



International Olympic Committee

# IOC World Conference on Prevention of Injury & Illness in Sport

**April 7 - 9, 2011**

Grimaldi Forum Monaco

Monte-Carlo, Principality of Monaco



**Second Announcement & Programme  
Call for Abstracts**







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## 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, chaired by Professor Arne Ljungqvist, 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.

In keeping with its commitment, the International Olympic Committee, in conjunction with the Monaco Biennale, has decided to take over responsibility for the World Conference on Prevention of Injury and Illness in Sport. I take this opportunity to express my sincere thanks to the Oslo Sports Trauma Research Centre which organised the first prevention congresses in Oslo and Tromsø.

I am convinced that this Conference will be an ideal platform for a thorough and constructive exchange of views, considering the latest research on illnesses and injuries in sport with the aim of taking concrete measures to implement new and improved injury prevention strategies, for high-level and recreational athletes alike. I wish here to thank HSH Sovereign Prince Albert II and all the Principality of Monaco for welcoming the IOC World Conference on Prevention of Injury and Illness in Sport.

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

I look forward to seeing you in Monaco in April 2011!

## Arne Ljungqvist

IOC Chairman of the Medical Commission  
President IOC World Conference on Prevention of Injury & Illness in Sport



Dear Future Participants,

Protecting the health of athletes is the number one priority for the International Olympic Committee (IOC), through its Medical Commission. As health risks are inherent to the practice of sport, one of its main roles is to provide effective medical advice and care for the athlete. Therefore, there is a need for improved prevention and management. This is why the IOC supports the organisation of the World Conference on Prevention of Injury and Illness in Sport, the aim of which is to review and discuss the latest developments, risk factors and prevention programmes, as well as the need for further research into athletes' injuries and illnesses. This Conference will be the perfect platform for physicians, physical therapists, biomechanists and other scientists to share their assessment of sports injuries and illnesses and provide not only important epidemiological information, but also guidelines for their prevention.

More than ever, we must make joint efforts in order to identify and minimise risk factors in sport and maximize safe sports participation !

We look forward to your participation in Monaco in April 2011!

## HSH Prince Albert II of Monaco



I am truly delighted at the prospect of hosting the "IOC World Conference on Prevention of Injury & Illness in Sport" from 7 to 9 April 2011, in Monaco.

I would like to express my gratitude to the organizers for having chosen the Principality of Monaco as the venue for this event.

I see this as a further sign of recognition for our determination in favour of sport and our attachment to Olympic values, as well as our commitment to the discipline of sport medicine, all too often overlooked.

This meeting will bear on an even more cutting-edge field, that of the prevention of injury and illness in sport.

In most medical specialties, the crucial importance of prevention programmes is now recognized. And preventive strategies are becoming an objective as determinant as curative strategies.

There can be no doubt that this gathering will represent a new step in the growing awareness of the importance of preservation of athletes' health, as early as possible.

From this time, I would like to extend my sincere welcome to all participants in this Conference and my heartfelt wishes for its success.

## Gerhard Heiberg

IOC Chairman of the Marketing Commission  
Honorary President IOC World Conference on Prevention of Injury & Illness in Sport



Dear Participants,

Sport offers society a unique opportunity for individual and social development. It is important to continue promoting sports activities, which are decisive factors for health and well-being.

However, sports also entails a certain risk of injury - sometimes with dire consequences for health and performance. It is therefore important that all stakeholders - sports organisations, health professionals, scientific researchers, coaches and athletes - consider appropriate safety measures. It is clear today that injury prevention and illness in sport is the new focus of sports medicine.

The 3<sup>rd</sup> World Conference on Prevention of Injury and Illness in Sport which will be under the responsibility of the International Olympic Committee, and bring together scientists and practitioners to investigate and develop new concepts to enhance safety in sport through a beneficial cooperation.

I look forward to your contribution to an interesting programme and to a very important step towards a safer sports participation.

I will be delighted to welcome you in the unique Principality of Monaco in April 2011.





## Welcome to the IOC World Conference on Prevention of Injury & Illness in Sport



**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 1<sup>st</sup> World Congress on Sports Injury Prevention in 2005 in Oslo and the subsequent 2<sup>nd</sup> World Congress in 2008, where 700 participants from 56 countries participated, the International Olympic Committee has decided to accept the invitation to take over responsibility for the congress from the founders at the Oslo Sports Trauma Research Center.

The 3<sup>rd</sup> World Congress on Sports Injury Prevention, will now be the IOC World Conference on Prevention of Injury and Illness in Sport, held in Monaco in April 7-9, 2011. As reflected by the change in title, the scope of the congress is expanded from sports injury prevention to also include the prevention of other health problems associated with sports participation.

The aim is to present evidence-based information on methods to prevent injuries and now also illness and other health problems associated with sports participation, from a multidisciplinary perspective. The final programme is the result of a “bottom-up” approach, where we have invited the sports medicine community to suggest invited lectures, panel discussions, and symposia. We invited a number of recognised experts in the area of injury and illness prevention as members of the scientific committee.

The 17-member strong scientific committee has had a challenging task, considering that of the more than 100 proposals received the core program allowed for only 5 keynote lectures and 21 symposia. As you can see from the final programme, the result is an amazing array of state-of-the-art lectures covering a wide range of topics, featuring as many as 94 invited speakers.

However, there is still a chance to become part of the programme! We will have a number of workshops and free communication sessions; these will not be determined until this fall. There is now a call for abstracts (submission deadline: September 1) and workshop proposals (also with a September 1 deadline). We encourage you to submit your proposals.

Monaco has been chosen as venue for this conference, and will serve as the perfect setting for this event. The aim is that the IOC World Conference on Prevention of Injury & Illness in Sport in Monaco 2011 will become the benchmark against which future congresses in sports medicine will be measured.

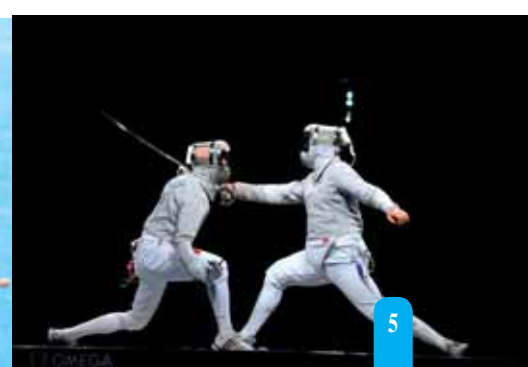
We look forward to welcoming you in Monaco.

Also, do consider signing up for the 3<sup>rd</sup> IOC Advanced Team Physician Course, which will be held in Calvi, Corsica just before the conference. This is a unique opportunity to learn about many of the specific skills a team physician needs. The ATPC will be geared towards the practical issues of working with high-level athletes, with a strong focus on active participation – reviewing and discussing complex cases covering the range of clinical sports medicine.

Lars Engebretsen, MD PhD

Fredrik S. Bendiksen, MD

Roald Bahr, MD PhD





# Organising Committee



## President

**Fredrik S. BENDIKSEN, MD**

## Members

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

**Roald BAHR, MD PhD**  
Chair Scientific Committee

**Peter JENOURE, MD**  
Co-Chair Advanced Team Physician Course

**Cherine FAHMY, Project Officer**  
IOC Medical & Scientific Department  
Head of Logistics and Social Events

**Lucia TEPPATI**  
Senior Project Leader  
Publi Créations SAM - Monaco

# Scientific Committee

## Chair

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

## Members

**Juan Manuel ALONSO, MD PhD**  
Health Department Royal Spanish Athletics Federation, Madrid,  
Spain; IAAF Medical and Anti-doping Commission, Monaco

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

**Anthony CLOUGH, BDS LDS RCS Hon Lecturer**  
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**Jiri DVORAK, MD**  
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FIFA Chief Medical Officer, Chairman, FIFA Medical Assessment  
and Research Centre (F-MARC);  
Deputy Editor, Spine

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**Paul McCrory, MBBS PhD**  
Associate Professor and NHMRC Clinical Research Fellow,  
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Editor-In-Chief, Clinical Journal of Sports Medicine

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FINA Bureau - Sports Medicine

**Antonio PELLICCIA, MD Professor**  
Post-Graduate School of Sports Medicine  
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**Per RENSTRÖM, MD PhD Professor Emeritus**  
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**Sandra SHULTZ, PhD ATC CSCS**  
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Leuven, Belgium



THE WORLDWIDE OLYMPIC PARTNERS



## **International Olympic Committee**

### **Medical and Scientific Department**

**Director in charge: Patrick SCHAMASCH**



**[www.olympic.org](http://www.olympic.org)**

### **Organising Partner**



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# Programme at a Glance

## Wednesday, April 6

**16:00** Registration

**18:30** WELCOME RECEPTION

## Thursday, April 7

**08:00** Registration

**09:00** OPENING CEREMONY

**09:30-10:30** KEYNOTE 1: Sudden cardiac death (Jonathan Drezner, USA & Antonio Pelliccia, Italy)

*Coffee Break*

Time	Session A	Session B	Session C
11:00-12:30	<b>Symposium 1</b> <b>Female athlete triad</b> Chair: Margo Mountjoy (Canada)	<b>Symposium 2</b> <b>Core stability</b> Chair: Ajit Chaudhari (USA)	<b>Workshops &amp; abstracts</b>

*Lunch*

Time	Symposium 3	Symposium 4	Workshops & abstracts
13:45-16:15	<b>Respiratory health</b> Co-chairs: - Louis-Philippe Boulet (Canada) - Sandra Anderson (Australia)	<b>Periodic health evaluation</b> Chair: Willem Meeuwisse (Canada)	<b>Workshops &amp; abstracts</b>

*Coffee Break*

Time	Symposium 5	Symposium 6	Workshops & abstracts
16:45-18:15	<b>Shoulder and elbow</b> Chair: Marc Safran (USA)	<b>Behaviour</b> Chair: Evert Verhagen (Netherlands)	<b>Workshops &amp; abstracts</b>

**18:15** Wine & Cheese Reception with Poster discussions



# Programme at a Glance

## Friday, April 8

**08:30-09:15** **KEYNOTE 2: Sports tendinopathy (Michael Kjær, Denmark)**

<b>09:30-10:45</b>	<b>SESSION A</b> <b>Symposium 7</b> <b>Sudden cardiac death</b> Chair: <b>Jonathan Drezner (USA)</b>	<b>SESSION B</b> <b>Symposium 8</b> <b>Hamstring injury</b> Chair: <b>Per Hölmich (Denmark)</b>	<b>SESSION C</b> <i>Workshops &amp; abstracts</i>
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*Coffee Break*

<b>11:15-12:30</b>	<b>Cont. (Symposium 7)</b>	<b>Cont. (Symposium 8)</b>	<i>Workshops &amp; abstracts</i>
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*Lunch*

**13:45-14:30** **KEYNOTE 3: Mechanisms for sports injuries (Tron Krosshaug, Norway)**

<b>14:30-16:00</b>	<b>SESSION A</b> <b>Symposium 9</b> <b>Non-contact ACL injuries</b> Chair: <b>Tron Krosshaug (Norway)</b>	<b>SESSION B</b> <b>Symposium 10</b> <b>Cost analyses</b> Chair: <b>Evert Verhagen (Netherlands)</b>	<b>SESSION C</b> <b>Symposium 11</b> <b>Paralympic sports</b> Chair: <b>Nick Webborn (United Kingdom)</b>
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*Coffee Break*

<b>16:30-18:00</b>	<b>Symposium 12</b> <b>Exercise-associated hyponatremia</b> Chair: <b>Tamara Hew-Butler (USA)</b>	<b>Symposium 13</b> <b>Return to play</b> Chair: <b>Dan Garza (USA)</b>	<b>Symposium 14</b> <b>Beyond the initial acute injury</b> Chair: <b>Ian Shrier (Canada)</b>
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**20:00** *Gala Dinner at Salle des Etoiles*

# Programme at a Glance

## Saturday, April 9

**08:30-09:15** **KEYNOTE 4: Implementation research (Caroline Finch, Australia)**

<b>09:30-10:45</b>	<b>SESSION A</b>	<b>SESSION B</b>	<b>SESSION C</b>
	<b>Symposium 15</b> <b>Sports helmets</b> Chair: <b>Andrew McIntosh (Australia)</b>	<b>Symposium 16</b> <b>Groin injuries</b> Co-chairs: - <b>Per Renström (Sweden)</b> - <b>Per Hölmich (Denmark)</b>	<b>Symposium 17</b> <b>Child &amp; adolescent sport</b> Chair: <b>Carolyn Emery (Canada)</b>

*Coffee Break*

<b>11:15-12:30</b>	<b>Cont. (Symposium 15)</b>	<b>Cont. (Symposium 16)</b>	<b>Cont. (Symposium 17)</b>
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*Lunch*

<b>13:45-15:15</b>	<b>Symposium 18</b> <b>Australian football</b> Co-chairs: - <b>Paul McCrory (Australia)</b> - <b>Hugh Seward (Australia)</b>	<b>Symposium 19</b> <b>Adolescent athletes</b> Chair: <b>Andrew Gregory (USA)</b>	<i>Workshops &amp; abstracts</i>
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*Coffee Break*

<b>15:45-17:15</b>	<b>Symposium 20</b> <b>Concussion</b> Chair: <b>Kevin Guskiewicz (USA)</b>	<b>Symposium 21</b> <b>The challenge of implementation</b> Chair: <b>Caroline Finch (Australia)</b>	<i>Workshops &amp; abstracts</i>
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**17:15-18:00** **KEYNOTE 5: Education and implementation - the FIFA model**  
(**Jiri Dvorak, Switzerland, Astrid Junge, Switzerland, Colin Fuller, UK**)

**18:00** **CLOSING CEREMONY**

**19:30** **FACULTY EVENT (by invitation)**



# **SCIENTIFIC PROGRAMME**



## Thursday, April 7

**09:00-09:30**    **Opening ceremony**

### *Keynote lecture 1*

**09:30-10:30**    **Sudden cardiac death in athletes: Transforming uncertainty into effective models for prevention**

**Speakers:**

- **Jonathan Drezner MD Associate Professor**  
University of Washington, Seattle, USA
- **Antonio Pelliccia MD Professor**  
Institute of Sport Medicine and Science, Rome, Italy

### *Session A - Symposium 1*

**11:00-12:30**    **Preventing the female athlete triad**

**Chair:** Margo Mountjoy (Canada)

**Programme:**

- **Margo Mountjoy (Canada):** What is the extent of the problem?
- **Anne B. Loucks (USA):** Evolution of our current understanding of the female athlete triad
- **Nancy I. Williams (USA):** Bioenergetics as a guide for preventing the female athlete triad
- **Mary Jane De Souza (USA):** Practical methods for preventing the female athlete triad
- **Margo Mountjoy (Canada):** Effects of preventing the female athlete triad on sports performance
- **Mountjoy, Loucks, Williams, De Souza:** Panel discussion and questions

**Speakers:**

- Margo Mountjoy MD Assistant Clinical Professor  
McMaster University School of Medicine, Guelph, Ontario, Canada
- Mary Jane De Souza PhD Professor  
Pennsylvania State University, University Park, PA, USA
- Anne B. Loucks PhD Professor  
Ohio University, Athens, OH, USA
- Nancy I. Williams ScD Professor  
Pennsylvania State University, University Park, PA, USA



## Session B - Symposium 2

11:00-12:30

### Getting to the core: Scientific evidence for core stability in sport injury prevention

Chair: **Ajit Chaudhari** (USA)

#### Programme:

- **Ajit Chaudhari** (USA): Introduction - the pervasiveness of core stability and strength training
- **Ajit Chaudhari** (USA): Trunk motor control and its influence on running mechanics
- **Thomas Best** (USA): Core training to prevent hamstring/groin re-injury
- **Reed Ferber** (Canada): Hip muscle training to prevent low back pain
- **James Oñate** (USA): Development of large-scale screening programs assessing core stability for injury prevention
- **Chaudhari, Best, Ferber, Oñate**: Panel discussion - Does the evidence support core stability training to prevent injury?

#### Speakers:

- Ajit Chaudhari PhD Assistant Professor  
Ohio State University, Columbus, OH, USA
- Thomas Best MD PhD FACSM Professor  
Ohio State University, Columbus, OH, USA
- James Oñate PhD Associate Professor  
Old Dominion University, Norfolk, VA, USA
- Reed Ferber PhD Assistant Professor  
University of Calgary, Calgary, AB, Canada

## Session A - Symposium 3

13:45-16:15

### Respiratory health of elite athletes: How to prevent airway dysfunction

Co-chairs: **Louis-Philippe Boulet** (Canada) & **Sandra Anderson** (Australia)

#### Programme:

- **Ken Fitch** (Australia): Overview of respiratory health of athletes
- **Don McKenzie** (Canada): Respiratory physiology and adaptation to high-level exercise training
- **Kenneth Rundell** (USA): Detrimental effects of air pollution in athletes and their prevention
- **Pascale Kippelen** (England): Mechanisms of airway injury during high-level exercise
- **Sandra Anderson** (Australia): Assessment and prevention of exercise-induced asthma in athletes
- **Valerie Bougault** (France): Prevention of airways dysfunction in swimmers
- **Malcolm Sue-Chu** (Norway): Winter sports athletes: Long-term effects of cold air exposure
- **Louis-Philippe Boulet** (Canada): Cough and upper airways disorders in athletes: Mechanisms and prevention
- **Fitch, McKenzie, Rundell, Kippelen, Anderson, Bougault, Sue-Chu, Boulet**: Round-table on prevention

#### Speakers:

- Louis-P. Boulet MD FRCPC Professor  
Quebec Heart & Lung Institute, Quebec, QC, Canada
- Don C. McKenzie MD PhD Professor  
University of British Columbia, Vancouver, BC, Canada
- Ken Fitch MD Professor  
University of Western Australia, Crawley, Western Australia
- Kenneth W. Rundell PhD FACSM Professor  
Marywood University, Scranton, PA, USA
- Pascale Kippelen PhD Lecturer  
Brunel University, Uxbridge, Middlesex, United Kingdom
- Sandra Anderson PhD DSc Professor  
Royal Prince Alfred Hospital, Camperdown, NSW, Australia
- Valerie Bougault PhD Lecturer  
Université Lille Nord de France, Ronchin, France
- Malcom Sue-Chu MBChB FRCA Professor  
University Hospital, Trondheim, Norway

### Session B - Symposium 4

13:45-16:15

#### The Athletic Periodic Health Examination: How can we use screening to maximize prevention?

Chair: Willem Meeuwisse (Canada)

#### Programme:

- **Willem Meeuwisse** (Canada): Principles of screening: Early detection of disease in athletes?
- **Mats Börjesson** (Sweden): Making the most of the cardiology examination in the athletes: Standardizing ECG criteria for accurate detection
- **Roald Bahr** (Norway): What is the best practice for musculoskeletal screening if prevention is the objective?
- **Bill Roberts** (USA): Health screening for adolescent athletes
- **Liz Joy** (USA): Screening college-aged athletes
- **Jiri Dvorak** (Switzerland): Pre-participation screening for professional athletes
- **Gordon Matheson** (USA): Improving the predictive value of the PHE: Use of registries for athletic populations
- **Meeuwisse, Börjesson, Bahr, Roberts, Joy, Dvorak, Matheson**: Panel discussion - In what settings should the PHE be mandatory? What should be included in the PHE? How is the PHE best delivered?

#### Speakers:

- Willem Meeuwisse MD PhD Professor  
University of Calgary, Calgary, AB, Canada
- Elizabeth Joy MD MPH Associate Professor  
University of Utah, Salt Lake City, UT, USA
- Roald Bahr MD PhD Professor  
Oslo Sports Trauma Research Center, Oslo, Norway
- William O. Roberts MD MS Professor  
University of Minnesota Medical School, St Paul, MN, USA
- Jiri Dvorak MD Professor  
Schulthess Clinic, Zurich, Switzerland
- Gordon O. Matheson MD PhD Professor  
Stanford University, Stanford, CA, USA
- Mats Börjesson MD PhD Associate Professor  
Sahlgrenska University Hospital, Göteborg, Sweden

## Session A - Symposium 5

16:45-18:15

### Prevention of shoulder and elbow injuries in sport

Chair: **Marc Safran** (USA)

#### Programme:

- **Ben Kibler** (USA): Prevention of overuse injuries of the shoulder in baseball and tennis
- **Marc Safran** (USA): Prevention of overuse injuries of the elbow in baseball and tennis
- **Answorth Allen** (USA): Prevention of overuse injuries of the shoulder and elbow in cricket
- **Gregory Bain** (Australia): Prevention of traumatic injuries of the shoulder in rugby, boxing and martial arts
- **François Kelberine** (France): Prevention of traumatic injuries of the elbow in rugby, boxing and martial arts
- **Kibler, Safran, Allen, Bain, Kelberine**: Panel discussion - Implementing prevention programs in team sports

#### Speakers:

- Marc R. Safran MD Professor  
Stanford University, Redwood City, CA, USA
- Answorth A. Allen MD Associate Professor  
The Hospital for Special Surgery, New York, NY, USA
- Gregory Bain MD Associate Professor  
University of Adelaide, Adelaide, Australia
- François Kelberine MD  
Clinique Provençale Parc Rambot, Aix en Provence, France
- W. Benjamin Kibler MD  
Lexington, KY, USA

## Session B - Symposium 6

16:45-18:15

### Behaviour - a key factor for injury prevention

Chair: **Evert Verhagen** (Netherlands)

#### Programme:

- **Evert Verhagen** (Netherlands): Why we must not overlook behaviour when preventing injuries
- **Barbara Morrongiello** (Canada): Attitudes, emotions, and cognitions - influences on risk taking
- **Albi Sole** (Canada): Lessons learned - what does avalanche safety teach us?
- **Peta White** (Australia): Looking beyond the athlete - peer behaviour and injury prevention
- **Verhagen, Morrongiello, Sole, White**: Panel discussion - Is behaviour an important piece in the injury prevention puzzle?

#### Speakers:

- Evert Verhagen PhD  
VU University Medical Center, Amsterdam, Netherlands
- Barbara Morrongiello PhD  
University of Guelph, Guelph, ON, Canada
- Albi Sole MSc UIAGM  
Outdoor Council of Canada, University of Calgary, Calgary, AB, Canada
- Peta White PhD  
University of Ballarat, Ballarat, Victoria, Australia

18:15

### Wine & Cheese Reception with Poster discussions

# Friday, April 8

## Keynote lecture 2

**08:30-09:15 Sports tendinopathy: From effective training to overuse injury - implications for prevention**

Speaker:

**Michael Kjær Dr. Med. MD Professor**

Institute of Sports Medicine Copenhagen, Copenhagen, Denmark

## Session A - Symposium 7

**09:30-12:30 Current challenges in the prevention of sudden cardiac death in athletes**

Chair: **Jonathan Drezner (USA)**

Programme:

- **Jonathan Drezner (USA)**: What is the scope of the problem? A critical review of SCD incidence
- **Mats Börjesson (Sweden)**: Cardiovascular screening in athletes: Do current strategies meet the WHO standard
- **Kimberly Harmon (USA)**: Strengths and limitations of using history and physical examination to identify athletes at risk
- **Antonio Pelliccia (Italy)**: The Italian experience: Lessons learned and remaining questions
- **Jonathan Drezner (USA)**: Obstacles to ECG screening in the U.S.: Medical-legal, cost, infrastructure, and perceptual realities

### Coffee break

- **Jiri Dvorak (Switzerland)**: The FIFA model: Is world-wide screening possible?
- **Domenico Corrado (Italy)**: ECG interpretation in athletes
- **Sanjay Sharma (United Kingdom)**: Race, gender, and sport-specific considerations in the cardiovascular screening of athletes
- **Drezner, Börjesson, Harmon, Pelliccia, Dvorak, Corrado, Sharma**: Discussion

Speakers:

- Jonathan Drezner MD Associate Professor  
University of Washington, Seattle, WA, USA
- Mats Börjesson MD Associate Professor  
Sahlgrenska University Hospital, Göteborg, Sweden
- Kimberly Harmon MD Clinical Associate Professor  
University of Washington, Seattle, WA, USA
- Antonio Pelliccia MD Professor  
Institute of Sports Science, Rome, Italy
- Jiri Dvorak MD Professor  
Schulthess Clinic, Zurich, Switzerland
- Domenico Corrado MD PhD Professor  
University of Padua, Padova, Italy
- Sanjay Sharma MD Professor  
King's College Hospital, London, United Kingdom



## Session B - Symposium 8

09:30-12:30

### Hamstring injuries in football

Chair: **Per Hölmich** (Denmark)

#### Programme:

- **Per Hölmich** (Denmark): Incidence of hamstring injuries in football
- **Anthony Schache** (Australia): Mechanism of hamstring injuries in football
- **George Koulouris** (Australia): Diagnostic imaging of the hamstring muscle complex
- **Peter Magnussen** (Denmark): Viscoelastic properties of the hamstring muscle-tendon unit in relation to injury

#### Coffee break

- **Jesper Petersen** (Denmark): Eccentric strength training is highly effective in hamstring injury prevention - the results of a RCT including 942 football players
- **Per Aagaard** (Denmark): Effects of eccentric exercise on the prevention and rehabilitation of hamstring muscle injury: Biomechanical and neural aspects
- **Anthony Schache** (Australia): Prevention and management strategies of hamstring injuries in football - practical considerations
- **Hölmich, Schache, Koulouris, Magnussen, Petersen, Aagaard**: Panel discussion

#### Speakers:

- Per Hölmich MD Associate Research Professor  
Amager Hospital, Copenhagen, Denmark
- Anthony Schache PT PhD  
University of Melbourne, Melbourne, Victoria, Australia
- George Koulouris MD  
Melbourne Radiology Clinic, East Melbourne, Victoria, Australia
- Peter Magnusson PT Professor DMedSc  
Institute of Sports Medicine Copenhagen, Copenhagen, Denmark
- Jesper Petersen MD PhD  
Amager Hospital, Copenhagen, Denmark
- Per Aagaard PhD Professor  
University of Southern Denmark, Odense, Denmark

## Keynote lecture 3

13:45-14:30

### Injury mechanism research - the need for a multi-disciplinary approach

#### Speaker:

**Tron Krosshaug PhD Associate Professor**  
Oslo Sports Trauma Research Center, Oslo, Norway

## Session A - Symposium 9

14:30-16:00

### Solving the mystery of non-contact ACL injuries - how do they happen?

Chair: **Tron Krosshaug** (Norway)

#### Programme:

- **Tron Krosshaug** (Norway): Research approaches to study injury mechanisms in sport
- **Eric G. Meyer** (Ireland): Using cadaver knee simulation models to study non-contact ACL injury mechanisms
- **Timothy E. Hewett** (USA): What can be learnt from motion analysis studies of cutting and jump landings?
- **Choongsoo S. Shin** (Korea): Injury simulation using the computer.
- **Bing Yu** (USA): Combining research approaches to understand the mechanisms of injury
- **Hideyuki Koga** (Norway): A new hypothesis for ACL injury mechanisms, based on video analysis
- **Krosshaug, Meyer, Hewett, Shin, Yu, Koga**: Panel discussion

#### Speakers:

- Tron Krosshaug PhD Associate Professor  
Oslo Sports Trauma Research Center, Oslo, Norway
- Eric G. Meyer PhD Research Fellow  
Trinity College Dublin, Dublin, Ireland
- Timothy E. Hewett PhD FACSM Professor Director  
Cincinnati Children's Hospital Medical Center, Cincinnati, OH, USA
- Choongsoo S. Shin PhD Assistant Professor, Director  
Sogang University, Seoul, Korea
- Bing Yu PhD Associate Professor  
University of North Carolina at Chapel Hill, Chapel Hill, NC, USA
- Hideyuki Koga MD PhD Assistant Professor  
Oslo Sports Trauma Research Center, Oslo, Norway & Tokyo Medical and Dental University, Tokyo, Japan

## Session B - Symposium 10

14:30-16:00

### Cost analyses for sports injury prevention: The hows and whys

Chair: **Evert Verhagen** (Netherlands)

#### Programme:

- **Caroline Finch** (Australia): Why cost-effectiveness and cost-benefit studies need to be a critical component of sports injury prevention research
- **Evert Verhagen** (Netherlands): Approaches to collecting and analyzing meaningful injury cost data
- **Simon Gianotti** (New Zealand): Cost analyses derived from continuous registration systems
- **Claude Goulet** (Canada): Cost data in practice - does it have an impact on public policies adoption?
- **Gianotti, Verhagen, Finch, Goulet**: Panel discussion - Cost-effectiveness analyses - burden or benefit for the field?

#### Speakers:

- Evert Verhagen PhD  
VU University Medical Center, Amsterdam, Netherlands
- Caroline Finch PhD Professor  
University of Ballarat - Ballarat, Victoria, Australia
- Simon Gianotti PhD  
Accident Compensation Commission, Wellington, New Zealand
- Claude Goulet PhD Professor  
Laval University, Québec City, QC, Canada

### Session C - Symposium 11

14:30-16:00

#### Understanding sports injuries to further develop paralympic sports and protect paralympic athletes throughout their career

**Chair:** Nick Webborn (*United Kingdom*)

#### Programme:

- **Nick Webborn** (*United Kingdom*): A lifetime sports injury prevention model
- **Stuart Willick** (*USA*): Developing paralympic wintersports on the basis of systematic sports injury surveys
- **Marco Bernardi** (*Italy*): Energy expenditure, exercise intensity and the risk of injury in sports for disabled individuals
- **Bartosz Molik** (*Poland*): Athletes performance in team games - relationships with classification level, age and anthropometric factors - prevention of injuries in team games
- **Webborn, Willick, Bernardi, Molik**: Panel discussion - The triad sports injuries, rule changes & equipment development

#### Speakers:

- Nick Webborn MD  
University of Brighton, Eastbourne, United Kingdom
- Stuart Willick MD Associate Professor  
University of Utah Orthopaedic Center, Salt Lake City, UT, USA
- Marco Bernardi MD Associate Professor  
Università di Roma, Rome, Italy
- Bartosz Molik PT PhD Head of the Department Sport for People with Disabilities  
The Jozef Pilsudski University of Physical Education, Warszawa, Poland

## Session A - Symposium 12

16:30-18:00

### Exercise-associated hyponatremia: Dilution, depletion or a likely combination of both?

Chair: **Tamara Hew-Butler** (USA)

#### Programme:

- **Tamara Hew-Butler** (USA): Overview on the worldwide incidence of Exercise-Associated Hyponatremia (EAH) and current pathophysiological debate
- **Timothy D. Noakes** (South Africa): EAH and the history of water intoxication during exercise
- **Ronald J. Maughan** (UK): EAH and sweat sodium losses during exercise
- **Joseph G. Verbalis** (USA): EAH and non-osmotic arginine vasopressin secretion during exercise
- **Hew-Butler, Noakes, Maughan, Verbalis**: Panel discussion

#### Speakers:

- Tamara Hew-Butler DPM PhD Research Assistant Professor  
Arizona State University, Tempe, AZ, USA
- Timothy D. Noakes OMS MBChB MD DSc FFEM (UK) Discovery Health Professor  
University of Cape Town, Cape Town, South Africa
- Ronald J. Maughan PhD Professor  
Loughborough University, Loughborough, United Kingdom
- Joseph G. Verbalis MD Professor  
Georgetown University Medical Center, Washington, DC, USA

## Session B - Symposium 13

16:30-18:00

### Preventing injuries through return to play decisions

Chair: **Dan Garza** (USA)

#### Programme:

- **Gordon Matheson** (USA): Variability inherent in the “typical” return-to-play decision
- **Nick Mohtadi** (Canada): Evidence for return-to-play decisions
- **Lisa Arendt** (USA): The role of non-medical factors in return-to-play decisions
- **Ned Amendola** (USA): A systematic approach to independent factors in return-to-play decisions
- **Geoffrey Verrall** (Australia): Monitoring in return-to-play decisions
- **Matheson, Mohtadi, Arendt, Amendola, Verrall**: Panel discussion - Future directions for research in return-to-play decisions

#### Speakers:

- Daniel C. Garza MD Assistant Professor  
Stanford University School of Medicine, Stanford, CA, USA
- Gordon O. Matheson MD PhD Professor  
Stanford University School of Medicine, Stanford, CA, USA



- Nicholas G. Mohtadi MD Clinical Professor  
University of Calgary, Calgary, AB, Canada
- Elizabeth Arendt MD Professor  
University of Minnesota, Minneapolis, MN, USA
- Ned Amendola MD Professor  
University of Iowa, Iowa City, IA, USA
- Geoffrey Verrall MBBS  
SPORTSMED.SA Sports Medicine Clinic, Adelaide, Australia

### Session C - Symposium 14

16:30-18:00

#### **Beyond the initial acute injury: The challenges in studying exacerbations, reinjuries, overuse and chronic injuries**

**Chair:** Ian Shrier (Canada)

##### **Programme:**

- **Ian Shrier** (Canada): Pitfalls from the past
- **Roald Bahr** (Norway): New directions for the study of overuse injuries
- **Colin Fuller** (United Kingdom): New directions for the study of chronic injuries
- **Willem Meeuwisse** (Canada): New directions for the study of 2<sup>nd</sup> injuries
- **Shrier, Bahr, Fuller, Meeuwisse:** Panel discussion

##### **Speakers:**

- Ian Shrier MD PhD Professor  
McGill University, Montreal, QC, Canada
- Roald Bahr MD PhD Professor  
Oslo Sports Trauma Research Center, Oslo, Norway
- Colin Fuller PhD FRSC FFSEM (Hon) Professor  
University of Nottingham, Nottingham, United Kingdom
- Willem Meeuwisse MD PhD Professor  
University of Calgary, Calgary, AB, Canada

## Saturday, April 9

### Keynote lecture 4

08:30-09:15

#### **No longer lost in translation - the art and science of implementation research**

##### **Speaker:**

**Caroline Finch PhD Professor**  
University of Ballarat, Ballarat, Australia

## Session A - Symposium 15

09:30-12:30

### Sports helmets now and in the future

Chair: **Andrew McIntosh** (Australia)

#### Programme:

- **Andrew McIntosh** (Australia): Introduction
- **Paul McCrory** (Australia): Evidence base for sports helmets
- **Svein Kleiven** (Sweden): Biomechanics of sports head injury and helmet design
- **Andrew McIntosh** (Australia): Performance standards for sports helmets
- **Massimo Varese** (Italy): A manufacturer's perspective on sports helmet development
- **Rick Greenwald** (USA): Enhancing helmet function and new technologies

#### Coffee break

- **Michael Turner** (UK): Equestrian helmets
- **Thor Einar Andersen** (Norway): Helmets in football
- **Andrew McIntosh** (Australia): Helmets in rugby football
- **Svein Kleiven** (Sweden): Cycle helmets
- **Rick Greenwald** (USA): American football helmets
- **Roald Bahr** (Norway): Helmets in alpine sports
- **Paul McCrory** (Australia): Helmets in projectile sports
- **McIntosh, McCrory, Kleiven, Varese, Greenwald, Turner, Andersen, Bahr:**  
Panel discussion

#### Speakers:

- Andrew McIntosh BappSci MBIomedE PhD Associate Professor  
University of New South Wales, Sydney, NSW, Australia
- Paul McCrory MBBS PhD Associate Professor  
The University of Melbourne, Melbourne, Victoria, Australia
- Svein Kleiven PhD Research Leader  
KTH - Royal Institute of Technology, Huddinge, Sweden
- Rick Greenwald PhD  
Simbex 10, Lebanon, NH, USA
- Roald Bahr MD PhD Professor  
Oslo Sports Trauma Research Center, Oslo, Norway
- Michael Turner MB BS MD FFSEM (UK + Ire)  
British Horseracing Authority, London, United Kingdom
- Thor Einar Andersen MD PhD PT Associate Professor  
Oslo Sports Trauma Research Center, Oslo, Norway
- Massimo Varese BE MQuality Mgt  
Dainese S.p.a., Vicenza, Italy

## Session B - Symposium 16

09:30-12:30

### Groin injuries - the long and winding road towards prevention

Co-chairs: **Per Renström** (Sweden) & **Per Hölmich** (Denmark)

#### Programme:

- **Anthony Schache** (Australia): The aetiology of groin injuries - an important factor for prevention?
- **George Koulouris** (Australia): Imaging groin injuries - ultrasound, MRI and X-ray
- **Per Hölmich** (Denmark): Risk factors for groin injuries - are they the target of prevention?
- **Kristian Thorborg** (Denmark): Evaluation of hip muscle strength, range of motion and physical capacity - based on science

#### Coffee break

- **Holly Silvers** (USA): The Santa Monica groin injury prevention study in male soccer
- **Per Hölmich** (Denmark): The Copenhagen groin injury prevention study in male soccer
- **Kristian Thorborg** (Denmark): How should future prevention studies be designed?
- **Schache, Koulouris, Hölmich, Thorborg, Silvers**: Panel discussion

#### Speakers:

- Per AFH Renström MD Professor  
Karolinska Hospital, Stockholm, Sweden
- Per Hölmich MD Associate Research Professor  
Amager University Hospital, Copenhagen, Denmark
- Anthony Schache PT PhD  
University of Melbourne, Melbourne, Victoria, Australia
- George Koulouris MD  
Melbourne Radiology Clinic, East Melbourne, Victoria, Australia
- Kristian Thorborg PT PhD  
Amager Hospital, Copenhagen, Denmark
- Holly J. Silvers PT PhD  
Santa Monica Orthopaedic Sports Medicine/Research Foundation, Santa Monica, CA, USA

## Session C - Symposium 17

09:30-12:30

### Injury prevention in child and adolescent sport: International evidence-based perspectives

Chair: **Carolyn Emery** (Canada)

#### Programme:

- **Carolyn Emery** (Canada): Introduction and overview of session
- **Grethe Myklebust** (Norway): Identifying youth athletes at risk - pre-participation evaluation
- **Willem Meeuwisse** (Canada): Injury prevention in the elite youth athlete
- **Evert Verhagen** (Netherlands): Injury prevention in sport and recreation - a focus on school and community settings
- **Barbara Morrongiello** (Canada): Psychosocial factors in injury prevention in youth sport and recreation

- **Brent Hagel** (Canada): Evidence for risk compensation in youth sport and recreation

### Coffee break

- **Carolyn Emery** (Canada): Evaluating policy in youth sport
- **Caroline Finch** (Australia): Challenges in implementing safety programs in children and adolescents
- **Carolyn Emery** (Canada): Future directions for research in injury prevention in child and adolescent sport
- **Emery, Myklebust, Meeuwisse, Verhagen, Morrongiello, Hagel, Finch**: Panel discussion - Where do we go from here? Moving the research agenda forward in injury prevention in child and adolescent sport

### Speakers:

- Carolyn Emery PT PhD Associate Professor  
University of Calgary, Calgary, AB, Canada
- Grethe Myklebust PT PhD Associate Professor  
Oslo Sport Trauma Research Centre, Oslo, Norway
- Willem Meeuwisse MD PhD Professor  
University of Calgary, Calgary, AB, Canada
- Evert Verhagen PhD Senior Researcher  
VU University Medical Center, Amsterdam, Netherlands
- Barbara Morrongiello PhD Professor  
University of Guelph, Guelph, ON, Canada
- Brent Hagel PhD Assistant Professor  
University of Calgary, Calgary, AB, Canada
- Caroline Finch PhD Professor  
University of Ballarat, Ballarat, Australia

## Session A - Symposium 18

13:45-15:15

### A 'whole of sport'- approach to reduce injuries in Australian football

Co-chairs: **Paul McCrory** (Australia) & **Hugh Seward** (Australia)

### Programme:

- **Hugh Seward** (Australia): An introduction to Australian football
- **Adrian Anderson** (Australia): The National Sporting Organisation's role and responsibility to promote safety in Australian football
- **John Orchard** (Australia): Injury surveillance in Australian football
- **Hugh Seward** (Australia): The reduction of posterior cruciate ligament knee injuries through rule changes
- **Paul McCrory** (Australia): Reducing brain and spinal injuries
- **Michael Makdissi** (Australia): Monitoring outcomes of concussion management
- **John Orchard** (Australia): Identifying ground surface conditions as a risk factor for ACL injury
- **Caroline Finch** (Australia): Knowledge translation and establishing community prevention programs for Australian football
- **Ross Smith** (Australia): Choosing a strategic direction and priorities for research
- **Seward, Anderson, Orchard, McCrory, Makdissi, Finch, Smith**: Panel discussion



#### Speakers:

- Paul McCrory MBBS PhD Professor  
University of Melbourne, Parkville, Victoria, Australia
- Hugh Seward MBBS  
AFL Medical Officers Association, Newtown, Victoria, Australia
- Caroline Finch PhD Professor  
University of Ballarat, Ballarat, Australia
- Adrian Anderson LLB MBA  
AFL Football Operations, Docklands, Victoria, Australia
- John Orchard MD PhD Adjunct Associate Professor  
University of Sydney, Sydney, NSW, Australia
- Michael Makdissi MBBS PhD  
University of Melbourne, Parkville, Victoria, Australia
- Ross Smith PhD  
AFL Research Board, Docklands, Victoria, Australia

### ***Session B - Symposium 19***

**13:45-15:15**

#### **How to start an argument with your teenager: preventing injuries in adolescent athletes**

**Chair:** Andrew Gregory (USA)

#### **Programme:**

- **Andrew Gregory (USA):** Overview of injury prevention in adolescent athletes
- **Tim Hewett (USA):** Prevention of ACL injuries in adolescent athletes
- **Julie Gilchrist (USA):** Prevention of concussion in adolescent athletes
- **Jordan Metzl (USA):** Preventing overuse injuries in adolescent performance sport athletes
- **Gregory, Hewett, Gilchrist, Metzl:** Panel discussion - How do you set up an injury prevention program for adolescent athletes?

#### Speakers:

- Andrew JM Gregory MD FAAP FACSM Assistant Professor  
Vanderbilt University School of Medicine, Nashville, TN, USA
- Tim Hewett PhD FACSM Professor  
Cincinnati Children's Hospital Medical Center, Cincinnati, OH, USA
- Julie Gilchrist MD FAAP Commander  
Centers for Disease Control & Prevention, Atlanta, GA, USA
- Jordan Metzl MD FAAP  
Hospital for Special Surgery, New York, NY, USA

## Session A - Symposium 20

15:45-17:15

### Prevention of sport-related concussion and long-term effects of recurrent mild traumatic brain injury: Is research driving clinical practice?

Chair: Kevin Guskiewicz (USA)

#### Programme:

- **Michael McCrea** (USA): Concussion assessment tools: Eliminating the guesswork in concussion management
- **Julian Bailes** (USA): Neuroprotective interventions for preventing concussions and neurodegeneration
- **Steven Broglio** (USA): Equipment and biomechanical considerations for concussion prevention
- **Kevin Guskiewicz** (USA): Athlete education and behavior modification in preventing concussion
- **McCrea, Bailes, Broglio, Guskiewicz**: Panel discussion

#### Speakers:

- Michael McCrea PhD ABPP  
Waukesha Memorial Hospital, Waukesha, WI, USA
- Julian Bailes MD Professor  
West Virginia University, Morgantown, WV, USA
- Steven Broglio PhD ATC Assistant Professor  
University of Illinois, Urbana, IL, USA
- Kevin Guskiewicz PhD ATC Professor  
University of North Carolina at Chapel Hill, Chapel Hill, NC, USA

## Session B - Symposium 21

15:45-17:15

### From the field to the politicians and back again - the challenge of implementation

Chair: Caroline Finch (Australia)

#### Programme:

- **Caroline Finch** (Australia): Introduction and overview of session
- **Grethe Myklebust** (Norway): Working with individual players
- **Carolyn Emery** (Canada): Working with groups of players and teams
- **Evert Verhagen** (Netherlands): Working with schools and communities
- **Caroline Finch** (Australia): Working with policy agencies and peak sports bodies
- **Finch, Myklebust, Emery, Verhagen**: Panel discussion and questions

#### Speakers:

- Caroline Finch PhD Professor  
University of Ballarat, Ballarat, Australia
- Grethe Myklebust PT PhD Assistant Professor  
Oslo Sports Trauma Research Centre, Oslo, Norway
- Carolyn Emery PT PhD Associate Professor  
University of Calgary, Calgary, AB, Canada
- Evert Verhagen PhD Senior Researcher  
VU University Medical Center, Amsterdam, Netherlands

### *Keynote lecture 5*

#### **17:15-18:00 Transferring science to life: Has FIFA found the recipe?**

##### **Speakers:**

**Jiri Dvorak MD Professor**

Schulthess Clinic, Zurich, Switzerland

**Colin Fuller PhD FRSC FFSEM (Hon) Professor**

University of Nottingham, Nottingham, United Kingdom

**Astrid Junge PhD**

FIFA Medical Assessment & Research Center, Zurich, Switzerland

#### **18:00-18:30 Closing ceremony**

**Please note that the programme of abstract presentations, poster presentations and workshops has not yet been decided.**

**The submission deadline for abstracts and workshops is September 1<sup>st</sup>, 2010.**

# Social Events

## Wednesday, April 6

**18:30 - 19:30**

### **Grimaldi Forum Monaco**

Welcome Cocktail hosted by the Minister of State of the Principality of Monaco  
*(included in the conference registration fee)*

## Thursday, April 7

**18:15 - 19:30**

### **Grimaldi Forum Monaco**

Wine & Cheese Reception and Poster Discussion  
*(included in the conference registration fee)*

## Friday, April 8

**20:00 - La Salle des Etoiles, Sporting Monte-Carlo**

<http://en.sportingmontecarlo.com>

Gala dinner

*(Additional registration required - Places are limited  
and will be allocated on a first-come, first-served basis)*

## Saturday, April 9

**19:30 - Faculty Event**

*(by invitation)*



# Call for Abstracts

The organisers wish to present the state of the art in prevention-related research at the IOC World Conference on Prevention of Injury & Illness in Sport, and will therefore include poster sessions and free communications to present the most recent research. 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](http://www.ioc-preventionconference.org) to submit your abstract.

- The deadline for abstract submission is September 1<sup>st</sup>, 2010. 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 November 1<sup>st</sup>, 2010. 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.

# General Information

## Conference venue



**Grimaldi Forum**  
10, Avenue Princesse Grace  
Ph +377 99992000

With 35,000 sqm. of modular premises and state-of-the-art technologies, the Grimaldi Forum Monaco is a wonderful tool to buildup 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 exhibition halls and 2 banqueting areas.

A permanent team of 150 professionals, representing 46 different professions, accompanies event organisers in their projects, from the space-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.

Ideally located in the heart of Monaco, the Grimaldi Forum Monaco is situated within walking distance of hotels, restaurants and other leisure activities.

## Currency

The currency in Monaco is the Euro. There are a number of currency exchanges which are open all day, including Sunday and bank holidays.

Your hotel will provide you with details of your nearest currency exchange.

## Electricity

The standard voltage in the Principality of Monaco is 220 V. Plugs are a two-pin style, continental.

## Exhibition

In this industrial exhibition, diagnostic, pharmaceutical and other companies of related matters from all over the world will be given the opportunity to put on display their products, services and new technical solutions. It provides a valuable forum to share practical ideas and to discuss recent advances and future trends.

The technical infrastructure of the Grimaldi Forum is of highest standard; its versatile infrastructure offers ample possibilities to build attractive stand constructions. To obtain further information on the exhibition plan and conditions, please contact the Organising Partner Publi Créations.

## Language

The official language of the Conference is English.



## Travelling by plane

The Nice Cote d'Azur International Airport, located 22 kilometres from Monaco, links the Principality of Monaco to the major cities of the world. Comfortable and rapid travel is provided by numerous direct flights. Further information with a list of all the airlines which fly to and from Nice at [www.nice.airport.fr](http://www.nice.airport.fr).

## Transfers from Nice Airport to Monaco and return

Several means of transfers are available from Nice Airport to Monaco and/or return (Taxi, helicopter, public bus, private car, train).

Further detailed information is available on the Conference website [www.ioc-preventionconference.org](http://www.ioc-preventionconference.org).

## Registration and information

### Publi Créations

Lucia Teppati

Monte-Carlo Sun, 74, Boulevard d'Italie - MC - 98000 Monaco

Tel.: +377 97 97 35 55 - Fax: +377 97 97 35 50

E-mail: [info@ioc-preventionconference.org](mailto:info@ioc-preventionconference.org)

## Secretariat desk

The Secretariat / registration desk at the Grimaldi Forum will be open as follows:

Wednesday, April 6, 2011: 16:00 - 20:00

Thursday, April 7, 2011: 08:00 - 20:00

Friday, April 8, 2011: 08:00 - 18:00

Saturday, April 9, 2011: 08:00 - 19:00



# Scientific Information

## Audio-Visual facilities

Equipment for computerised PowerPoint presentation will be provided during the scientific sessions. PowerPoint presentations can be viewed and tested prior to presentation in the slide preview room. They must be handed over to the technicians at least one hour before the beginning of the sessions. It is essential for the smooth running of the sessions that all Speakers hand in their PowerPoint presentations in due time.

## Technical requirements:

### Supported media for transferring the presentations:

- USB storage device
- DVDROM
- CDROM
- Memory card

### Configuration:

- Windows XP / Vista / 7
- Microsoft Office 2007 SP1 or previous version
- Windows Media Player 11 or previous version

### Supported file formats:

- PowerPoint (PPT, PPTX)

For performance reason, the total size of your presentation and external files associated, must not exceed **1,5 Gbytes**.

## European Accreditation

European Accreditation with UEMS (European Union of Medical Specialists) will be requested for this programme.

## Certificate of Attendance

A certificate of attendance will be provided on request at the registration desk on the last day of the Conference.

# Registration

## **IOC World Conference on Prevention of Injury & Illness in Sport Monte-Carlo, Principality of Monaco, April 7-9, 2011**

<b>REGISTRATION FEE</b>	<b>Before March 25, 2011</b>	<b>On site</b>
Conference registration	€ 450,00	€ 500,00
Bachelor or Master students (not PhD students)*	€ 150,00	€ 150,00
Accompanying persons	€ 210,00	€ 210,00
Gala dinner	€ 150,00	€ 150,00

*\* 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 (April 6)
- Opening Ceremony (April 7)
- Wine & Cheese Reception - Poster discussion (April 7)
- Buffet lunch and coffee breaks (April 7, 8, 9)
- Conference kit
- Certificate of attendance

### **The registration fee for accompanying persons includes:**

- Welcome Reception (April 6)
- Buffet lunch and coffee breaks (April 7, 8, 9)

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

- **Cancellation received before February 28<sup>th</sup>, 2011:**  
the payment will be refunded after the Conference, less 30% of the amount paid.
- **Cancellation received after March 1<sup>st</sup>, 2011:** no refund will be provided.

# Accommodation & Travel Information

## IOC World Conference on Prevention of Injury & Illness in Sport

**Monte-Carlo, Principality of Monaco, April 7-9, 2011**

	Double room (single use)	Double Room
<b>4 Stars Luxe</b>		
Hotel Fairmont Monte-Carlo	€ 205,00	€ 205,00
Hotel Hermitage	€ 205,00	€ 205,00
Hotel Monte-Carlo Beach	€ 205,00	€ 205,00
Hotel Port Palace	€ 205,00	€ 205,00
<b>4 Stars</b>		
Hotel Monte-Carlo Bay (IOC HQ)	Upon Request	Upon request
Hotel Le Meridien Beach Plaza	€ 205,00	€ 205,00
<b>3 Stars</b>		
Hotel Columbus	€ 170,00	€ 170,00
Hotel Novotel Monte-Carlo	€ 170,00	€ 170,00
Hotel Ambassador	€ 155,00	€ 155,00

*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, April 6 and back from Monaco to Nice Cote d'Azur Airport on Sunday, April 10.

### Reservation deadline

**February 28, 2011:** After this date, reservations are not guaranteed.

### How to make a hotel reservation

To reserve your hotel room in Monaco and benefit from the special Conference rates, please visit the congress web site at [www.ioc-preventionconference.org](http://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](mailto:info@ioc-preventionconference.org) or to fax number +377 97 97 35 50) and will be subject to the following conditions:

- **Cancellations made before November 30<sup>th</sup>, 2010:**  
the payment will be refunded after the Conference and after deduction of an administrative fee of € 60.
- **Cancellations made before January 31<sup>st</sup>, 2011:**  
the payment will be refunded after the Conference and after deduction of one night room rate.
- **Cancellations made after February the 1<sup>st</sup>, 2011:**  
no refund will be provided.

**For further detailed information, please visit the conference web site at:**  
**[www.ioc-preventionconference.org](http://www.ioc-preventionconference.org)**



# Satellite Course IOC Advanced Team Physician Course

**April 3 - 5, 2011**

Calvi, Corsica



**Second Announcement  
& Programme**









## Course vision

This will be a team physician course geared towards the practical issues of working with high-level athletes in a team sports setting! We will learn from the best! We will address controversial topics where agreement may not exist and new evidence on diagnosis and treatment. We will challenge existing dogma.

Upon arrival in Calvi, participants will receive cases illustrating specific scenarios, which we will address through small-group discussions, plenary lectures and panel discussions.

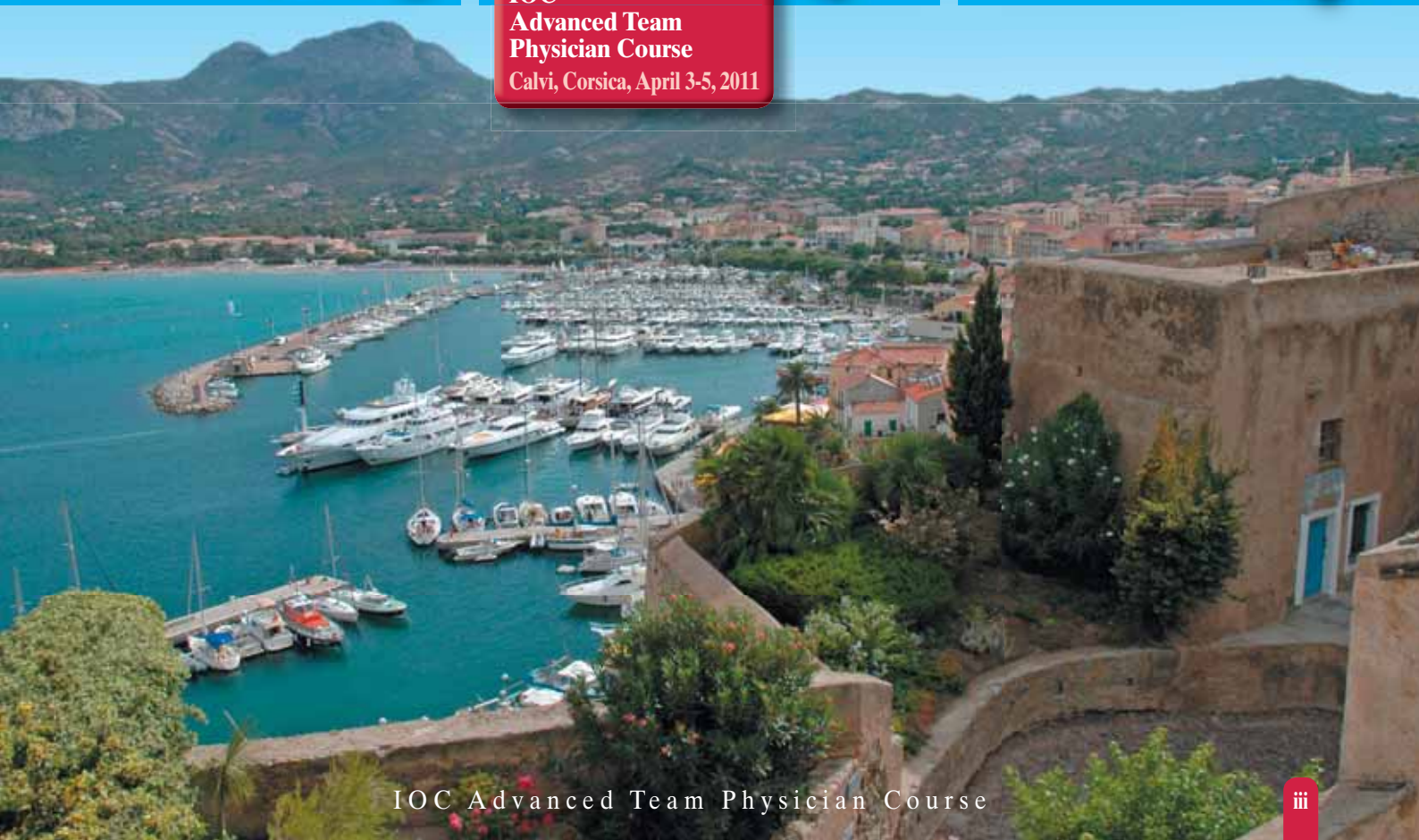
**Maximum capacity:** 75 participants (first come, first served!).

**Location:** Regina Hotel, Calvi - situated on the north-west point of the beautiful island of Corsica, combining tradition with modern conveniences, French with Italian food, and science with local culture.

IOC World Conference  
on Prevention of Injury  
& Illness in Sport  
Monaco, April 7-9, 2011



IOC  
Advanced Team  
Physician Course  
Calvi, Corsica, April 3-5, 2011





## Saturday, April 2

Individual arrivals throughout the day; private transfers by shuttle will be provided by the airport of Calvi to the hotels.

Welcome dinner in the evening.

## Sunday, April 3

### Session 1

#### Working as a team physician - challenges and strategies

**Chair:** Lars Engebretsen MD PhD

- **Gordon Matheson** (USA): Where are your loyalties: Coach, team or athlete?
- **Roald Bahr** (Norway): From postseason injury analysis through pre-season screening - risk management in the team setting
- **Karim Khan** (Canada): How teams work - learning from outside sport

### Session 2

#### Working as a team physician - pearls & pitfalls

**Chair:** Roald Bahr MD PhD

##### The smartest and the dumbest thing I have done as a team physician:

- **Wayne Derman** (South Africa): Working with the South African Olympic and Paralympic Teams
- **Geoffrey Verrall** (Australia): Working with an AFL football team
- **Ola Rønsen** (Norway): Working with the Norwegian Olympic Team
- **Jiri Dvorak** (Switzerland): Working with an international federation
- **Willem Meeuwisse** (Canada): Working with an NHL hockey team
- **John Orchard** (Australia): Working with an Australian rugby team
- **Kimberly G. Harmon** (USA): Working with a US college team
- **Panel discussion**

### Session 3

#### Managing concussions in a team setting

**Chairs:** Willem Meeuwisse MD PhD & Paul McCrory MD PhD

- **Paul McCrory** (Australia): Introduction and two cases illustrating key issues - Small-group discussions
- **Willem Meeuwisse** (Canada): The Zurich concussion consensus approach - outcomes and controversies
- **Willem Meeuwisse** (Canada): Acute sideline assessment - the role of the SCAT<sub>2</sub>
- **Michael Makdissi** (Australia): Return to play issues
- **Michael Makdissi** (Australia): How can we best use NP assessment strategies to guide return to play
- **Paul McCrory** (Australia): What do you do with the difficult cases?
- **Paul McCrory** (Australia): Long-term risks - is chronic traumatic encephalopathy a real entity?
- **Panel:** Review of cases and learning objectives

## Session 4

### The groin enigma in sports

**Chair:** Per Hölmich MD PhD

- **Lars Engebretsen** (Norway): Introduction and two cases illustrating key issues  
- Small-group discussions
- **Per Hölmich** (Denmark): Groin problems - not only soft tissue problems but also include bone and joint
- **Marc Safran** (USA): The hip joint as a cause of groin pain in athletes - etiology, diagnosis and surgical options
- **Geoffrey Verrall** (Australia): MRI - the significance of bone marrow edema - is osteitis pubis/pubis bone stress a diagnosis?
- **Per Hölmich** (Denmark): The clinical diagnosis of hip and groin pain in athletes
- **Geoffrey Verrall** (Australia): Non-surgical management of chronic groin injuries
- **Panel:** Review of cases and learning objectives

## Monday, April 4

## Session 5

### The overtrained athlete

**Chair:** Ola Rønsen MD PhD

- **Ola Rønsen** (Norway): Introduction and case presentation: “I’m so tired - and my legs don’t work”
- **Tim Noakes** (South Africa): Is exercise limited by the cardiovascular/skeletal muscular systems or regulated by the brain in anticipation? - the mechanisms of fatigue and overtraining
- **Panel:** Review of case and learning objectives

## Session 6

### Protecting health and preventing illness in athletes

**Chair:** Martin Schwellnus MD PhD

- **Martin Schwellnus** (South Africa): Introduction and three cases illustrating key issues  
- Small-group discussions
- **Jonathan Drezner** (USA): Cardiac screening in athletes: What is the value of the IOC consensus on Periodic Health Examination?
- **Gordon Matheson** (USA): Non-cardiac illness screening in athletes: What is the value of the IOC consensus on Periodic Health Examination?
- **Martin Schwellnus** (South Africa): Illness patterns in athlete - what can I expect when I travel with a team?
- **Wayne Derman** (South Africa): Detection and treatment of respiratory illness in athletes - allergies and infections
- **Martin Schwellnus** (South Africa): Detection and treatment of other common illness in athletes
- **Ola Rønsen** (Norway): Stay healthy! How it is done within the Norwegian Olympic team
- **Panel:** Review of cases and learning objectives

## Session 7

### Novel approaches to the treatment of tendinopathy

**Chair:** Karim Khan MD PhD

- **Roald Bahr** (Norway): Introduction and two cases illustrating key issues  
- Small-group discussions
- **Michael Kjær** (Denmark) & **Karim Khan** (Canada):  
What is tendinopathy and why does it happen? What is mechanotransduction?

- **Roald Bahr** (Norway): Does eccentric training really work?
- **Håkan Alfredson** (Sweden): Ultrasound- & Doppler-guided sclerosis and electrocoagulation
- **Lars Engebretsen** (Norway): Platelet-rich plasma injections for tendinopathy
- **Michael Kjær** (Denmark): Shock-wave therapy
- **Karim Khan** (Canada): Pharmaceutical treatment options for tendinopathy
- **Håkan Alfredson** (Sweden): Ultrasound- & Doppler-guided mini-surgery for patellar tendinopathy
- **Panel:** Case discussions: Which is the first option, and which the last line of defense?  
Review of learning objectives

## Tuesday, April 5

### Session 8

#### Pharmacological treatment of common acute sports injuries

**Chair:** Lars Engebretsen MD PhD

- **Nick Mohtadi** (Canada): Introduction and two cases illustrating key issues  
- Small-group discussions
- **Michael Kjær** (Denmark): Acute muscle and ligament injuries - what is the pathology?
- **Michael Kjær** (Denmark): Is there a place for cortisone injections in the treatment of acute muscle and ligament injuries?
- **John Orchard** (Australia): Is there a place for local anaesthetics in the treatment of acute sports injuries?
- **Karim Khan** (Canada): NSAIDs and Cox-2 inhibitors in the treatment of acute sports injuries
- **Lars Engebretsen** (Norway): Platelet-rich plasma injections for acute sports injuries: Do they work and are they legal?
- **Panel:** Review of cases and learning objectives

### Session 9

#### Current clinical controversies

**Chair:** Kimberly G. Harmon MD

#### Introduction and two cases illustrating clinical controversies:

- **Jonathan Drezner** (USA): “I can’t feel my legs!” (cervical spinal stenosis)
- **Kimberly G. Harmon** (USA): “I can feel my legs and they hurt!” (anterior tibial cortex stress fracture)
- **Cindy J. Chang** (USA): “Why is my urine red?” (renal injury and polycystic kidney disease)
- **Jonathan Drezner** (USA): “I just got the wind knocked out of me” (thoracoabdominal trauma - rib fracture, pulmonary contusion, pneumothorax)
- **Kimberly G. Harmon** (USA): “I’m fine now that I have a defibrillator” (return to play with defibrillator or pacemaker)
- **Cindy J. Chang** (USA): “It’s okay, it runs in the family” (clearance for sports with asymptomatic long QT)

### Session 10

#### The hamstring problem in sports

**Chair:** Geoffrey Verrall MD

- **Lars Engebretsen** (Norway): Introduction and two cases illustrating key issues  
- Small-group discussions
- **Geoffrey Verrall** (Australia): Setting the stage: Which are the clinical entities involved in hamstring injuries and pain?
- **Geoffrey Verrall** (Australia): The etiology of hamstring injuries: Possible explanations
- **Nick Mohtadi** (Canada): Latest developments in hamstring injury management
- **Per Hölmich** (Denmark): Diagnostic dilemmas in chronic hamstring syndrome: Approach to clinical history, examination and investigation



- **Nick Mohtadi** (Canada): Non-surgical management of chronic hamstring injuries: Insertional and non-insertional
- **Ned Amendola** (USA): Rationale and options for surgical management of hamstrings injury
- **Panel**: Review of cases and learning objectives

## Session 11

### Return to sport: How do we make the best medical decisions?

**Chair: Gordon Matheson MD PhD**

#### Introduction and five cases illustrating key issues:

- **Gordon Matheson** (USA): A stress fracture - what are the key issues?
- **Kimberly G. Harmon** (USA): A female athlete with disordered eating - how do you decide?
- **Marc Safran** (USA): A ligament injury treated non-operatively?
- **Jiri Dvorak** (Switzerland): Low back pain in a soccer player
- **Marc Safran** (USA): An overuse shoulder injury in an overhead athlete  
- Small-group discussions
- **Gordon Matheson** (USA): Can return to play decisions be standardized?
- **Ned Amendola** (USA): What are the factors that go into return to play decisions?
- **Nick Mohtadi** (Canada): How good is the scientific evidence for return to play decisions?
- **Martin Schwellnus** (South Africa): What is the best practice for medical decision making in return to play?
- **Panel**: Review of cases and learning objectives

#### Speakers:

- |   |  |
|---|--|
| - Håkan Alfredson MD PhD Professor<br>University of Umeå, Umeå, Sweden                              | - Michael Makdissi MBBS PhD<br>University of Melbourne, Parkville, Victoria, Australia   |
| - Ned Amendola MD Professor<br>University of Iowa, Iowa City, IA, USA                               | - Gordon O. Matheson MD PhD Professor<br>Stanford University, Stanford, CA, USA  |
| - Roald Bahr MD PhD Professor (Program Chair)<br>Oslo Sports Trauma Research Center, Oslo, Norway   | - Nicholas G. Mohtadi MD Clinical Professor<br>University of Calgary, Calgary, AB, Canada  |
| - Cindy J. Chang MD Asst Clinical Professor<br>University of California, Berkeley, CA, USA          | - Paul McCrory MBBS PhD Associate Professor<br>The University of Melbourne, Melbourne, Victoria, Australia                       |
| - Wayne Derman MD PhD Professor<br>University of Cape Town, Cape Town, South Africa                 | - Willem Meeuwisse MD PhD Professor<br>University of Calgary, Calgary, AB, Canada  |
| - Jiri Dvorak MD Professor<br>Schulthess Clinic, Zurich, Switzerland                                | - Timothy D. Noakes OMS MBChB MD DSc<br>FFEM (UK) Discovery Health Professor<br>University of Cape Town, Cape Town, South Africa |
| - Jonathan Drezner MD Associate Professor<br>University of Washington, Seattle, WA, USA             | - John Orchard MD PhD Adjunct Associate Professor<br>University of Sydney, Sydney, NSW, Australia                                |
| - Lars Engebretsen MD PhD Professor<br>Oslo Sports Trauma Research Center, Oslo, Norway             | - Ola Rønsen MD PhD<br>Norwegian Olympic Training Center, Oslo, Norway   |
| - Kimberly Harmon MD Clinical Associate Professor<br>University of Washington, Seattle, WA, USA     | - Marc R. Safran MD Professor<br>Stanford University, Redwood City, CA, USA  |
| - Per Hölmich MD Associate Research Professor<br>Amager Hospital, Copenhagen, Denmark               | - Martin Schwellnus MD PhD Professor<br>University of Cape Town, Cape Town, South Africa   |
| - Karim Khan MD PhD Professor<br>University of British Columbia, Vancouver, BC, Canada              | - Geoffrey Verrall MBBS<br>SPORTSMED.SA Sports Medicine Clinic, Adelaide, Australia  |
| - Michael Kjær Dr.Med. MD Professor<br>Institute of Sports Medicine Copenhagen, Copenhagen, Denmark |  |



# Registration

## IOC Advanced Team Physician Course Calvi, Corsica, April 3-5, 2011

REGISTRATION FEE	Before March 25, 2011
Registration fee	€ 1 200,00
Accompanying persons	€ 450,00

*The above mentioned fees include VAT.*

### The registration fee for the Course in Corsica includes:

- Participation in all scientific sessions
- Arrival transfer by shuttle from Calvi Airport to the hotel on April 2, 2011
- 3 nights accommodation in one of the selected hotels in **single occupancy**, from April 2 to 5, 2011
- Meals and social programme
- Return group transfer by private bus to Calvi Airport on April 5, 2011
- Transportation to Nice Cote d'Azur Airport by private plane
- Group transfer by private bus from Nice Cote d'Azur Airport to Monaco for those participants attending the Conference

### The accompanying person fee for the Course in Corsica includes:

- Arrival transfer by shuttle from Calvi Airport to the hotel on April 2, 2011
- Supplement for double occupancy room
- Evening meals and social programme

**N.B.:** Please note that it does NOT include return transfer nor flight.

### How to register

To register for the IOC Advanced Team Physician Course, please visit the congress web site at [www.ioc-preventionconference.org](http://www.ioc-preventionconference.org) and click on the appropriate icon.

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

- **Cancellation received before February 28<sup>th</sup>, 2011:**  
the payment will be refunded after the Conference, less 30% of the amount paid.
- **Cancellation received after March 1<sup>st</sup>, 2011:** no refund will be provided.

# Accommodation & Travel Information

## IOC Advanced Team Physician Course Calvi, Corsica, April 3-5, 2011

### 3 Stars

Hotel Regina Calvi (IOC HQ)  
Hotel Mariana  
Hostellerie de l'Abbaye

[www.reginahotelcalvi.com](http://www.reginahotelcalvi.com)  
[www.hotel-mariana.com](http://www.hotel-mariana.com)  
[www.hostellerie-abbaye.com](http://www.hostellerie-abbaye.com)

*Please note that your accommodation cost for the above mentioned hotels will be included in the registration fee for the Course in Corsica, as indicated under the section "Registration".*

*Upon confirmation of your registration payment, your accommodation details will be provided to you.*

*For further detailed information, please visit the conference web site at [www.ioc-preventionconference.org](http://www.ioc-preventionconference.org)*

### 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 Calvi Airport to the hotels on Saturday, April 2.
- Return group transfer will be arranged on Tuesday, April 5 from the hotels to Calvi Airport.
- No transfers will be organised from / to Bastia Airport.

### Reservation deadline

**February 28, 2011:** After this date, reservations are not guaranteed.

## Social Events

### Saturday, April 2

**19:30 - Restaurant «L'Abri Cotier»**

Welcome dinner (*included in the Course registration fee*)

### Sunday, April 3

**20:00 - Restaurant «La Signoria»**

Dinner (*included in the Course registration fee*)

### Monday, April 4

**17:00 - Visit of the Citadelle of Calvi and Concert of Polyphonic Corsican songs in the Cathedral**

**19:00 - Transfer by private Micheline train to l'Île Rousse**

**19:30 - Aperitif and dinner at Restaurant «A Siesta Beach»**

(*full programme included in the Course registration fee*)