



International Federation
of Sports Medicine

Under the auspices of H.E.
the President of the Hellenic Republic



Under the support of:
Sports Medicine Association
of Greece

Athens

2020

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HYBRID EDITION

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World Congress of Sports Medicine

23 - 26 September 2021 | Athens, Greece

Divani Caravel Hotel

F I N A L P R O G R A M

PROGRAM AT A GLANCE



PROGRAM AT A GLANCE

Tuesday, September 21st, 2021

07:45-21:15	 HORIZON (Hybrid Hall)	FIMS Team Physician Development Course Emergency and First Aid in Sports Medicine Hands on Training
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Wednesday, September 22nd, 2021

09:00-16:15	 HORIZON (Hybrid Hall)	FIMS - WADA Pre-Congress Course Antidoping in Sport
13:00-21:00	 VIRTUAL A	FIMS Pre-Congress Course Sports Cardiology: ECG and Imaging
18:00-20:00	 MACEDONIA B (Hybrid Hall)	FIMS Commissions Meetings

PROGRAM AT A GLANCE

Thursday, September 23rd, 2021

08:30	Registration			
	 MACEDONIA B (Hybrid Hall)	 MACEDONIA A (Hybrid Hall)	 VIRTUAL A	 VIRTUAL B
07:30-11:30	FIMS Executive Committee Meeting			
11:30-12:30	SUPPORTED SYMPOSIUM FIMS COLLABORATING CENTER THE TRAVELLING ATHLETE Chairs: Christa Janse van Rensburg (South Africa), Sandra Rozenstoka (Latvia) Coping with travel fatigue and jet lag Christa Janse van Rensburg (South Africa) The influence of travel on fatigue. Biomarkers and monitoring tools in elite sports Jeroen Swart (South Africa) The role of the team physician Demitri Constantinou (South Africa) Screening and infection risk Pierre Viviers (South Africa)	Oral Presentations	SUPPORTED SYMPOSIUM SPORTS MEDICINE PORTUGUESE SOCIETY THE FEMALE ATHLETE ACROSS THE LIFE SPAN: FROM RECREATIONAL TO ELITE LEVEL Chairs: João Pereira de Almeida (Portugal), Stergios Papastergiou (Greece) Biological aspects of the young female maturation Marcos Miranda (Portugal) RED-S primary prevention is enough? Maria João Cascais (Portugal) Hormonal regulation and injury risk in female athlete Beatriz Cardoso-Marinho (Portugal) ACL injuries in female athletes Artur Pereira de Castro (Portugal)	Oral Presentations

PROGRAM AT A GLANCE

Thursday, September 23rd, 2021

	 MACEDONIA B (Hybrid Hall)	 MACEDONIA A (Hybrid Hall)	 VIRTUAL A	 VIRTUAL B
12:30-14:30	WADA SYMPOSIUM FROM CODE CHANGES TO CLINICAL CASES Chairs: Alan Vernec (Canada) , Yannis Pitsiladis (UK) Key changes to the code and ISTUE Elizabeth Riley (UK) Prohibited list - How to keep out of trouble Alan Vernec (Canada) Interesting clinical cases: IV Infusion Ola Rønsen (Norway) Medical marijuana: A global view and AD rules James Kissick (Canada) ADHD: Diagnosing in the world of sport Susan White (Australia) Pain management: treatment approach in elite athletes Young-Hee Lee (South Korea)	SUPPORTED SYMPOSIUM COPAMEDE EXERCISE AND SPORTS MEDICINE IN THE AMERICAS Chairs: José Kawazoe Lazzoli (Brazil) , Ana Cintrón (Puerto Rico) Muscle injuries: evaluation and follow-up using new devices Andrea Mattiozzi (Uruguay) Sarcopenia: management and 360° vision for its prevention Julio Motta-Pensabene (Guatemala) Santiago Return to Play test after anterior cruciate ligament surgery Marcelo Sajuria (Chile) The use of wearable technologies for the screening of ECG patterns during sports practice Daniel Zarrillo (Uruguay) Integrated methods for the evaluation of hydration in sports participants Marco Antonio Ojeda (Mexico) A novel hypoxic tolerance test to implement strategies to compete in altitude Mauricio Serrato (Colombia)	SUPPORTED SYMPOSIUM HELLENIC ARTHROSCOPY ASSOCIATION ADVANCED EVALUATION AND TREATMENT OF KNEE AND SHOULDER INJURIES IN ELITE ATHLETES Chairs: Christer Rolf (Sweden) , Michael Iosifidis (Greece) Quantitative evaluation of knee and shoulder dysfunction using inertial sensor technology Christos K. Yiannakopoulos (Greece) Tailor made ACL surgery in sports Emmanouil Papakostas (Qatar) Meniscus preservation and substitution in elite athletes Vasilios Chouliaras (Greece) Evaluation and management of recurrent patella instability in athletes Andreas Panagopoulos (Greece)	
14:30-15:30	Oral Presentations	Oral Presentations	Break	Break

PROGRAM AT A GLANCE

Thursday, September 23rd, 2021

	 MACEDONIA B (Hybrid Hall)	 MACEDONIA A (Hybrid Hall)	 VIRTUAL A	 VIRTUAL B
15:30-16:45	SUPPORTED SYMPOSIUM EUROPEAN SOCIETY OF PHYSICAL AND REHABILITATION MEDICINE Chairs: Jean-François Kaux (Belgium), Nicholas Christodoulou (Cyprus) Prevention of shoulder injuries in volleyball players: the usefulness and efficiency of a warm-up routine Camille Tooth (Belgium) Virtual reality in sports injuries Rehabilitation Markos Sgantzos (Greece) Rehabilitation and return-to-play after PRP injection for lower limb tendinopathy François Delvaux (Belgium) Return-to-play criteria following shoulder dislocation in overhead athletes Amandine Gofflot (Belgium) Common sports-related extremity fractures in children Savvas Giakoumakis (Greece)	Oral Presentations	SUPPORTED SYMPOSIUM AFMS CURRENT ADVANCES IN SPORTS INJURY MANAGEMENT AND PREVENTION Chair: Talia Alenabi (Iran), Chryssanthos Chryssanthou (Greece) Shoulder rotator cuff injuries in throwing sports athletes & injury prevention Joo Han Oh (South Korea) Hand and wrist injuries: management and prevention Roshanak Moradi (Iran) ACL injury management and its prevention Razi Mohammad (Iran) Current Evidence in treatment & prevention of ankle ligament Injuries Samuel Ling (Hong Kong)	ROUND TABLE INTERNAL MEDICINE IN SPORTS MEDICINE Chairs: Triantafyllos Didagelos (Greece), Thomas Tegos (Greece) Exercise for a future without diabetes mellitus Triantafyllos Didagelos (Greece) Exercise and cardiovascular system Georgios Sofidis (Greece) Long term sequelae of cerebral injuries in athletes Thomas Tegos (Greece)
16:45-17:15	LECTURE Chair: Pantelis Nikolaou (Greece) Robotic Sportsman Hernia Repair Konstantinos Konstantinidis (Greece)	Oral Presentations	LECTURE Chair: Irina Zelenkova (Spain) Innovation for sports selection. Complex testing methods Andrei Kalinin (Russia)	
17:15-18:00	Visit to the Exhibition & the Poster Area			

PROGRAM AT A GLANCE

Thursday, September 23rd, 2021

	 MACEDONIA B (Hybrid Hall)	 MACEDONIA A (Hybrid Hall)	 VIRTUAL A	 VIRTUAL B
18:00-19:15	SUPPORTED SYMPOSIUM SPORTS CARDIOLOGY Chairs: Fabio Pigozzi (Italy) , Christodoulos Stefanadis (Greece) Pre-participation cardiovascular screening in athletes Domenico Corrado (Italy) Evaluation of athletes with coronary artery disease Michael Papadakis (Greece) Evaluation of athletes with ventricular arrhythmias Alessandro Biffi (Italy) Evaluation and management of athletes with cardiomyopathy Aris Anastasakis (Greece)	SUPPORTED SYMPOSIUM POLISH SOCIETY OF SPORTS MEDICINE PHYSICAL ACTIVITY AND PREVENTION OF NONCOMMUNICABLE CHRONIC DISEASES Chairs: Anna Jegier (Poland) Metin Ergun (Turkey) Molecular mechanisms underlying adaptation to exercise Agnieszka Zembro -Łacny (Poland) , Ewa Brzezińska-Lasota (Poland) Long- term effect of different physical activity levels in prevention of cardiovascular disease in men: a 30-years prospective study Katarzyna Szmigielska (Poland) , Magdalena Kwaśniewska (Poland) Physical activity in prevention and treatment of cognitive disorders Andrzej Ziemba (Poland) Sport in older adults Tomasz Kostka (Poland)	SUPPORTED SYMPOSIUM BASEM Chairs: Theodora Papadopoulou (UK) , Roger Hawkes (UK) Moving Medicine-Prescribing movement for people with physical impairments Harriet Collins (UK) Use it or lose it: maintaining muscle mass for health and disease prevention James Bilzon (UK) Is it time to prioritise the biopsychosocial approach in sport and exercise medicine? How it works in practice Theodora Papadopoulou (UK)	SUPPORTED SYMPOSIUM HKSMSS INJURY PREVENTION PROGRAM AND RETURN TO PLAY CRITERIA AFTER SPORTS INJURIES Chairs: Patrick Yung (Hong Kong) , Panagiotis Papagelopoulos (Greece) Preseason cardiac screening in prevention of sudden cardiac death Gary Mak (Hong Kong) Injury prevention through training load monitoring & management Kate Yung (Hong Kong) ACL injury prevention program: How does it work? Mok Kam Ming (Hong Kong) Evidence based practice for return to play after ACL reconstruction George Law (Hong Kong)
19:15-19:30	SHORT LECTURE Chair: Fabio Pigozzi (Italy) A united front against physical inactivity: The hamburg declaration Juergen Steinacker (Germany)	Oral Presentations	SHORT LECTURE Chair: Maria Piagkou (Greece) IGF-1Ec isoform regulation in skeletal muscle damage and regeneration Anastassios Philippou (Greece)	SHORT LECTURE Chair: Emmanouil Antonogiannakis (Greece) Evaluation and treatment of the athletic painful shoulder Christos Sinopidis (Greece)
19:30-20:00	KEYNOTE LECTURE Chair: Konstantinos Natsis (Greece) Dealing with multi-ligament knee injuries - examples from the Olympic World Lars Engebretsen (Norway)			
20:00	Opening Ceremony Welcome address Lecture by Nicolas Christodoulou (Cyprus)			

PROGRAM AT A GLANCE

Friday, September 24th, 2021

	 MACEDONIA B (Hybrid Hall)	 MACEDONIA A (Hybrid Hall)	 VIRTUAL A	 VIRTUAL B
08:00-09:00	ROUND TABLE INTEGRATING TRANSWOMEN AND FEMALE ATHLETES WITH DSD INTO ELITE COMPETITION: FUTURE RESEARCH CONSIDERATIONS Chairs: Yannis Pitsiladis (UK) , Juergen Steinacker (Germany) Lessons from world rowing Juergen Steinacker (Germany) Lessons from polycystic ovary syndrome Bulent Yildiz (Turkey) Genetophysiological research required at the male-female eligibility boundary Alun Williams (UK) Integrating transwomen and female athletes with DSD Blair Hamilton (UK)	Oral Presentations	Oral Presentations	Oral Presentations
09:00-10:15	EFSMA SUPPORTED SYMPOSIUM EXERCISE PRESCRIPTION FOR HEALTH Chairs: Anca Ionescu (Romania) , Yannis Pitsiladis (UK) Exercise capacity and sarkopenia in cancer Juergen Steinacker (Germany) Exercise prescription in health and diseases: The EFSMA approach Herbert Löllgen (Germany) Exercise Prescription for health in practise Petra Zupet (Slovenia) Is sitting (sedentary life-style) the new smoking Andre Debruyne (Belgium)	SUPPORTED SYMPOSIUM TEAM DENTIST FOR SAFE SMILE Chairs: Maher Zahar (Tunisia) , Ioannis Tzoutzas (Greece) In the 21 st century, sports dentistry can prevent muscles and joints' injury Maher Zahar (Tunisia) How does nutrition and hydration impact athletes' oral health? New findings and updates Christos Rahiotis (Greece) Preventing sports-related dental trauma. The key role of individualized mouthguards Evangelos Loizos (Greece) Dental injury in sports: Current evidence Maria Piagkou (Greece)	SUPPORTED SYMPOSIUM HKSMSS IMPROVING SPORTS PERFORMANCE & RECOVERY FOR ELITE ATHLETES Chairs: Lobo Louie (Hong Kong) , Julio Motta-Pensabene (Guatemala) Updates of recovery methods in elite sports training Raymond So (Hong Kong) Yoga medicine for sports recovery Bryan Lau (Hong Kong) Recovery Strategies in performance enhancement for sprint vs endurance sports KK Lo (Hong Kong) Application of velocity based monitoring on strength and power Training in elite sportsmen Hardaway Chan (Hong Kong)	SUPPORTED SYMPOSIUM TURKISH SPORTS MEDICINE ASSOCIATION SPORT AND ATHLETE SPECIFIC INJURY PREVENTION PROGRAMS Chairs: Bülent Ulkar (Turkey) , Ioannis Terzidis (Greece) Football specific injury prevention programs Gürhan Dönmez (Turkey) Basketball specific injury prevention programs Uğur Diliçik (Turkey) Injury prevention strategies in running sports Melda Pelin Yargıç (Turkey) Injury prevention strategies for female athletes Sabriye Ercan (Turkey)
10:15-10:45	Visit to the Exhibition & the Poster Area			

PROGRAM AT A GLANCE

Friday, September 24th, 2021

	 MACEDONIA B (Hybrid Hall)	 MACEDONIA A (Hybrid Hall)	 VIRTUAL A	 VIRTUAL B
10:45-11:15	KEYNOTE LECTURE Chair: Juergen Steinacker (Germany) Why the injury predictor screening does not work, while the prevention program does? Roald Bahr (Norway)	Oral Presentations	Oral Presentations	Oral Presentations
11:15-12:30	SUPPORTED SYMPOSIUM UCI THE RISK REDUCTION IN CYCLING Chairs: Xavier Bigard (France), Michael Papadakis (UK) Sudden deaths in cycling. Origins and prevention strategies Alessandro Biffi (Italy) Cycling, a discipline at risk of relative energy deficiency in sports (RED-S) Katharina Grimm (South Africa) The management of concussions in cycling Jeroen Swart (South Africa) Prevention of injurious falls in competitive cycling Xavier Bigard (France)	Oral Presentations	SUPPORTED SYMPOSIUM BRAZILIAN SOCIETY OF SPORTS AND EXERCISE MEDICINE EXERCISE AND SPORTS MEDICINE IN BRAZIL Chairs: Fernando Torres (Brazil), Rafael Robles, (Guatemala) Delayed onset muscle soreness (DOMS) and dos Roberto Lohn Nahon (Brazil) Can we prevent osteoarthritis with ACL surgery? Ivan Pacheco (Brazil) Physical exercise and myocardial ischemic preconditioning Daniel Arkader Kopiler (Brazil) Updated Brazilian recommendations for return to play at the post COVID-19 era Marcelo Bichels Leitão (Brazil)	SYMPOSIUM RELATIVE ENERGY DEFICIENCY IN SPORT (RED-S), HORMONES HEALTH & PERFORMANCE Chairs: Luigi Di Luigi (Italy), Maria Piagkou (Greece) TTAS project and implications for relative energy deficiency in sport (RED-S) and the biological female athlete Fergus Guppy (UK) The female athlete's endocrinology: from physiology to hormonal imbalance Luigi Di Luigi (Italy) Female and male athlete triad and RED-S. Following their evolution Ana Virginia Cintrón (Puerto Rico)
12:30-13:00	LECTURE Chair: Fabio Pigozzi (Italy) Importance of ethical rules for the healthy practice of the International panathlon sporting role Pierre Zappelli (Switzerland)	Oral Presentations	LECTURE Chair: Konstantinos Natsis (Greece) Evidence based behind treatment of tendon injuries in athletes Christer Rolf (Sweden)	
13:00-13:30	LECTURE Chair: Maria Piagkou (Greece) Indications and efficacy of whole body cryotherapy (-110 / -140 °C) and Localized cryotherapy in sports traumatology Silvana Giannini (Italy)	Oral Presentations	LECTURE Chair: Chiara Fossati (Italy) Gene therapy, genetic enhancement: a dream or a nightmare? Giuseppe Novelli (Italy)	

PROGRAM AT A GLANCE

Friday, September 24th, 2021

	 MACEDONIA B (Hybrid Hall)	 MACEDONIA A (Hybrid Hall)	 VIRTUAL A	 VIRTUAL B
13:30-14:00	LECTURE Chair: Yannis Pitsiladis (UK) Concussion Consensus; certainty or confusion? Michael Turner (UK)			
14:00-15:00	ESAOTE IMAGING WORKSHOP SPORT IS MOTION, IMAGE MOTION! Introduction by Fabio Pigozzi (Italy) Dynamic WB hip MRI in professional athletes Silvana Giannini (Italy) Dynamic MRI and US in Sport Medicine Paolo Minafra (Italy) Advanced echocardiography in athlete's heart: from cardiovascular adaptations to the "grey zones"...! Antonello D'Andrea (Italy)			
15:00-15:30	Visit to the Exhibition & the Poster Area			

PROGRAM AT A GLANCE

Friday, September 24th, 2021

	 MACEDONIA B (Hybrid Hall)	 MACEDONIA A (Hybrid Hall)	 VIRTUAL A	 VIRTUAL B
15:30-16:45	SUPPORTED SYMPOSIUM FOOTBALL TEAM PHYSICIAN Chairs: George Godolias (Germany) , Odysseas Paxinos (Greece) National team doctor - sports medicine on the run Odysseas Paxinos (Greece) Injuries of female football players Pantelis Nikolaou (Greece) How to implement prevention injury program with your team? The role of team physician Christos Theos (Greece) Team physician: the relationship between physician and team Emmanouil Papakostas (Qatar)	SUPPORTED SYMPOSIUM INTERNATIONAL PARALYMPIC COMMITTEE Chairs: Mike Miller (UK) , Markos Sgantzios (Greece) Concussion in para sport James Kissick (Canada) Sports injuries in athletes with disabilities Dimitrios Metaxiotis (Greece) Sports and paralympics as means of rehabilitation Alexandros Taxildaris (Greece) Classification controversies in paralympic sport: the white, black and grey areas Sandra Rozenstoka (Latvia)	FILM SCREENING AT THE HEART OF GOLD. INSIDE THE USA GYMNASTICS SCANDAL At the heart of gold, a powerful documentary directed by Erin Lee Carr, documents the failings of the organizations and adults who chose to believe and protect USA Gymnastics physician Larry Nassar over the safety of the children in their care. The film premiered on HBO in May 2019 and was also screened at the Tribeca film festival. Break (10 min) Panel discussion: THE DUTY OF CARE-SPORTS MEDICINE CLINICIANS AND ATHLETE ABUSE Steven Ungerleider, Producer (USA); Trinea Gonczar, survivor and advocate (USA); Kimberly Hurst, Founder and CEO, Avalon Healing Centre Detroit (USA); Katharina Grimm (South Africa); Theodora Papadopoulou (UK)	SUPPORTED SYMPOSIUM CHINESE ASSOCIATION OF SPORTS MEDICINE MEDICAL SUPPORT FOR CHINESE OLYMPIC ATHLETES PARTICIPATING 2020 TOKYO OLYMPIC GAMES Chairs: Guoping Li (China) , Hui Zhan (China) Nutrition support for Chinese Olympic athletes participating Tokyo olympic games Minhao Xie (China) Fighting against Covid-2019 to protect Chinese Olympic athletes preparing for Tokyo Olympic games Hui Zhan (China) Injury prevention of Chinese Olympic athletes Jingbin Zhou (China) Medical care of Chinese athletes during Tokyo Olympic games Jing Li (China)
16:45-17:15	Oral Presentations	Oral Presentations	Oral Presentations	Oral Presentations
17:15-17:45		LECTURE Chair: Anna Jegier (Poland) Clean sport needs more than fighting against drugs: the place of anti-doping in protecting sport integrity Andrea Petroczi (UK)	LECTURE Chair: Raymond So (Hong Kong) The value of physical exercise in preconception and early life Sergio Pecorelli (Italy)	
17:45-18:15		LECTURE Chair: Grigoris Bogdanis (Greece) Physical activity for health: no pain - yes gain Labros Sidossis (USA)		
18:15-18:30	Break			
17:15-20:30	FIMS Council of Delegates			

PROGRAM AT A GLANCE

Saturday, September 25th, 2021

	 MACEDONIA B (Hybrid Hall)	 MACEDONIA A (Hybrid Hall)	 VIRTUAL A	 VIRTUAL B
08:00-10:30	FIMS Sports Medicine Collaborating Centers Directors Meeting	Oral Presentations		
10:30-11:00	LECTURE Chair: George Godolias (Germany) Spine surgery and sports - New options with full-endoscopic techniques in disc herniation and spinal stenosis Sebastian Ruetten (Germany)	Oral Presentations	LECTURE Chair: Christian Schneider (Germany) The health impact of life-long participation in Olympic sport: Lessons from Tokyo 1964 Michiko Dohi (Japan)	
11:00-12:00	LECTURES Chairs: James Bilzon (UK) , Yannis Pitsiladis (UK) KAATSU, the past, present and future of blood flow restriction (BFR) Borja Muniz-Pardos (Spain) KAATSU the original BFR: an alternative form of exercise training for elite athletes, the military, the elderly and the general population Ifigeneia Giannopoulou (Greece) The World Olympian Health Study Mike Miller (UK)	LECTURES Chairs: Mauricio Serrato (Colombia), Nikolaos Koukoulis (Greece) Vitamin D and the athlete: the science and practice Luigi Di Luigi (Italy) The role of physical exercise in neuroprotection and brain health Chiara Fossati (Italy) Weight-Bearing MRI: an innovative imaging technique for the assessment of functional pathologies of the hip in athletes Silvana Giannini (Italy)	LECTURES Chairs: Peter Schober (Austria), Michiko Dohi (Japan) The problem of overtraining in young competitive athletes Peter Schober (Austria) Muscle injuries: from classification to treatment strategies Christian Schneider (Germany) Covid-19 and athletes, new experience and knowledge Viktoria Badtieva (Russia)	LECTURES Chairs: Mats Borjesson (Sweden), Konstantinos Ditsios (Greece) Advances in the treatment of chronic exertional compartment syndrome Panagiotis Symeonidis (Greece) How to predict and prevent serious medical encounters in endurance competitions Mats Borjesson (Sweden) Hot topics in the treatment of Athletic leg pain Mark Hutchinson (USA)
12:00-12:30	LECTURE Chair: Yannis Pitsiladis (UK) The bigger picture of athlete health Evert Verhagen (Holland)	LECTURE Chair: Anastasios Beletsiotis (Greece) Achilles' tendon rupture in athletes-Minimal approach and return to sports Konstantinos Manologlou (Greece)	LECTURE Chair: Konstantinos Natsis (Greece) Ultrasound musculotaneous anatomy and sports injuries Marios Loukas (USA)	

PROGRAM AT A GLANCE

Saturday, September 25th, 2021

	 MACEDONIA B (Hybrid Hall)	 MACEDONIA A (Hybrid Hall)	 VIRTUAL A	 VIRTUAL B
12:30-13:45	SUPPORTED SYMPOSIUM INTERBALKAN MEDICAL CENTER Chairs: Eleftherios Tsiridis (Greece) , Konstantinos Natsis (Greece) Stress fractures in children Nikolaos Laliotis (Greece) Elbow sports injury Konstantinos Ditsios (Greece) Current concepts in management of shoulder instability Chryssanthos Chryssanthou (Greece) Femoroacetabular impingement (FAI) and sports Alexandros Tzaveas (Greece)	SUPPORTED SYMPOSIUM FIMS CCSM EXERCISE-BASED REHABILITATION IN PATIENTS WITH SINGLE AND MULTIPLE CHRONIC CONDITIONS: COMPARING VARIOUS APPROACHES Chairs: Demitri Constantinou (South Africa) , Nikiforos Galanis (Greece) Arthritis: does exercise play a role in management? Christa Janse van Rensburg (South Africa) Managing multiple conditions: community-based and private healthcare models Philippe Gradidge (South Africa) Managing chronic conditions in autistic population Natalia Neophytou (South Africa) The "simple 7" and its application to exercise prescription for multiple chronic conditions Georgia Torres (South Africa)	SUPPORTED SYMPOSIUM RUSSIAN ASSOCIATION OF SPORTS MEDICINE AND REHABILITATION OF PATIENTS AND THE DISABLED RUSSIAN EXPERIENCE IN THE MEDICAL SUPPORT OF SPORTS RESERVE Chairs: Vladimir Kurashvili (Russia) , Viktoriya Badtieva (Russia) Cardioprotection in young athletes Larisa Balykova (Russia) Features of medical support organization of sports reserve Vladimir Kurashvili (Russia) Experience in organization the medical support for major competitions of young athletes Igor Vykhodets (Russia)	
13:45-15:30	Aspetar Young Investigator winners presentations and awards			
15:30-16:00	LECTURE Chair: Christian Schneider (Germany) Lessons learned from a very special biathlon world cup season Wolfarth Bernd (Germany)			

PROGRAM AT A GLANCE

Saturday, September 25th, 2021

	 MACEDONIA B (Hybrid Hall)	 MACEDONIA A (Hybrid Hall)	 VIRTUAL A	 VIRTUAL B
16:00-17:15	SUPPORTED SYMPOSIUM HEAT, COLD, ALTITUDE: SPORTS UNDER EXTREME CONDITIONS Chairs: Yannis Pitsiladis (UK), Sebastien Racinais (Qatar) Too Hot to Start: developing cancellation parameters for road racing William O. Roberts (USA) Muscle Cramp, hyponatremia, and the psychology of overdrinking Kevin Miller (USA) From prevention to treatment: the toolbox to train and compete safely in the heat Sebastien Racinais (Qatar) Individualisation of altitude training: a comparison of different approaches to quantify the hypoxic dose Irina Zelenkova (Spain)	SUPPORTED SYMPOSIUM ESSKA RETURN TO SPORTS AFTER MENISCAL SURGERY Chairs: Jacques Menetrey, Switzerland, Michael Hantes (Greece) Return to sports after partial meniscectomy Angelina Lukaszenko (Russia/Abu Dhabi) Return to sports after meniscal repair Jacques Menetrey (Switzerland) Return to sports after bucket handle meniscal repair Gian Luigi Canata (Italy) Return to sports after meniscal transplantation: is it an option? Michael Hantes (Greece)	SUPPORTED SYMPOSIUM SPORT MEDICINE ASSOCIATION OF SERBIA PERSONALIZED SPORT NUTRITION Chairs: Nenad Dikic (Serbia), Ivan Nikolic (Serbia) Personalized sports nutrition for elite athletes Sava Stojanovic (Serbia) Eating disorders in sport Marija Andjelkovic (Serbia) Drugs and supplements for high performance Tamara Stojmenovic (Serbia) Pharmacology research of prohibited substances Jelena Rasic (Serbia)	SUPPORTED SYMPOSIUM SLOVENIAN SPORTS MEDICINE ASSOCIATION SPORTS WITH HIP AND KNEE OSTEOARTHRITIS Chairs: Matej Drobnič (Slovenia), Emmanuel Papakostas (Qatar) Articular cartilage and sports - Introduction (basics in cartilage biology, incidence of injuries, OA symptoms) Nejc Planinc (Slovenia) Non-pharmacological management of hip and knee OA (activity modification, exercise, physiotherapy and orthotic braces) Petra Zupet (Slovenia) Pharmacological management of hip and knee OA (topical, oral, injections and orthobiologics) Matej Drobnič (Slovenia) Joint preserving surgery for hip and knee OA (debridement, osteotomies and cartilage repair) Klemen Stražar (Slovenia)
17:15-17:45	KEYNOTE LECTURE Chairs: Fabio Pigozzi (Italy), Konstantinos Natsis (Greece) Artificial intelligence and sport medicine-Revolution or digital cage? Norbert Bachl (Austria)			

PROGRAM AT A GLANCE

Saturday, September 25th, 2021

	 MACEDONIA B (Hybrid Hall)	 MACEDONIA A (Hybrid Hall)	 VIRTUAL A	 VIRTUAL B
17:45-18:45	LECTURES Chairs: Eduardo Henrique De Rose (Brazil) , Nikolaos Raikos (Greece) Doping in sports Eduardo Henrique De Rose (Brazil) Problems and perspectives of sports medicine and science in Central America Rafael Robles (Guatemala) The role of physical exercise in the cardiovascular risk reduction – a clinician's perspective José Kawazoe Lazzoli (Brazil)	LECTURES Chairs: Antonio Fiore (Italy) , Aristidis Zibis (Greece) Eye injuries in athletes Konstantinos Boboridis (Greece) Demystifying groin pain terminology: how common terms are used and why anatomy is the key Aristidis Zibis (Greece) Non-operative treatment and interventional pain therapy in degenerative spinal disorder of athletes Martin Komp (Germany) , Sebastian Ruetten (Germany)	LECTURES Chairs: Simone Porcelli (Italy) , Trifon Totlis (Greece) Importance of the evaluation of the specific sport risk for the emergency organization on sport fields: FMSI PSS-D Vincenzo Maria Ieracitano (Italy) Exercise prescription for the healthy elderly: the importance of a multidomain approach (NESTORE Project) Simone Porcelli (Italy) Sports and cancer: sports coaching in prevention and treatment Andrea Pietrabissa (Italy)	LECTURES Chairs: Jeroen Swart (South Africa) , Konstantinos Ditsios (Greece) Sports after common foot and ankle surgeries Matej Drobnič (Slovenia) Mesenchymal stem cells in cartilage tissue engineering: from bench to sports medicine Eleftherios Tsiridis (Greece)
18:45-20:00	SUPPORTED SYMPOSIUM SPORTS MEDICINE ASSOCIATION OF GREECE HAMSTRINGS INJURIES IN ATHLETES Chairs: Andreas Tanos (Cyprus) , Konstantinos Natsis (Greece) Hamstrings muscles anatomy, classification and mechanism injuries Trifon Totlis (Greece) Hamstring injuries prevention program Christos Lyrtzis (Greece) Hamstrings injuries: conservative or surgery treatment Konstantinos Natsis (Greece) Hamstrings injuries: Return to play Ioannis Terzidis (Greece)	SUPPORTED SYMPOSIUM FIMS COLLABORATING CENTRE SYMPOSIUM WITH PARTICULAR FOCUS ON INTERNATIONAL COLLABORATION Chairs: Yannis Pitsiladis (UK) , Fabio Pigozzi (Italy) International sport trauma training centre Demitri Constantinou, (South Africa) Let's talk about global medicine Francisco Arroyo (Mexico) The FIMS CCSM strategy Yannis Pitsiladis (UK) Conclusions Fabio Pigozzi (Italy)	ROUND TABLE WINTER SPORTS INJURIES, HOW DO WE HAVE TO DEAL WITH. AN EXPERIENCE FROM EUROPE Chairs: Christiane Kallweit (Germany) , Savvas Giakoumakis (Greece) Common fractures of the upper extremities admitted to the emergency room during winter sports activities Ioannis Seferlis (UK) Skiing acute sports injuries of the lower extremities in mature and immature skeleton. Trauma support Konstantinos Pantazis (Sweden) Common acute sports injuries during a bobsleigh competition Christiane Kallweit (Germany) Rehabilitation and return-to-play guidelines of the most common winter sports injuries Panagiotis Antzoulas (Greece)	SUPPORTED SYMPOSIUM ATHENS MEDICAL GROUP DEALING WITH SPORTS INJURIES AND WITH COVID-19 ON ATHLETES Chairs: Mark Hutchinson (USA) , Pantelis Nikolaou (Greece) Short and long-term effects of COVID-19 on football players Haris Lalos (Greece) Can hamstrings injuries be predicted by training load? Grigoris Bogdanis (Greece) Common Sports Injuries in Triathlon. How to avoid them Aristotelis Kourtis (Greece) The young arthritic knee. Following treatment returning to sports? Pantelis Nikolaou (Greece)

PROGRAM AT A GLANCE

Sunday, September 26th, 2021

	 MACEDONIA B (Hybrid Hall)	 MACEDONIA A (Hybrid Hall)	 VIRTUAL A	 VIRTUAL B
09:00-10:00		Oral Presentations	Oral Presentations	Oral Presentations
10:00-11:15	SUPPORTED SYMPOSIUM CYPRUS ASSOCIATION OF SPORTS MEDICINE TOPICS FROM THE CYPRUS SPORTS MEDICINE ASSOCIATION Chairs: Evagoras Nicolaides (Cyprus) , Simeon Galitsanos (Greece) Allergic disease in sports Andreas Liveris (Cyprus) The principles of physical activity in patients with cardiovascular disease; what the non-cardiologist should know Evagoras Nicolaides (Cyprus) Sports and health enhancing measures in special community groups Michalis Michaelides (Cyprus) Peripheral vascular disease in athletes Nicos Angelides (Cyprus)	ROUND TABLE THE ART AND SCIENCE OF MONITORING AND EVALUATING ABUSE PREVENTION PROGRAMS IN INTERNATIONAL SPORT Chairs: Katharina Grimm (South Africa) , Mike McNamee (Belgium) Athletes' rights are human rights in safe sport, but what are the doctors duties? Mike McNamee (Belgium) The research context of safeguarding interventions in sport Gretchen Kerr (Canada) Disability and disenfranchisement: practical considerations for assessing harassment and abuse in vulnerable athlete populations Yetsa Tuakli-Wosornu (USA) First, do no harm: the role of the sports medicine physician in assessing athlete safety and building a safety net culture in clinical settings David Gerrard (New Zealand)	SUPPORTED SYMPOSIUM BASEM MENTAL HEALTH & GOLF Chairs: Theodora Papadopoulou (UK) , Roger Hawkes (UK) Injury profile in the professional game Tim Swan (UK) Golf on referral- Golf as a health enhancing physical activity Danny Glover (UK) Inclusive Golf. Golf for players with disability Roger Hawkes (UK)	
11:15-11:45	Visit to the Exhibition & the Poster Area			

PROGRAM AT A GLANCE

Sunday, September 26th, 2021

	 MACEDONIA B (Hybrid Hall)	 MACEDONIA A (Hybrid Hall)	 VIRTUAL A	 VIRTUAL B
11:45-13:00	SUPPORTED SYMPOSIUM SPORTS MEDICINE DURING COVID-19 (LESSONS FROM RUSSIA AND HUNGARY) Chairs: Éva Martos (Hungary), Petra Zupet (Slovenia) Covid-19 and athletes, new experience and knowledge Viktoriya Badtieva (Russia) Introducing the Hungarian national sports medical service. Regular tasks and COVID-related experiences Marianna Kiss, Anita Megyeriné Szabó (Hungary) Covid strategy and prevention activity of the national medical service for elite athletes József Tomán (Hungary) Sports cardiology registry of athletes recovered from COVID-19 Hajnalka Vágó (Hungary), Orsolya Kiss, Nóra Sydó, Béla Merkely	ROUND TABLE MENTAL HEALTH OF ATHLETES: THE IMPORTANCE OF SPORTS PSYCHOLOGY AND SPORTS PSYCHIATRY Chairs: William O. Roberts (USA), Evangelos Pappas (Greece) Challenges in conducting sports concussion research David Baron (USA) Mental health of athletes: the importance of depression screening Evangelos Pappas (Greece) Covid-19 pandemic and its physical, psychological and social impacts on older adults Francesco Landi (Italy) The role of combination of cognitive and body exercise in patients with mild cognitive impairment and dementia during the pandemic of Covid-19 Magdalini Tsolaki (Greece)	SUPPORTED SYMPOSIUM HAOST SHOULDER DISLOCATION / SHOULDER INSTABILITY Chairs: Klaus-Michael Braumann (Germany), Dimitris Tsoukas (Greece) Conservative treatment for the management of the 1st time dislocation. Considerations, indications, methods, outcomes Konstantinos Kateros (Greece) Soft tissue procedures for the management of shoulder instability. Augmenting Bankart repair Emmanouil Brilakis (Greece) Bony procedures for the management of shoulder instability. When soft tissue procedures are not enough Emmanouil Antonogiannakis (Greece) Return to play after shoulder stabilization surgery (soft tissue or bony procedure). Current concepts and considerations Efstathios Chronopoulos (Greece)	SUPPORTED SYMPOSIUM AFMS WHEN THE EAST MEET THE WEST IN SPORTS MEDICINE Chairs: Li GP (China), Patrick Yung (Hong Kong) Sports medicine in Asia: Past, present & future Patrick Yung (Hong Kong) Sports medicine in China national team Zhan Hui (China) Sports medicine in Kingdom of Saudi Arabia Qassim Muaidi (Saudi Arabia) Sports medicine in India Jaspal Sandhu (India)
13:00-14:00	LECTURES Chairs: Ioannis Vogiatzis (UK), Mike Miller (UK) High Intensity exercise training Grigoris Bogdanis (Greece) Intermittent exercise training in COPD Ioannis Vogiatzis (UK)	LECTURES Chairs: Theodora Papadopoulou (UK), Vasileios Chouliaras (Greece) Return to sports after ACL reconstruction. Evidence-based approach Nikolaos Koukoulis (Greece) Internal and external stressors faced by the performance team Stephen Boyce (Scotland) Development, monitoring and analysis of performance health and wellbeing measurements Stephen Mutch (Scotland)	LECTURES Chairs: Minhao Xie (China), Daniel Arkader Kopiler (Brazil) Perceptual-cognitive abilities in competitive athletes Klaus-Michael Braumann (Germany) Facial injuries in athletes Christos Perisanidis (Greece)	LECTURES Chairs: Muaidi Qassim, (Soudi Arabia), Christos Lyrtzis (Greece) Osteoporosis and exercise-positive association Christiana Zidrou (Greece) Osteoporosis and exercise-negative association Konstantinos Stathopoulos (Greece) Optimal loading at exercise programs in Osteoporosis Dimitrios Aftosmidis (Greece)

PROGRAM AT A GLANCE

Sunday, September 26th, 2021

	 MACEDONIA B (Hybrid Hall)	 MACEDONIA A (Hybrid Hall)	 VIRTUAL A	 VIRTUAL B
14:00-15:15	ROUND TABLE HUMAN TELEMETRICS Chairs: Mike Miller (UK) , Iphigenia Keramitsoglou (Greece) Innovative solutions to survive the Heat Iphigenia Keramitsoglou (Greece) The telemedicine musculoskeletal examination Edward Laskowski (USA) Establishing a global standard for wearable devices in sport and exercise medicine Borja Muniz-Pardos (Spain)	SUPPORTED SYMPOSIUM ATHLOME Chairs: Yannis Pitsiladis (UK) , Vassilis Klissouras (Greece) The genetics of sex testing in sport Alun Williams (UK) Challenges and opportunities in the application of whole genome sequencing in sports and exercise medicine: lessons from the 1000 Athlomes Project Kumpei Tanisawa (Japan) Next generation “omics” approach in the fight against doping Giscard Lima (Italy) Nutritional genomics and direct-to-consumer genetic testing George Dedousis (Greece)	SUPPORTED SYMPOSIUM ATHLETIA SPORTS MEDICINE IN COVID-19 ERA Chairs: Xenofon Roussis (Greece) , Dimitrios Tsitsiropoulos (Greece) Professional soccer during the CoVid-19 pandemic- The Greek superleague experience Yanni Levakos (Greece) Sports medicine practice during Covid-19 pandemic Georgios Papadopoulos (Greece) Cardiovascular effect in young athletes recovering from COVID-19 infection Eleftherios M. Protopapas (Greece) Retraining after COVID - key areas for rebuilding performance Georgios Ziogas (Greece)	SUPPORTED SYMPOSIUM FIMS COLLABORATING CENTRE RESEARCH Chairs: Francisco Arroyo (Mexico) , Sandra Rozenstoka (Latvia) The sport physician and athlete relationship for performance and health benefit Sandra Rozenstoka (Latvia) Update on stem cells and cartilage Francisco Arroyo (Mexico) Physical activity lifestyle before and during pandemic in Greece Konstantinos Natsis (Greece)
15:15	Closing Ceremony			