

# IOC WORLD CONFERENCE PREVENTION OF INJURY & ILLNESS IN SPORT



**MONACO**  
**10-12 APRIL 2014**  
**Final programme**

IN COLLABORATION WITH



ORGANISED BY



WITH THE SUPPORT OF





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

(Monaco, 10-12 April 2014)

Event code: **10229**

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by the European Accreditation Council for Continuing Medical Education (EACCME)



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

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## Foreword by H.S.H. 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 10 to 12 April 2014, 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 specialities, 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.

A handwritten signature in black ink, reading "Albert II of Monaco". The signature is written in a cursive style with a horizontal line underneath.



## Foreword by the IOC President, Thomas Bach



Injury and Illness. Two words that can strike fear into the hearts of both athletes and their entourage, and which often hang over those preparing for competition.

As a former athlete, I truly understand their apprehension. I have experienced how very important it is to have access to medical support staff who are up-to-date with the latest research and medical practices, and protect the clean athletes.

For over 40 years, the IOC has worked, through its Medical Commission, to protect the health of the athletes. First through the fight against doping in sport, and for the last 12 years also through prevention and education, by using and channelling the very best worldwide expertise in injury and illness prevention

After a first successful edition held in Monaco in 2011, this second IOC World Conference on Prevention of Injury and Illness in Sport is the ideal platform for the dissemination of the latest research through seminars, lectures, workshops and posters by leaders in the field.

May I thank my IOC colleague HSH Prince Albert II and the whole Principality of Monaco for hosting this 2014 Conference.

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

Our objective remains to take concrete measures to implement new or improved injury prevention strategies, to maximise safe sports participation and thus to ensure that elite and recreational athletes alike are as fit and healthy as possible.

*Thomas Bach*



## Organising Committee

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**International Olympic Committee**  
**Medical and Scientific Department**



**Director in charge:**  
**Richard BUDGETT, MD Medical Director**  
**[www.olympic.org/medical](http://www.olympic.org/medical)**

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## Conference Venue



### GRIMALDI FORUM

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

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

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

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

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

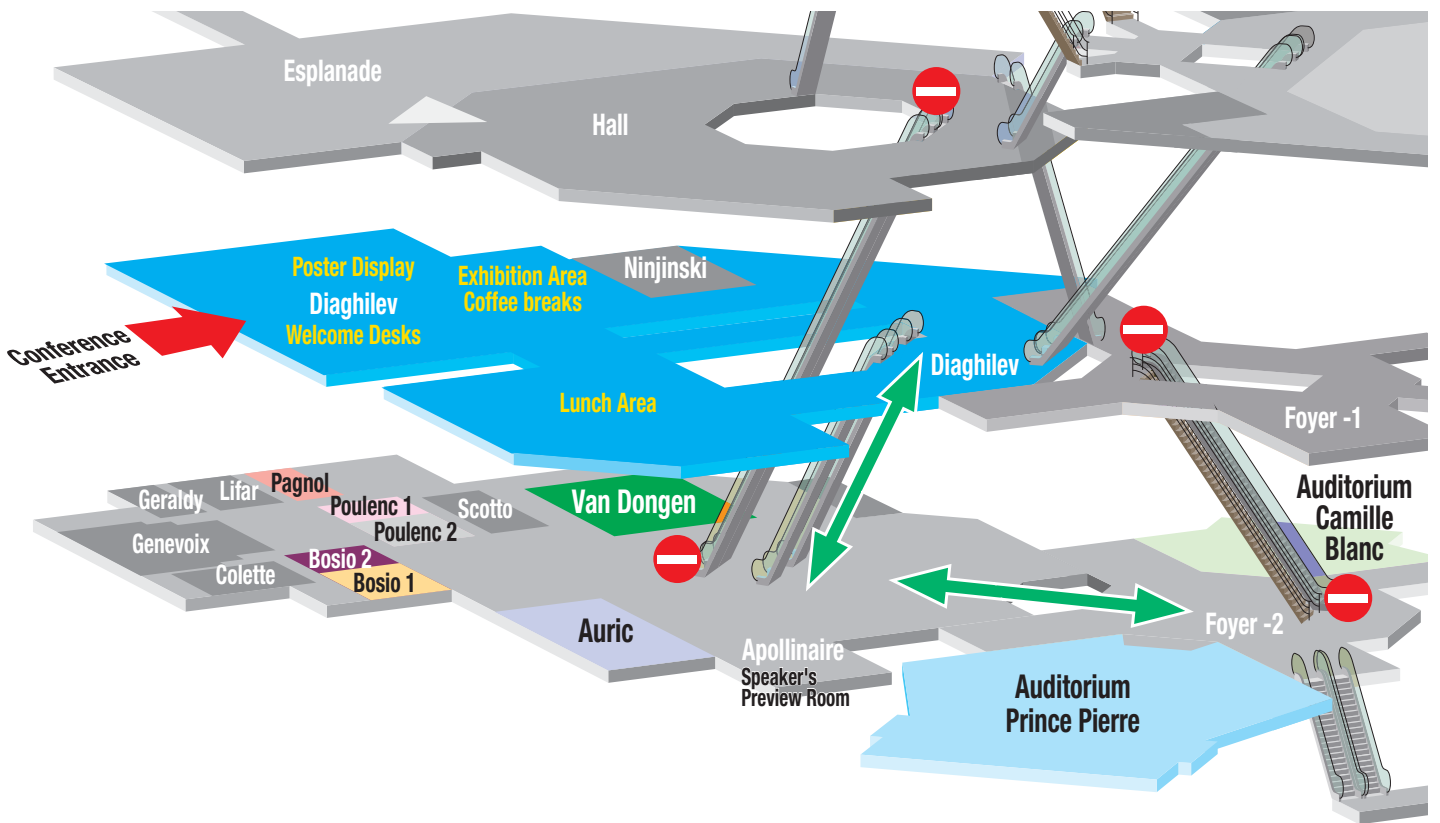
The staff and visitors are actively encouraged to follow its «Act Green» policy. Furthermore a «Green Event» offer is available and proposes tailor-made solutions for events' wishing to limit their environmental footprint. For more information, please visit their website [www.grimaldiformum.mc](http://www.grimaldiformum.mc)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







## Grimaldi Forum Plan



- **Diaghilev area** / Poster sessions/ Exhibition / Lunches & Coffee breaks
- **Room Prince Pierre** / Keynotes / SESSION A Symposium (# 1-3-5-8-11-13-16-19-22) / Opening Ceremony & Closing Lecture
- **Room Camille Blanc** / SESSION B Symposium (#2-4-6-9-12-14-17-20-23)
- **Room Auric** / SESSION C Symposium (#7-10-15-18-21-24)
- **Room Pagnol** / SESSION D Free Communications
- **Room Poulenc 1** / SESSION E Workshops
- **Room Poulenc 2** / SESSION F Workshops
- **Room Bosio 1** / SESSION G Workshops
- **Room Bosio 2** / SESSION H Workshops
- **Room Van Dongen** / SESSION I Workshops
- **Room Apollinaire** / Speakers' Preview Room

# Back in the game



Aspetar helps athletes regain their trajectory of success despite the setback of injury. Our multidisciplinary team of expert clinicians provides seamless patient care at our state-of-the-art facility. At Aspetar, clinical excellence is supported by the latest technology and research advances. Our team has a wealth of international sports medicine experience at the highest level. We can support you on your journey to do what you do best - perform at your peak.

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A full-page background image of a diver in a pool. The diver is upside down, performing a handstand on the water's surface. The water is bright blue with many white bubbles and ripples. The diver is wearing a dark swimsuit with 'USA' printed on the back. The text 'Scientific programme' is overlaid in the center of the image.

## Scientific programme



# Programme at a Glance

## Wednesday 9 April

16.00

Registrations

19.00

**OPENING CEREMONY**

19.30

Welcome reception

## Thursday 10 April

08.00

Registrations

09.00

Room Prince Pierre

**OPENING OF THE SCIENTIFIC SESSIONS**

09.30 **KEYNOTE 1**

Room Prince Pierre

Speakers: Karim Khan (Canada / Qatar), Domhnall MacAuley (Great Britain)

**Has sports injury and illness prevention research delivered? A vigorous debate**

10.30-11.00 *Coffee Break*

<p><b>11.00-12.30</b> <b>SESSION A</b> Room Prince Pierre <b>Symposium 1</b> _____ Chair: Lindsay J. DiStefano (USA)  The role of human movement patterns in predicting and preventing ACL and other common injuries</p>	<p><b>11.00-12.30</b> <b>SESSION B</b> Room Camille Blanc <b>Symposium 2</b> _____ Chair: Caroline Finch (Australia)  Making a noise about sports injury prevention - the power of social media</p>	<p>_____</p>	<p><b>11.00-12.30</b> <b>SESSION D</b> Room Pagnol <b>Free communications</b> _____ Chairs: Erich Müller (Austria) Nikos Malliaropoulos (Greece)  <b>Muscle Function &amp; Injuries</b></p>	<p><b>11.00-18.00</b> <b>WORKSHOPS</b></p> <p><b>SESSION E</b> Room Poulenc 1 <b>Workshops</b> _____</p> <p><b>SESSION F</b> Room Poulenc 2 <b>Workshops</b> _____</p>
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12.30-14.00 *Lunch*

<p><b>14.00-16.00</b> <b>SESSION A</b> Room Prince Pierre <b>Symposium 3</b> _____ Chairs: Roald Bahr (Norway/Qatar) Eero Hyvärinen (Finland)  Preventing injuries in World Cup alpine skiing - research and implementation hand in hand</p>	<p><b>14.00-16.00</b> <b>SESSION B</b> Room Camille Blanc <b>Symposium 4</b> _____ Chairs: Greg Whyte (UK) Hakim Chalabi (Qatar)  Is it really possible to prevent sudden cardiac death in sport?</p>	<p>_____</p>	<p><b>14.00-16.00</b> <b>SESSION D</b> Room Pagnol <b>Free communications</b> _____ Chairs: John Orchard (Australia) João Grangeiro Neto (Brazil)  <b>Sports Medicine</b></p>	<p><b>SESSION G</b> Room Bosio 1 <b>Workshops</b> _____</p> <p><b>SESSION H</b> Room Bosio 2 <b>Workshops</b> _____</p>
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16.00-16.30 *Coffee Break*

<p><b>16.30-18.30</b> <b>SESSION A</b> Room Prince Pierre <b>Symposium 5</b> _____ Chairs: Sebastien Racinais (Qatar) Ron Maughan (UK)  Preventing heat-related problems in athletes</p>	<p><b>16.30-18.30</b> <b>SESSION B</b> Room Camille Blanc <b>Symposium 6</b> _____ Chair: Johannes Zwerver (Netherlands)  Prevention of the jumper's knee: Jumping to conclusions or not?</p>	<p><b>16.30-18.30</b> <b>SESSION C</b> Room Auric <b>Symposium 7</b> _____ Chairs: Kevin Guskiewicz (USA) Jon Patricios (South Africa)  International perspectives on prevention of sport-related concussion: Are we gaining ground?</p>	<p><b>16.30-18.00</b> <b>SESSION D</b> Room Pagnol <b>Free communications</b> _____ Chairs: Per Hölmich (Denmark) Ian Needleman (UK)  <b>Implementing Prevention Programs</b></p>	<p>_____</p>
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# Programme at a Glance

## Friday 11 April

### 08.30 KEYNOTE 2

Room Prince Pierre  
Speaker: Paul McCrory (Australia)

**TOMBER DANS LES POMMES - 'Zero tolerance' and the fear of chronic traumatic encephalopathy - the role of evidence based concussion prevention**

<b>09.30-11.00</b> <b>SESSION A</b> Room Prince Pierre Symposium 8 Chairs: Juan Manuel Alonso (Qatar) Simon S. Yeung (Hong Kong) Prevention of hamstring injuries in competitive athletes - translating research into evidence-based practice	<b>09.30-11.00</b> <b>SESSION B</b> Room Camille Blanc Symposium 9 Chair: Scott McLean (USA) Taking the lab to the game: Towards innovative field-based injury screening and prevention	<b>09.30-11.00</b> <b>SESSION C</b> Room Auric Symposium 10 Chair: Michael Turner (UK) Only mad dogs and Englishmen go out in the midday sun; the prevention of injuries and illness in elite tennis players	<b>09.30-11.00</b> <b>SESSION D</b> Room Pagnol Free communications Chairs: Margo Mountjoy (Canada) Jiri Dvorak (Switzerland) Sports Medicine	<b>09.30-14.30</b> <b>WORKSHOPS</b>  <b>SESSION E</b> Room Poulenc 1 Workshops  <b>SESSION F</b> Room Poulenc 2 Workshops  <b>SESSION G</b> Room Bosio 1 Workshops
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11.00-11.30 Coffee Break

<b>11.30-13.00</b> <b>SESSION A</b> Room Prince Pierre Symposium 11 Chair: Hugh Seward (Australia) Can rule and regulation changes be used to prevent injuries in football codes?	<b>11.30-13.00</b> <b>SESSION B</b> Room Camille Blanc Symposium 12 Chair: Erik Witvrouw (Qatar) Preventing achilles tendon problems		<b>11.30-13.00</b> <b>SESSION D</b> Room Pagnol Free communications Chairs: Antonio Pelliccia (Italy) Martin Schwellnus (South Africa) Preventing Cardiac Events	<b>SESSION H</b> Room Bosio 2 Workshops
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13.00-14.30 Lunch

### 14.30 KEYNOTE 3

Room Prince Pierre  
Speaker: Benno Nigg (Canada)

**The evolution of footwear and its role in prevention of running injuries**

### 15.30-16.30 THEMATIC POSTERS

			<b>15.30-16.30</b> <b>SESSION D</b> Room Pagnol Free communications Chairs: Thor Einar Andersen (Norway) Jan Ekstrand (Sweden) Ankle & Knee	<b>15.30-19.00</b> <b>WORKSHOPS</b>  <b>SESSION E</b> Room Poulenc 1 Workshops  <b>SESSION F</b> Room Poulenc 2 Workshops  <b>SESSION G</b> Room Bosio 1 Workshops
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16.30-17.00 Coffee Break

<b>17.00-19.00</b> <b>SESSION A</b> Room Prince Pierre Symposium 13 Chair: Thor Einar Andersen (Norway) Prevention of football injuries at the elite level	<b>17.00-19.00</b> <b>SESSION B</b> Room Camille Blanc Symposium 14 Chairs: Stephen Targett (Qatar) Lars Engebretsen (Norway) To screen or not to screen? An international perspective on the IOC consensus statement on Periodic Health Evaluation (PHE) of elite athletes	<b>17.00-19.00</b> <b>SESSION C</b> Room Auric Symposium 15 Chair: Margo Mountjoy (Canada) IOC Consensus Statement "Beyond the Triad – RED-S" and Female Athlete Triad Coalition Consensus Statement on Treatment and Return to Play		<b>SESSION H</b> Room Bosio 2 Workshops  <b>SESSION I</b> Van Dongen Workshops
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### 20.00 SPORTS MEDICINE CELEBRATION NIGHT



# Programme at a Glance

## Saturday 12 April

### 08.30 KEYNOTE 4

Room Prince Pierre

Speaker: Evert Verhagen (Netherlands)

Protecting the health of the @hlete - how online technology may aid our common goal to prevent injury and illness in sport

### 09.30-11.00

#### SESSION A

Room Prince Pierre

#### Symposium 16

Chair: Tron Krosshaug (Norway)

Screening for ACL injury risk using drop jump tasks - does it work?

### 09.30-11.00

#### SESSION B

Room Camille Blanc

#### Symposium 17

Chair: Evert Verhagen (Netherlands)

Maximising sports injury prevention program impact - issues of implementation, context and compliance across the sports delivery system

### 09.30-11.00

#### SESSION C

Room Auric

#### Symposium 18

Chairs: Per Hölmich (Denmark /Qatar)  
Mark Hutchinson (USA)

The groin-injury iceberg - looking beneath the surface

### 09.30-11.00

#### SESSION D

Room Pagnol

#### Free communications

Chairs: Markus Waldén (Sweden)  
Paul Piccinini (Canada)

Shoulder & Sports Injury

### 09.30-16.30

#### WORKSHOPS

#### SESSION E

Room Poulenc 1

Workshops

#### SESSION F

Room Poulenc 2

Workshops

#### SESSION G

Room Bosio 1

Workshops

#### SESSION H

Room Bosio 2

Workshops

### 11.00-11.30 Coffee Break

### 11.30-13.00

#### SESSION A

Room Prince Pierre

#### Symposium 19

Chairs: Per Hölmich (Denmark/Qatar)  
Michael Kjær (Denmark)

Prevention - why eccentric?

### 11.30-13.00

#### SESSION B

Room Camille Blanc

#### Symposium 20

Chair: Margo Mountjoy (Canada)

Staying out of hot water: Reducing hyperthermic illness and injury risk in aquatic endurance athletes

### 11.30-13.00

#### SESSION C

Room Auric

#### Symposium 21

Chair: Urban Johnson (Sweden)

Ahead of injuries; sports injury prevention from a psychological point of view

### 11.30-13.00

#### SESSION D

Room Pagnol

#### Free communications

Chairs: Willem Meeuwisse (Canada)  
Jonathan Drezner (USA)

Risk Factors & Screening

### 13.00-14.00 Lunch

### 14.30-16.30

#### SESSION A

Room Prince Pierre

#### Symposium 22

Chair: Grethe Myklebust (Norway)

ACL prevention in female handball and football - any specific considerations?

### 14.30-16.30

#### SESSION B

Room Camille Blanc

#### Symposium 23

Chair: Martin Raftery (Australia)

Rugby Sevens World Series - implementing a series-wide injury and illness prevention programme to minimise the impact of the inter-continental travel requirements

### 14.30-16.30

#### SESSION C

Room Auric

#### Symposium 24

Chairs: John DiFiori (USA)  
Margo Mountjoy (Canada)

Current concepts in injury prevention for young athletes: Do we have solutions?

### 16.30-17.00 Coffee Break

### 17.00 KEYNOTE 5

Room Prince Pierre

Speaker: Andrew McIntosh (Australia)

Are we getting the same performance from our equipment as we expect from our athletes?

Technology and equipment in sports injury prevention

### 17.45 CLOSING LECTURE

### 20.00 FACULTY EVENT (by invitation)



## Wednesday 9 April

16.00 Registrations

19.00 **OPENING CEREMONY**

Greetings on behalf of the Organising Committee

Fredrik Bendiksen

Opening remarks by the director of the IOC Medical & Scientific Department

Richard Budgett

Welcome speech

H.S.H. Prince Albert II of Monaco

19.30 Welcome Reception hosted by the Minister of State of the Principality of Monaco

## Thursday 10 April

08.00 Registrations

09.00 **OPENING OF THE SCIENTIFIC SESSIONS**

Room Prince Pierre

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

Room Prince Pierre

**Speakers:** Karim KHAN (Canada/Qatar), Domhnall MacAULEY (Great Britain)

10.30-11.00 *Coffee Break*

11.00-12.30 **Session A - Symposium 1**

Room Prince Pierre

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

**Chair:** Lindsay J. DISTEFANO (USA)

- 11.00-11.20 • Prospective risk factors and anterior cruciate ligament injury: Results from the JUMP-ACL cohort and beyond  
Lindsay J. DiStefano (USA)
- 11.20-11.40 • Movement pattern risk factors for patellofemoral pain and stress fracture: A new solution to some old problems  
Stephen Marshall (USA)
- 11.40-11.55 • Can movement pattern change result in decreased injury? Effect of a 10-minute movement retraining program on subsequent lower extremity injury risk  
Kenneth Cameron (USA)
- 11.55-12.15 • Optimizing movement pattern re-training programs: Lessons learned about supervision, retention, and acceptance  
Darin Padua (USA)
- 12.15-12.30 • Panel discussion: What we know, what we don't, and what we need to know next about movement patterns and musculoskeletal injury?  
DiStefano, Marshall, Cameron, Padua



11.00-12.30  
Room Camille Blanc

**Session B - Symposium 2**

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

**Chair:** Caroline FINCH (Australia)

- 11.00-11.10 • Overview of the ever-changing barrage of 'social media' for sports injury prevention and program implementation. Can facebook replace textbook?  
Karim Khan (Canada/Qatar)
- 11.10-11.20 • The clinician and team physician perspective on using social media for sports injury prevention  
John Orchard (Australia)
- 11.20-11.35 • Mobile apps for sports injury prevention and treatment; an essential tool in team physicians' and players' pockets!  
Evert Verhagen (Netherlands)
- 11.35-11.45 • Sports Medicine Australia perspective: How a sporting federation can use social media for social good to promote sports injury prevention  
Nello Marino (Australia)
- 11.45-12.00 • Embracing social media for research promotion and dissemination  
Caroline Finch (Australia)
- 12.00-12.15 • A 2014/2015 update: The newest social media tools and the science behind using them and analysing their effectiveness  
Claire Bower (UK)
- 12.15-12.30 • Panel discussion  
Khan, Orchard, Verhagen, Marino, Finch, Bower

11.00-12.30  
Room Pagnol

**Session D - Free Communications**

**MUSCLE FUNCTION & INJURIES**

**Chairs:** Nikos MALLIAROPOULOS (Greece), Erich Müller (Austria)

- 11.00 Hamstring Muscle Activation during high-speed overground running: impact of previous strain injury - #215  
Matthew Bourne, David Opar, Anthony Shield (Australia)
- 11.10 Previous hamstring injury reduces pre-season improvements in eccentric strength in elite Australian football players - #178  
Anthony Shield (Australia)
- 11.20 Biceps femoris muscle architecture - the influence of previous injury - #275  
Ryan Timmins, Kirsten Porter, Morgan Williams, Anthony Shield, David Opar (Australia / United Kingdom)
- 11.30 The relationship between musculoskeletal stiffness and lower limb injury in athletes: a systematic review - #349  
Athol Thomson, C. Bleakley (Northern Ireland / Qatar)
- 11.40 To identify intrinsic risk factors for groin/hip injuries among academy level Rugby Union players: A Prospective Cohort Study - #294  
Julianne Ryan, Karen McCreesh, Neasa DeBurca (Ireland)





- 11.50 Eccentric hamstring strength during the Nordic hamstring exercises is a risk factor for hamstring strain injury in elite Australian football: a prospective cohort study - #193  
David Opar, Morgan Williams, Ryan Timmins, Jack Hickey, Steven Duhig, Anthony Shield (Australia / United Kingdom)
- 12.00 Small Multifidus Muscle Size Predicts Football Injuries - #314  
Julie Hides, Warren Stanton, Melinda Smith, Dilani Mendis, Margot Sexton (Australia)
- 12.10 Differences in neuromuscular activity of quadriceps and hamstrings with respect to different landing patterns in female athletes - #142  
Bart Malfait, Bart Dingenen, Filip Staes, Jos Vanrenterghem, Sabine Verschueren (Belgium / United Kingdom)
- 12.20 Muscle injury rates in professional football increase with fixture congestion: an 11-year follow-up of the UEFA Champions League injury study - #76  
Håkan Bengtsson, Jan Ekstrand, Markus Waldén, Martin Hägglund (Belgium, Sweden)

11.00-18.00

Room Poulenc 1

Session E - Workshops

- 11.00 Meet the experts - sideline concussion assessment - #207  
Willem Meeuwisse (Canada), Paul McCrory (Australia)
- 12.00 E-epidemiology in sports injury and illness prevention - getting hands-on - #189  
Toomas Timpka (Sweden), Jenny Jacobsson (Sweden)
- 13.00 Techniques for preventing ACL injuries - #252  
Tim Hewett (USA), Grethe Myklebust (Norway)
- 14.00 A strategy for secondary injury prevention and optimizing return to sport after acute hamstring injury - #273  
Carl Askling (Sweden), Thomas Best (USA)
- 15.00 Preventing injuries one step at a time: Biomechanical analysis for injury prevention and treatment - #241  
James Glazer (USA), Tim Hewett (USA)
- 16.00 Avoiding errors in Re-Injury Analysis - #251  
Ian Shrier (Canada), Evert Verhagen (Netherlands)
- 17.00 Targeting the ACL injury prevention enigma in female athletes - #28  
Markus Waldén (Sweden), Martin Hägglund (Sweden)

11.00-18.00

Room Poulenc 2

Session F - Workshops

- 11.00 Electrocardiographic interpretation in athletes - #287  
Jonathan Drezner (USA), Mathew Wilson (Qatar)
- 12.00 An Evidence Based Clinical Biomechanical Analysis of High Level Athletes for Injury Prevention: Investigating relevant and specific biomechanical risk factors, epidemiology through a range of sports, and gender differences for implementation of optimal injury prevention programs - #288  
Nicholas D. Potter (USA)



- 13.00 Low Energy Availability in Female Athletes: How to Recognize, Manage, and Prevent it and Why it's important for Prevention - #235  
Nancy I. Williams (USA), Karsten Koehler (Germany)
- 14.00 Functional screening tools - can they be used to prevent/predict injuries? - #290  
A. Frohm (Sweden), A. Heijne (Sweden)
- 15.00 Motor Control Training for Elite Athletes - #64  
Julie Hides (Australia), Dilani Mendis (Australia)
- 16.00 Eat to Win! Preventing injury & illnesses in aquatic athletes through nutritional intervention - #126  
Margo Mountjoy (Canada), Jim Miller (USA)
- 17.00 Injury Prevention Programmes - YES, they do work! - #39  
Yonatan Kaplan (Israel), Grethe Myklebust (Norway)

11.00-18.00

Room Bosio 1

Session G - Workshops

- 11.00 Put me in coach! The Role of Educational Programming for Coaches on Injury Prevention - #256  
Alex Diamond (USA), Jim Thornton (USA)
- 12.00 Ultrasound Imaging of the Trunk, Hip and Knee Muscles during Preseason Screening: Primary and Secondary Prevention of Sport Injury - #292  
Jackie Whittaker (Canada), Carolyn Emery (Canada)
- 13.00 Nature vs Nurture: Is the Prevention of Injury Born or Bred? - #255  
Alex Diamond (USA), Alison Brooks (USA)
- 14.00 eHealth and the Sports & Exercise Physician? - #279  
Martin Schwellnus (South Africa), Wayne Derman (South Africa), Evert Verhagen (Netherlands)
- 15.00 Targeting Injury and Prevention of Shoulder and Elbow Problems in the Throwing Athlete - #107  
Marc Safran (USA), Mark R. Hutchinson (USA)
- 16.00 Preventing Achilles Tendon Pain from taking the 'Spring' out of Sport - #275  
Håkan Alfredson (Sweden), Marie-Elaine Grant (Ireland)
- 17.00 Take Care of the Shoulder Decelerator Mechanism: Check your brakes and exercise your parachute before the bomb goes off! - #311  
Anne Cools (Belgium), Fredrik Johanssen (Sweden)

11.00-18.00

Room Bosio 2

Session H -Workshops

- 11.00 Clinical complexities of the elite athlete with disability - planning for travel, & prevention of illness and injury - #286  
Wayne Derman (South Africa), Peter Van De Vliet (Germany)
- 12.00 Improving Oral Health for Better Performance - #74  
Ian Needleman (UK), Paul Ashley (UK)



- 13.00 Techniques for preventing Shoulder and Knee injuries in Judo - #257  
Oliver Davies (UK), Andrew Murray (UK)
- 14.00 A Framework for Preventing the Female Athlete Triad: Recommendations for Screening, Early Intervention and Return to Play - #156  
Elizabeth Joy (USA), Aurelia Nattiv (USA)
- 15.00 This should work in theory: how health psychology can improve intervention uptake in sport and recreation - #289  
Carly McKay (Canada)
- 16.00 Tweets, Texts, Blogs and Pods: How Technology has Advanced the Development and Implementation of Injury Prevention Tools for the Community - #71  
Alex Diamond (USA), Andrew Gregory (USA)
- 17.00 Preventing injury and time loss to injury - decreasing the psycho-social /psychological risk factors of injury in elite sport - #56  
Saul Marks (Canada)

12.30-14.00 **Lunch**

14.00-16.00  
Room Prince Pierre

**Session A - Symposium 3**

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

**Chairs:** Roald BAHR (Norway) - Eero HYVÄRINEN (Finland)

- 14.00-14.05 • Introduction - the FIS Injury Surveillance Program (ISS)  
Roald Bahr (Norway)
- 14.05-14.15 • The risk of injury on the FIS World Cup: 8-year data from the FIS ISS  
Sophie Steenstrup (Norway)
- 14.15-14.35 • How injuries happen: Video analyses of injury mechanisms from World Cup races  
Tone Bere (Norway)
- 14.35-14.45 • Knee joint kinematics of ACL injuries  
Kam Ming Mok (Norway)
- 14.45-14.55 • Impact biomechanics of head injuries  
Svein Kleiven (Sweden)
- 14.55-15.05 • Risk factor analysis: Input from stakeholders  
Jörg Spörri (Austria)
- 15.05-15.20 • Effect of ski design on injury risks  
Erich Müller (Austria)
- 15.20-15.40 • Translating research to action: The FIS risk management program  
Eero Hyvärinen (Finland), Pernilla Wiberg Bjerke (Sweden)
- 15.40-16.00 • Panel discussion  
Bahr, Steenstrup, Bere, Mok, Kleiven, Spörri, Müller, Hyvärinen, Wiberg Bjerke



14.00-16.00

**Session B - Symposium 4**

Room Camille Blanc

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

**Chairs:** Greg **WHYTE** (UK) - Hakim **CHALABI** (Qatar)

- 14.00-14.20 • Overview of sudden cardiac death in young athletes  
**Mathew Wilson** (Qatar)
- 14.20-14.40 • Screening athletes for conditions predisposing to sudden cardiac death; current perspectives  
**Mats Börjesson** (Sweden)
- 14.40-15.00 • Impact of age, sex and ethnicity on the 12-lead ECG  
**Michael Papadakis** (UK)
- 15.00-15.20 • Differentiating athlete's heart from cardiomyopathy  
**Sanjay Sharma** (UK)
- 15.20-15.40 • Role of the automatic external defibrillator in preventing sudden cardiac death  
**Jonathan Drezner** (USA)
- 15.40-16.00 • Panel discussion: Should all athletes diagnosed with hypertrophic cardiomyopathy be restricted from competitive sport?  
**Whyte, Chalabi, Wilson, Börjesson, Papadakis, Sharma, Drezner**

14.00-16.00

**Session D - Free Communications**

Room Pagnol

**SPORTS MEDICINE**

**Chairs:** João **GRANGEIRO NETO** (Brazil), John **ORCHARD** (Australia)

- 14.00 Psychological risk factors for overuse injuries in elite athletics: a cohort study in Swedish youth and adult athletes - [#337](#)  
**Toomas Timpka, Jenny Jacobsson, Örjan Dahlström, Jan Kowalski, Victor Bargoria, Joakim Ekberg, Sverker Nilsson, Per Renström** (Sweden)
- 14.10 Injury and illness risks during Outdoor European Athletics Championships: Analysis of Helsinki 2012 Championships - [#227](#)  
**Pascal Edouard, Frédéric Depiesse, Pedro Branco, Juan-Manuel Alonso** (France/Switzerland/Monaco/Qatar)
- 14.20 Subsequent injury during injury recovery in elite athletics: cohort study in Swedish male and female athletes - [#365](#)  
**Jenny Jacobsson, Toomas Timpka, Jan Kowalski, Joakim Ekberg, Sverker Nilsson, Örjan Dahlström, Per Renström** (Sweden)
- 14.30 Epidemiology of Lower Limb Injury in Gaelic Football and Hurling - [#357](#)  
**Edwenia O'Malley, John Murphy, Conor Gissane, Catherine Blake** (Ireland/United Kingdom)
- 14.40 Epidemiology of head injuries in English community level rugby union - [#289](#)  
**Simon Roberts, Grant Trewartha, Mike England, Will Goodison, Keith Stokes** (United Kingdom)
- 14.50 Injury to the head region in elite male Gaelic football and hurling: 2007-2012 - [#366](#)  
**Catherine Blake, Murphy John, Gissane Conor, O'Malley Edwenia** (Ireland/United Kingdom)



- 15.00 Are clinical measures of cervical spine strength and cervical flexor endurance risk factors for concussion in elite youth ice hockey players? - #390  
Kathryn Schneider, Carolyn Emery, Jian Kang, Willem Meeuwisse (Australia)
- 15.10 Application of survival models in sports injury prevention research: A systematic review - #63  
Arshad Mahmood, Shahid Ullah, Caroline Finch (Australia)
- 15.20 Assessing remedies for missing weekly individual exposure in sport injury studies - #15  
Jian Kang, Yan Yuan, Carolyn Emery (Canada)
- 15.30 Validating the 3-step return to play decision making model - #66  
Ian Shrier, Gordon Matheson, Mathieu Boudier-Reveret, Russell Steele (Canada/USA)
- 15.40 Oral health and impact on performance of athletes participating in the London 2012 Olympic Games - #29  
Ian Needleman, Paul Ashley, Aviva Petrie, Farida Fortune, Wendy Turner, Judith Jones, Jason Niggli, Lars Engebretsen, Richard Budgett, Nikos Donos, Tony Clough, Stephen Porter (Norway/ Switzerland / United Kingdom)
- 15.50 The effect of removing man-made jumps from snow-parks on the risk of severe ski-patrol reported injuries sustained by skiers and snowboarders - #352  
Claude Goulet, Brent Hagel, Denis Hamel, Benoit Tremblay (Canada)

**16.00-16.30 Coffee Break**

**16.30-18.30 Session A- Symposium 5**

Room Prince Pierre

**PREVENTING HEAT-RELATED PROBLEMS IN ATHLETES**

**Chairs:** Sebastien RACINAIS (Qatar) - Ron MAUGHAN (UK)

- 16.30-16.50 • Definition and clinical presentation of “heat illness” - what does it include?  
Martin Schweltnus (South Africa)
- 16.50-17.00 • New guidelines are needed to manage heat stress in elite sports - lessons from an international federation: The FIVB Heat Stress Monitoring Program  
Roald Bahr (Norway/Qatar)
- 17.00-17.10 • Playing football in a hot country - injury epidemiology of today and the road to Qatar 2022  
Cristiano Eirale (Qatar)
- 17.10-17.25 • Prevention - the role of the athlete: What should athletes do on the day of competition?  
Ron Maughan (UK)
- 17.25-17.40 • Prevention - the role of the coaches: Can training prevent heat-related problems?  
Sebastien Racinais (Qatar)
- 17.40-17.55 • Prevention - the role of technology: Which tools and techniques can maintain the physical integrity of the athlete?  
Mike Tipton (UK)
- 17.55-18.10 • Research - identifying athletes predisposed to exertional heat illness based on the heat-shock response  
Julien Périard (Qatar)
- 18.10-18.30 • Panel discussion  
Schweltnus, Bahr, Eirale, Maughan, Racinais, Tipton, Périard



16.30-18.30

**Session B - Symposium 6**

Room Camille Blanc

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

**Chair:** Johannes ZWERVER (Netherlands)

- 16.30-16.40 • What is the extent of the problem?  
Johannes Zwerver (Netherlands)
- 16.40-16.55 • Patellar tendinopathy - continuum of tendon pathology  
Jill Cook (Australia)
- 16.55-17.10 • Risk factors for the jumper's knee  
Håvard Visnes (Norway)
- 17.10-17.25 • Jumper's knee or lander's knee? Biomechanical aspects  
Henk van der Worp (Netherlands)
- 17.25-17.40 • Ultrasound Tissue Characterization; a new method to visualize and monitor tendon pathology  
Hans van Schie (Netherlands)
- 17.40-17.55 • Use of UTC in prevention of patellar tendon problems  
Sam Rosengarten (Australia)
- 17.55-18.10 • Prevention of the jumper's knee? Evidence and practical aspects  
Jill Cook (Australia)
- 18.10-18.30 • Panel discussion: How can we reduce the incidence of the jumper's knee; future directions for prevention research and implementation?  
Zwerver, Cook, Visnes, Van der Worp, Van Schie, Rosengarten

16.30-18.30

**Session C - Symposium 7**

Room Auric

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

**Chairs:** Kevin Guskiewicz (USA) - Jon Patricios (South Africa)

- 16.30-16.33 • Building an effective public health framework for concussion prevention: Is it possible?  
Kevin Guskiewicz (USA)
- 16.33-16.50 • Influence of athlete attitudes and awareness in concussion prevention: What are we up against?  
Michael McCrea (USA)
- 16.50-17.07 • Game changing policy geared toward concussion prevention: The NFL experience  
Richard Ellenbogen (USA)
- 17.07-17.24 • Necks, nuts and 'nocks': How South African rugby plays smart  
Jon Patricios (South Africa)
- 17.24-17.41 • Concussion prevention models and outcomes in Olympic sports and Australian rules football  
Ryan Kohler (Australia)
- 17.41-17.53 • The science and technology of sport concussion: Translating data collection into concussion prevention  
Kevin Guskiewicz (USA)
- 17.53-18.10 • The media's role in concussion prevention: Putting an invisible injury into print  
David Epstein (USA)
- 18.10-18.30 • Panel Discussion



16.30-18.00  
Room Pagnol

**Session D - Free Communications**

**IMPLEMENTING PREVENTION PROGRAMS**

**Chairs:** Per HÖLMICH (Denmark /Qatar) - Ian NEEDLEMAN (UK)

- 16.30 Implementation of a neuromuscular training programme in female adolescent football: 3-year follow-up study after an RCT - [#57](#)  
**Hanna Lindblom, Markus Waldén, Siw Carlford, Martin Hägglund (Sweden)**
- 16.40 The efficacy of the FIFA 11+ program in the Collegiate Male Soccer Player (USA) - [#47](#)  
**Holly Silvers, Bert Mandelbaum, Mario Bizzini, Jiri Dvorak (Switzerland/USA)**
- 16.50 Effective exercise based training interventions targeting injury prevention in team-based sports: a systematic review - [#259](#)  
**Edwenia O'Malley, John Murphy, Conor Gissane, Ulrik McCarthy-Persson, Catherine Blake (Ireland/United Kingdom)**
- 17.00 Improvements in injury prevention behaviours of rugby union players associated with BokSmart intervention programme - [#170](#)  
**James Brown, Mike Lambert, Sugnet Lubbe, Willem van Mechelen, Evert Verhagen (Netherlands/South Africa)**
- 17.10 The implementation of team ball sport injury prevention exercise programmes: a systematic review employing the RE-AIM framework - [#61](#)  
**James O'Brien, Caroline F Finch (Australia)**
- 17.20 The effect of exposure to the FIFA 11+ warm-up program on injury risk knowledge and prevention beliefs in elite female youth soccer - [#355](#)  
**Carly D McKay, Kathrin Steffen, Maria Romiti, Caroline F Finch, Carolyn A Emery (Australia/Canada/Norway)**
- 17.30 Evaluation of a Body Checking Policy Change as an Injury Prevention Strategy for Non-elite Youth Ice Hockey Players - [#396](#)  
**Carolyn Emery, Amanda Black, Alison Macpherson, Jian Kang, Brent Hagel, Maria Romiti, Willem Meeuwisse (Canada)**
- 17.40 Did “zero tolerance for head contact” rule enforcement change the risk of game related concussions in youth ice hockey players? - [#305](#)  
**Maciej Krolkowski, Amanda Black, Jian Kang, Carolyn Emery (Canada)**
- 17.50 The effect of a pre-bind engagement technique on the biomechanical characteristics of rugby scrummaging across multiple playing levels - [#373](#)  
**Dario Cazzola, Ezio Preatoni, K.A. Stokes, Michael England, Grant Trewartha (United Kingdom)**
- 18.00 The importance of injury and illness surveillance in Paralympic Athletes - [#140](#)  
**Peter van de Vliet (Germany)**



## Friday 11 April

08.30-09.15

Room Camille Blanc

**Keynote 2: TOMBER DANS LES POMMES - 'ZERO TOLERANCE' AND THE FEAR OF CHRONIC TRAUMATIC ENCEPHALOPATHY - THE ROLE OF EVIDENCE BASED CONCUSSION PREVENTION**

**Speaker:** Paul McCrory (Australia)

09.30-11.00

Room Prince Pierre

### Session A - Symposium 8

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

**Chairs:** Juan Manuel ALONSO (Qatar), Simon S. YEUNG (Hong Kong)

- 09.30-09.40 • What is the current incident rate of hamstring injuries in elite athletes?  
Juan Manuel Alonso (Qatar)
- 09.40-09.55 • Injury mechanism of acute hamstring injuries makes a difference to treatment and prognosis  
Carl Askling (Sweden)
- 09.55-10.05 • The pathophysiology of hamstring injuries, what we can learn from basic science research  
Ella Yeung (Hong Kong)
- 10.05-10.15 • Which screening tools can predict hamstring injuries in competitive athletes?  
Simon S. Yeung (Hong Kong)
- 10.15-10.30 • Can MRI predict the prognosis and return to sports following hamstring injuries?  
Jan Ekstrand (Sweden)
- 10.30-10.45 • What are the evidences to guide and support the prevention and rehabilitation of hamstring injuries?  
Nikolas Malliaropoulos (Greece)
- 10.45-11.00 • Panel discussion: An integrated approach to hamstring injury prevention: The challenges ahead  
Alonso, Askling, Yeung, Yeung, Ekstrand, Malliaropoulos

09.30-11.00

Room Camille Blanc

### Session B - Symposium 9

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

**Chair:** Scott McLEAN (USA)

- 09.30-09.35 • Introduction- Moving from the lab to the field: A timely and critical step in effective sports injury risk screening and prevention  
Scott McLean (USA)
- 09.35-09.50 • Integrated video and computational analysis of injury situations in naturalistic game setting - potential for moving beyond the lab  
Tron Krosshaug (Norway)
- 09.50-10.05 • Modeling-based estimation of true joint contact forces - perspectives for injury risk estimations in real competitions  
Uwe Kersting (Denmark)





- 10.05-10.20 • Developing field-based morphomechanical predictors of injury risk and performance  
Grant Goulet (USA)
- 10.20-10.35 • On slope injury risk assessment in alpine ski racing - a combined GPS and inertial sensor approach  
Matthias Gilgien (Norway)
- 10.35-10.45 • Where to from here? The next steps in successfully achieving real-time field based athlete risk assessment  
Scott McLean (USA)
- 10.45-11.00 • Panel discussion: Taking the lab to the game: Benefits, pitfalls and future directions?  
McLean, Krosshaug, Kersting, Goulet, Gilgien

09.30-11.00  
Room Auric

**Session C - Symposium 10**

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

**Chair:** Michael TURNER (UK)

- 09.30-09.45 • Braces or Aces - a risk benefits analysis of tennis; what is the extent of the problem?  
Babette Pluim (Netherlands)
- 09.45-10.00 • Baseline basics - a year in the life of 75 elite junior tennis players; risk factors for injuries and illness  
Evert Verhagen (Netherlands)
- 10.00-10.15 • Serve and volley in the sun - the prevention of heat illness in elite tennis players at 40°C  
Julien Périard (Qatar)
- 10.15-10.30 • Game, set and match - achieving population change by the development of healthy tennis clubs  
Babette Pluim (Netherlands)
- 10.30-11.00 • Panel discussion: What more can tennis do to protect the players?  
Turner, Pluim, Verhagen, Périard

09.30-11.00  
Room Pagnol

**Session D - Free Communications**

**SPORTS MEDICINE**

**Chairs:** Margo MOUNTJOY (Canada) - Jiri DVORAK (Switzerland)

- 09.30 Risks of intense, specialized training and growth for injury in young athletes: A clinical evaluation - #207  
Neeru Jayanthi, Dugas Lara, Fischer Dan, Pasulka Jacqueline, LaBella Cynthia (USA)
- 09.40 A five-year investigation into the incidence and nature of cricket injuries in elite South African schoolboy cricketers - #32  
Richard Stretch (South Africa)
- 09.50 Time to add a new priority target for child injury prevention? The case for an excess burden associated with sport and exercise related injury - #45  
Anna Wong Shee, Angela Clapperton, Caroline Finch (Australia)
- 10.00 Does Type 1 diabetes affect Achilles tendon response to a 10km run? - #88  
Andrea Wong, Docking Sean, Cook Jill, Gaida Jamie (Australia)



- 10.10 Jump height is the critical factor affecting between-sex differences in patellar tendon loading during landing in volleyball - [#320](#)  
**Ina Janssen, Julie Steele, Bridget Munro, Nicholas Brown (Australia/Netherlands)**
- 10.20 The prevalence of patellar tendinopathy in elite academy rugby; a clinical and imaging study with 12 month follow up - [#383](#)  
**Fiona Wilson, Laura Durcan, Eoghan McCarthy, Barry O'Shea, Anthony Coole, Michael Webb, Ciaran Johnston, Conor Gissane (Ireland/United Kingdom)**
- 10.30 Eccentric training improves tendon biomechanical properties: a rat model - [#38](#)  
**Jean-François Kaux, Pierre Drion, Vincent Libertiaux, Alain Colige, Hoffmann Audrey, Betty Nuschens, Bénédicte Forthomme, Caroline Le Goff, Rachelle Franzen, Markus Rickert, Jean-Michel Crielaard, Jean-Louis Croisier (Belgium/Germany)**
- 10.40 The Nordic Football Injury Audit: higher injury rates for professional football clubs with third-generation artificial turf at their home venue - [#150](#)  
**Karolina Kristenson, Bjørneboe John, Waldén Markus, Andersen Thor Einar, Jan Ekstrand, Martin Hägglund (Norway/Sweden/Switzerland)**
- 10.50 Generalized Ligamentous Laxity May Be A Predisposing Factor For Musculoskeletal Injuries - [#162](#)  
**Hamid Rahmatullah Bin Abd Razak, Noreffendy Bin Ali, Tet Sen Howe (Singapore)**

**09.30-14.30**

Room Poulenc 1

**Session E - Workshops**

- 09.30 Targeting the ACL injury prevention enigma in female athletes - [#28](#)  
**Markus Waldén (Sweden), Martin Hägglund (Sweden)**
- 10.30 An Evidence Based Clinical Biomechanical Analysis of High Level Athletes for Injury Prevention: Investigating relevant and specific biomechanical risk factors, epidemiology through a range of sports, and gender differences for implementation of optimal injury prevention programs - [#288](#)  
**Nicholas D. Potter (USA)**
- 11.30 Preventing injuries one step at a time: Biomechanical analysis for injury prevention and treatment - [#241](#)  
**James Glazer (USA), Tim Hewett (USA)**
- 12.30 Avoiding errors in Re-Injury Analysis - [#251](#)  
**Ian Shrier (Canada), Evert Verhagen (Netherlands)**
- 13.30 Targeting the ACL injury prevention enigma in female athletes - [#28](#)  
**Markus Waldén (Sweden), Martin Hägglund (Sweden)**

**09.30-14.30**

Room Poulenc 2

**Session F - Workshops**

- 09.30 FIFA 11+ injury prevention programme in amateur football/soccer. An update - [#270](#)  
**Holly Silvers (USA), Mario Bizzini (Switzerland)**
- 10.30 Ultrasound Imaging of the Trunk, Hip and Knee Muscles during Preseason Screening: Primary and Secondary Prevention of Sport Injury - [#292](#)  
**Jackie Whittaker (Canada), Carolyn Emery (Canada)**



11.30 Injury Prevention Programmes - YES, they do work! - #39  
Yonatan Kaplan (Israel), Grethe Myklebust (Norway)

12.30 Low Energy Availability in Female Athletes: How to Recognize, Manage,  
and Prevent it and Why it's important for Prevention - #235  
Nancy I. Williams, Sc.D. (USA), Karsten Koehler, Ph.D. (Germany)

**09.30-14.30** **Session G - Workshops**

Room Bosio 1

09.30 Clinical complexities of the elite athlete with disability - planning for travel,  
& prevention of illness and injury - #286  
Wayne Derman (South Africa), Peter Van De Vliet (Germany)

10.30 Improving Oral Health for Better Performance - #74  
Ian Needleman (UK), Paul Ashley (UK)

11.30 A Framework for Preventing the Female Athlete Triad:  
Recommendations for Screening, Early Intervention and Return to Play - #156  
Elizabeth Joy (USA), Aurelia Nattiv (USA)

12.30 Preventing injury and time loss to injury - decreasing the psycho-social /psychological  
risk factors of injury in elite sport - #56  
Saul Marks (Canada)

13.30 Developing and Improving Road Race Medical Operations:  
Best Practices 2014 - #63  
William Roberts (USA), Pierre D'Hemecourt (USA)

**09.30-14.30** **Session H - Workshops**

Room Bosio 2

09.30 E-epidemiology in sports injury and illness prevention - getting hands-on - #189  
Toomas Timpka (Sweden), Jenny Jacobsson (Sweden)

10.30 Biomechanical Screening: Identifying Lumbar - Pelvic Dysfunction - #10  
Marie-Elaine Grant (Ireland), Martin Haines (UK), Mike Grice (UK)

11.30 Practical ankle sprain prevention: brace beats balance board - #308  
Kasper Janssen (Netherlands)

12.30 Techniques for preventing Shoulder and Knee injuries in Judo - #257  
Oliver Davies (UK), Andrew Murray (UK)

13.30 Preseason assessment in soccer and volleyball:  
how to plan preventive interventions? - #77  
Luciana De Michelis Mendonça (Brazil), Natália Franco Netto Bittencourt (Brazil)

**11.00-11.30** **Coffee Break**



11.30-13.00

Room Prince Pierre

**Session A - Symposium 11**

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

**Chair:** Hugh SEWARD (Australia)

- 11.30-11.45 • Overview of rule changes to prevent injury (Australian Football, NFL, Rugby, Football)  
Hugh Seward (Australia)
- 11.45-12.00 • Using injury surveillance to identify potential for rule change and monitor outcomes  
Caroline Finch (Australia)
- 12.00-12.15 • Rules to reduce concussion incidence  
Paul McCrory (Australia)
- 12.15-12.30 • Rules to reduce musculoskeletal injuries (e.g. ACL, hamstrings etc)  
Michael Makdissi (Australia)
- 12.30-12.45 • Case studies  
John Orchard (Australia) - Martin Raftery (Australia) - Jeff Steinweg (Australia)
- 12.45-13.00 • Panel discussion  
Seward, Finch, McCrory, Makdissi, Orchard, Raftery, Steinweg

11.30-13.00

Room Camille Blanc

**Session B - Symposium 12**

**PREVENTING ACHILLES TENDON PROBLEMS**

**Chair:** Erik WITVROUW (Qatar)

- 11.30-11.40 • What is the extent of the problem?  
Nele Mahieu (Belgium)
- 11.40-11.50 • Risk factors for achilles tendon problems  
Erik Witvrouw (Qatar)
- 11.50-12.05 • Role of tendon blood flow?  
Alexander Scott (Canada)
- 12.05-12.20 • Role of eccentric training?  
Nele Mahieu (Denmark)
- 12.20-12.35 • Role of stretching?  
Duncan Reid (New Zealand)
- 12.35-12.45 • Future directions for achilles tendon injury prevention research?  
Erik Witvrouw (Qatar)
- 12.45-13.00 • Panel discussion  
Mahieu, Witvrouw, Scott, Reid



11.30-13.00

Room Pagnol

Session D - Free Communications

**PREVENTING CARDIAC EVENTS**

**Chairs:** Antonio PELLICCIA (Italy) - Martin SCHWELLNUS (South Africa)

- 11.30 Cardiovascular Screening in NCAA Athletes: Findings from a Multicenter ECG-Inclusive Program - #185  
Irfan Asif, David Hadley, Kimberly Harmon, David Owens, Jordan Prutkin, Jack Salerno, Jonathan Drezner (USA)
- 11.40 Recognition of cardiogenic collapse on the field of play: Bowing, Kneeling and Prostration - #39  
Stan Baltsezak (United Kingdom)
- 11.50 Measuring Sudden Cardiac Arrest and Death Incidence in Minnesota High School Athletes: a Comparison of Methodology and Implications for Prevention Strategies - #95  
Kimberly Harmon, Jonathan Drezner (USA)
- 12.00 Left ventricular hypertrophy in elite adolescent athletes: Georgian experience of pre-participation screening - #149  
Lela Maskhulia Valeri, Akhalkatsi, Kakhaber Chelidze, Zurab Kakhabrishvili, Marina Matiashvili, Naira Chabashvili, Tamar Chutkerashvili (Georgia)
- 12.10 Psychological Implications of Advanced Cardiac Screening: No Differences in Anxiety Levels Based on Reason for False Positive Result - #263  
Irfan Asif, David Price, Justin Jenkins, Adam Lett, Mallory Irwin, Serena Johnson, Brett Toresdahl, Hank Pelto, Tiffany Smith, Kimberly Harmon, Jonathan Drezner (USA)
- 12.20 Measurement method is important for interpretation of athletes' ECG - #315  
Hilde Moseby Berge, Kjetil Steine, Thor Einar Andersen, Erik E Solberg, Knut Gjesdal (Norway)
- 12.30 Effectiveness of cardiac screening inclusive of ECG in young athletes - #146  
Brett Toresdahl, Henry Pelto, Jessie Fudge, Kimberly Harmon, Ashwin Rao, Irfan Asif, David Owens, Jordan Prutkin, Jack Salerno, Jonathan Drezner (USA)
- 12.40 Screening for Sudden Cardiac Death in Athletes: The Psychological Impact of Being Diagnosed with Potentially Lethal Disease - #96  
Irfan Asif, David Price, Leslee Fisher, Rebecca Zakrajsek, Johannes Raabe, Matthew Bejar, Leslie Larsen, Ashwin Rao, Kimberly Harmon, Jonathan Drezner (USA)
- 12.50 The Incidence of Sudden Cardiac Arrest and Death in United States High School Athletes - #160  
Kimberly Harmon, Irfan Asif, Rachel Ellenbogen, Jonathan Drezner (USA)

13.00-14.30

**Lunch**

14.30-15.15

Room Prince Pierre

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

**Speaker:** Benno NIGG (Canada)



**15.30-16.30 THEMATIC POSTERS**

*Please refer to page 57 for full details of the sessions*

**Session 1** - Posters #21 #30 #105 #128 #188 #318 #330 #359 #403

**SPORTS MEDICINE 1**

Chair: Jon Drezner, USA

**Session 2** - Posters #19 #42 #48 #124 #153 #154 #173 #212 #232 #261 #380

**SPORTS MEDICINE 2**

Chair: Karim Khan, Canada

**Session 3** - Posters #108 #157 #166 #175 #177 #179 #182 #197 #224

**INJURY SURVEILLANCE**

Chair: Babette Pluim, Netherlands

**Session 4** - Posters #246 #247 #252 #295 #313 #347 #350 #361 #363 #376 #392 #393

**INJURY EPIDEMIOLOGY**

Chair: João Grangeiro Neto, Brazil

**Session 5** - Posters #28 #85 #86 #163 #164 #203 #292 #322 #336 #354 #369  
#370 #397

**YOUTH SPORTS MEDICINE**

Chair: Markus Waldén, Sweden

**Session 6** - Posters #26 #27 #201 #202 #208 #213 #234 #242 #245 #265 #288 #362 #374

**SPORTS MEDICINE METHODS**

Chair: Per Holmich, Denmark

**Session 7** - Posters #10 #65 #67 #80 #100 #106 #125 #186 #257 #304

**MUSCLE, PAIN & TENDINOPATHY**

Chair: Hugh Seward, Australia

**Session 8** - Posters #51 #191 #192 #198 #221 #254 #270 #300 #303 #340

**CONCUSSION, YOUTH & OVERWEIGHT**

Chair: Willem Meeuwisse, Canada

**Session 9** - Posters #143 #158 #159 #228 #239 #319 #353 #356 #379 #384 #406

**APPLIED BIOMECHANICS**

Chair: Tron Krosshaug, Norway

**Session 10** - Posters #138 #168 #194 #271 #280 #282 #325 #334 #342 #388 #431

**RISK FACTOR SCREENING**

Chair: Antonio Pelliccia, Italy

**Session 11** - Posters #134 #136 #205 #260 #269 #338 #371 #382 #385 #404

**SCREENING & APPLIED BIOMECHANICS**

Chair: Eirik Kristianslund, Norway

**Session 12** - Posters #137 #171 #172 #240 #273 #287 #293

**SPORTS MEDICINE 3**

Chair: Michael Kjær, Denmark

**Session 13** - Posters #25 #77 #79 #92 #120 #248 #345 #346 #358 #372

**BIOMECHANICS/REHABILITATION**

Chair: Erich Müller, Austria

**Session 14** - Posters #71 #115 #278 #279 #311 #312 #341 #344 #405 #407

**INJURY PREVENTION 1**

Chair: Lars Engebretsen, Norway



**Session 15** - Posters #114 #116 #126 #204 #214 #256 #284 #306 #323 #368

**INJURY PREVENTION 2**

Chair: Carolyn Emery, Canada

**Session 16** - Posters #56 #130 #156 #229 #276 #308 #343

**KNOWLEDGE DISSEMINATION/IMPLEMENTATION 1**

Chair: Anna Frohm, Sweden

**Session 17** - Posters #8 #53 #64 #258 #268 #277 #290 #332 #335

**KNOWLEDGE DISSEMINATION/IMPLEMENTATION 2**

Chair: Caroline Finch, Australia

**Session 18** - Posters #3 #62 #107 #189 #243 #249 #267 #309 #389 #430

**KNOWLEDGE DISSEMINATION/IMPLEMENTATION 3**

Chair: Kathrin Steffen, Norway

**Session 19** - Posters #59 #109 #184 #285 #296 #310 #317 #391 #399 #408

**SHOULDER & SPINE**

Chair: Ben Clarsen, Norway

**Session 20** - Posters #78 #98 #152 #387 #400 #401

**EXERCISE PHYSIOLOGY 1**

Chair: Sebastien Racinais, Qatar

**Session 21** - Posters #17 #58 #83 #103 #131 #187 #307 #321 #326

**FITNESS INDUSTRY**

Chair: Matthew Wilson, Qatar

**Session 22** - Posters #91 #174 #199 #209 #225 #231 #286 #291 #331

**EXERCISE PHYSIOLOGY 2**

Chair: Paul Piccinini, Canada

**Session 23** - Posters #13 #37 #60 #70 #74 #217 #297

**CASE STUDIES**

Chair: Mike Turner, UK

15.30-16.30

Room Pagnol

**Session D - Free Communications**

**ANKLE & KNEE**

**Chairs:** Thor Einar ANDERSEN (Norway), Jan EKSTRAND (Sweden)

- 15.30 Effect of balance training on dynamic postural control in subjects with chronic ankle instability - #49  
Roel De Ridder, Tine Willems, Jos Vanrenterghem, Philip Roosen (Belgium / United Kingdom)
- 15.40 The effect of educational lecture on reducing reinjury after anterior cruciate ligament reconstruction - #129  
Kenji Sato, Akihiro Tsuchiya, Izumi Kanisawa, Kenji Takahashi, Hiroki Sakai, Tomonori (Japan)
- 15.50 Effect of an internally versus externally focused ACL injury prevention program on injury risk - #237  
Joan Dallinga, Anne Benjaminse, Alli Gokeler, Egbert Otten, Koen Lemmink (Netherlands)



- 16.00 Efficacy of a Physical Education Teacher Education-inherent injury prevention program - [#112](#)  
Lennert Goossens, Greet Cardon, Erik Witvrouw, Dirk De Clercq (Belgium/Qatar)
- 16.10 The UEFA injury study: 11-year data concerning 346 MCL injuries in professional football - [#190](#)  
Matilda Lundblad, Markus Waldén, Henrik Magnusson, Martin Hägglund, Jón Karlsson, Jan Ekstrand (Sweden)
- 16.20 Epidemiologic Review of Collegiate ACL Injury Rates across 14 sports: National Collegiate Athletic Association Injury Surveillance System data 2004-05 through 2011-12 - [#33](#)  
Julie Agel, David Klossner (USA)

**17.00-18.00**

Room Poulenc 1

**Session E - Workshops**

- 17.00 Nature vs Nurture: Is the Prevention of Injury Born or Bred? - [#255](#)  
Alex Diamond (USA), Alison Brooks (USA)

**15.30-19.00**

Room Poulenc 2

**Session F - Workshops**

- 15.30 Strategies to Prevent Shoulder Injuries in Swimming - [#272](#)  
Ted Becker (USA), Rod Havriluk (USA)
- 17.00 This should work in theory: how health psychology can improve intervention uptake in sport and recreation - [#289](#)  
Carly McKay (Canada)
- 18.00 A Structured Approach to Return to Play Decision Making - [#310](#)  
Ian Shrier (Canada)

**15.30-19.00**

Room Bosio 1

**Session G - Workshops**

- 15.30 Techniques for preventing ACL injuries - [#252](#)  
Tim Hewett (USA), Grethe Myklebust (Norway)
- 17.00 Does my intervention really work? - [#13](#)  
Ian Shrier (Canada), Evert Verhagen (Netherlands)
- 18.00 Put Me In Coach! The Role of Educational Programming for Coaches on Injury Prevention - [#256](#)  
Alex Diamond (USA), Jim Thornton (USA)

**15.30-19.00**

Room Bosio 2

**Session H - Workshops**

- 15.30 Preventing Achilles Tendon Pain from taking the 'Spring' out of Sport - [#275](#)  
Håkan Alfredson (Sweden), Marie-Elaine Grant (Ireland)





- 17.00 Motor Control Training for Elite Athletes - #64  
Julie Hides (Australia), Dilani Mendis (Australia)
- 18.00 Injury and Prevention of Shoulder and Elbow Problems Targeting  
in the Throwing Athlete - #107  
Marc R. Safran (USA), Mark R. Hutchinson (USA)

**15.30-16.20** **Session I - Workshops**

Room Van Dongen

- 15.30 Point of Care Ultrasound technology empowering elite athlete care - #402  
Mark Hibberd (USA), Bill Moreau (USA), Dustin Nabhan (USA)

**16.30-17.00** **Coffee Break**

**17.00-19.00** **Session A - Symposium 13**

Room Prince Pierre

**PREVENTION OF FOOTBALL INJURIES AT THE ELITE LEVEL**

**Chair:** Thor Einar ANDERSEN (Norway)

- 17.00-17.15 • The extent of the problem  
Jan Ekstrand (Sweden)
- 17.15-17.30 • The mechanisms and risk factors  
Thor Einar Andersen (Norway)
- 17.30-17.45 • The challenge of recording overuse injuries  
Ben Clarsen (Australia/Norway)
- 17.45-18.00 • Load management as injury prevention in football  
Torbjørn Soligard (Norway/Switzerland)
- 18.00-18.15 • Periodization in football  
Raymond Verheijen (Netherlands)
- 18.15-18.30 • Rule change can reduce potential injuries  
John Bjørneboe (Norway)
- 18.30-18.45 • Worldwide implementation of The 11+  
Mario Bizzini (Switzerland)
- 18.45-19.00 • Panel discussion  
Ekstrand, Andersen, Clarsen, Soligard, Verheijen, Bjørneboe, Bizzini

**17.00-19.00** **Session B - Symposium 14**

Room Camille Blanc

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

**Chairs:** Stephen TARGETT (Qatar) - Lars ENGBRETSSEN (Norway)

- 17.00-17.10 • Introduction the IOC consensus statement on PHE, still valid 5 years on?  
Lars Engebretsen (Norway)



- 17.10-17.25 • Screening from a North American perspective  
Cindy Chang (USA)
- 17.25-17.45 • Screening of mass participation events the two oceans marathon experience  
Martin Schwellnus (South Africa)
- 17.45-18.05 • Screening in the Middle East the Aspeter experience  
Bruce Hamilton (New Zealand)
- 18.05-18.20 • Is there any role for routine blood tests in the PHE  
Stephen Targett (Qatar)
- 18.20-18.40 • Why risk factor screening will not help us identify the at-risk athlete?  
Roald Bahr (Norway)
- 18.40-19.00 • Panel discussion: To screen or not to screen?  
Engelbrechtsen, Chang, Schwellnus, Targett, Hamilton, Bahr

17.00-19.00  
Room Auric

**Session C - Symposium 15**

**IOC CONSENSUS STATEMENT “BEYOND THE TRIAD – RED-S” AND FEMALE ATHLETE TRIAD COALITION CONSENSUS STATEMENT ON TREATMENT AND RETURN TO PLAY**

**Chair:** Margo MOUNTJOY (Canada)

- 17.00-17.15 • Introduction of the IOC Consensus Statement Beyond the female athlete triad: RED-S  
Margo Mountjoy (Canada)
- 17.15-17.30 • Clinical Practice Models: Red light, yellow light, green light:  
A model for risk stratification and return to play decision making  
Jorunn Sundgot-Borgen (Norway)
- 17.30-17.50 • Introduction of the Female Athlete Triad Coalition Consensus Statement –  
Perspectives on 30 years of research  
Mary Jane De Souza (USA)
- 17.50-18.10 • Translating research into practice – Female Athlete Triad Coalition Consensus  
Statement on treatment guidelines  
Elizabeth Joy (USA)
- 18.10-18.30 • Female Athlete Triad Coalition Consensus Statement on return to play Guidelines  
for the female athlete triad  
Aurelia Nattiv (USA)
- 18.30-18.45 • Implementation of new guidelines for clearance and return to play:  
Call to action for rule change and dissemination  
Margo Mountjoy (Canada)
- 18.45-19.00 • Panel discussion  
Mountjoy, Sundgot-Borgen, Joy, De Souza, Nattiv

**20.00 Sports Medecine Celebration Night**



## Saturday 12 April

**08.30-09.15** **Keynote 4: PROTECTING THE HEALTH OF THE @HLETE - HOW ONLINE TECHNOLOGY MAY AID OUR COMMON GOAL TO PREVENT INJURY AND ILLNESS IN SPORT**  
**Speaker:** Evert VERHAGEN (Netherlands)

**09.30-11.00**  
Room Prince Pierre

### Session A - Symposium 16

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

**Chair:** Tron KROSSHAUG (Norway)

- 09.30-09.35** • Introduction  
Tron Krosshaug (Norway)
- 09.35-09.50** • Knee valgus angles and abduction moments CAN predict ACL injuries  
Tim Hewett (USA)
- 09.50-10.05** • The Landing Error Scoring System (LESS) does NOT predict ACL injuries in high-school and college athletes  
James Slauterbeck (USA)
- 10.05-10.20** • The JUMP ACL study - drop jump tasks CAN predict ACL injuries in US military cadets  
Darin Padua (USA)
- 10.20-10.35** • Can ACL injury risk be predicted through vertical drop jump screening in elite athlete handball and football players?  
Eirik Kristianslund (Norway)
- 10.35-11.00** • Panel discussion: Does screening for ACL injury risk using drop jump tasks work?  
Krosshaug, Hewett, Slauterbeck, Padua, Kristianslund

**09.30-11.00**  
Room Camille Blanc

### Session B - Symposium 17

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

**Chair:** Evert VERHAGEN (Netherlands)

- 09.30-09.40** • Why implementation needs to have multiple targets and approaches  
Caroline Finch (Australia)
- 09.40-09.55** • Fostering implementation of a lower limb injury prevention exercise training program among community Australian football coaches  
Alex Donaldson (Australia)
- 09.55-10.10** • The challenge of culture change: Working toward body checking policy change in Canadian youth ice hockey  
Carolyn Emery (Canada)



- 10.10-10.25 • Challenges of implementing the International Rugby Board safety and medical guidelines across international boundaries  
**Martin Raftery (Ireland)**
- 10.25-10.40 • No need to reinvent the ball: Incorporating the learnings from implementation science into sports injury prevention research  
**Allison Metz (USA)**
- 10.40-11.00 • Panel discussion: How can sports injury researchers work better with sporting bodies and government to improve the dissemination and implementation of safety policies and programs?  
**Verhagen, Finch, Donaldson, Emery, Raftery, Metz**

09.30-11.00  
Room Auric

**Session C - Symposium 18**

**THE GROIN-INJURY ICEBERG - LOOKING BENEATH THE SURFACE**

**Chairs:** Per HÖLMICH (Denmark/Qatar) - Mark HUTCHINSON (USA)

- 09.30-09.45 • Groin injury epidemiology across sports and gender  
**Martin Hägglund (Sweden)**
- 09.45-10.00 • Acute or chronic injuries - when to prevent  
**Adam Weir (Qatar)**
- 10.00-10.15 • Diagnostic imaging - convincing or confusing!  
**Mark Hutchinson (USA)**
- 10.15-10.30 • Clinical entities - focus of prevention?  
**Per Hölmich (Denmark/Qatar)**
- 10.30-10.45 • What exercises is relevant for prevention  
**Kristian Thorborg (Denmark)**
- 10.45-11.00 • Panel discussion: Did we uncover the target for the next trial?  
**Hägglund, Weir, Hutchinson, Hölmich, Thorborg**

09.30-11.00  
Room Pagnol

**Session D - Free communications**

**SHOULDER & SPORTS INJURY**

**Chairs:** Markus WALDÉN (Sweden) - Paul PICCININI (Canada)

- 09.30 Association of Hip Range of Motion and Upper Extremity Kinetics in Youth Baseball Pitching - [#104](#)  
**Gretchen Oliver, Hillary Plummer, Richard Johnson, Taylor Holt, Lisa Henning, Wendi Weimar (USA)**
- 09.40 Risk factors for overuse shoulder injuries among male professional handball players - [#274](#)  
**Benjamin Clarsen, Bahr Roald, Andersson Stig, Munk Kristensen Rikke, Myklebust Grethe (Norway)**
- 09.50 Shoulder injury prevention in Volleyball: performance and kinematics analysis of alternative spike techniques - [#327](#)  
**Elena Seminati, Alessandra Marzari, Oreste Vacondio, Minetti Alberto Enrico (Italy)**



- 10.00 Absolute and relative outcomes of shoulder injury prevention programs in non-injured overhead athletes – a systematic literature review - #52  
Grygorowicz Monika, Lubiatowski Przemyslaw, Witold Dudzinski, Romanowski Leszek (Poland)
- 10.10 The preventive effect of the Nordic hamstring exercise on hamstring injuries in amateur soccer players: a randomized controlled trial - #141  
Nick van der Horst, Dirk-Wouter Smits, Jesper Petersen, Edwin Goedhart, Frank Backx, (Denmark/Netherlands)
- 10.20 The effects of eccentric training on lower limb flexibility: A systematic review - #90  
Kieran O'Sullivan, Sean McAulliffe, Neasa DeBurca (Ireland)
- 10.30 Angle-specific changes in eccentric hamstring torque and hamstring to quad ratio following simulated soccer - #144  
Daniel Cohen, Bingnan Zhao, Brian Okwera, Matthews Martyn, Delextrat Anne (Colombia/United Kingdom)
- 10.40 Better planning reduces injury risk in sport students - #324  
Michel Brink, Marijke Pots, Koen Lemmink (Netherlands)
- 10.50 Injury and Illness Patterns in Competitive Sailors of the 43<sup>rd</sup> ISAF Youth Sailing World Championship - a 12-month retrospective study - #148  
Darren Leong, Carmen Vaz Pardal, Benedict Tan, Cindy Lin (Singapore/Spain)

09.30-16.30

Room Poulenc 1

Session E - Workshops

- 09.30 A Structured Approach to Return to Play Decision Making - #310  
Ian Shrier (Canada)
- 10.30 Take Care of the Shoulder Decelerator Mechanism:  
Check your brakes and exercise your parachute before the bomb goes off! - #311  
Anne Cools (Belgium), Fredrik Johanssen (Sweden)
- 11.30 How to RE-AIM your sports injury prevention intervention - #79  
Caroline Finch (Australia), Alex Donaldson (Australia)
- 12.30 Practical ankle sprain prevention: brace beats balance board - #308  
Kasper Janssen (Netherlands)
- 13.30 Eat to Win! Preventing injury & illnesses in aquatic athletes  
through nutritional intervention - #126  
Margo Mountjoy (Canada), Jim Miller (USA)
- 14.30 Functional screening tools- can they really prevent injuries? - #290  
Frohm Anna (Sweden), Heijne A (Sweden)
- 15.30 Motor Control Training for Elite Athletes - #64  
Julie Hides (Australia), Dilani Mendis (Australia)



09.30-19.00

Session F - Workshops

Room Poulenc 2

- 09.30 Meet the experts – sideline concussion assessment - #207  
Willem Meeuwisse (Canada), Paul McCrory (Australia)
- 10.30 Biomechanical Screening: Identifying Lumbar – Pelvic Dysfunction - #10  
Marie-Elaine Grant (Ireland), Martin Haines (UK), Mike Grice (UK)
- 11.30 E-epidemiology in sports injury and illness prevention – getting hands-on - #189  
Toomas Timpka (Sweden), Jenny Jacobsson (Sweden)
- 12.30 Preventing injuries one step at a time: Biomechanical analysis  
for injury prevention and treatment - #241  
James Glazer (USA), Tim Hewett (USA)
- 13.30 Developing and Improving Road Race Medical Operations:  
Best Practices 2014 - #63  
William Roberts (USA), Pierre D'Hemecourt (USA)
- 14.30 Low Energy Availability in Female Athletes: How to Recognize, Manage,  
and Prevent it and Why it's important for Prevention - #235  
Nancy I. Williams, Sc.D. (USA), Karsten Koehler, Ph.D. (Germany)
- 15.30 Targeting Injury and Prevention of Shoulder and Elbow Problems  
in the Throwing Athlete - #107  
Marc R. Safran (USA), Mark R. Hutchinson (USA)

09.30-16.30

Session G - Workshops

Room Bosio 1

- 09.30 Bittencourt Preseason assessment in soccer and volleyball: how to plan preventive  
interventions? - #77  
Luciana De Michelis Mendonça (Brazil), Natália Franco Netto Bittencourt (Brazil)
- 10.30 FIFA 11+ injury prevention programme in amateur football/soccer. An update - #270  
Holly Silvers (USA), Mario Bizzini (Switzerland)
- 11.30 Techniques for preventing ACL injuries - #252  
Tim Hewett (USA), Grethe Myklebust (Norway)
- 12.30 Ultrasound Imaging of the Trunk, Hip and Knee Muscles during Preseason Screening:  
Primary and Secondary Prevention of Sport Injury - #292  
Jackie Whittaker (Canada), Carolyn Emery (Canada)
- 13.30 Tweets, Texts, Blogs and Pods: How Technology has Advanced the Development  
and Implementation of Injury Prevention Tools for the Community - #71  
Alex Diamond (USA), Andrew Gregory (USA)
- 14.30 Strategies to Prevent Shoulder Injuries in Swimming - #272  
Ted Becker (USA), Rod Havriluk (USA)
- 15.30 Does my intervention really work? - #13  
Ian Shrier (Canada), Evert Verhagen (Netherlands)



09.30-16.30

Session H - Workshops

Room Bosio 2

- 09.30 Improving Oral Health for Better Performance - #74  
Ian Needleman (UK), Paul Ashley (UK)
- 10.30 A Framework for Preventing the Female Athlete Triad:  
Recommendations for Screening, Early Intervention and Return to Play - #156  
Elizabeth Joy (USA), Aurelia Nattiv (USA)
- 11.30 Biomechanical Screening: Identifying Lumbar - Pelvic Dysfunction - #10  
Marie-Elaine Grant (Ireland), Martin Haines (UK), Mike Grice (UK)
- 12.30 eHealth and the Sports & Exercise Physician - #279  
Martin Schwellnus (South Africa), Wayne Derman (South Africa),  
Evert Verhagen (Netherlands)
- 13.30 An Evidence Based Clinical Biomechanical Analysis of High Level Athletes for Injury  
Prevention: Investigating relevant and specific biomechanical risk factors, epidemiology  
through a range of sports, and gender differences for implementation of optimal injury  
prevention programs - #288  
Nicholas D. Potter (USA)
- 14.30 Preventing injury and time loss to injury - decreasing the psycho-social / psychological  
risk factors of injury in elite sport - #56  
Saul Marks (Canada)
- 15.30 Practical ankle sprain prevention: brace beats balance board - #308  
Kasper Janssen (Netherlands)

11.00-11.30 *Coffee Break*

11.30-13.00

Session A - Symposium 19

Room Prince Pierre

**PREVENTION - WHY ECCENTRIC?**

**Chairs:** Per HÖLMICH (Denmark) - Michael KJÆR (Denmark)

- 11.30-11.45 • Clinical evidence of eccentric exercise in injury-prevention  
Per Hölmich (Denmark)
- 11.45-12.00 • Muscle-tendon responses to specific loading in health and disease  
Michael Kjær (Denmark)
- 12.00-12.15 • The role of specific strength-deficits related to injury  
Kristian Thorborg (Denmark)
- 12.15-12.30 • Avoiding re-injury in muscle and tendon  
Carl Askling (Sweden)
- 12.30-12.45 • Exercise specificity in sports-injury prevention  
Mette Zebis (Denmark)
- 12.45-13.00 • Panel discussion: Is eccentric exercise essential for prevention?  
Hölmich, Kjær, Thorborg, Askling, Zebis



11.30-13.00

Room Camille Blanc

**Session B - Symposium 20**

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

**Chair:** Margo MOUNTJOY (Canada)

- 11.30-11.35 • Introduction  
Margo Mountjoy (Canada)
- 11.35-11.50 • Energy exchange in swimmers - when heat transfer is not sufficient  
Michael Bergeron (USA)
- 11.50-12.10 • Competing in open water events: New findings to guide research-informed athlete safety  
David Gerrard (New Zealand)
- 12.10-12.25 • Prevention of hyperthermic illness and injury in triathlon: Challenges and practical solutions  
Sergio Migliorini (Italy)
- 12.25-12.45 • FINA, ITU and the IOC: Preventing hyperthermic health consequences - the way ahead  
Margo Mountjoy (Canada)
- 12.45-13.00 • Panel discussion and questions  
Mountjoy, Bergeron, Gerrard, Migliorini

11.30-13.00

Room Auric

**Session C - Symposium 21**

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

**Chair:** Urban JOHNSON (Sweden)

- 11.30-11.50 • Introduction and theoretical framework, pre-injury  
Urban Johnson (Sweden)
- 11.50-12.10 • Psychological predictors and risk factors for injuries among soccer players  
Andreas Ivarsson (Sweden)
- 12.10-12.30 • Psychological prevention intervention, a cluster RCT study among elite floorball players  
Ulrika Tranæus (Sweden)
- 12.30-12.45 • Future in the psychological field of sports injury prevention  
Urban Johnson (Sweden)
- 12.45-13.00 • Panel discussion: How can psychology contribute to sports injury prevention?  
Johnson, Ivarsson, Tranæus





11.30-13.00  
Room Pagnol

Session D - Free communications

**RISK FACTORS & SCREENING**

**Chairs:** Willem MEEUWISSE (Canada) - Jonathan DREZNER (USA)

- 11.30 Balance failure in single limb stance due to ankle sprain injury: an analysis of centre of pressure using the fractal dimension method - #135  
Cailbhe Doherty, Eamonn Delahunty, Chris Bleakley, Jay Hertel, John Ryan, Brian Caulfield (Ireland/United Kingdom/USA)
- 11.40 Risk factors for lower extremity injuries in elite female football players - #72  
Agnethe Nilstad, Thor Einar Andersen, Roald Bahr, Ingar M Holme, Kathrin Steffen (Norway)
- 11.50 Multi-segmented foot landing kinematics in subjects with chronic ankle instability - #50  
Roel De Ridder, Tine Willems, Jos Vanrenterghem, Mark Robinson, Tanneke Palmans, Philip Roosen (Belgium/United Kingdom)
- 12.00 Bighton Scoring of joint laxity and injury incidence in athletic adolescent males - #316  
Abdallah Rajeb, Rodney Whiteley (Qatar)
- 12.10 A one year prospective study on ankle stability and landing technique: the occurrence of ankle and knee injuries in elite ball team athletes - #165  
Henrike van der Does, Michel Brink, Koen Lemmink (Netherlands)
- 12.20 Exploration of contralateral risk factors associated with the development of exertional medial tibial pain in women - #11  
Ruth Verrelst (Belgium)
- 12.30 Impact of training characteristics on running-related injuries in recreational runners - #89  
Laurent Malisoux, Axel Urhausen, Daniel Theisen (Luxembourg)
- 12.40 Does running shoe midsole hardness influence running-related injuries? Results from a double blind randomized controlled trial - #93  
Daniel Theisen, Laurent Malisoux, Nicolas Delattre, Romain Seil, Axel Urhausen (France/Luxembourg)
- 12.50 Risk factors for running related injuries in novice runners participating in a 6-week running program - #183  
Bas Kluitenberg, Henk van der Worp (Netherlands)

13.00-14.00 *Lunch*

14.30-16.30  
Room Prince Pierre

Session A - Symposium 22

**ACL PREVENTION IN FEMALE HANDBALL AND FOOTBALL - ANY SPECIFIC CONSIDERATIONS?**

**Chair:** Grethe MYKLEBUST (Norway)

- 14.30-14.35 • Introduction and epidemiology  
Grethe Myklebust (Norway)
- 14.35-14.50 • ACL injury risk factors  
Agnethe Nilstad (Norway)



- 14.50-15.05 • The impact of fatigue on risk of injury  
Torbjørn Soligard (Switzerland)
- 15.05-15.20 • What is the content of effective programs?  
Markus Waldén (Sweden)
- 15.20-15.35 • How does the prevention exercises work?  
Mette Zebis (Denmark)
- 15.35-15.45 • Lessons learned from the 11+  
Mario Bizzini (Switzerland)
- 15.45-15.55 • Is there a safe cutting technique?  
Tron Krosshaug (Norway)
- 15.55-16.05 • The Norwegian ACL handball experience, how to prevent and keep the numbers low?  
Grethe Myklebust (Norway)
- 16.05-16.30 • Panel discussion: Future directions for ACL prevention among female handball and football players  
Myklebust, Nilstad, Waldén, Zebis, Soligard, Bizzini, Krosshaug

14.30-16.30  
Room Camille Blanc

**Session B - Symposium 23**

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

**Chair:** Martin RAFTERY (Australia)

- 14.30-14.40 • Introduction - prevention challenges in an international competition series  
Martin Raftery (Australia)
- 14.40-14.55 • Injury surveillance - setting the injury prevention objectives  
Colin Fuller (Ireland)
- 14.55-15.05 • Injury causation clues - match and training load requirements in elite sevens rugby. A comparison with 15 a side rugby  
Simon Kemp (UK)
- 15.05-15.20 • The impact of international frequent travel on injury and illness in sevens rugby  
Martin Schwellnus (South Africa)
- 15.20-15.30 • Concussion assessment, management and prevention in sevens rugby. Specific issues - multiple games per day, impact of international travel and back to back tournaments  
Philippe Decq (France)
- 15.30-15.40 • Preventing re-occurrence of injury using objective return to play strategies - global positioning systems  
Garrett Coughlan (Ireland)
- 15.40-15.55 • Maximizing recovery to reduce the impact of international travel and repeated same day competition demands  
Ross Tucker (South Africa)



- 15.55-16.10 • Preventing the negative impacts of travel and its potential to cause injury  
Martin Schwellnus (South Africa)
- 16.10-16.30 • Panel discussion - What are the impacts of repetitive international travel on high intensity exercise, injury and illness?  
Raftery, Fuller, Kemp, Schwellnus, Decq, Coughlan, Tucker

14.30-16.30 **Session C - Symposium 24**  
Room Auric

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

**Chairs:** John DIFIORI (USA) - Margo MOUNTJOY (Canada)

- 14.30-14.35 • Introduction and background  
John DiFiori (USA)
- 14.35-14.55 • Prevention of abuse and harassment in youth sport - the silent injury  
Margo Mountjoy (Canada)
- 14.55-15.10 • New insights into injury prevention in elite youth tennis  
Neeru Jayanthi (USA)
- 15.10-15.25 • Integrative neuromuscular training in young athletes to reduce knee injury  
Greg Myer (USA)
- 15.25-15.40 • Functional movement screening: An effective approach for sport injury prevention?  
Thomas Best (USA)
- 15.40-15.55 • A “growing” problem: Risk factors and preventative measures for physal stress injuries  
John DiFiori (USA)
- 15.55-16.10 • Hits, helmets, and behavior modification: Biomechanical considerations for preventing concussion in youth sport  
Kevin Guskiewicz (USA)
- 16.10-16.30 • Panel discussion: What are the target areas for future research, intervention and policy?  
Mountjoy, Jayanthi, Myer, Best, DiFiori, Guskiewicz

16.30-17.00 **Coffee Break**

17.00-17.45 **Room Prince Pierre** **Keynote 5: ARE WE GETTING THE SAME PERFORMANCE FROM OUR EQUIPMENT AS WE EXPECT FROM OUR ATHLETES? TECHNOLOGY AND EQUIPMENT IN SPORTS INJURY PREVENTION**  
**Speaker:** Andrew McIntosh, Australia

17.45 **Closing Lecture**

Room Prince Pierre **THE PRESENT & THE FUTURE, THE IOC SPORTS MEDICINE PROGRAM: HOW CAN WE PROTECT THE HEALTH OF THE OLYMPIC ATHLETE?**  
Lars Engebretsen (Switzerland/Norway)

20.00 **Speakers' Dinner (by invitation)**



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### **Richard G. Ellenbogen, MD FACS Professor**

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# Keynote Speakers

## Keynote lecture 1

### HAS SPORTS INJURY AND ILLNESS PREVENTION RESEARCH DELIVERED? A VIGOROUS DEBATE



**Karim Khan, MD PhD Professor**

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Professor Karim Khan, MD, PhD, MBA, FACSP, is the Director of the Research and Education Department at Aspetar – Qatar Orthopaedic and Sports Medicine Hospital, Doha, Qatar. He is Editor in Chief of the British Journal of Sports Medicine, a BMJ specialist journal. In this role, he is an influential proponent of social media in sports & exercise medicine with over 12,000 Twitter followers (@BJSM\_BMJ). Prior to joining Aspetar, he served as a sports physician in Australia and Canada (University of British Columbia). His work in sports injury prevention includes risk factor assessment in tendinopathy and stress fractures as well as implementation of preventive strategies.



**Domhnall MacAuley, MD FRCGP FFPHMI FFSEM Professor**

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Domhnall MacAuley is an editor with the Canadian Medical Association Journal. He was previously a senior editor at the BMJ and editor of the British Journal of Sports Medicine. He was Professor of Primary Health Care at the University of Ulster and is now visiting Professor at the Ulster Sports Academy.

## Keynote lecture 2

### TOMBER DANS LES POMMES – ‘Zero tolerance’ and the fear of chronic traumatic encephalopathy – the role of evidence based concussion prevention



**Paul McCrory, MBBS PhD FRACP FACSP FFSEM FACSM FASMF GradDipEpidStats**

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Paul McCrory is a consultant neurologist, internist and sports & exercise physician at the Florey Institute of Neuroscience and Mental Health in Melbourne Australia and at the Australian Centre for Research into Injury in Sport and its Prevention (ACRISP), one of the 4 International Olympic Committee (IOC) Research Centres for the Prevention of Injury and Promotion of Health in Athletes. He has over 400 publications and coauthored 5 textbooks as well as numerous research awards.



# Keynote Speakers

## Keynote lecture 3

### THE EVOLUTION OF FOOTWEAR AND ITS ROLE IN PREVENTION OF RUNNING INJURIES



**Benno M. Nigg, Dr.sc.nat., Dr.h.c.mult.**

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Benno M. Nigg is the founder and co-director of the Human Performance Laboratory of the University of Calgary. He is Professor of Biomechanics in Kinesiology, Engineering and Medical Sciences. He has over 350 scientific publications and many awards, including the Olympic Order and the ISB Muybridge Medal.

## Keynote lecture 4

### PROTECTING THE HEALTH OF THE @HLETE - HOW ONLINE TECHNOLOGY MAY AID OUR COMMON GOAL TO PREVENT INJURY AND ILLNESS IN SPORT



**Evert Verhagen, PhD FECSS**

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Evert Verhagen, Chairs of the research theme 'Sports, Lifestyle and Health' of the at the Department of Public and Occupational Health of the VU University Medical Center and the EMGO+ Institute for Health and Care Research in Amsterdam, has over 70 peer-reviewed publications, contributed to a variety of textbooks, and is n the editorial board of several sports medicine journals.

## Keynote lecture 5

### ARE WE GETTING THE SAME PERFORMANCE FROM OUR EQUIPMENT AS WE EXPECT FROM OUR ATHLETES? TECHNOLOGY AND EQUIPMENT IN SPORTS INJURY PREVENTION



**Andrew McIntosh, PhD**

*PO BOX 6209,  
UNSW, NSW Australia 1466*

Andrew McIntosh, Adjunct Professor Australian Centre for Research into Injury in Sport and its Prevention, Federation University Australia and consultant biomechanist, has extensive academic and industry experience in safety.



### **#156 A Framework for Preventing the Female Athlete Triad: Recommendations for Screening, Early Intervention and Return to Play**

Elizabeth Joy (USA), Aurelia Nattiv (USA)

The purpose of this workshop is to present updated clinical guidelines on prevention, screening, evaluation and management, and return to play for athletes affected by the Female Athlete Triad. Using a case-based format, presenters will focus on the prevention of morbidity and mortality related to low energy availability, disordered eating/eating disorders, menstrual dysfunction, and low bone mineral density. The cases will highlight the role of a multidisciplinary team in screening, evaluation, management and return to play decision-making.

### **#288 An Evidence Based Clinical Biomechanical Analysis of High Level Athletes for Injury Prevention: Investigating relevant and specific biomechanical risk factors, epidemiology through a range of sports, and gender differences for implementation of optimal injury prevention programs**

Nicholas D. Potter (USA)

This workshop will cover a comprehensive, yet clinically efficient, athlete screening tool with integration into clinical practice through a variety of sports. Appreciation of athlete joint mobility, muscle strength, muscle activation patterns, and functional movement independently and in conjunction with each other is paramount to understanding an athlete's function and risk factors for injury. Workshop participants will be able to describe and apply: evidence in the literature, how athletes differ from the lay-population and each other, and the biomechanical analysis for injury prevention/performance enhancement through specified training of optimal biomechanics.

### **#251 Avoiding errors in Re-Injury Analysis** Ian Shrier (Canada), Evert Verhagen (Netherlands)

This interactive workshop will review unique challenges in re-injury analysis. First, we will interactively discuss the advantages and disadvantages of defining healing time as 1) return to full participation, and 2) last treatment for injury. Second, we will review how framing healing as "no pain" vs. "normal functional capacity" vs. "complete readiness" changes the required analyses to obtain valid answers. Finally, we will review challenges related to exacerbations, and multiple injuries occurring at different sites or different times.

### **#10 Biomechanical Screening: Identifying Lumbar – Pelvic Dysfunction**

Marie-Elaine Grant (Irl), Martin Haines (UK), Mike Grice (UK)

Lumbar-Pelvic Dysfunction has been found to have a high prevalence in athletes and is a risk factor for lower limb injuries. Identifying Lumbar - Pelvic Dysfunction is a key factor for prevention. This workshop will demonstrate evidence based, practical manual screening techniques, which can be used as part of Periodic Health Screening to identify athletes at risk. Following the workshop delegates will have learned a practical screening approach, which can be easily applied to high performance and developmental athletes.

### **#286 Clinical complexities of the elite athlete with disability - planning for travel, & prevention of illness and injury**

Wayne Derman (South Africa),  
Peter Van De Vliet (Germany)

Participation in elite sporting competition for athletes with a disability has seen significant growth in recent years. However, the nature of disability and the interface with technology either with respect to sporting equipment used, prosthetic devices or medications used in the management of the disability can lead to clinical complexity which can result in different Injury and illness patterns and profiles to athletes without disability. This workshop will demonstrate in a series of clinical cases the complexities of injury and illness in this special population and demonstrate technological and other solutions to enable the clinician to plan for optimal travel and prevent illness and injury.

### **#63 Developing and Improving Road Race Medical Operations: Best Practices 2014**

William Roberts (USA), Pierre D'Hemecourt (USA)

Endurance activities are popular worldwide with about 14M road race finishers (1M half marathon and 0.5M marathon) annually in the USA alone. The 8 largest marathons in the world have more than 20,000 finishers and the half marathon is the fastest growing distance race worldwide (over 40,000 entrants in one Swedish race). Utilizing data based intervention strategies to promote best practices in heat, heart, and fluid management can reduce morbidity and mortality for millions of athletes involved in endurance activities.

### **#13 Does my intervention really work?** Ian Shrier (Canada), Evert Verhagen (Netherlands)

Although Intention-to-Treat analysis provides an unbiased effect estimate, athletes are not always compliant and sport medicine clinicians often want to know the effect of actual treatment received. We will review the strengths, weaknesses and assumptions underlying common analyses for this question including ITT, Per Protocol, As Treated, and the currently recommended analysis known as the Complier Average Causal Effect. We will then apply the different analyses to data from two RCTs to illustrate how outcomes are affected.

### **#189 E-epidemiology in sports injury and illness prevention - getting hands-on**

Toomas Timpka (Sweden),  
Jenny Jacobsson (Sweden)

The purpose of the workshop is to provide an introduction to how E-epidemiology projects for sports injury and illness prevention can be implemented in all regions of the world. Participants will first learn about legal and ethical issues specific to E-epidemiology projects. Thereafter the use of E-epidemiology methods in cross-sectional studies, national-level cohort studies, and individual-level injury and illness surveillance will be explained and exemplified. The workshop is highly interactive and includes presentation of dynamic graphs and video materials.



## Workshop Programme

### **#126 Eat to Win! Preventing injury & illnesses in aquatic athletes through nutritional intervention**

**Margo Mountjoy (Canada), Jim Miller (USA)**

The physical demands on the aquatic athlete have increased as the training and competition expand to include most of the year. These physical demands must be matched by a nutritional training program. This workshop will underline the role of nutrition in prevention through the application of evidence-based nutritional interventions. Today's swimmer has to balance body image, societal food marketing, with the increasing year-long training demands. This workshop will provide clinicians with a nutritional game plan to prevent injuries and illnesses.

### **#279 eHealth and the Sports & Exercise Physician**

**Martin Schweltnus (South Africa), Wayne Derman (South Africa), Evert Verhagen (Netherlands)**

Online technology has found its way to the practice of the sport and exercise medicine physician. Consequently the future sport and exercise medicine physician must not only be skilled in clinical athlete care, but also be proficient in (online) technologies. In this workshop attendees will be able to practice with existing solutions under the supervision of internationally renowned sport and exercise medicine clinicians and researchers. Attendees must bring their own laptop or tablet.

### **#287 Electrocardiographic Interpretation in Athletes**

**Jonathan Drezner (USA), Mathew Wilson (Qatar)**

Sudden cardiac death (SCD) is the leading cause of death in athletes during sport. Whether obtained for screening or diagnostic purposes, an electrocardiogram (ECG) increases the ability to detect underlying cardiovascular conditions at increased risk for SCD. The goal of this workshop is to help physicians distinguish normal, physiologic ECG adaptations in athletes from ECG findings suggestive of a pathologic cardiac disorder. This workshop is based on 2013 international consensus standards for ECG interpretation in athletes ('Seattle criteria').

### **#270 FIFA 11+ injury prevention programme in amateur football/soccer. An update.**

**Holly Silvers (USA), Mario Bizzini (Switzerland)**

The purpose of this workshop is to present a current update on the FIFA 11+ injury prevention programme. Multiple studies have shown that FIFA 11+ programme can reduce injury rates in female and male amateur football (soccer) players. We will summarize the latest research on FIFA 11+, including a large randomized controlled trial conducted in approximately 2,000 male soccer players in the USA, challenges with respect to implementation and compliance, and present the adapted programmes for the utilization in both youth and with the referee population.

### **#290 Functional screening tools - can they be used to prevent/predict injuries?**

**Frohm A (Sweden), Heijne A (Sweden)**

Sport medicine professionals, researchers and coaches as well as athletes' propose functional screening, followed by targeted intervention. Sensitive tools with appropriate methodology to detect, individual weak links, revealing functional limitations and asymmetries are needed. With addressing individual dysfunction we hope to change fundamental movement and detect imbalances. When corrections are made with functional prevention strategies – do we really know if we decrease the injury risk and improve the performance?

### **#79 How to RE-AIM your sports injury prevention intervention**

**Caroline Finch (Australia), Alex Donaldson (Australia)**

The aim of this workshop is to demonstrate how the RE-AIM framework can be used to guide intervention implementation planning and intervention evaluation. Focus will be on how the RE-AIM framework can be used to develop a context specific targeted intervention delivery plan to ensure maximal participation with all study protocol requirements and maximum adoption of the intervention itself in community sport settings.

### **#74 Improving Oral Health for Better Performance**

**Ian Needleman (UK) and Paul Ashley (UK)**

Oral health of elite athletes is poor and affects performance. Using comprehensive data from the London 2012 Games and elsewhere, we will highlight the important issues regarding the determinants of oral diseases and their prevention. In this workshop we will provide you with practical strategies for assessment and prevention of oral disease and promotion of oral health in elite athletes, these will be supported by printed and electronic resources that will be provided to participants.

### **#235 Low Energy Availability in Female Athletes:**

**How to Recognize, Manage, and Prevent it and Why it's important for Prevention**

**Nancy I. Williams, Sc.D. (USA),  
Karsten Koehler, Ph.D. (Germany)**

The purpose of this workshop is to understand the concept of low energy availability, the key causal factor in the Female Athlete Triad. This workshop will provide a detailed examination of the energy availability, its importance, and instruction on how to recognize, prevent, and manage low energy availability. Workshop participants will understand how to calculate energy availability and they will understand the strengths and limitations of approaches to identify associated health risks and the presence or absence of Triad conditions.



## Workshop Programme

### #207 Meet The Experts – Sideline Concussion Assessment

Willem Meeuwisse (Canada), Paul McCrory (Australia)

The workshop follows a 'meet the experts' format with two of the originators of the Sport Concussion Assessment Tool (SCAT3); discussing their use as well as the role of new technologies to enhance the use of these tools. The workshop will provide each participant with the opportunity to do the SCAT3 in an interactive, participatory format. The purpose will be to improve recognition of this injury and early diagnosis (secondary prevention) and appropriate return to play decision making to avoid reinjury (tertiary prevention).

1. Background lecture - the development of the Sport Concussion Assessment Tool version 3 (SCAT3), the Child SCAT3 and the Pocket Concussion Recognition Tool (Pocket CRT) (5 mins)
2. Using the CRT and the SCAT3 (25 mins) – A “hands-on” experience
3. Using the SCAT3 app (10 mins)
4. Discussion – questions on implementation(10 mins)

### #64 Motor Control Training for Elite Athletes

Julie Hides (Australia), Dilani Mendis (Australia)

The purpose of this workshop is to demonstrate motor control techniques to retrain function of the lumbo-pelvic muscles. Recent evidence indicates that motor control training can be used to decrease lower limb injuries and low back pain in elite athletes. Using real-time ultrasound imaging, we will demonstrate techniques to provide feedback of diaphragmatic breathing pattern and voluntary contraction of abdominal, back and hip muscles, including progression of exercises into function.

### #255 Nature vs Nurture: Is the Prevention of Injury Born or Bred?

Alex Diamond (USA), Alison Brooks (USA)

Is injury prevention a learned trait or an innate quality? Research has shown that the behavior of athletes and their associates plays an integral role in injury reduction. Meanwhile, strides in the field of genetics and molecular medicine have opened a new realm of thinking in regard to injury risk. This workshop will provide the audience with an evidence-based review of the influences of inherited characteristics and environmental etiquette on an individual athlete's ability to mitigate sports related injury.

### #77 Preseason assessment in soccer and volleyball: how to plan preventive interventions?

Luciana De Michelis Mendonça (Brazil), Natália Franco Netto Bittencourt (Brazil)

The purposes of this workshop are to discuss the clinical reasoning in planning the preseason assessment (PA), the parameters for analyzing the PA results and the application of the PA results at preventive programs. PA is a key component in sports injury management. This model consists in clinical tests with scientific rigor and minimal time expenditure. Workshop participants will be able to discuss the PA management and application of the results in structuring preventive interventions in soccer and volleyball.

### #275 Preventing Achilles Tendon Pain from taking the 'Spring' out of Sport

Håkan Alfredson (Sweden), Marie-Elaine Grant (Ireland)

The aim of this workshop is to address possible key factors relating to the prevention and management of Achilles Tendon Pain in the athlete. Highlighting factors which contribute to tendon pain and debate evidence based outcomes of conservative and minimally invasive surgical interventions. The workshop will include interactive discussion and practical demonstrations of rehabilitation techniques. Workshop participants will learn the necessary criteria to make the best choices in managing and possibly preventing the problem.

### #241 Preventing injuries one step at a time: Biomechanical analysis for injury prevention and treatment

James Glazer (USA), Tim Hewett (USA)

The purpose of this workshop is to familiarize participants with the clinical and research applications of formal gait analysis. We will compare approaches to gait analysis in research and clinical settings, summarize the state of the art in the field as it pertains to ACL injury prevention, and help participants develop a practical approach to integrating these techniques into their clinical practices. Common innate and acquired gait abnormalities, their causes and treatments will be reviewed.

### #56 Preventing injury and time loss to injury - decreasing the psycho-social /psychological risk factors of injury in elite sport

Saul Marks (Canada)

The purpose of this workshop is to help the athlete, coach and entourage to identify the major psycho-social and psychological risk factors that can lead to injury of the athlete. Learning will be centered on psychological injury prevention techniques as well as healthy coping mechanisms to prevent injury and therefore time lost from training. The athletic trainer, physiotherapist and massage therapists' role in preventing time loss to injury will also be discussed, as well as safe "return to play" questionnaires.

### #256 Put Me In Coach! The Role of Educational Programming for Coaches on Injury Prevention

Alex Diamond (USA), Jim Thornton (USA)

Coaches are crucial to the injury prevention movement, especially on the youth & scholastic level where additional layers of medical resources are often not present. Without the buy-in by coaches, our education, training techniques, policies and recommendations do not get implemented or maintained. This workshop will focus on the efforts to educate, certify and empower the coaches to prevent injury and promote fair and safe play. We will use a multi-disciplinary national program as a model for our discussion.



## Workshop Programme

### #272 Strategies to Prevent Shoulder Injuries in Swimming

Ted Becker (USA) and Rod Havriluk (USA)

Shoulder injuries impact many swimmers' careers. The purpose of this workshop is to help coaches prevent shoulder injuries using exercises to correct muscular imbalances and making technique adjustments to minimize shoulder stress. The topics also include: the prevalence and severity of shoulder injuries, risk factors, shoulder anatomy, and related trunk issues. Workshop participants will be able to implement exercises to correct muscular imbalances. They will learn technique instruction strategies that not only minimize shoulder stress, but also maximize performance.

### #107 Targeting Injury and Prevention of Shoulder and Elbow Problems in the Throwing Athlete

Marc R. Safran (USA), Mark R. Hutchinson (USA)

- Marc Safran (USA): Who Is At Risk For Shoulder and Elbow Injuries (6 minutes)
- Mark Hutchinson (USA): Evaluation of the Thrower's Shoulder (PE and Imaging) (10 minutes)
- Marc Safran (USA): Evaluation of the Thrower's Elbow (PE and Imaging) (10 minutes)
- Mark Hutchinson (USA): Prevention of Injuries to the Throwing Shoulder (7 minutes)
- Marc Safran (USA): Prevention of Injuries to the Thrower's Elbow (7 minutes)
- All: Q & A (10 minutes)

### #28 Targeting the ACL injury prevention enigma in female athletes

Markus Waldén (Sweden), Martin Hägglund (Sweden)

The purpose of this workshop is to demonstrate a neuromuscular training programme that was recently shown to reduce ACL injuries by almost two-thirds in adolescent female football. Exercises and key issues regarding compliance and implementation of the programme will be discussed. The programme is available on a newly recorded DVD and free smartphone app. Workshop participants will learn how to use the exercises and also be familiar with factors that increase compliance and facilitate implementation of the programme.

### #252 Techniques for preventing ACL injuries

Tim Hewett (USA), Grethe Myklebust (Norway)

The purpose of this workshop is to demonstrate techniques used for neuromuscular training for ACL injury prevention. Use of these training techniques could have significant effects on the number of knee injuries and ACL injuries, specifically in female athletes. We will summarize the Norwegian and US approaches. Workshop participants will be able to compare, contrast and demonstrate the key components of the most and least efficacious programs currently available.

### #257 Techniques for preventing Shoulder and Knee injuries in Judo

Oliver Davies (UK), Andrew Murray (UK)

This workshop will demonstrate practical approaches for preventing shoulder and knee injuries in Judo that would be relevant to other combat sports. In Judo, the shoulder and knee are the body regions most commonly injured, and cause the greatest burden of injury. A multi-disciplinary injury prevention strategy has decreased injury rates by 50% amongst Elite Judoka training at Scottish Judo / Sport Scotland. We will summarize approaches used, and demonstrate the key components of this program during this interactive workshop.

### #289 This should work in theory: how health psychology can improve intervention uptake in sport and recreation

Carly McKay (Canada)

This workshop will highlight health behaviour change theories that can be used to improve injury prevention program implementation. Using these theories to guide intervention design and knowledge mobilization could significantly improve uptake of, and adherence to, individual and community-based prevention initiatives. Pros and cons of each theoretical approach will be discussed, with practical examples. Workshop participants will be invited to compare and contrast the theories, and learn ways to incorporate them into their own injury prevention strategies.

### #71 Tweets, Texts, Blogs and Pods: How Technology has Advanced the Development and Implementation of Injury Prevention Tools for the Community

Alex Diamond (USA), Andrew Gregory (USA)

Technology has invaded every aspect of our lives creating a world without borders and the ability to deliver information and services rapidly to the masses both near and far. Smartphone devices and web based programs are growing resources being used toward improving safety for our athletes in the community, particularly where access to medical professionals is limited. The goal of this workshop is to critically review current systems as well as to discuss incorporating social media into traditional approaches.

### #292 Ultrasound Imaging of the Trunk, Hip and Knee Muscles during Preseason Screening: Primary and Secondary Prevention of Sport Injury

Jackie Whittaker (Canada), Carolyn Emery (Canada)

There is growing interest about the role of sonography in identifying injury risk during preseason screening. This workshop will present an evidence-based framework to inform efficacious screening programs incorporating sonography, demonstrate (still and real-time imaging) the information about muscle available from sonography and discuss its application to sport injury prevention models. Participants will leave with a clear understanding of the current landscape in regards to the role and rationale for preseason sonography screening for identifying injury risk.



## Workshop Programme

### **#39 Injury Prevention Programmes - YES, they do work!** **Yonatan Kaplan (Israel), Grethe Myklebust (Norway)**

The purpose of this workshop is to expose the participants to the planning, design and implementation of sport injury prevention programs. The speakers will briefly present their own epidemiological and prevention studies involving American contact flag football, handball and soccer players. Emphasis will be placed on some of the basic aspects involved in the planning and execution of a sports injury prevention program, highlighting the many pitfalls involved, as well as constructive and practical advice how to avoid them.

### **#308 Practical ankle sprain prevention: brace beats balance board** **Kasper Janssen (Netherlands)**

In a recent clinical trial bracing was found to be superior to neuromuscular training in reducing the incidence of self-reported recurrent ankle sprains. It is impossible to extrapolate findings in clinical studies without comparing the functional aspects of the study brace with other braces that are offered for the same indication. In this workshop three main brace types will be evaluated on their functional aspects in a qualitative fashion to assist clinicians in improving brace use compliance in their athletes.

### **#273 A strategy for secondary injury prevention and optimizing return to sport after acute hamstring injury** **Carl Askling (Sweden), Thomas Best (USA)**

- Improve prognosis and rehabilitation by performing a relevant clinical examination and by using a treatment protocol emphasizing lengthening type of exercises that attempt to mirror the injury situation.
- Provide a specific hamstring test that is more sensitive to detect injury signs than the commonly used clinical examination.
- Provide ultrasound imaging examples of how muscle synergy firing patterns can guide injury prevention strategies.

### **#402 Point of Care Ultrasound technology empowering elite athlete care**

**Mark Hibberd (USA), Bill Moreau (USA),  
Dustin Nabhan (USA)**

Simple. Fast. Precise. Musculoskeletal ultrasound is becoming more and more integrated into injury diagnosis and athlete care based on its safety, clinical utility and real-time imaging capability. The purpose of this workshop is to highlight the latest MSK ultrasound innovations developed by GE, the official Ultrasound provider of the Olympic Games, demonstrate techniques for how u/s can be leveraged in imaging shoulder, knees and hip injuries and highlight case studies where MSK ultrasound is revolutionizing diagnosis and training protocols for the United States Olympic Committee.





# Thematic Posters

## SESSION 1

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- Prevalence of pain and quality of life in high-performance athletes [#21](#)  
Lilian Martins, Jorge Paiva, Alexandre Freitas, Lester Miguel, Allan Andrade, Frederico Altermann Neto, Aislan Bacha, Leonardo Dalenogare, William Villaça Menezes, Alécio Silva, Marco Aurélio Bolze, Flávio Maia (Brazil)
- Elite Athletes and Oral Health: a review [#30](#)  
Paul Ashley, Emma Cole, Anna Diorio, Ajit Tanday, Ian Needleman (United Kingdom)
- Reasons for Inability to Complete Ultramarathons: A Multicenter Study [#105](#)  
Morteza Khodaei, John Spittler, Patrick Basset, Karin Vanbaak, John C. Hill, Iñigo San Millán, Martin D. Hoffman (USA)
- Hydration status in Swiss Elite Male Judokas [#128](#)  
Maximilien Jung, Nikos Malliaropoulos (Switzerland/Malta/Greece)
- Pre-participation health questionnaire in major athletic championships: Feasibility and interest to determine injury and illness risk factors [#188](#)  
Pascal Edouard, Pedro Branco, Jenny Jacobsson, Toomas Timpka, Jan Kowalski, Sverker Nilsson, David Karlsson, Frédéric Depiesse, Juan-Manuel Alonso (France/Switzerland/Sweden/Monaco/Qatar)
- Blood pressure in elite athletes: A systematic review [#318](#)  
Hilde Moseby Berge, Cecilie B Isern, Eivind Berge (Norway)
- Lifetime sexual and physical abuse among elite athletic athletes: a cross-sectional study of prevalence and correlates with athletics injury [#330](#)  
Toomas Timpka, Staffan Janson, Jenny Jacobsson, Jan Kowalski, Joakim Ekberg, Margo Mountjoy, Carl-Göran Svedin (Sweden/Canada)
- Amenorrhea in elite athletics athletes: prevalence and associations to athletics injury [#359](#)  
Maria Rost, Jenny Jacobsson, Örjan Dahlström, Mats Hammar, Toomas Timpka (Sweden)
- Psychosocial and psychological factors related to delayed recovery from concussion in high school students [#403](#)  
Mark Hutchinson, Paul Comper, Barbara Csenge, Doug Richards (Canada)



## SESSION 2

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- A descriptive study on injury related physical disability in urban Sri Lanka #19  
Inoka Weerasinghe, Fonseka Pushpa, Dharmaratne Samath,  
Jayatilake Sumedha (Sri Lanka)
- The Relation between Self-efficacy, Injury and Fear of Injury among Elite Athletes #42  
Adam McCaffrey, Martin Mrazik, Robert Klassen (United Kingdom)
- Comparison of Sport Competitive Anxiety Levels of Saudi Arabian National Team Athletes with and without disabilities in competitions #48  
Hassan Halawani (Saudi Arabia)
- The Epidemiology of Injuries in Contact Flag Football #124  
Yonatan Kaplan, Erik Witvrouw, Grethe Myklebust, Meir Nyska,  
Ezequiel Plamanovich, Jan Victor (Israel/Qatar/Norway)
- The main causes of injuries sustained at fitness facilities presenting to Victorian emergency departments: identifying the culprits #153  
Shannon Gray, Caroline Finch (Australia)
- Victorian Emergency Department data for injury surveillance: how useful is it? #154  
Shannon Gray, Caroline Finch (Australia)
- Prevalence of Dietary Supplement Use among Elite Iranian Athletes (Male & Female National Level Athletes) #173  
Afsaneh Golshanraz, Hakemi Laleh, Pourkazemi Lotfali (Iran)
- The Effects of Sports-related Injuries on Quality of Life and Athletic Performance within the Korean Ladies Professional Golf Players #212  
Li-Na Kim, Jin-Hyun Woo, Hee-Seung Yng (South Korea)
- Injuries in German club sports – 1987 to 2012 #232  
Dr. Thomas Henke, Patrick Luig, David Schulz (Germany)
- Signs of mild traumatic brain injury in active duty US Marines can be measured with brain MRI magneto-encephalography #261  
Elise Britt, Mithun Diwaker, Dewleen Baker, Douglas Chang,  
Mingxiong Huang (USA)
- Impact of Injury Pattern during Training on Ultramarathon Performance #380  
Morteza Khodaei, John Spittler, John C. Hill, Martin D. Hoffman (USA)

## SESSION 3

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- An evidence-driven approach to scrum law modifications in amateur rugby played in South Africa #108  
Sharief Hendricks, Lambert Micheal, Brown James, Readhead Clint, Viljoen Wayne (South Africa)
- Injuries in women's beginner futsal league #157  
Tomoaki Kamiya, Kazuhiko Nakano, Toshihiko Yamashita (Japan)
- "Epidemiology and Prevention of accidents in Roller Sports (RS). Four years of studies and observations on accidents of Italian Federation (FIHP) skaters. Probable causes and prevention" #166  
Maurizio Lollobrigida, Angelo Pulcini, Elvira Padua, Massimo Varisco (Italy)



- The impact of injury in Welsh professional rugby #175  
Isabel Moore, Prabhat Mathema, Craig Ranson (United Kingdom)
- Do tournament schedule and squad composition influence injury types and rates in International Rugby? #177  
Prabhat Mathema, Isabel Moore, Craig Ranson (United Kingdom)
- National Team rugby player injury types, rates and risk factors over two-years #179  
Prabhat Mathema, Craig Ranson, Isabel Moore (United Kingdom)
- Injury types and rates in an international cricket team: Application of subsequent injury categorisation #182  
Stephen Mount, Isabel Moore, Craig Ranson (United Kingdom)
- Epidemiology of Injuries in a Women's International Rugby Sevens World Cup Squad #197  
Niki Gabb, G Trewartha, S Kemp, K.A. Stokes (United Kingdom)
- Sport-related injuries during youth and national combined events championships #224  
Pascal Edouard, Pierre Samozino, Guilhem Escudier, Anthony Baldini, Jean-Benoît Morin (France)

#### SESSION 4

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- Epidemiological study of injury and illness in Great Britain Short-Track Speed Skating #246  
Debbie Palmer-Green, Michael Brownlow, James Hopkins, Joanna Eley, Rod Jaques, Glenn Hunter (United Kingdom)
- Epidemiological study of injury in British Cycling: 2011-2013 #247  
Debbie Palmer-Green, Phil Burt, Rod Jaques, Glenn Hunter (United Kingdom)
- Casualty incidence at the World Triathlon Championships: are age, gender and event type associated with increased risk? #252  
Sharma Sanjay, Sabiha Gati (United Kingdom)
- Helmet Use Among Skiers and Snowboarders in Southern Alberta #295  
Ken Pfister, Nicole Romanow, Carolyn Emery, Willem Meeuwisse, Alberto Nettel-Aguirre, Brent Hagel (Canada)
- High prevalence of injuries in the Norwegian National Ballet #313  
Hilde Fredriksen, Benjamin Clarsen (Norway)
- Shoulder injuries in highly trained competitive swimmers #347  
Jonathan Folland, Grace Archer (United Kingdom)
- Injury rate and injury pattern among elite World Cup snowboarders: a 6-year cohort study #350  
Daniel Major, Sophie E. Steenstrup, Tone Bere, Roald Bahr, Lars Nordsletten (Norway)
- Acute Injuries in 35 Sports; Incidences and Severity #361  
Malin Åman, Karin Henriksson-Larsén (Sweden)
- Injuries And Risk Factors in Physical Education Students #363  
Anne-Marie Van Beijsterveldt, Sander Blienkendaal, Michel Brink, Janine Stubbe (Netherlands)



- High Prevalence of Osteochondral and Soft-Tissue Damage in the Ankles of Asymptomatic Professional Snowboarders: A Prospective Evaluation with 3T MRI #376  
Karen Briggs, Charles Ho, Warth Ryan, Gillian Bower, Thomas Hackett, Thomas Clanton (USA)
- Injury profile of Brazilian Athletes in Olympic Games 2012 #392  
Caroline Bolling, Marcela Leite, João Grangeiro Neto, Henrique Barreto, Felipe Tadiello, Leonardo Medeiros, Fabio Rodrigues (Brazil)
- An epidemiological study of injury and illness in the British Skeleton squad - 2009-2013 #393  
Debbie Palmer-Green, Thomas Hignett, Danny Holdcroft, Chris Price, Kay Robinson, Rod Jaques, Glenn Hunter (United Kingdom)

## SESSION 5

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- Descriptive Profile Of Shoulder And Scapular Rom And Strength Measurements in Junior Recreational And Elite Gymnasts #28  
Ann Cools, Len Van De Lanotte (Belgium)
- Overuse and traumatic musculoskeletal extremity injuries in school children #85  
Eva Jespersen, René Holst, Claudia Franz, Christina Rexen, Heidi Klakk, Niels Wedderkopp (Denmark)
- Injury Rates, Mechanisms, and Risk Factors for Injury in Youth Rock Climbers #86  
Kaikanani (Nani) Woollings, Carly McKay, Jane Kang, Willem Meeuwisse, Carolyn Emery (Canada)
- Low back pain in young team sport players: a retrospective study #163  
Kati Pasanen, Marleena Rossi, Ari Heinonen, Jari Parkkari, Pekka Kannus (Finland)
- Lower Extremity Injuries among Nigerian Male Youth Football Players #164  
Oluwatoyosi B.A Owoeye, Sunday R.A Akinbo, Ojajide A Olawale, Bosede A Tella (Nigeria)
- Injury and Illness Surveillance during the 43rd ISAF Youth Sailing World Championship 2013 in Limassol, Cyprus #203  
Darren Leong, Carmen Vaz Pardal, Benedict Tan, Cindy Lin (Singapore/Spain)
- Junior gymnastic: incidence and injury profile #292  
Caroline Bolling, Marcela Leite, Deborah Reis (Brazil)
- Self-reported 12-month overuse injury history in youth basketball and floorball #322  
Mari Leppänen, Kati Pasanen, Urho M Kujala, Jari Parkkari (Finland)
- Shoulder pain problems in youth handball #336  
Merete Møller, Grethe Myklebust, Jørn Attermann, Niels Wedderkopp, Henrik Sørensen, Martin Lind (Denmark/Norway)
- Survey of sport participation and sport injury in elementary school children #354  
Rebecca Carnduff, Benjamin Tan, Carly McKay, Jian Kang, Patricia Doyle-Baker, Carolyn Emery (Canada)
- Hip Screening in Elite Youth Tennis Players #369  
Angel Ruiz Cotorro, Marc Philippon, Karen Briggs, Robert Boykin, David Dominguez (Spain/USA)



- MRI findings in the shoulder of completely asymptomatic adolescent elite tennis players [#370](#)  
Fredrik Johansson, Edin DeBri, Leif Swärdh, Ann Cools, Anders Adolfsson, Göran Jenner, Eva Skillgate (Belgium/Sweden)
- Normative values for the SCAT3 in adolescent athletes [#397](#)  
Alison Brooks, Kelley MacDonald, Nicole Wasylyk, Scott Hetzel, Timothy McGuine (USA)

## SESSION 6

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- Measuring Shoulder External And Internal Rotation Strength With A Hand-Held Dynamometer, And Range Of Motion Using A Goniometer And A Digital Inclinometer: Comprehensive Intra-And inter Rater Reliability Study Of Several Testing Protocols [#26](#)  
Ann Cools, Lieven De Wilde, Alexander Van Tongel, Dirk Cambier (Belgium)
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**Jacek Lewandowski, Małgorzata Ogurkowska (Poland)**
- Lumbo-Pelvic Angular Kinematics in Youth Baseball Pitchers After a Simulated Game [#408](#)  
**Richard Johnson (USA)**

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- Lower limb functional asymmetries in young soccer players: do differences exist between different age groups? [#78](#)  
**Italo Sannicandro, Antonio Quarto, Andrea Piccinno, Giacomo Cofano, Rosa Anna Rosa (Italy)**
- Does whole-body cryotherapy affect the recovery process after hamstring damaging exercise: A crossover study [#98](#)  
**Goran Markovic, Borut Fonda, Šarabon Nejc (Croatia/Slovenia)**
- The effect of cryotherapy application to the ankle joint on dynamic postural stability in an elite athletic population [#152](#)  
**Karl Fullam, Brian Caulfield, Garrett F Coughlan, Eamonn Delahunt (Ireland)**
- The sport habit during younger age may bring good effect for locomotory system and function. From periodic medical checkup on former Japanese Olympian at 1964 [#387](#)  
**Kohei Nakajima, Atsuto Hosikawa, Shizuo Ito, Yasunori Morioka, Noriyuki Tawara, Kakuko Nakamura, Toru Okuwaki, Takashi Kawahara (Japan)**
- The Effect of Localised and Globalised Fatigue on Muscle Latency in Healthy and Functionally Unstable Participants Following a Simulated Ankle Sprain [#400](#)  
**Charlotte Gautrey, Tim Watson, Andrew Mitchell (United Kingdom)**
- The Effect of Localised and Globalised Fatigue on Centre of Pressure Excursions in Healthy and Functionally Unstable Participants Following a Single Leg Drop Jump Landing; Analysing a Subconscious Time Period [#401](#)  
**Charlotte Gautrey, Tim Watson, Andrew Mitchell (United Kingdom)**





## SESSION 21

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- **Coordinative Ability Variables Among Tennis And Squash men Players-A Comparative Study #17**  
Ibrahim Syed, Abdussalam Kanniyan, Hassan Al Moslim, Muneer Ahmed Syed (Saudi Arabia/India)
- **Awareness and use of the Adult Pre-Exercise Screening System (APSS) in the Australian Fitness Industry #58**  
Nirmala Perera, Patrick Keyzer, Joachim Dietrich, Kevin Norton, Betul Sekendiz, Veronica Jones, Ian Coyle, Caroline Finch (Australia)
- **The Findings of the Australian Fitness Industry Risk Management (AFIRM) Project #83**  
Patrick Keyzer, Caroline Finch, Kevin Norton, Joachim Dietrich, Betul Sekendiz (Australia)
- **The Use Of The Elastic Compression To Decrease The Risk Of Injury #103**  
Arnaud Ménétrier (Switzerland)
- **Referent body weight values in over ground walking, over ground jogging, treadmill jogging, and elliptical exercise #131**  
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- **Pressures exerted by commercially available lower limb compression garments #187**  
Jessica Hill, Glyn Howatson, Ken van Someren, Stuart Davidson, Charles Pedlar (United Kingdom / Ireland)
- **Key issues influencing the management of risks in the Australian Fitness Industry – combining legal perspectives with injury prevention approaches #307**  
Keyzer Patrick (Australia)
- **Unilateral lower limbs strength training with Thera-Band® elastic resistance bands improves functional ability and balance of the untrained contralateral limb #321**  
Souzanna Kordosi, Anastasia Beneka, Paraskevi Malliou, Stella Rokka, Asimena Gioftsidou, Savvas Tokmakidis (Greece)
- **Effect of oral rehydration solution on hydration state during ‘SUMO’ training #326**  
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- **Explosive strength capacity in the lower limbs and speed performance in young soccer players #91**  
Italo Sannicandro, Andrea Piccinno, Giacomo Cofano, Nicolangelo Lupelli, Rosa Anna Rosa (Italy)
- **Effects Of A Prevention Program For Hamstring Strain Injury On Optimum Length Of The Knee Flexors #174**  
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- **Profiling hamstring strength and injury rates in elite and sub-elite Australian football #199**  
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- Assessment of hamstring muscle voluntary activation: Impact of contraction mode and previous injury [#209](#)  
Rob Buhmann (Australia)
- Changes of maximal power output of lower extremity during a decathlon [#225](#)  
Pascal Edouard, Jean-Benoit Morin, Pierre Samozino (France)
- Is biceps femoris long head aponeurosis size a risk factor for hamstring strain injury? [#231](#)  
Pavlos E. Evangelidis, Garry J. Massey, Matthew T. Pain, Jonathan P. Folland (United Kingdom)
- Muscle Latencies in Healthy and Functionally Unstable Participants Following a Simulated Ankle Sprain [#286](#)  
Charlotte Gautrey, Tim Watson, Andrew Mitchell (United Kingdom)
- Isokinetic relative strength profile of Polish elite and sub-elite female and male soccer players – a cross sectional study [#291](#)  
Monika Grygorowicz, Rodoslaw Hojszyk, Tomasz Piontek, Witold Dudzinski (Poland)
- Functional and RTD H/Q ratio in 11-16-year old male football players [#331](#)  
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Jonathan Reeser (USA)
- Eccentric training for elbow hypermobility [#37](#)  
Jean-François Kaux, François Delvaux, Bénédicte Forthomme, Foidart-Dessalle Marguerite, Debray François, Jean-Michel Crielaard, Jean-Louis Croisier (Belgium)
- International Hiker with Acetazolamide-Induced Glaucoma [#60](#)  
Mary Tierney, George Pujalte (USA)
- Risk of Intervertebral Disc Damage after Prolonged Space Flight [#70](#)  
Douglas Chang, J.V. Sayson, S. Chiang, R. Riascos-Castaneda, K. Walker, J.C. Lotz, A.R. Hargens (USA)
- A case study of two premiership footballers with sickle cell trait using novel tests of redox homeostasis [#74](#)  
Paul Catterson, Brian Moore, Andrew Hodgson, Nathan Lewis, John Newell, Pedlar Charles (United Kingdom / Ireland)
- H reflex from soleus muscle after ankle sprain of a college basketball player [#217](#)  
Shinichi Daikuya, Atsuko Ono, Kyonosuke Yabe (Japan)
- From injury to the Paralympic podium – a case study of a cross-country skiing champion in 10-year follow-up [#297](#)  
Wojciech Gawronski (Poland)



## Scientific Information

### Publication of Abstracts

Abstracts of papers presented at the IOC World Conference on Prevention of Injury & Illness in Sport are published in a special issue of the British Journal of Sports Medicine to coincide with the Conference and focusing on sports injury prevention. All attendees will receive a copy on site.

### Presentation Submission Instructions (keynotes, symposia, free communications)

Except for the workshops, all presentations will be run from a central computer using PowerPoint only. Presenters will not be able to use their own laptop. PowerPoint presentations can be viewed and tested by the Speakers in the slide preview room, located in room Apollinaire at level -2 of the Grimaldi Forum. Final presentations must be uploaded on the network the day preceding their presentation (for a morning session) or, at the latest, in the morning preceding their presentation (for an afternoon session). It is essential for the smooth running of the sessions that all speakers hand in their PowerPoint presentations in due time.

The Apollinaire room will be open from Wednesday, 09 April at 16.00 with the technical team available.

### Presentation technical requirements

Supported media for transferring the presentations:

- USB storage device, DVDROM, CDRom, Memory card.

### Configuration

Windows XP / Vista / 7, Microsoft Office 2013 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.

### Posters

The posters will remain on display in the Diaghilev exhibition area throughout the duration of the Conference.

- Poster set-up is recommended on 9 April, 16.00 - 18.00
- Poster set-up must be completed by 10 April, 11.00 at the latest
- Poster removal must be completed by 12 April, 19.00
- A thematic poster session will be organised on Friday 11 April from 15.30 to 16.30.

### Certificate of attendance

A certificate of attendance will be available online after the Conference. Specific requests of certificates in hardcopy have to be addressed to the Organising Partner Publi Créations ([info@ioc-preventionconference.org](mailto:info@ioc-preventionconference.org))



## General Information

### Admission

The participant's name badge is provided at the registration desk. All participants are requested to wear the badge throughout the Conference.

Only badge holders are admitted to the appropriate sessions, exhibition and social events according to their type of registration.

### Cloakroom

A cloakroom is at the disposal of participants at the entrance of the Conference (hall Diaghilev). Delegates are kindly requested not to leave their personal belongings after closing times.

### Currency

The currency in Monaco is Euro (€). There are a number of currency exchange desks which are open all day, including Sunday and bank holidays. Your hotel will be able to provide you with the details of your nearest currency exchange.

### Electricity

The standard voltage in Monaco is 220 V.

### Insurance

The Conference organisers cannot accept liability for personal injuries sustained, or for loss or damage to property belonging to Conference participants, either during or as a result of the Conference. Registration does not include insurance.

### Language

The official language of the Conference is English. No simultaneous translation will be provided.

### Meals

Breakfast is included in the room rate at all hotels, if booked through the Organising Partner Publi-Créations. Lunch and coffee breaks will be served to the participants in the Diaghilev exhibition area of the Grimaldi Forum according to the schedule of the programme.

### Bus transportation in Monaco

The use of public buses in Monaco will be free of charge upon presentation of your conference badge.

### Secretariat desk

The secretariat / registration desk, located at the entrance of the Grimaldi Forum (hall Diaghilev), will stay open throughout the Conference with the following hours:

- 09/04: 16.00 - 20.00 / 10/04: 08.00 - 18.30
- 11/04: 08.00 - 18.30 / 12/04: 08.00 - 18.00

### WI-FI

User name: **IOC**

Password: **conference**

### Website

For any additional information, visit the Conference Website  
[www.ioc-preventionconference.org](http://www.ioc-preventionconference.org)





## Social Events

### Wednesday 9 April

**19.00**

#### Grimaldi Forum

Opening Ceremony followed by Welcome Reception hosted by the Minister of State of The Principality of Monaco

*(Free access upon presentation of your badge)*

### Friday 11 April

**20.00**

#### Panoramic Terrace, Fairmont Hotel

Sports Medicine Celebration night

Dresscode: informal/business attire

*(Ticket to be purchased, places are limited)*

### Saturday 12 April

**17.45**

#### Grimaldi Forum

Closing Lecture

*(Free access upon presentation of your badge)*

**20.00**

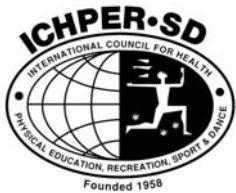
#### Salle de la Mer, Fairmont Hotel

Faculty Event

*(by invitation)*



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