



6. International Congress of Sports Medicine Maribor 20.-21. October 2017

Programme

Friday, 20. Oct.

7:30 – 8:10		Registration for medical doctors, physiotherapists, trainers...
8:10 – 8:25		Registration for students
8:25 – 8:30	Bogdan Gabrovec, president of Olympic Committee of Slovenia	Introductory speech
8:30 – 8:35	Radenko Mijatović, president of Football Association of Slovenia	Introductory speech
8:35 – 8:40	Andrej Fištravec, PhD, Mayor of Maribor Municipality	Introductory speech
8:40 – 8:45	Boro Štrumbelj, PhD, Director of Sport Directorate Slovenia	Introductory speech
8:45 – 8:50	Prof. Ivan Krajnc, M.D., PhD, Dean of the Faculty of Medicine	Introductory speech
8:50 – 8:55	Prof. Vojko Flis, M.D., PhD, Director of University Medical Centre Maribor	Introductory speech
8:55 – 9:00	Assoc. Prof. Vogrin, M.D., PhD, Head of Institute of Sports Medicine	Introductory speech

Chairs: E. Goedhart, M.D., Prof. M. Franič, M.D., PhD

9:00 – 9:15	Assoc. Prof. M. Vogrin, M.D., PhD	New horizons in sports medicine (Invited Plenary Lecture)
9:15 – 9:35	M. Vouillamoz	The UEFA Football Doctor Education Programme
9:35 – 9:50	G. Rodas, M.D., PhD	How to organize medical service in elite football club- FC Barcelona experience
9:50 – 10:10	E. Goedhart, M.D.	A different perspective on Football Medicine and injury prevention; an orange example
10:10 – 10:25	Prof. M. Franič, M.D., PhD	Injury mechanisms in young athletes

10:25 - 10:40 **DISCUSSION**
10:40 – 11:10 **COFFEE BREAK**

Chairs: M. Forssblad, M.D., PhD, T. Perez, M.D.

11:10 – 11:25	G. Rodas, MD., PhD	Intramuscular tendon injuries
11:25 – 11:40	T. Perez, M.D.	Use of PRP in Footballers and other Elite Athletes
11:40 – 11:55	M. Marotta, M.D., PhD	PRP, exercise and stem cells for therapy in muscle injuries in rat model
11:55 – 12:15	M. Forssblad, M.D., PhD	ACL injuries in children and adolescents, operative and non-operative treatment, return-to-sport and risk for re-injuries
12:15 – 12:30	Prof. R. Pišot, PhD	The Secret of a safe and effective return to sport after injuries



12:30 – 12:45	Assoc. Prof. B. Šimunič, PhD	Developmental trends in skeletal muscle contractile properties of children and young athletes
12:45 – 12:55	A. Ahlhorn	Medical Flossing: an innovative therapy tool
12:55 – 13:05	DISCUSSION	
13:05 – 14:30	LUNCH BREAK	
13:30 – 14:20	WORKSHOPS	
	1. S. Djurić, M.D.	Ankle injuries prevention on Speed Board – Morten Seier Larsen
	2. J. Lundgren	Shock wave therapy for sports medicine indications, a multimodal approach
	3. K. Nasif	Rehabilitation after ACL reconstruction in top athlete
	4. A. Ballyn	Indiba Proionic – Scientific based radiofrequency to accelerate process of recovery and rehabilitation in sport
	<i>Chairs: Assist. Prof. N. Kozjek Rotovnik, M.D., PhD Assist. Prof. P. Zupet, MD., PhD</i>	
14:30 – 14:50	Assist. Prof. N. Kozjek Rotovnik, M.D., PhD	Links Between (sports) Nutrition and Injuries in Youth Athletes
14:50 – 15:05	Ž. Zupančič	Nutritional supplements, their place in the treatment of injuries
15:05 – 15:20	E. Peklaj	Nutritional evaluation of a young injured athlete
15:20 – 15:35	Assist. Prof. P. Zupet, MD., PhD	Iron Deficiency in Young Athletes: Are We Familiar with the Problem?
15:35 – 15:45	DISCUSSION	
15:45 – 15:55	COFFEE BREAK	
	<i>Chairs: Assist. Prof. L. Žiberna, J. Dvoršak</i>	
15:55 – 16:15	Assist. Prof. L. Žiberna	Doping and prohibited substances in sports
16:15 – 16:30	G. Plevnik, M.D.	Cardiovascular adverse effects of doping
16:30 – 17:05	Prof. B. Štrukelj, PhD	Novelties in the field of gene, peptide and protein abuse in doping
17:05 – 17:20	T. Jug, M.D.	Clinical signs of potential doping use: Hints for primary care physicians
17:20 – 17:35	J. Dvoršak	The preventive approaches in fight against doping: The role of medical doctors



17:35 – 17:50 M. Bernhardt, M.D. Eligibility and Disqualification Recommendations for Competitive Athletes With Cardiovascular Abnormalities

17:50 – 18:00 **DISCUSSION**
18:00 – 18:10 **BREAK**

18:10 – 19:00 **WORKSHOPS**

1. Assist. Prof. N. Kozjek Rotovnik, M.D., PhD Monitoring young athletes during the rehabilitation (nutritional aspect)
2. J. Lundgren Shock wave therapy for sports medicine indications, a multimodal approach
3. S. Mikl Medical Flossing
4. K. Nasif Rehabilitation after ACL reconstruction in top athlete

Saturday, 21. Oct.

*Chairs: Assist. Z. Krajnc, MD., PhD
T. Vlahovič, M.D.*

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| 8:30 – 8:45 | Assoc. Prof. M. Vogrin, M.D., PhD | Treatment of Anterior Cruciate Ligament Injuries in Children |
| 8:45 – 9:00 | Assist. Z. Krajnc, MD., PhD | Varus Knee Deformity of Football Players |
| 9:00 – 9:15 | T. Bajec, M.D. | Biomechanics and clinical aspects of shoulder in overhead athletes |
| 9:15 – 9:30 | R. Kelc, M.D., PhD | Anterolateral knee ligament - truly a separate structure and the one that needs reconstruction? |
| 9:30 – 9:45 | S. Djurić, M.D. | Ankle injuries and prevention |
| 9:45 – 10:00 | T. Vlahovič, M.D. | Overuse Injuries in Wrist and Hand in Sport |
| 10:00 – 10:15 | M. Merc, M.D, PhD | Pain in calcaneal region, etiology and current concepts of treatment |
| 10:15 – 10:30 | DISCUSSION | |
| 10:30 – 10:40 | COFFEE BREAK | |



10:40 – 11:30

WORKSHOPS

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|----------------------------|---|
| 1. M. Kalc and S. Rozman | TMG – novel tool for defining muscle characteristics |
| 2. R. Kelc, M.D., PhD | UTC – novel tool for tendon diagnostic |
| 3. A. Ballyn | Indiba Proionic – Scientific based radiofrequency to accelerate process of recovery and rehabilitation in sport |
| 4. S. Mikl | Medical Flossing |
| 5. Assist. Prof L. Žiberna | Doping and Prohibited Substances in Sports |

Chairs: K. Nasif, S. Mikl

11:35 – 11:50

K. Nasif

Rehabilitation after ACL reconstruction in top athletes

11:50 – 12:05

M. Borke

Monitoring workload using GPS tracking systems in football

12:05 – 12:20

S. Mikl

Young athlete's uniqueness

12:20 – 12:35

J. Bornšek

Prevention of hamstring injury from a physiotherapeutic perspective

12:35 – 12:50

M. Muhič

The role of motoric experience environment in motoric development of children

12:50 – 13:05

M. Kuhta, M.D.

Treatment of osteochondral injuries of the knee

13:05 – 13:20

M. Kalc

Criteria to return to sport after ACL reconstruction

