: To screen or not to screen?
Engebretsen, Chang, Schwellnus, Targett, Hamilton, Bahr, 20 min



Friday 11 April

Speakers:

- **Lars Engebretsen MD PhD Professor,**
*Oslo Sports Trauma Research Center
Department of Sports Medicine
Norwegian School of Sports Sciences
PO Box 4014 Ullevål Stadion - 0806 Oslo, Norway*
- **Roald Bahr MD PhD Professor,**
*Oslo Sports Trauma Research Center
Department of Sports Medicine
Norwegian School of Sports Sciences
PO Box 4014 Ullevål Stadion - 0806 Oslo, Norway*
- **Martin Schwellnus MD PhD Professor,**
*Sport and Exercise Medicine, Department of Human Biology
Faculty of Health Sciences, University of Cape Town
Cape Town, South Africa*
- **Cindy Chang MD Chief Medical Officer US Olympic Team 2012,**
*Family Medicine/Sports Medicine Specialist and Team Physician
University of California at Berkeley
2222 Bancroft Way # 2300
Berkeley, CA 94720, USA*
- **Bruce Hamilton MB ChB Chief of Sports Medicine,**
*Medical Lead High Performance Sport NZ / NZ Olympic Committee
Millennium Institute of Sport & Health,
17 Antares Place, Mairangi Bay 0632
PO Box 302 563, North Harbour, Auckland 0751, New Zealand.*
- **Stephen Targett MB ChB Sports Medicine Physician,**
*Aspetar Orthopaedic and Sports Medicine Hospital
PO Box 29222 - Doha, Qatar*

Session C Symposium 15

**FEMALE ATHLETE TRIAD COALITION CONSENSUS STATEMENT:
NEW GUIDELINES FOR PREVENTION, SCREENING, TREATMENT,
AND RETURN TO PLAY**

Chair: Margo MOUNTJOY, *Canada*

- Introduction of new consensus guidelines for prevention, management and return to play for the female athlete triad
Margo Mountjoy, Canada 5 min
- Red light, yellow light, green light: A model for healthy changes in eating behaviors
Jorunn Sundgot-Borgen, Norway 20 min
- Early detection and prevention strategies of disordered eating in female athletes
Elizabeth Joy, USA 20 min
- Translating research into practice to prevent consequences of the female athlete triad
Mary Jane De Souza, USA 20 min
- Secondary prevention: Return to play guidelines for the female athlete triad
Aurelia Nattiv, USA 20 min
- Implementation of new guidelines for clearance and return to play:
Call to action for rule change and dissemination
Margo Mountjoy, Canada 15 min
- Panel discussion
Mountjoy, Sundgot-Borgen, Joy, De Souza, Nattiv, 20 min



Friday 11 April

Speakers:

- **Margo Mountjoy MD CCFP FCFP FACSM Dip Sport Med,**
*McMaster University School of Medicine
570 Kortright Rd., W.
Guelph, ON N1G3W8, Canada*
- **Jorunn Sungot-Borgen PhD FACSM Professor,**
*Department of Sports Medicine
Norwegian School of Sports Sciences
PO Box 4014 Ullevål Stadion - 0806 Oslo, Norway*
- **Elizabeth Joy MD MPH FACSM Professor,**
*Intermountain Healthcare
36 S. State St., 16th floor
Salt Lake City, UT 84111, USA*
- **Mary Jane De Souza PhD FACSM Professor,**
*The Pennsylvania State University
College of Health and Human Development
Women's Health and Exercise Lab
104 Noll Laboratory
University Park, PA 16802, USA*
- **Aurelia Nattiv MD FACSM Professor,**
*UCLA Departments of Family Medicine and Orthopaedic Surgery
David Geffen School of Medicine at UCLA
10833 Le Conte Avenue
Room 50-080 Center for Health Sciences
Los Angeles, CA 90095, USA*

Session C/D/E Workshops & abstracts

20.00

Sports Medecine Celebration Night



Saturday 12 April

08.30 **Keynote 4: PROTECTING THE HEALTH OF THE @HLETE - HOW ONLINE TECHNOLOGY MAY AID OUR COMMON GOAL TO PREVENT INJURY AND ILLNESS IN SPORT**

Speaker: Evert Verhagen, *Netherlands*

- **Evert Verhagen PhD,**
*Dept of Public and Occupational Health
VU University Medical Center
van der Boechorststraat 7
1081BT, Amsterdam, Netherlands*

09.30 **Session A Symposium 16**

SCREENING FOR ACL INJURY RISK USING DROP JUMP TASKS – DOES IT WORK?

Chair: Tron KROSSHAUG, *Norway*

- Introduction
Tron Krosshaug, *Norway* 5 min
- Knee valgus angles and abduction moments CAN predict ACL injuries
Tim Hewett, *USA* 15 min
- The Landing Error Scoring System (LESS) does NOT predict ACL injuries in high-school and college athletes
James Slauterbeck, *USA* 15 min
- The JUMP ACL study – drop jump tasks CAN predict ACL injuries in US military cadets
Darin Padua, *USA* 15 min
- Can ACL injury risk be predicted through vertical drop jump screening in elite athlete handball and football players?
Eirik Kristianslund, *Norway* 15 min
- Panel discussion: Does screening for ACL injury risk using drop jump tasks work?
Krosshaug, Hewett, Slauterbeck, Padua, Kristianslund, 25 min

Speakers:

- **Tron Krosshaug PhD Associate Professor,**
*Oslo Sports Trauma Research Center
Department of Sports Medicine
Norwegian School of Sport Sciences
PO Box 4014 Ullevaal stadion - 0806 Oslo, Norway*

- **Tim Hewett PhD Professor,**
*The Sports Health & Performance Institute
Departments of Physiology & Cell Biology, Orthopaedic Surgery,
Family Medicine and Biomedical Engineering
Department of Pediatrics, Cincinnati Children's Hospital
The Ohio State University, Columbus, Ohio
2050 Kenny Road, Suite 3100
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- **James Slauterbeck MD PhD Associate Professor,**
*Department of Orthopedic surgery
University of Vermont College of medicine
Rm 438A Stafford Hall, 95 Carrigan Drive
Burlington, VT USA 05405-0084*



Saturday 12 April

- **Darin Padua PhD ATC Professor,**
Department of Exercise & Sport Science
University of North Carolina
214 Fetzer Hall
Chapel Hill, NC 27599-8700, USA
- **Eirik Kristianslund MD Research Fellow,**
Oslo Sports Trauma Research Center
Department of Sports Medicine
Norwegian School of Sport Sciences
PO Box 4014 Ullevaal stadion - 0806 Oslo, Norway

Session B Symposium 17

MAXIMISING SPORTS INJURY PREVENTION PROGRAM IMPACT – ISSUES OF IMPLEMENTATION, CONTEXT AND COMPLIANCE ACROSS THE SPORTS DELIVERY SYSTEM

Chair: Evert VERHAGEN, *Netherlands*

- Why implementation needs to have multiple targets and approaches
Caroline Finch, Australia 10 min
- Fostering implementation of a lower limb injury prevention exercise training program among community Australian football coaches
Alex Donaldson, Australia 15 min
- The challenge of culture change: Working toward body checking policy change in Canadian youth ice hockey
Carolyn Emery, Canada 15 min
- Challenges of implementing the International Rugby Board safety and medical guidelines across international boundaries
Martin Raftery, Ireland 15 min
- No need to reinvent the ball: Incorporating the learnings from implementation science into sports injury prevention research
Allison Metz, USA 15 min
- Panel discussion: How can sports injury researchers work better with sporting bodies and government to improve the dissemination and implementation of safety policies and programs?
Verhagen, Finch, Donaldson, Emery, Raftery, Metz, 20 min



Speakers:

- **Evert Verhagen PhD Associate Professor,**
*Dept of Public and Occupational Health
VU University Medical Center
van der Boechorststraat 7
1081BT, Amsterdam, Netherlands*
- **Caroline F Finch PhD Professor,**
*Centre for Healthy and Safe Sport
University of Ballarat, SMB Campus
Lydiard Street South, Ballarat, Victoria, 3350, Australia*
- **Alex Donaldson DHSc Research Fellow,**
*Australian Centre for Research into Injury in Sport and its Prevention (ACRISP)
Monash Injury Research Institute (MIRI)
Monash University
Clayton 3800 VIC, Australia*
- **Carolyn Emery PT PhD Professor,**
*Faculty of Kinesiology
University of Calgary
2500 University Dr. NW
Calgary, Alberta, T2N1N4, Canada*
- **Martin Raftery MBBS FACSP Chief Medical Officer,**
*International Rugby Board
Huguenot House
35–38 St Stephens Green
Dublin 2, Ireland*
- **Allison Metz PhD Associate Director,**
*National Implementation Research Network
Frank Porter Graham Child Development Institute
University of North Carolina at Chapel Hill
521 S. Greensboro Street Carrboro
NC 27510, USA*

Session C Symposium 18

THE GROIN-INJURY ICEBERG – LOOKING BENEATH THE SURFACE

Chairs: Per HÖLMICH, *Denmark/Qatar* - Bert MANDELBAUM, *USA*

- Groin injury epidemiology across sports and gender
Martin Hägglund, *Sweden* 15 min
- Acute or chronic injuries – when to prevent
Johannes Tol, *Qatar* 15 min
- Diagnostic imaging – convincing or confusing!
Bert Mandelbaum, *USA* 15 min
- Clinical entities – focus of prevention?
Per Hölmich, *Denmark/Qatar* 15 min
- What exercises is relevant for prevention
Kristian Thorborg, *Denmark* 15 min
- Panel discussion: Did we uncover the target for the next trial?
Hägglund, Tol, Mandelbaum, Hölmich, Thorborg, 15 min



Saturday 12 April

Speakers:

- **Martin Häggglund RPT PhD,**
*Football Research Group
Department of Medical and Health Sciences
Linköping University
581 83 Linköping, Sweden*
- **Per Hölmich MD Associate Professor,**
*Clinical Lead Aspetar Sports Groin Pain Center
Aspetar, Qatar Orthopedic and Sports Medicine Hospital
PO Box 29222, Doha, Qatar
& Arthroscopic Centre Amager
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Italiensvej 1, 2300 Copenhagen S, Denmark*
- **Bert R. Mandelbaum MD DHL (hon),**
*Santa Monica Orthopedic and Sports Medicine Group
2020 Santa Monica Blvd
Santa Monica, California, 90404, USA*
- **Kristian Thorborg RPT PhD Associate Professor,**
*Arthroscopic Centre Amager
Copenhagen University Hospital, Hvidovre
Italiensvej 1
2300 Copenhagen S, Denmark*
- **Johannes Tol MD PhD,**
*ASPETAR, Qatar Orthopedic and Sports Medicine Hospital
PO Box 29222 - Doha, Qatar*

Session D/E Workshops & abstracts

11.00 **Coffee Break**

11.30 **Session A Symposium 19**

PREVENTION – WHY ECCENTRIC?

Chairs: Per HÖLMICH, Denmark - Michael KJÆR, Denmark

- Clinical evidence of eccentric exercise in injury-prevention
Per Hölmich, Denmark 15 min
- Muscle-tendon responses to specific loading in health and disease
Michael Kjær, Denmark 15 min
- The role of specific strength-deficits related to injury
Kristian Thorborg, Denmark 15 min
- Avoiding re-injury in muscle and tendon
Carl Askling, Sweden 15 min
- Exercise specificity in sports-injury prevention
Mette Zebis, Denmark 15 min
- Panel discussion: Is eccentric exercise essential for prevention?
Hölmich, Kjær, Thorborg, Askling, Zebis, 15 min



Saturday 12 April

Speakers:

- **Carl Askling PT PhD Professor,**
*The Swedish School of Sport and Health Sciences
Section of Orthopaedics and Sports Medicine
Department of Molecular Medicine and Surgery
Karolinska Institute
11486 Stockholm, Sweden*
- **Per Hölmich MD Associate Professor,**
*Arthroscopic Center Amager
Copenhagen University Hospital, Hvidovre
Italiensvej 1
2300 Copenhagen S, Denmark*
- **Michael Kjær MD DMsci Professor,**
*Institute of Sports Medicine M81
Bispebjerg Hospital
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Bispebjerg Bakke 23, 2400 NV, Denmark*
- **Kristian Thorborg RPT PhD Associate Professor,**
*Arthroscopic Center Amager
Copenhagen University Hospital, Hvidovre
Italiensvej 1
2300 Copenhagen S, Denmark*
- **Mette Zebis MSc PhD Senior Researcher**
*Gait Analysis Laboratory
Copenhagen University Hospital, Hvidovre
Kettegaard Alle 30
2650 Hvidovre, Denmark*

Session B Symposium 20

STAYING OUT OF HOT WATER: REDUCING HYPERTHERMIC ILLNESS AND INJURY RISK IN AQUATIC ENDURANCE ATHLETES

Chair: Margo MOUNTJOY, *Canada*

- Introduction
Margo Mountjoy, *Canada* 5 min
- Energy exchange in swimmers – when heat transfer is not sufficient
Michael Bergeron, *USA* 15 min
- Competing in open water events: New findings to guide research-informed athlete safety
David Gerrard, *New Zealand* 20 min
- Prevention of hyperthermic illness and injury in triathlon: Challenges and practical solutions
Sergio Migliorini, *Italy* 15 min
- FINA, ITU and the IOC: Preventing hyperthermic health consequences – the way ahead
Margo Mountjoy, *Canada* 20 min
- Panel discussion and questions
Mountjoy, Bergeron, Gerrard, Migliorini, 15 min



Saturday 12 April

Speakers:

- **Margo Mountjoy MD CCFP FCFP FACSM Dip Sport Med,**
*FINA Bureau Sports Medicine Liaison
Canada*
- **Sergio Migliorini MD,**
*ITU Sports Medicine Chairman
Italy*
- **Michael Bergeron PhD FACSM,**
*Sanford School of Medicine
USA*
- **David Gerrard MD,**
*FINA Sports Medicine Vice Chairman
New Zealand*

Session C Symposium 21

AHEAD OF INJURIES; SPORTS INJURY PREVENTION FROM A PSYCHOLOGICAL POINT OF VIEW

Chair: Urban JOHNSON, *Sweden*

- Introduction and theoretical framework, pre-injury
Urban Johnson, *Sweden* 20 min
- Psychological predictors and risk factors for injuries among soccer players
Andreas Ivarsson, *Sweden* 20 min
- Psychological prevention intervention, a cluster RCT study among elite floorball players
Ulrika Tranæus, *Sweden* 20 min
- Future in the psychological field of sports injury prevention
Urban Johnson, *Sweden* 15 min
- Panel discussion: How can psychology contribute to sports injury prevention?
Johnson, Ivarsson, Tranæus, 15 min

Speakers:

- **Urban Johnson PhD Professor,**
*Centre of Research on Welfare, Health and Sport, HOS
Halmstad University
Box 823 - SE-301 18 Halmstad, Sweden*
- **Andreas Ivarsson MSc,**
*Centre of Research on Welfare, Health and Sport, HOS
Halmstad University
Box 823 - SE-301 18 Halmstad, Sweden*
- **Ulrika Tranæus DN MSc,**
*Stockholm Sports Trauma Research Center
Karolinska institutet
Capio Artro Clinic
Box 5605 - SE-114 86 Stockholm, Sweden*

Session D/E Workshops & abstracts

13.00

Lunch



14.30

Session A Symposium 22

ACL PREVENTION IN FEMALE HANDBALL AND FOOTBALL – ANY SPECIFIC CONSIDERATIONS?

Chair: Grethe MYKLEBUST, *Norway*

- Introduction and epidemiology
Grethe Myklebust, *Norway* 5 min
- ACL injury risk factors
Agnethe Nilstad, *Norway* 15 min
- What is the content of effective programs?
Markus Waldén, *Sweden* 15 min
- How does the prevention exercises work?
Mette Zebis, *Denmark* 15 min
- Coach directed injury prevention
Torbjørn Soligard, *Switzerland* 15 min
- Lessons learned from the 11+
Mario Bizzini, *Switzerland* 10 min
- Is there a safe cutting technique?
Tron Krosshaug, *Norway* 10 min
- The Norwegian ACL handball experience, how to prevent and keep the numbers low?
Grethe Myklebust, *Norway* 10 min
- Panel discussion: Future directions for ACL prevention among female handball and football players
Myklebust, Nilstad, Waldén, Zebis, Soligard, Bizzini, Krosshaug, 25 min

Speakers:

- **Grethe Myklebust PT PhD,**
*Oslo Sports Trauma Research Center
Department of Sports Medicine
Norwegian School of Sports Sciences
PO Box 4014 Ullevål Stadion
0806 Oslo, Norway*
- **Agnethe Nilstad,**
*Oslo Sports Trauma Research Center
Department of Sports Medicine
Norwegian School of Sports Sciences
PO Box 4014 Ullevål Stadion
0806 Oslo, Norway*
- **Markus Waldén MD PhD,**
*Football Research Group
Department of Medical and Health Sciences
Linköping University
581 83 Linköping, Sweden*
- **Mette Kreutzfeldt Zebis MSc PhD,**
*Gait Analysis Laboratory
Hvidovre Hospital
Kettegaard Alle 30
2650 Hvidovre, Denmark*



Saturday 12 April

- **Torbjørn Soligard PhD,**
*International Olympic Committee
Château de Vidy
1007 Lausanne, Switzerland*
- **Mario Bizzini PT PhD,**
*FIFA - Medical Assessment & Research Centre
Schulthess Clinic
Lengghalde 2
8008 Zürich, Switzerland*
- **Tron Krosshaug PhD,**
*Oslo Sports Trauma Research Center
Department of Sports Medicine, Norwegian School of Sports Sciences
PO Box 4014 Ullevål Stadion
0806 Oslo, Norway*

Session B Symposium 23

RUGBY SEVENS WORLD SERIES – IMPLEMENTING A SERIES-WIDE INJURY AND ILLNESS PREVENTION PROGRAMME TO MINIMISE THE IMPACT OF THE INTER-CONTINENTAL TRAVEL REQUIREMENTS

Chair: Martin RAFTERY, *Australia*

- Introduction – prevention challenges in an international competition series
Martin Raftery, Australia 10 min
- Injury surveillance – setting the injury prevention objectives
Colin Fuller, Ireland 15 min
- Injury causation clues – match and training load requirements in elite sevens rugby.
A comparison with 15 a side rugby
Simon Kemp, UK 10 min
- The impact of international frequent travel on injury and illness in sevens rugby
Martin Schwellnus, South Africa 15 min
- Concussion assessment, management and prevention in sevens rugby.
Specific issues – multiple games per day, impact of international travel and back to back tournaments
Philippe Decq, France 10 min
- Preventing re-occurrence of injury using objective return to play strategies – global positioning systems
Garrett Coughlan, Ireland 10 min
- Maximizing recovery to reduce the impact of international travel and repeated same day competition demands
Ross Tucker, South Africa 15 min
- Preventing the negative impacts of travel and its potential to cause injury
Martin Schwellnus, South Africa 15 min
- Panel discussion – What are the impacts of repetitive international travel on high intensity exercise, injury and illness?
Raftery, Fuller, Kemp, Schwellnus, Decq, Coughlan, Tucker, 20 min



Saturday 12 April

Speakers:

- **Martin Raftery MBBS FACSP,**
*Chief Medical Officer
International Rugby Board
249 Woolooware Rd
Cronulla 2230, Australia*
- **Colin Fuller Professor BSc PhD FRSC FFSEM (Hon),**
*Risk Management Consultant
International Rugby Board
Huguenot House
35 – 38 St Stephens Green
Dublin 2, IRELAND*
- **Professor Martin Schwellnus MBBCh MSc MD FACSM FFIMS,**
*Clinical Sport and Exercise Medicine Research Group,
Department of Human Biology
University of Cape Town
Boundary Road
Newlands, Cape Town, 7700, South Africa*
- **Simon Kemp MB BS FFSEM,**
*Head of Sports Medicine
Rugby Football Union
Twickenham
London TW2 7BA, England, UK*
- **Philippe Decq Professor,**
*Service de Neurochirurgie
Hôpital Henri MONDOR
F-94010 Creteil Cedex, France*
- **Garrett Coughlan BSc Physio PhD,**
*Medical Coordinator
IRFU Medical Department
10-12 Lansdowne Road,
Ballsbridge, Dublin 4, Ireland*
- **Ross Tucker BSc PhD Sports Science,**
*MRC/UCT Research Unit for Exercise Science and Sports Medicine
University of Cape Town
Sports Science Institute of South Africa
Boundary Road
Newlands, South Africa*

Session C Symposium 24

**CURRENT CONCEPTS IN INJURY PREVENTION FOR YOUNG ATHLETES:
DO WE HAVE SOLUTIONS?**

Chairs: John DIFIORI, USA - Margo MOUNTJOY, Canada

- Introduction and background
John DiFiori, USA 5 min
- Prevention of abuse and harassment in youth sport – the silent injury
Margo Mountjoy, Canada 20 min
- New insights into injury prevention in elite youth tennis
Neeru Jayanthi, USA 15 min



Saturday 12 April

- Integrative neuromuscular training in young athletes to reduce knee injury
Greg Myer, USA 15 min
- Functional movement screening: An effective approach for sport injury prevention?
Thomas Best, USA 15 min
- A “growing” problem: Risk factors and preventative measures for physal stress injuries
John DiFiori, USA 15 min
- Hits, helmets, and behavior modification: Biomechanical considerations for preventing concussion in youth sport
Kevin Guskiewicz, USA 15 min
- Panel discussion: What are the target areas for future research, intervention and policy?
Mountjoy, Jayanthi, Myer, Best, DiFiori, Guskiewicz, 20 min

Speakers:

- **John P. DiFiori MD FACS** Professor,
*UCLA Division of Sports Medicine
1920 Colorado Avenue
Santa Monica, California 90404 USA*
- **Margo Mountjoy MD CCFP FCFP FACS** Dip Sport Med,
*McMaster University School of Medicine
Hamilton, Ontario, Canada*
- **Neeru Jayanthi MD Associate Professor,**
*Department of Family Medicine, Orthopaedic Surgery and Rehabilitation
Loyola University
2160 S. 1st Ave. - Bldg. 54, Room 260
Maywood, Illinois 60153 USA*
- **Greg Myer PhD Professor,**
*Cincinnati Children’s Hospital, Department of Pediatrics and Orthopaedic Surgery
3333 Burnet Avenue, MLC 10001
Cincinnati, Ohio 45229 USA*
- **Thomas M Best MD PhD FACS** Professor,
*Department of Family Medicine
The Ohio State University
2050 Kenny Road, Suite 3100
Columbus, Ohio 43221 USA*
- **Kevin Guskiewicz PhD ATC FACS** Professor,
*University of North Carolina, Department of Exercise and Sport Science
204 Fetzer Hall CB# 8700
Chapel Hill, North Carolina 27599 USA*

Session D/E Workshops & abstracts

16.30 **Coffee Break**

17.00 **Keynote 5: ARE WE GETTING THE SAME PERFORMANCE FROM OUR EQUIPMENT AS WE EXPECT FROM OUR ATHLETES? TECHNOLOGY AND EQUIPMENT IN SPORTS INJURY PREVENTION**

Speaker: Andrew McIntosh, Australia

- **Andrew McIntosh, BAppSci(PT), MBiomedE, PhD - Adjunct Professor,**
*Centre for Healthy and Safe Sports, University of Ballarat PO Box 668 Ballarat, Victoria,
3353 Australia.*

17.45 **Closing Ceremony**



Call for Abstracts

The IOC World Conference on Prevention and Injury & Illness in Sport will include poster sessions and free communications. The Conference is multidisciplinary, and we encourage abstracts to be submitted within all fields of prevention research. This includes studies on epidemiology, risk factors, injury mechanisms, pathophysiology, intervention studies, relevant biomechanical studies, studies on sports behaviour and attitudes, and related research from other fields. Please visit the Conference web site at www.ioc-preventionconference.org to submit your abstract.

- The deadline for abstract submission is 1 November 2013. 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 Medicine.
- 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 January 2014. 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 capitalise 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.



Congress Venue



GRIMALDI FORUM

22, Avenue Princesse Grace, 98000 Monaco - Phone number: +377 99 99 20 20

With 35,000 sqm. of modular premises and state-of-the-art technologies, the Grimaldi Forum Monaco is a wonderful tool to build up events. Since its opening in 2000, about 100 events are organised each year. Many events management and international corporate companies are attracted by the glass and steel structure as well as its tailor-made services dedicated to the 3 auditoria, 22 breakout rooms, 2 inter-connecting exhibitions halls and 2 banqueting areas.

A permanent team of 150 professionals, representing 46 different professions, accompanies event organisers in their projects, from the spaces-layout design to the construction of settings, as well as for logistics, catering, hospitality, communications, etc. The Grimaldi Forum Monaco can host all types of professional events: conventions, seminars, product launches, exhibitions, fairs, congresses.

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The Grimaldi Forum Monaco is one of the first congress centres in Europe to have successfully obtained the ISO 14001: 2004 international standard in environmental management.

The staff and visitors are actively encouraged to follow its «Act Green» policy. Furthermore a «Green Event» offer is available and proposes tailor-made solutions for events' wishing to limit their environmental footprint. For more information, please visit their website www.grimaldiformum.mc or contact actgreen@grimaldiformum.mc.





Registration

IOC World Conference on Prevention of Injury & Illness in Sport Monte-Carlo, Principality of Monaco, 10-12 April 2014

REGISTRATION FEE	Before 15 December 2013	After 15 December 2013	On site registration
Conference registration	€ 600,00	€ 700,00	€ 750,00
Accompanying persons	€ 250,00	€ 300,00	€ 350,00
Bachelor or Master students	€ 200,00	€ 200,00	€ 200,00

* Copy of the student card with valid date and signed letter from department Chair at University to be provided upon registration. Approval will be confirmed individually in writing.

The above mentioned fees include VAT.

The registration fee for the Conference in Monaco includes:

- Participation in all scientific sessions
- Visit of the Exhibition area
- Welcome Reception (9 April)
- Opening Ceremony (10 April)
- Buffet lunch and coffee breaks (10, 11, 12 April)
- Conference kit
- Certificate of attendance

The registration fee for accompanying persons includes:

- Welcome Reception (9 April)
- Buffet lunch and coffee breaks (10, 11, 12 April)

How to register

To register for the IOC World Conference of Prevention of Injury & Illness in Sport, please visit the congress web site at www.ioc-preventionconference.org.

Confirmation of registration

Upon receipt of the relevant payment, all participants will receive an invoice that will serve as registration confirmation.

Cancellations and refunds:

Notification of cancellation of registration must be sent in writing to Publi Créations:

(info@ioc-preventionconference.org or to fax number +377 97 97 35 50) and will be subject to the following conditions:

- **Cancellation received before 28 February 2014:**
the payment will be refunded after the Conference, less 30% of the amount paid.
- **Cancellation received after 1 March 2014:** no refund will be provided.



Accommodation & Travel Information

IOC World Conference on Prevention of Injury & Illness in Sport

Monte-Carlo, Principality of Monaco, 10-12 April 2014

	Rate for a double room for single use or double use
Hotel Hermitage	€ 225,00
Hotel Monte-Carlo Bay	€ 225,00
Hotel Fairmont Monte-Carlo (IOC HQ)	Upon Request
Hotel Le Meridien Beach Plaza	€ 225,00
Hotel Columbus	€ 190,00
Hotel Novotel Monte-Carlo	€ 190,00

The above rates are in Euro and are intended per night, per room, including buffet breakfast, VAT and service charges.

Travel information

Please note that transfers by shuttle from/to the Airport will be provided to individual participants, based on the following schedule:

Running all day from Nice Cote d'Azur Airport to Monaco on Wednesday 9 April and back from Monaco to Nice Cote d'Azur Airport on Sunday 13 April.

Reservation deadline

28 February 2014: After this date, reservations are not guaranteed.

How to make a hotel reservation

To book your hotel room in Monaco and benefit from the special Conference rates, please visit the conference website. Site at www.ioc-preventionconference.org

Cancellation policy

Notification of cancellation of individual hotel reservations must be sent in writing to Publi Créations (info@ioc-preventionconference.org or to fax number +377 97 97 35 50) and will be subject to the following conditions:

- **Cancellations made before 30 November 2013:**
the payment will be refunded after the Conference and after deduction of an administrative fee of € 60.

For further detailed information, please visit the conference web site at:
www.ioc-preventionconference.org



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