

# Barcelona'08

XXX FIMS WORLD CONGRESS OF SPORTS MEDICINE

NOVEMBER  
18-23 2008



## SPORTS MEDICINE

FOR A BETTER WORLD

CONTACT:  
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**XXX FIMS WORLD CONGRESS OF SPORTS MEDICINE  
XXX CONGRESO MUNDIAL DE MEDICINA DEL DEPORTE**

November 18-23, 2008

Barcelona (Spain)

Sports Medicine for a Better World

Medicina del deporte para un mundo mejor

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D. Nicolás Terrados Cepeda

D. José Antonio Villegas García

**ORGANIZERS**

**Spanish Federation of Sports Medicine (FEMEDE)**

**International Federation of Sports Medicine (FIMS)**

**CO-ORGANIZER**

**Institute Barcelona of Sports (Barcelona City Council)**



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**PROGRAM OF OFFICIAL LECTURES (PROVISIONAL)**

**1. BENEFITS OF EXERCISE IN CHRONIC ILLNESS**

Moderator: **Luis Til Pérez**. Barcelona (Spain).

**Kai-Hakon Carlsen**. Oslo (Norway).

Exercise and asthma in childhood and adolescence.

**Juan Ricardo López Taylor**. Guadalajara (Mexico).

Diabetes or prevention thorough exercise of the genetically predisposed patient.

**Luis Serratos Fernández**. Madrid (Spain).

Hypertension.

**2. SUDDEN DEATH IN SPORT**

Chairman: **Antonio Bayés de Luna**. Barcelona (Spain).

Moderator: **Araceli Boraita Pérez**. Madrid (Spain).

**Barry J. Maron**. Minneapolis (USA).

Epidemiology of sudden death in young athletes: A 27-year U.S. experience.

**Antonio Pellicia**. Roma (Italy).

Clinical significance and long-term follow-up of abnormal ECGs in trained athletes.

**M<sup>a</sup> Paz Suárez Mier**. Madrid (Spain).

Causes of sudden death during sport activities in Spain.

**3. PHYSICAL EXERCISE FOR HEALTH AND LONGEVITY. PRESCRIPTION PATTERNS**

Moderator: **Emilio Luengo Fernández**. Zaragoza (Spain).

**Norbert Bachl**. Wien (Austria).

Exercise and training as therapy in chronic diseases.

**Alejandro Lucia Mulas**. Madrid (Spain).

Exercise prescription in the cancer.

**Herbert Lollgen**. Germany.

Physical activity and prevention of cardiovascular diseases.

**4. PHYSICAL TRAINING AND IMMUNITY**

Chairman: **Luigi di Luigi**. (Italy).

Moderator: **Mónica de la Fuente del Rey**. Madrid (Spain).

**Michael Gleeson**. Loughborough (U.K.).

Immune responses and risk of illness in elite athletes. Practical strategies to maintain immunocompetence.

**Hinnak Northoff**. Tübingen (Germany).

Influence of gender, training, and lifestyle on parameters of the immune system in athletes

**Eduardo Ortega Rincón**. Badajoz (Spain).

Stress mediators in the modulation of inflammatory response during acute exercise and training. Practical applications.



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## **5. STATE OF THE ART IN SPORT NUTRITION**

Chairman: **José Antonio Villegas García**. Murcia (Spain).

Moderator: **Nieves Palacios Gil-Antuñano**. Madrid (Spain).

**Michael Crawford**. London (U.K.).

Omega-3 fatty acid in relation with the sport practice. Significance of docosahexaenoic acid (DHA).

**Fabio Pigozzi**. Rome (Italy).

Nutritional Supplements in Sports: merits and myths.

**Ascensión Marcos Sánchez**. Madrid (Spain).

Nutrition-immunity interaction in athletes.

## **6. POST COMPETITION RECOVERY AND REST**

**Paul Dorochenko**. Valencia (Spain).

The importance of low-frequency pulsed sounds in the sport neuromotor reprogramming.

**Nicolás Terrados Cepeda**. Avilés (Spain).

Physiologic and medical newness in post-competition recovery.

**Wayne Derman**. (South Africa).

Fatigue in post competition recovery and rest.

## **7. THE DOPING. CLINICAL SIGNIFICANCE FOR SPORTS MEDICINE**

Chairman: **Jordi Segura Noguera**. Barcelona (Spain).

Moderator: **Juan Manuel Alonso Martín**. Madrid (Spain).

**Antonio Bulbena Vilarrasa. Francina Fonseca Casals**. Barcelona (Spain).

Is there a relation between doping and addiction?

**Giselher Spitzer**. Postdam (Germany).

The consequences of doping in children.

**José Naranjo Orellana**. Sevilla (Spain)

Use and abuse of medication in sport: Beta2 agonists, Corticosteroids, Growing Hormone and Anabolic steroids.

## **8. DETERMINANTS OF HUMAN PERFORMANCE AND FATIGUE IN HUMANS: NEW INSIGHTS**

Moderator: **Italo Monetti Adamoli**. Montevideo (Uruguay).

**Carsten Lundby**. Copenhagen (Denmark).

Eritropoietin and exercise.

**Ferdinando Iellamo**. Rome (Italy).

Heart rate variability in the control of training in elite athletes



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## **9. HYPOXIA “HEALTH AND PERFORMANCE”**

Moderator: **Pedro A. Galilea Ballarini**. Barcelona (Spain).

**Jean Paul Richalet**. Paris (France).

Training in hypoxia and performance.

**Paolo Cerretelli**. Milan (Italia).

Living in hypoxia and performance.

**Mauricio Serrato Roa**. Bogotá (Colombia).

Sinergistic effect of hypoxia and training over hemoglobin mass.

## **10. SCIENTIFIC BASIS OF TENDINOPATHIES TREATMENT**

Chairman: **José Luis Martínez Romero**. Murcia (Spain).

Moderator: **Antonio Maestro Fernández**. Gijón (Spain).

**Nicola Maffuli**. Hartshill (U.K.).

The scientific bases of modern approaches to tendinopathy management.

**José Romero**. Zurich (Switzerland)

Tendon overload.

**Chen Chih-Hwa**. Taiwan.

Invasive procedures in the treatment of tendinopathies.

## **11. BIOMECHANICS APPLIED TO EVALUATION AND IMPROVEMENT OF SPORTS PERFORMANCE**

Moderator: **Miguel del Valle Soto**. Oviedo (Spain).

**Xavier Aguado Jodar**. Toledo (Spain).

How to improve the subduing in the jump? Implication in the prevention of lesions.

**Maurice R. Yeadon**. Loughborough (U.K.).

The uses of computer simulation for improving sports performance.

**Roger Bartlett**. Dunedin (New Zealand).

What functions does movement variability fulfill?

## **12. LONG-TERM COMPLICATIONS OF EXERCISE**

Moderator: **Gil Rodas Font**. Barcelona (Spain).

**Urho M. Kujala**. Jyväskylä (Finland).

Long-term complications of sports and exercise.

**Kai Ming Chan**. Shatin (Hong Kong).

Long-term complications of exercise in the knee joint.

**Hans Dickhut**. Germany.

Long-term cardiac complications caused by exercise.



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### **13. TRAINING IN ELITE ATHLETES**

Moderator: **Juan Ramón Barbany Cairó**. Barcelona (Spain).

**Roger Enoka**. Colorado (USA).

Neuromuscular coordination and its connection with the sport training.

**Dusan Hamar**. Slovakia.

Serial stretch loading in strength training of athletes.

**José Gerardo Villa Vicente**. León (Spain).

Competition demands analysis as a help to professional cyclist's training.

### **14. REHABILITATION IN SPORT**

Chairman: **Juan José González Iturri**. Pamplona (Spain).

Moderator: **César Fernández García**. Barcelona (Spain).

**Walter Frontera**. San Juan (Puerto Rico).

Exercise in the rehabilitation of the hemiplegic patient.

**Giulio Sergio Roi**. Bologna (Italia)

Return to competition following athletic injury: sports rehabilitation as a whole.

**Bruce D. Beynnon**. Burlington (USA).

### **15. UPDATING IN MUSCULAR INJURIES**

Chairman: **Ramón Balius Matas**. Barcelona (Spain).

Moderator: **Jordi Ardévol Cuesta**. Barcelona (Spain).

**Markku Jarvinen**. Tampere (Finland).

Recent advances in muscle injuries physiopathology.

**Martin P. Schewellnus**. Newlands (South Africa).

An update on muscle injuries and muscle cramping in athletes. Prevention, diagnosis and management.

**Sakari Orava**. Turku (Finland).

Recent advances in the surgical treatment of muscle injuries.

### **16. CARTILAGE AND SPORT**

Chairman: **Andre Debruyne**. Hasselt (Belgium).

Moderator: **José María Vilarrubias Guillamet**. Barcelona (Spain).

**Lyle L. Michelli**. Boston (USA).

Management of osteochondritis dissecans in the young athlete.

### **17. ADVANCES IN STRENGTH PHYSIOLOGY AND ITS APPLICATION IN SPORT TRAINING**

Moderator: **Franeek Drobnic Martínez**. Barcelona (Spain).

**Per Aagaard**. Copenhagen (Denmark).

Training-induced changes in muscle morphology and neural function.

**Per Tesch**. Stockholm (Sweden).

The importance of eccentric training.

**Julio Tous**. Barcelona (Spain).

Applications of strength training in elite athletes.



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**18. WHAT THE FUTURE WILL BRING IN EXERCISE PHYSIOLOGY**

Moderator: **José Naranjo Orellana**. Sevilla (Spain).

**John R. Speakman**. Aberdeen (Scotland, U.K.).

Have changes in physical activity levels driven the obesity epidemic?

**Guillermo López Lluch**. Sevilla (Spain).

Calorie restriction, antioxidants and exercise.

**José Antonio López Calbet**. Las Palmas Gran Canaria (Spain).

The role of leptine during exercise.

**SYMPOSIUM**

Importancia de la elección del calzado deportivo en la prevención de lesiones.

**TALLERES**

Taller de ecografía cardiaca

Taller de pruebas de esfuerzo

Taller práctico de utilización del pulsómetro

Taller de entrenamiento deportivo

Taller de vendajes pre-competición





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**DATES:** November, 18-23, 2008

**VENUE OF CONGRESS:**

**Centro de Convenciones Internacional Barcelona (CCIB)**

Rambla Prim, nº 1-17

08019 Barcelona

Tel: +34 932 301 000



**OFFICIAL LANGUAGE**

The official language of the Congress is English with simultaneous translation of the Official Papers to Spanish.





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**ATTENDANCE FEES:**

	<b>Early registration by August 31, 2008</b>	<b>Late registration after August 31, 2008</b>
Registration Fee	400 euros	450 euros
Members FEMEDE/FIMS	350 euros	400 euros
Trainees*	300 euros	300 euros
Students**	150 euros	150 euros
Educational Course (each)	150 euros	200 euros
Accompanying Persons	200 euros	200 euros

**Last hour fee**

General Registration	600 euros
Members FEMEDE/FIMS	500 euros
Trainees *	500 euros
Students**	200 euros
Accompanying Persons	300 euros

\* Certificate confirming status is mandatory. Without a certificate the registration fee will be charged.

\*\* Degrees: Medicine, CC Actividad Física y Deporte, Psicología, CC de la Salud, Nutrición...).

Certificate confirming status is mandatory.



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**PAYMENT**

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All payments are to be made in Euro, net of all bank charges and commissions for the receiver (Spanish Federation of Sports Medicine).

**Cancellations of registration**

- All cancellations must be notified in writing (by mail or facsimile) to the Congress Secretariat.
- All cancellations and/or changes including social activities will incur a minimum administration charge of 10.00 euros.
- A 90% refund on registration will be provided for cancellations before 15 June, 2008.
- A 50% refund on registration will be provided for cancellations after 15 June, 2008.
- No refund will be provided after 18 October, 2008.

**In all cases the inscription form must be given fulfilled.**

The Congress Organisation is not responsible for changes in the programme due to external causes to the Organising Committee.





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**SPEAKER'S AND CHAIRMEN'S AND ORGANIZERS PROFILES**

**Per Aagaard**

Institute of Sports Sciences and Clinical Biomechanics. University of Southern. Bispebjerg Hospital. Copenhagen (Denmark).

**Xavier Aguado Jodar**

Biomechanics. University of Castilla-La Mancha. Faculty of Sports Sciences. Toledo (Spain).

**Juan Manuel Alonso Martín**

Medical Department. Royal Spanish Federation Athletics. President of Medical and Anti-Doping Commissions of International Athletics Federation. Madrid (Spain).

**Maite Aragonés Clemente**

Center of Sports Medicine. Government of Aragón. Zaragoza (Spain).

**Jordi Ardévol Cuesta**

Service of Orthopaedics Surgery and Traumatology. Asepeyo Hospital - Fiatc Clinic. Barcelona (España).

**Norbert Bachl**

President EFSMA. Department of Sports and Exercise Physiology. Wien (Austria)

**Ramón Balius Juli**

Barcelona (Spain).

**Ramón Balius Matas**

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**Juan Ramón Barbany Cairó**

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**Roger Bartlett**

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**Kai-Hakon Carlsen**

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**José María Carnero Elías**

Graduate on Podiatry. Secretary of Spanish Association of Sport Podiatry (AEPODE). Secretary of College of Podiatrists of Catalonia. Barcelona (Spain).

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**Paolo Cerretelli**

Medical School, University of Milano. Institute of Bioimaging and Molecular Physiology. Italian Research Council. Segrate – Milano (Italy).

**Kai Ming Chan**

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**Chen Chih-Hwa.**

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**Michael Crawford**

Institute of Brain Chemistry and Human Nutrition. London Metropolitan University London (U.K.).



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**Mónica de la Fuente del Rey**

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**Andre Debruyne**

Treasurer of FIMS. Treasurer of EFSMA.  
Member of the Medical and Scientific  
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**Miguel del Valle Soto**

Vice-Chairman of FEMEDE. President of the  
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Sports Medicine. University of Oviedo. (Spain).

**Wayne Derman.**

Sports Science & Sports Medicine. UCT/ Sport  
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**Hans Dickhut.**

Medical Commission EOC. Member FIMS  
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**Paul Dorochenko.**

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**Roger Enoka**

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**Michael Gleeson**

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**Dusan Hamar**

Chairman FIMS Scientific Commission.  
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**Guillermo López Lluch**

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**Juan Ricardo López Taylor**

Guadalajara (Mexico).

**Alejandro Lucia Mulas**

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**Pedro Manonelles Marqueta**

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**Begoña Manuz González**

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High Council of Scientific Investigations. Group  
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**Barry J. Maron**

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Minneapolis (USA).

**José Luis Martínez Romero**

Chair of Sport Traumatology. Catholic  
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**Lyle L. Michelli**

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**Jose Naranjo Orellana**

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**Hinnak Northoff**

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**Jean Paul Richalet**

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**Giulio Sergio Roi**

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**José Romero**

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**John R. Speakman**

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