3rd European EISCASA Congress
March 19th–20th, 2004 Freiburg Germany
Presymposium March 18th, 2004

Current Concepts in Training and Therapy

Time Table

Hosts
Medical Clinic
Dept. of Rehabilitative and Preventive Sports Medicine
University Hospital

Dept. of Sports and Sport Science
Albert-Ludwigs-University

Freiburg im Breisgau
Germany
**Time-Table**

**Thursday, March 18th, 2004**

12:00 Begin registration

02:00 Presymposium (German) Adipositas bei Kindern, Jugendlichen und Erwachsenen – neue Aspekte –

05:45 Workshop: Anthropometrie und Körperfettbestimmung

**Friday, March 19th, 2004**

09:00 Begin registration

10:00 Exhibition opening / EISCSA & industry discussions

11:00 Evidence-based data in rehabilitation

12:30 Strength/Balance training in elderly/chronic diseases

Testing in action

Scientific poster & exhibition

01:45 Advances in muscle function

03:00 Scientific poster & exhibition

03:30 Opening session and congress lecture

04:30 Scientific poster & exhibition

05:00 Standards in testing and training

07:00 Congress evening at “Historisches Kaufhaus”

**Saturday, March 20th, 2004**

09:00 EISCSA state-of-the-art session muscular dysbalances – fact or fiction

10:30 Evidence based data in rehabilitation

Standardized methods for testing (1) Haltungs- und Bewegungsanalyse bei Spezialenrehabilitation (German)

Scientific poster & exhibition

11:30 Treatment evaluation in low back pain

01:00 Training efficiency in recreational sports

Standardized methods for testing (2) Functional treatment strategies in ankle injuries

Scientific poster & exhibition

02:15 Strength and balance training in elderly

03:30 Life style and body composition

Scientific poster & exhibition

04:30 Recreation, sports and life style

06:00 Final remarks and closing session

**Presymposium Adipositas bei Kindern, Jugendlichen und Erwachsenen – neue Aspekte**

**Thursday, March 18th 2004, HS 2112**

Chairmen: Berg A; Freiburg; Germany

Korsten Reck U; Freiburg; Germany

14:00 Begrüßung

14:15 Körperkomposition und Adipositasprävalenz

14:45 Ernährung im Focus – Ansatzpunkte und Strategien für die Bevölkerung

Müller MJ; Kiel; Germany

15:15 Belastungstests bei adipösen Kindern und Jugendlichen

Förster H; Salzburg; Austria

15:45 Pause/Besuch der Industrieausstellung

16:15 FITOC - Ergebnisse und Erfahrungen

Korsten-Reck U; Freiburg; Germany

16:45 Erfolge durch Lifestyle-Veränderungen – eine ein drucksvolle Bilanz

Berg A; Freiburg; Germany

17:15 Anfange, Daubbleben, Durchhalten – Tipps für eine erfolgreiche Verhaltensänderung

Fuchs R; Freiburg; Germany

17:45 Workshop “Anthropometrie und Körperfettbestimmung”

**Evidence based data in rehabilitation**

**Friday, March 19th 2004, Audimax**

Chairmen: Dickhuth HH; Freiburg; Germany

Pokan R; Vienna; Austria

11:00 Physical exercise for children with chronic diseases

Förster H; Salzburg; Austria

11:30 Training and rehabilitation regimens after heart transplantation

Rohrer A; Vienna; Austria

12:00 Postural control training in Parkinson’s Disease

Haas CT, Turbanski S, Schmidbleicher D; Frankfurt/Main; Germany

12:15 Effects of 12 weeks combined aerobic and resistance pool exercise training and detraining on isokinetic strength and quality of life in women with severe fibromyalgia syndrome: randomized controlled trial

Gusi N, Tomas-Carus P, Ortega A, Häkkinen A, Häkkinen K, Leal A; Caceres; Spain

12:30 Strength/Balance training in elderly and chronic diseases (Guided poster session)

Low Back Pain – management and prevention (Guided poster session)

Testing in action (incl. snacks) (Workshop)

Scientific poster & exhibition
Advances in muscle function

Friday, March 19th 2004, Audimax

Chairmen: Schmidtbleicher D; Frankfurt/Main; Germany
          Belli A; St. Etienne; France

01:45 Neural adaptations with chronic changes in physical activity pattern
      Duchateau C; Brussels; Belgium

02:15 Free rectus femoris muscle transplant – effects on force/power balance between legs
      Raschner C, Gardetto A, Pavelka M, Patterson C, Scholler T, Wechselberger G, Pühringer R; Innsbruck; Austria

02:30 dyn – a useful quantity to quantify differences in neuromuscular efficiency and its changes due to therapy?
      Hirschmüller A, Baur H, Müller S, Mayer F; Freiburg; Germany

02:45 The influence of flexibility on eccentric exercise-induced muscle damage
      Brassinne E, Salliez P, Duchateau J; Brussels; Belgium

03:00 Scientific poster & exhibition

Opening session

Friday, March 19th 2004, Audimax

03:30 Opening ceremony
      opening “art and music”
      addresses * city mayor of Freiburg
          * rector of Freiburg university
          * DGSP president (German Society of Sports Medicine)
          * EISCSA president

03:50 Congress lecture
      Functional adaptation of skeletal muscle in elderly – prevention towards injury and role in treatment
      Kjaer M; Copenhagen; Denmark
      Chairman: Gollhofer A; Freiburg; Germany
      closing “art and music” (performed by C. Dorre and group)

04:30 Scientific poster & exhibition

Standards in testing and training

Friday, March 19th 2004, Audimax

Chairmen: Hofmann P; Graz; Austria
          Radlinger L; Bern; Switzerland

05:00 Standards in exercise testing
      Hofmann P; Graz; Austria

05:30 Evaluation of heart-rate monitoring method to measure energy expenditure under different working activities
      Froehlich H, Pippert C, Kolb M, Assenbrunner T, Schmidt W; Bayreuth; Germany

05:45 Cross transfer effects on muscular training: preliminary approach to optimize training parameters for rehabilitation
      Felder H, Frey J, Küninemeyer J, Grünberg C; Idstein, Taunus; Germany

06:00 Dynamic contrast enhanced MRI (DCE-MRI) as a diagnostic tool for monitoring lower leg muscle perfusion in training and therapy
      Hoos O, Legezeg R, Azzam S, Al-Haffar I, Klose KJ, Sommer HM; Marburg; Germany

06:15 Reliability of testing the hamstring activity after mechanically induced tibia translation and a time-dependency evaluation of the hamstring latency due to tibia translation velocity
      Bumann-Melnik M, Claes L, Gerngross H, Friemert B; Ulm; Germany

07:00 Congress evening

Strength/Balance training in elderly and chronic diseases – Poster

Friday, March 19th 2004, Poster Area

Chairmen: Brassinne E; Brussels; Belgium
          Strass D; Freiburg; Germany

12:30 The impact of neuromuscular fatigue on isokinetic strength performance and reflex activity in young and elderly men
      Strass D, Granacher U, Förderer DC, Gollhofer A; Freiburg; Germany

12:30 Isolated unilateral strength training in stroke patients is more effective than combined unilateral and bilateral training

12:30 EMG activity and trainability of the rectus abdominis during rocking in a rocking chair with elderly men
      Vilušinienė I; Lithuania

12:30 Function and bulk of respiratory and limb muscles after lung transplantation for cystic fibrosis
      Lamotte M, Pinet C, Scilla P, Cassart M, Knoop C, Melot C, Estenne M; Brussels; Belgium

12:30 The effects of free weights training for older adults
      Knobl O, Schott N, Wirth K, Schmidtbleicher D; Frankfurt/Main; Germany

12:30 Maximal and explosive force production capacity in elderly men: implications for exercise
      Granacher U, Strass D, Gollhofer A; Freiburg; Germany

12:30 Weight reduction and risk management – one-year results of a randomized controlled intervention trial with overweight adults
      Deibert P, Landmann U, Frey I, König D, Schmidt-Truckssäss A, Berg A; Freiburg; Germany
Low Back Pain – management and prevention – Poster

Friday, March 19th 2004, Poster Area

Chairmen: Schmid C; Basel, Switzerland
Granacher U; Freiburg; Germany

12:30 Motor skills, spinal form and function in healthy school children aged 12–14 years
Kuster M; Mitterfeld; Germany

12:30 Test-retest reliability to the measurements of lumbar muscles using differently short and long ROM values
Baskent A; Istanbul; Turkey

12:30 Measurements of lumbar isokinetics for different range of motion values
Baskent A; Istanbul; Turkey

EISCSA – State of the art session Muscular dysbalances – fact or fiction

Saturday, March 20th 2004, Audimax

Chairmen: Mayer F; Freiburg; Germany
Laube W; Feldkirch; Austria

09:00 Background and literature review
Laube W; Austria; Schlumberger A; Germany; Radlinger L; Switzerland

09:15 Muscular dysbalances – aspects of performance and prophyaxis related muscle function
Schlumberger A, Durjak P, Schulte-Frei B, Baur H; Germany

09:30 Muscular dysbalances in physiotherapy – rehabilitation and prevention
Herbeck B, Dahlinger M; Germany, Brassinne E; Belgium; Voisin P; France; van Cingel R; Netherlands

09:45 Clinical aspects and medical implications of muscular dysbalances
Mayer F; Germany; Henrotin Y; France

10:00 Muscular dysbalances – scientific considerations
Bruhn S, Schmidtleicher D; Germany; Radlinger L, Switzerland; Crosnier JL, Belgium; Belli A; France; Laube W; Austria

10:15 Muscular dysbalances – impact on industry
Fenkert G, Hini G, Widmer S, Martin H; Switzerland

10:30 Evidence based data in rehabilitation
(Guided poster session)
Standardized methods for testing (1)
(Haltung- und Bewegungsanalyse bei Spezialeinlagenbehandlung)
(Workshop, German)

Scientific poster & exhibition

Treatment evaluation in low back pain

Saturday, March 20th 2004, Audimax

Chairmen: Duchateau J; Brussels; Belgium
Herbeck B; Mannheim; Germany

11:30 Lower back and pelvis – common sites for injuries and complaints?
Segesser B; Basel/Mattenz; Switzerland

11:50 Physiotherapeutic treatment strategies in low back pain – still a daily challenge
Eder K; Donaustauf; Germany

12:15 The functional stability of the lumbar spine – impact of flexible lumbar corsets
Gruber M, Karl S, Taube W, Golillofer A, Ali W, Lohrer H; Freiburg; Germany

12:30 McKenzie care versus physiotherapy exercises in low back pain patients with reducible derangement-syndrome. Design of a randomized controlled trial
Schmidt C, Sapp G, Brockow T, Schmid J, Resch KL; Dresden; Germany

12:45 Physiological effects of local heat application
Taeymsans J, Clijsen R, Charys P, Duquet W, Barel AO; Landquart; Switzerland

01:00 Training efficiency in recreational sports
(Guided poster session)
Standardized methods for testing (2)
(Guided poster session)
Functional treatment strategies in ankle injuries (incl. Snacks)
(Workshop)
Scientific poster & exhibition

Strength and balance training in elderly

Saturday, March 20th 2004, Audimax

Chairmen: Alt W; Stuttgart; Germany
Berg A; Freiburg; Germany

02:15 The effect of hip and trunk stiffness on posture control – possible implications for exercise therapy to prevent falls in the elderly
Graneberg, C; Idstein, Taunus; Germany

02:30 Training induced adaptations in reflex-characteristics of elderly men
Granacher U, Strass D, Golillofer A; Freiburg; Germany

02:45 Strength training and balance performance compared to combined strength & agility training in elderly over 80 years: a three months RCT
de Bruin E, Menzi C, Wällë R, Muer K; Zurich; Switzerland

03:00 Muscle functioning, the effect of aging and running
Savelberg HCM, Meijer K; MD Maastricht; Netherlands

03:15 Effects of aging and physical activity on gait strategy
Meijer K, Barnhoorn E, Willems P, Savelberg HCM; MD Maastricht; Netherlands

03:30 Life style and body composition
(Guided poster session)
Scientific poster & exhibition
Recreation, sports and life style

Saturday, March 20th 2004, Audimax

Chairmen: Fuchs R; Freiburg; Germany
Röcker K; Freiburg; Germany

04:30 No pain – no gain? Monitoring of training in sports medicine
Urhausen A; Saarbrücken; Germany

05:00 Interaction between life style, body composition and activities of daily living
Berg A; Freiburg; Germany

05:30 Measuring daily energy expenditure and daily activity patterns in normal weight and obese children under free living conditions
Paeffgen S, Koenigstorfer J, Schmidt W; Bayreuth; Germany

05:45 Ageing and disability – a new crossing between physical activity, social inclusion and life-long well-being
Djobova S, Dobrev I, Van Peteghem A, Van Coppenolle H; Leuven; Belgium

06:00 Final remarks and closing session

Evidence based data in rehabilitation – Poster

Saturday, March 20th 2004, Poster Area

Chairmen: v. Cingel R; Arnheim; Netherlands
Rohrer A; Vienna; Austria

10:30 Effects of one year mixed aerobic and resistance pool exercise training on bone mass in women with fibromyalgia syndrome: randomized controlled trial
Gusi N, Tomas-Carus P, Leal A; Caceres; Spain

10:30 Nerval and mechanical rhythms in rehabilitative balance training
Haas CT, Turbanski S, Schmidbleicher D; Frankfurt/Main; Germany

10:30 Anterior cruciate ligament rupture treatment in an occupational rehabilitation environment. A comparative study between patellar tendon vs. gracilis-semitendinosus graft
Chaler J, Pujol E, Abril A, Maiques A, Unyo C, Garcia F, Müller B, Garreta R; Terrassa; Spain

10:30 Ankle instability and delayed neuromuscular response: acceleration time parameters
van Cingel EJR, Kleintensink GJ, Uiterlinden EJ, Roodjens PPGM, Mulder PGH, Aufdemkampe G, Stoekart R; HE Doesburg; Netherlands

10:30 Effectiveness of different treatment strategies during inpatient rehabilitation after TKA
Erler K, Neumann U, Anders C, Scholle HC, Brückner L; Bad Klosterlausnitz; Germany

10:30 Isokinetic and sport motoric ability following lateral ankle and calcaneocuboid joint ligament repair
Nauck T, Lohrer H, Schöll, J, Schmidbleicher D; Frankfurt/Main; Germany

Standardized methods for testing (1) – Poster

Saturday, March 20th 2004, Poster Area

Chairmen: Laube W; Feldkirch; Austria
Baur H; Freiburg; Germany

10:30 Influence of limb dominance on knee flexor:extensor ratio of ACL reconstructed patients
Baumeister J, Ries C, Weiß M; Paderborn; Germany

10:30 Multiple angle isometrics knee flexion/extension torque ratios
Baskent A; Istanbul; Turkey

10:30 The relation between the heart rate recovery and the heart rate performance curve

10:30 Load distribution under children’s midfoot walking barefoot or in shoes
Moser K, Müller S, Mahler C, Baur H, Mayer F; Freiburg; Germany

10:30 Anaerobic power and isokinetic strength of basketball players
Lebance C, Croisier JL, Schlitz M, Maquet D, Crielaard JM, Bury T; Liege; Belgium

10:30 Energy turnover at the Race Across America (RAAM) – a case report
Knechtle B, Enggist A, Jehle T; Wallisellen; Switzerland

10:30 A short-lasting isokinetic bicycling test in comparison with an endurance and isometric strength test
Stapelfeldt B, Schumacher YO, Gollhofer A; Freiburg; Germany

10:30 Real time method to determine the ankle joint axes
Hochwald H, Alt W, Busch G; Stuttgart; Germany
Training efficiency in recreational sports – Poster

Saturday, March 20th 2004, Poster Area

Chairmen: Strojnik V; Ljubljana; Slovenia
Gruber M; Freiburg; Germany

01:00 “Adapt”–CD-ROM – A new educational tool in adapted physical activity
Djobova S, Dobreva I, Van Peteghem A, Van Coppensolle H; Leuven; Belgium

01:00 Training parameters and center of pressure characteristics of healthy runners and patients
Baur H, Gollhofer A, Bächle V, Janz I, Kimmich N, Mayer F; Freiburg, Germany

01:00 The influence of prescribed stretching program on heart rate variability in untrained subjects

01:00 Trainability of physical abilities: dimensions and influencing factors
Blank M, Conzelmann A; Kiel; Germany

01:00 Drop jumps added to a warm-up increases the jump height compared to an ergometer warm-up only. A single blind randomized crossover trial. A pilot study
Fontannaz J, Fellay D, Fellay H, Jordan K, Spring H, Hilfiker R; Premploz; Switzerland

01:00 Influence of stretching and somatic parameters on countermovement jumps in tennis players
Kürster M; Mitterfeld; Germany

01:00 24 hour heart rate- and 24 hour blood pressure response in individuals with metabolic syndrome of three week duration at different altitudes

01:00 Comparative study between the biofeedback systems myotrainer and automotive on poststroke patients with weakened m. tibialis ant.
Simonen N, Pokan R, Ainet M, Urban E, Spiesberger R, Kotzian S, Musil U, Pelikan J, Zifko U; Vienna; Austria

Standardized methods for testing (2) – Poster

Saturday, March 20th 2004, Poster Area

Chairmen: Raschner C; Innsbruck; Austria
Bruhn S; Rostock; Germany

01:00 Functional characteristics of safety shoes
Baur H, Gollhofer A, Bütlermann D, Deibert P, Frey I, Mayer F; Freiburg; Germany

01:00 Workload demands during professional road cycling competition
Heinrich L, Voigt S, Schumacher YO, Blum A, Stapelfeldt B, Schmid A; Freiburg; Germany

01:00 Effects of orthotic insoles on biomechanical gait characteristics in healthy children
Müller S, Baur H, Hirschmüller A, Mayer F; Freiburg; Germany

01:00 Reliability of the knee extension/flexion multiple angle isometrics
Baskent A; Istanbul; Turkey

01:00 Evaluation of plyometric exercise training on functional performances and isokinetic strength
Lehance C, Croiset JL, Maquet D, Bury T; Liege; Belgium

01:00 Influence of time of day on the force-time-relation in the upper extremity
Schlamberger A, Kizing S, Schmidtbleicher D; Donaus-tauf; Germany

01:00 Reproducibility of isokinetic peak torque in the knee and ankle joint
König T, Baur H, Müller S, Mayer F; Freiburg; Germany

Life style and body composition – Poster

Saturday, March 20th 2004, Poster Area

Chairmen: Förster H; Salzburg; Austria
Korsten-Reck U; Freiburg; Germany

03:30 The association of different habits of bag carrying with pain experience among young university students: a pilot study
Ghanbari A, Stephenson R, Watson M; Norwich; UK

03:30 Physical fitness of obese children: comparison to a reference group and effects of the therapy program FITOC
Korsten-Reck U, Kaspar T, Böck K, Berg A; Freiburg; Germany

03:30 An evaluation of body composition and cardiorespiratory fitness in university students
Aslan S, Aslan UB; Dentzli; Turkey

03:30 Training with patients with COPD – functional and psychological aspects
Bastian K; Wiehl; Germany

03:30 A Relationship between physical activity and body mass index in female university students
Aslan UB, Aslan S; Dentzli; Turkey

03:30 Measuring bone mineral density of female athletes in variety sport (weight bearing and non weight bearing) and comparison with standards of Iran and the world
Rahimian AM, Hejazi BP; Tehran; Iran

03:30 An evaluation of the physical activity level and cardiorespiratory fitness in male university students
Aslan UB, Livanelioglu A; Dentzli; Turkey
Workshops

Friday, March 19th, 2004

12:30 “Testing in action”  
Exhibition Area
Presentation of different testing and evaluation methods
Small snacks will be provided
Presentation and sponsors:
LMT Leuenberger Medizintechnik GmbH, CMV AG, Cosmed GmbH Deutschland, h/p/cosmos sports & medical GmbH, CSMI Solutions
Registration not necessary

Saturday, March 20th, 2004

10:30 “Haltungs- und Bewegungsanalyse bei Spezialeinlagenbehandlung” (German)  
HS 2112
Presentation: Pfaff G; Munich; Germany
Sponsor: MEDREFLEX Therapiekonzepte GmbH
On-site registration at congress office

01:00 “Functional treatment strategies in ankle injuries”  
HS 2112
Biomechanical and clinical aspects of joint function and Achilles tendon injuries
Small snacks will be provided
Presentation: Lohrer H; Frankfurt/Main; Alt W; Stuttgart; Gollhofer A; Freiburg; Schievink F; Hannover; Germany
Sponsor: ORTHOTECH GmbH
On-site registration at congress office
At the beginning were two chairs...

Welcome to the future!

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