

15 October 2009	HALL A	HALL B	HALL C	HALL D
8.30-9.30	Free communications (7 min each x 7 presentations + 11 minutes discussion)	Free communications (7 min each x 7 presentations + 11 minutes discussion)	Free communications (7 min each x 7 presentations + 11 minutes discussion)	Free communications (7 min each x 7 presentations + 11 minutes discussion)
9.30-9.45	<i>Coffee break</i>	<i>Coffee break</i>	<i>Coffee break</i>	<i>Coffee break</i>
9.55-10.05	KEYNOTE LECTURE: Carbohydrate metabolism and performance Clyde Williams	KEYNOTE LECTURE: Aviation Medicine Antonio Dal Monte		
10.05-11.05	A-1 SPORTS PERFORMANCE-1	R-1 PATELLOFEMORAL PROBLEMS	C-1 ATHLETE'S HEALTH	D-1 CARTILAGE PROBLEMS
	Bolt and Phelps' performances – the attempt of a physiological explanation Ulrich Hartmann	Patella femoral pain : Philosophy behind the problem Mahmut Nedim Doral	Fatigue and underperformance in athletes following extensive competitive sport: strategies Wayne Derman	Understanding the structure and biological properties of cartilage Theodora Papadopoulou
	Integration of different technology systems for the development of football training Valter Di Salvo	Physical therapy and rehabilitation in patellofemoral pain syndrome Filiz Can	Infectious diseases in athletes Serhat Unal	Current state of the art and future directions in cartilage injuries. Reha Tandoğan
	The Science behind the Oldest Trophy in Sport Vern Neville	Surgical treatment of patellofemoral problems Sinan Karaoğlu	Point-of-care athlete testing, a new approach of sport performance evaluation Ioan Stolan	Chondroitin sulphate and glucosaminoglycan: Fact or fiction Chan Aksay
11.05-11.15	<i>Coffee break</i>	<i>Coffee break</i>	<i>Coffee break</i>	<i>Coffee break</i>
11.15-12.15	11.45 OPENING CEREMONY - Presidential lecture	11.45 OPENING CEREMONY - Presidential lecture	11.45 OPENING CEREMONY - Presidential lecture	11.45 OPENING CEREMONY - Presidential lecture
12.30-13.30	Lunch	Lunch	Lunch	Lunch
13.30-14.30	Poster presentations	Poster presentations	Poster presentations	Poster presentations
14.30-15.30	A-3 NUTRITION IN SPORT	B-3 SPORTS INJURIES	C-3 BIOLOGICAL EFFECTS OF EXERCISE-1	D-3 TISSUE CHARACTERISTICS AND HEALING PROCESSES
	Polypharmacy in sport Milica Sinobad	Spinal injuries in sport Feza Korkusuz	Immunological aspects in strength training Klaus Voelker	Molecular basis of muscle hypertrophy and repair Geoffrey Goldspink
	Sports Supplements: How to choose, how to use? Talia Alenabi	Groin problems in athletes Wayne Derman	Sport and sexual function Luigi Di Luigi	The effect of Substance P on sutured Achilles tendon rupture in the rat Adelheid Steyler1
	Nutritional supplements and medications in sport – 912 cases Nensud Dikk	Low back pain athletes Tolga Saka	Tendon Plasticity Tolga Aydog	Entrainment with bio-informative time patterns to optimize tissue regeneration and performance Ulrich Randolf
15.30-16.00	<i>Coffee break</i>	<i>Coffee break</i>	<i>Coffee break</i>	<i>Coffee break</i>
16.00-17.00	A-4 SPORTS PERFORMANCE-2	B-4 ACL INJURIES	C-4 CHILD AND EXERCISE	D-4 USE OF BIOLOGICAL MATERIALS IN SPORTS MEDICINE
	Fatigue during exercise: Possible mechanisms and recovery strategies Mitat Koz	Evaluation and handling acute ACL injury in the field Ahmet Atay	Children and sports Talia Alenabi	The use of platelet rich plasma in sports medicine Luc Vanden Bossche
	Vibration and performance Ayşe Kiri İşler	Treatment options of ACL injury at the medical center Mahmut Nedim Doral	Health benefit of activity of daily living (ADL) in children Klaus Voelker	The use of autologous growth factors in sports medicine İker Yücesir
	Biochemical parameters in performance testing: Validity and limitations. Öğuz Karamazak	Early inpatient physiotherapy İnci Yüksel	Obesity in childhood - Therapeutic options Ulrike Korsten-Reck	Local administration of Growth Factors and anti-doping aspects Paolo Borrione
Do mouth guards have negative effects on athletic performance of athletes? Cem Çetin	Out-patient physiotherapy and returning to sports Defne Kaya		Use of stem cell in sport injuries Feza Korkusuz	
17.00-17.15	<i>Coffee break</i>	<i>Coffee break</i>	<i>Coffee break</i>	<i>Coffee break</i>
17.15-18.30	WORKSHOP 1	WORKSHOP 2	WORKSHOP 3	WORKSHOP 4
	Visualisation techniques in athlete's early recovery after trauma and training Paula Drosescu	Intra-articular injection techniques Mustafa Karahan		Extracorporeal Shock Wave Therapy in Sports Medicine Yavuz Yıldız Taner Aydın

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9-45-10:00	<i>Coffee break</i>	<i>Coffee break</i>	<i>Coffee break</i>	<i>Coffee break</i>
10:00-10:20	KEYNOTE LECTURE: Evaluation of top athletes : Experience of Italian National Olympic Committee (CONI) Marcello Faina	KEYNOTE LECTURE: Achilles tendinopathy : Diagnostic and treatment algorithm Nicola Maffulli		
10.30-11.30	A-6 SPORTS PERFORMANCE-3 Metabolic definition of the physiological background of high performance middle distance runner Ulrich Hartmann Chronobiologic factors of performance Franziska Schwaiblmair, Oliver Bockard, Johannes Wimmer, Christiane Dierker Asthma and sport: Where did we come from and where are we now? Joe Cumminskey	B-6 LOWER LEG AND ANKLE INJURIES Imaging of osteochondral lesions of the talus and anterolateral impingement Jan L. Gielen Persistent pain following lateral ankle sprains Halit Pinar Treatment of chronic unstable ankle Ahmet Turan Aydin	C-6 SPORTS CARDIOLOGY Relevance of Biomarkers of Exercise-Induced Myocardial Stress in Athletes Hans-Hermann Dickhuth Cardiac emergencies in sports Herbert Löffler Gray zone in athlete's heart Erdem Kasikoglu	D-6 STRATEGIES IN SPORTS MEDICINE-1 Update on Strategic Plan on IOC Scientific Activities Susan Griening Mathematical modeling in sport medicine research Ali Erdoğan Assessment of balance : from methodological pitfalls to practical applications Dusan Hamar, Erika Zemkova
11.30 -12.00	<i>Coffee break</i>	<i>Coffee break</i>	<i>Coffee break</i>	<i>Coffee break</i>
12.00-13.00	A-7 GENES AND SPORT Genetic Risk Factors for Musculoskeletal Soft Tissue Injuries Malcolm Collins Genes and performance Norbert Bachl Genetic variability and training responses Barbara Wessner	B-7 KNEE INJURIES-1 Current surgical techniques and future directions in knee ligamentous injuries Asim Kayaalp PCL injuries in athletes Ömer Tayer Meniscal preservation : Current state of the art and future directions. Reha Tandoğan	C-7 EXERCISE IN CHRONIC DISEASES-1 The importance of physical activity in the rehabilitation of patients with rheumatic diseases. Anton Wicker Sport therapy in patients with COPD Klaus Voelker Physical activity in breast cancer patients Anton Wicker	D-7 BIOMECHANICS Biomechanical Modelling in Sports Medicine Serdar Antan Modeling of Soft Tissue Mechanical Behavior on Computer Ergin Tonuk Classification Methods in Biomechanical Analysis Murat Çilli Gait analysis in healthy and operated subjects Güneş Yavuzer
13.00 -14.30	Lunch	Lunch	Lunch	Lunch
14.30-15.30	Poster presentations	Poster presentations	Poster presentations	Poster presentations
14.00-16.00	EFSMA Council of Delegates Meeting	EFSMA Council of Delegates Meeting	EFSMA Council of Delegates Meeting	EFSMA Council of Delegates Meeting
15.30-16.30	A-8 MUSCLE and EXERCISE Muscle atrophy, sarcopenia Ali Murat Zergeroğlu Skeletal muscle adaptation to increased activity level Haydar Demirel Exercise-induced muscle damage and neutrophils Gürüz Ersoz	B-8 KNEE INJURIES-2 Algorithm for swollen knee in athletes Emin Taşkıran Evaluation and diagnosis of isolated and combined knee ligament injuries Reha Tandoğan Topographic and functional anatomy of knee joint Konstantinos Natsis	C-8 SPORT EVENTS-1 Event Physician : Duties and responsibilities David McDonagh Medical coverage in Major Sports Events Carlo Tranquili Injuries in Weightlifting Mike Irani Yachting injuries Kirill Micallef-Stafrace	D-8 FOOTBALL AND MEDICINE Video analysis injury mechanism of EURO 2008 Mehmet Binnet Football injuries – surveillance, incidence and prevention Demetri Constantinou Hyperthermia and exercise : FIFA Turkish Study Sadi Kurdak Cardiological screening tests in football players. George Frank
16.30-17.00	<i>Coffee break</i>	<i>Coffee break</i>	<i>Coffee break</i>	<i>Coffee break</i>
17.00-18.00	A-9 BIOLOGICAL EFFECTS OF EXERCISE-2 Effects of a single session of resistance training on specific cardiac and oxidative stress markers Harald Tschann Phosphodiesterase's inhibitors and physical activity Luigi Di Luigi Brain Derived Neurotrophic Factor and physical activity Roger Ramsbottom	B-9 INJURIES OF CHILD ATHLETE Upper extremity problems in child athlete Nusret Sema Unal Patellar dislocations in adolescent sportsmen Uğur Hakar	C-9 MOTORSPORTS MEDICINE/Formula1 Are the motor sports drivers athletes? Fatih Kızılkurumaz Drivers training programs Ignacio Muro Medical support organization in automobile sports Cem Bonevial, Paul Trafford	D-9 PREVENTION OF INJURIES Prevention Of Dental Trauma In Contact Sports Ayşe Dilgin Keçeci Stretching : Effects on strength and injury prevention Uluk Şekir Prevention of sport injuries Mustafa Karahan Prevention of football injuries João de Almeida
18.00-18.15	<i>Coffee break</i>	<i>Coffee break</i>	<i>Coffee break</i>	<i>Coffee break</i>
18.15-19.30	WORKSHOP 5 Ultrasound of the musculoskeletal system Jan L. Gielen	WORKSHOP 6 Matrix-Concept and Matrix-Rhythm-Therapy (MaRhythm) in theory and practice. Ulrich Randoll / Faruk Müdersoğlu	WORKSHOP 7 Meso-therapy in Sports Medicine Taner Aydın - Yavuz Yıldı	WORKSHOP 8 Implementations of Progressive Sequential Isometrics (PSI) : "Natural Flexibility" Hasan Kasap, Umut Akgun / Gökhan Hacı

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9-45-10:00	<i>Coffee break</i>	<i>Coffee break</i>	<i>Coffee break</i>	<i>Coffee break</i>
10:00-10:20	KEYNOTE LECTURE: Muscle performance testing: Where do we stand in 2009 ? Zvezl Dvir	KEYNOTE LECTURE: Olympic Performance: Beyond Genes & Genome Vassillis Klissouras		
10.30-11.30	A-11 EUROPEAN COLLEGE OF SPORTS SCIENCE EXCHANGE SYMPOSIUM	B-11 SHOULDER INJURIES	C-11 HYPOXIA AND EXERCISE	D-11
	Can supplements increase performance? Should they be on the list? Anton Wagenmakers	Impingement syndrome Mustafa Karahan	Update on high altitude illnesses Peter Bartsch	
	What belongs on the doping list: philosophical issues. Sigmund Loland	SLAP lesions in shoulder Mehmet Demirtaş	Technological aspects of hypoxic training Igor Mekjavic	
	What belongs on the doping list: biological considerations Hans Hoppeler	Rehabilitation in rotator cuff problems in athletes Filiz Can	Training in hypoxia: Is there a benefit? Peter Bartsch	
11.30 -12.00	<i>Coffee break</i>	<i>Coffee break</i>	<i>Coffee break</i>	<i>Coffee break</i>
12.00-13.00	A-12 DOPING IN SPORT-1	B-12 RETURN TO SPORT AFTER INJURIES	C-12 EXERCISE IN CHRONIC DISEASES-2	D-12 PROPRIOCEPTION
	Gene Doping Alan Garnier	Use of orthotics after sport injuries Filiz Can	The role of exercise in osteoporosis management Kirill Micallef-Stafface	Proprioception: Definition, clinical importance and evaluation methods Defne Kaya
	The 2010 Prohibited list: open questions Luis Horta	Return to physical activities after arthroplasty : Guidelines for a safe sport Mazhar Tokgözoğlu	Hemodynamics of swimming in health and disease Herbert Lotglen	Sports Traumatology, Sports Medicine and Proprioception Ufuk Şekir
	Should oxygen be on a Prohibited list Nenad Dikić	How does muscle heals after injury? Muhammed Razi		Effects of Surgical Treatments on Proprioception Mustafa Karahan
What's new in TUEs Rüştü Güner			Proprioception and Rehabilitation Selmin Gübahar	
13.00 -14.30	Lunch	Lunch	Lunch	Lunch
14.30-15.30	Poster presentations	Poster presentations	Poster presentations	Poster presentations
15.30-16.30	A-13 DOPING IN SPORT-2	B-13 FEMOROACETABULAR PROBLEMS	WORKSHOP 11 EMG APPLICATIONS IN SPORTS MEDICINE	D-13 BODY COMPOSITION
	History of doping and anti-doping activities Eduardo De Rose	Femoroacetabular Impingement : Anatomy, pathophysiology and radiological Imaging Jan L Gielen	Hayri Ertan, Axel Knicker, Serge Roy	The hazards of DXA, BMI and other "Golden Standards" Jan Clarys
	New Challenges for detection of doping in sport Geoffrey Goldspink	Arthroscopic treatment of the Femoroacetabular Impingement & Labral tears Serper Mehmet Çetinkaya		Methodological problems in body composition evaluation Camer Aşkade
	Blood doping and its detection: Past-Present-Future Yorck Olaf Schumacher			The skinfold : Myth or reality Jan Clarys
Results management: From a reprimand to a life ban Luis Horta				
16.30-16.45	<i>Coffee break</i>	<i>Coffee break</i>		<i>Coffee break</i>
16.45-18.00	WORKSHOP 9	WORKSHOP 10		WORKSHOP 12
	Modern methods of taping Atimosidis Dimitris -Konstantinos Natsis	Foot-scan analysis : Injury prevention methodology Jempi Willems		Metabolic and physical activity assessment using ARM-BAND