5th European EISCSA Congress

SPORTMEDICA 2008
Luxembourg
October 16th-18th, 2008

Final Program

OPTIMIZATION OF PHYSICAL ACTIVITY
Implications for Sports, Prevention & Rehabilitation

Hosted by
Luxembourg Society of Sports Medicine
(S.L.M.S.)
Luxembourg Society of Sports Physiotherapy
(S.L.K.S.)
Luxembourg Society of Research in Orthopaedics and Sport Medicine
(S.L.R.O.M.S.)
European Interdisciplinary Society for Clinical and Sports Applications
(E.I.S.C.S.A.)

Official Course of the IOC MEDICAL COMMISSION
### PROGRAM-AT-A-GLANCE

#### Thursday October 16th

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>14:00</td>
<td>Arrival &amp; Registration</td>
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<tr>
<td>14:45</td>
<td>Keynote lecture: Jacques Duchateau <em>(Belgium)</em></td>
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<td></td>
<td>Neuromuscular adaptations to strength training revisited</td>
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<tr>
<td>15:00</td>
<td>Free communications, Session 1</td>
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<td>15:45</td>
<td>Free communications, Session 2</td>
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<tr>
<td>16:00</td>
<td>General and sport specific applications of warming-up</td>
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<td>17:00</td>
<td>Congress Opening</td>
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<tr>
<td>19:00</td>
<td>Keynote lecture: Daniel Theisen <em>(Luxembourg)</em></td>
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<td></td>
<td>The injury prevention research in Luxembourg</td>
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<tr>
<td>19:45</td>
<td>Keynote lecture: Lars Engebretsen <em>(Norway)</em></td>
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<td>A reasonable precaution?</td>
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#### Friday October 17th

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<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>08:30</td>
<td>Keynote lecture: Lars Engebretsen <em>(Norway)</em></td>
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<tr>
<td></td>
<td>Injury prevention in sports medicine</td>
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<tr>
<td>09:15</td>
<td>Advances in preventing sports injuries</td>
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<tr>
<td>11:00</td>
<td>The female athlete</td>
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<td>Injury Prevention Workshops</td>
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<td>12:00</td>
<td>Industry Workshop TiGenix fi</td>
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<td>Rehab after characterized chondrocyte implantation</td>
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<td>12:30</td>
<td>Industry Workshop Kinefi</td>
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<td>Clinical Applications of wireless EMG</td>
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<tr>
<td>13:30</td>
<td>Free communications, Session 3</td>
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<tr>
<td>14:00</td>
<td>Keynote lecture: Vojko Strojnik <em>(Slovenia)</em></td>
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<td>Relation between conditioning and technical training in high</td>
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<td>performance sports</td>
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<tr>
<td>14:30</td>
<td>Designing strength and conditioning programmes in sports and disease</td>
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<tr>
<td>16:30</td>
<td>Symposia: Return to play following sports injuries</td>
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#### Saturday October 18th

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<tr>
<th>Time</th>
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<tbody>
<tr>
<td>08:30</td>
<td>Keynote lecture: Michael Kjaer <em>(Denmark)</em></td>
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<td>Decline in muscular function with ageing from molecules to function</td>
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<tr>
<td>09:15</td>
<td>Ageing and functional performance</td>
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<tr>
<td>10:00</td>
<td>Award Session: Best oral presentations</td>
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<tr>
<td>11:00</td>
<td>State-of-the-Art-Session</td>
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<td>Proprioception Balance Sensorimotor Training</td>
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<td>13:00</td>
<td>Final remarks and closing session</td>
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<td>Award Ceremony:</td>
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<tr>
<td></td>
<td>Best Oral Presentation Award given by Luxembourg Society of Research in Orthopaedics and Sports Medicine</td>
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<td>Best Poster Award given by Luxembourg Society of Sports Physiotherapy</td>
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Scientific Programme

Thursday, October 16th 2008

14:00 Arrival & Registration, Industrial Exhibition Opening

15.00-15.45 Neuromuscular Mechanisms Revisited
Room: Amphitheatre
Chair: Dietmar SCHMIDT-BLEICHER (GER); Marc FRANCAUX (BEL)

15.00 Key-note Lecture
Neuromuscular adaptations to strength training revisited
Jacques DUCHATEAU (BEL)

15.45-16.45 Oral Presentations Session 1
Room: Amphitheatre
Chair: Dietmar SCHMIDT-BLEICHER (GER); Marc FRANCAUX (BEL)

15.45 Alteration of the Hmax/Hmax ratio following magnetic stimulation of the human soleus muscle
Annet. MAU-MÖLLER (GER)

15.55 Adaptations in muscle strength and neuromuscular activation on selective muscles of the ankle joint following a combined sensorimotor and strength training
Henrike LAABS (GER)

16.05 Neuromuscular fatigue after an ultramarathon
Guillaume MILLET (FRA)

16.15 Polymyographic study of the pelvic floor muscle activation in daily and therapy related activities
Birgit SCHULTE-FREY (GER)

16.25 Vibratory exercise improves the dynamic balance in women with fibromyalgia
N. GUSI (ESP)

16.35 Hemodynamic impact of a “test-training”isokinetic session
Eric BRASSINNE (BEL)
15.50 - 16.50  Oral Presentations Session 2  
*Room: Conference Room F2*  
*Chair: Henning MADRY (GER); Daniel THEISEN (LUX)*

15.50  
Inter- and intra observer reliability of a new measurement device for tibio-femoral rotation  
*Olaf LORBACH (LUX)*

16.00  
Rehabilitation exercises for patients treated with characterized chondrocyte implantation and microfracture  
*Dieter VAN ASSCHE (BEL)*

16.10  
Evaluating knee function in patients treated with characterized chondrocyte implantation and microfracture, following an identical, standardized rehab protocol  
*Dieter VAN ASSCHE (BEL)*

16.20  
Long-term outcome of fasciectomy for chronic exertional compartment syndrome of the forearm in competitive motor cyclists  
*Sandra LEAL (SUI)*

16.30  
Intensity Control in swim training by means of the individual anaerobic threshold  
*Sabrina SKORSKI (GER)*

16.40  
Sports injury surveillance in young athletes in Luxembourg  
*Anne FRISCH (LUX)*

17.00 - 18.30  General and Sport Specific Applications of Warming up  
*Room: Amphitheatre*  
*Chair: Frank MAYER (GER); Robert HUBERTY (LUX)*

17.00  
General applications of warming-up  
*Christian RASCHNER (AUT) / Andreas SCHLUMBERGER (GER)*

17.30  
Applications in football  
*Andreas SCHLUMBERGER (GER)*

18.00  
Applications in alpine skiing  
*Christian RASCHNER (AUT)*

18.30 - 19.00  
Break and visit of the industrial exhibition - Poster Session
19.00-19.15  Congress Opening  
*Room: Amphitheatre*

19.00 Welcome messages  
Charles DELAGARDELLE, Congress President  
Sven BRUHN, EISCSA President  
..Mars Di BARTOLOMEO, Minister of Health & Social Security  
Jeannot KRECKE, Minister of Sports

19.15-20.30  The Role of Prevention through Sport & Exercises  
*Room: Amphitheatre*  
Chair: Romain Seil (LUX); Axel Urhausen (LUX)

19.15  Key-note Lecture  
The injury prevention research in Luxembourg  
Daniel Theisen (LUX)

19.45  Key-note Lecture  
An ounce of prevention?  
Lars Engbretsen (NOR)

20.30  Welcome Party at the congress centre

Friday, October 17th 2008

08.30-10.30  Advances in Preventing Sports Injuries  
*Room: Amphitheatre*  
Chair: Lars Engbretsen (NOR); Dietrich Pape (LUX)

08.30  Key-note Lecture  
Injury prevention in sports medicine  
Lars Engbretsen (NOR)

09.15 Advances in preventing shoulder sports injuries  
Bénédicte Fonthomme (BEL)

09.40 Back injuries  
Véronique Feipel (BEL)

10.05 Muscle-Tendon-Stretching  
Dominique De Jaeger (BEL)
### 10.30-11.00
Break and visit of the industrial exhibition - Poster Session

#### 11.00-12.30
**The Female Athlete**
*Room: Amphitheatre*
Chair: Véronique FEIPPEL (BEL), Jürgen SCHARHAG (GER)

11.00
Gender differences in muscular adaptation to strength training
* Birgit FRIEDMANN (GER)*

11.45
The female athlete triad: facts and remedies
* Jacques POORTMANS (BEL)*

#### 11.00-12.30
**Injury Prevention Workshop**
*Room: Workshop-Room Level-2*
Chair: Roland KRECKE (LUX), Louis WENNIG (LUX)

11.00
Clinical examination of the shoulder at risk in the overhead athlete: focus on injury prevention
* Ann M. COOLS (BEL)*

11.30
Basic and advanced version of an injury prevention program for amateur football players
* Kathrin STEFFEN (NOR)*

12.00
Strategies for the prevention of back pain
* Marc VANDERTHOMMEN (BEL)*

#### 12.30-13.30
**INDUSTRY WORKSHOPS**

12.30-13.30
*Industry Workshop 1 by TiGenix®*
**Rehab after Characterized Chondrocyte Implantation (CCI)**

*Room: Conference Room F2*
Chair: Romain SEIL (LUX)

12.30
Autologous Chondrocyte Implantation with Characterized Chondrocytes
* Romain SEIL (LUX)*

12.50
Results of a clinical phase III study ChondroCelect® vs. microfracture
* Fredrik ALMQVIST (BEL)*

13.10
Rehab after CCI
* Dieter VAN ASSCHE (BEL)*
12.30-13.30  
*Industry Workshop 2 by KINE® EMG*  

**Room:** Conference Room VIP Arena  

12.30  
Clinical applications of wireless EMG  
*Einar EINERSSON (ISL)*  

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**13.30 -14.00 | Oral Presentations Session 3**  

**Room:** Amphitheatre  
**Chair:** Sven BRUHN (GER)  

13.30  
Relation between maximal power output during isokinetic workout on a cycling ergometer and maximal strength  
*Dennis SANDIG (GER)*  

13.40  
Relevance of inertial fatigue test in sport applications  
*Boris JIDOVSEFF (BEL)*  

13.50  
Strength imbalances and prevention of hamstring injury in professional soccer players: a prospective study  
*Jean-Louis CROISIER (BEL)*  

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**14.00-16.00 | Designing Strength and Conditioning Programmes in Sports and Disease**  

**Room:** Amphitheatre  
**Chair:** Charles DELAGARDELLE (LUX) / Fernand RIES (LUX)  

14.00-14.30  
*Key-note Lecture*  
Relation between conditioning and technical training in high performance sports  
*Vojko STRONIK (SLO)*  

14.30  
Lessons from single fiber studies for exercise training  
*Daniel THEISEN (LUX)*  

14.50  
Designing strength and conditioning programmes in COPD  
*Martijn A. Spruit (NED)*  

15.10  
Effects of resistance training during chemotherapy of breast cancer patients  
*Freerk T. BAUMANN (GER)*  

15.30  
Designing strength and conditioning programmes in chronic heart failure  
*Patrick FEIEREISEN (LUX)*  

15.50-16.00  
Discussion
<table>
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<th>Time</th>
<th>Session</th>
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| 14.30-16.00 | **EISCSA Workshop 1**  
Workshop Room 2 Level -1  
Chair: Bernd HERBECK (GER); Eric BRASSINNE (BEL) |
|          | 14.30  
Isokinetic strength measurement  
S. MÜLLER (GER) / H. TIEDJE (GER) |
|          | 15.00  
Exercise evaluation via EMG-Biofeedback training  
Birgit SCHULTE – FREI (GER) |
|          | 15.30  
Evaluation of muscular power  
Olivier BONNIER (BEL) |
| 16.00-16.30 | **Break and visit of the industrial exhibition - Poster Session** |
| 16.30-18.30 | **Symposia: Return to Play Following Sports Injuries**  
Room: Amphitheatre  
Chair: Romain SEIL (LUX), Holger SCHMITT (GER) |
|          | 16.30  
Introduction  
Romain SEIL (LUX) |
|          | 16.40  
Muscle injuries  
Jacques MENETREY (SUI) |
|          | 17.00  
Ankle injuries and return to play  
Jon KARLSSON |
|          | 17.20  
Return to play after anterior cruciate ligament surgery  
Roland KRECKE (LUX) |
|          | 17.40  
Shoulder injuries  
Ann M. COOLS (BEL) |
|          | 18.00-18.30  
Panel Discussion |
| 19.30   | **CONGRESS GALA DINNER**  
Abbaye de Neumünster, Luxembourg – Grund |
Saturday, October 18th 2008

08.30-10.00  Ageing and Functional Performance
Room: Amphitheatre
Chair: Jacques DUCHATEAU (BEL); Christian HAAS (GER)

08.30-09.15  Key-note Lecture
Decline in muscular function with ageing – from molecules to function
Michael KJAER (DEN)

09.15
Muscle function and ageing
Marc FRANCAUX (BEL)

09.35
Whole body vibration training in elderly
An BOGAERTS (BEL)

09.15-10.00  EISCSA Workshop 2
Room: Workshop Room Level-1

09.15
Functional strength training
Andreas SCHLUMBERGER (GER)

10.00-10.40  AWARD SESSION  (Société Luxembourgeoise de Recherche en Orthopédie et Médecine du Sport)
Room: Amphitheatre
Chair: Charles DELAGARDELLE (LUX) / Marc SCHILTZ (LUX)

10.00-10.40 Oral Presentations Session 4

10.00
Neural and muscular adaptations to resistance training in young men supplemented by essential
amino acid
Stéphane VIEILLEVOYE (BEL)

10.10
Characteristic of agonist muscles activation during ballistic contraction preceded by rapid antagonist
muscle activation
Chris RICHARTZ (BEL)

10.20
How the brain acts: Imagination of proprioceptive modalities after ACL-reconstruction
Jochen BAUMEISTER (GER)

10.30
Functional and therapeutic effects of 8 weeks sensorimotor training in Achilles and Patellar
tendinopathy
Steffen MÜLLER (GER)

10.40-11.00
Coffee break and visit of the industrial exhibition - Poster Session
### 11.00-13.00  State – of – the – Art – Session

**Room:** Amphitheatre  
**Chair:** Sven BRUHN (GER); Andreas SCHLUMBERGER (GER)

**Proprioception – Balance – Sensorimotor Training**

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### 13.00-13.30  Final Remarks and Closing Session

**Room:** Amphitheatre  
**Chair:** Charles DELAGARDELLE (LUX); Sven BRUHN (GER)

**Award Ceremony:**
- Best Oral Presentation Award given by:  
  Luxembourg Society of Research in Orthopaedics and Sports Medicine  
- Best Poster Award given by:  
  Luxembourg Society of Sports Physiotherapy

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**POSTER SESSION**

Award for the best poster given by the Luxembourg Society of Sports Physiotherapy

**Thursday October 16th to Saturday October 18th 2008, at Poster Area, Level 1 Arcades**

**Poster session is continuous.**

**1st Author presence: Friday 17th at 16.00-16.30 ---- Saturday 18th at 10.40 -11.00**

**P1**  
**Carlson, A. Barthelmes, FJ. Schweigert, F. Bittmann, F. Mayer (GER)**  
Negative energy balance is highest in female athletes retiring from competitive career

**P2**  
**N. Coorevits, S. Verschueren, A. Bogaerts, C. Deleculte (BEL)**  
Determinants of the functional status in institutionalized female elderly

**P3**  
**Boris Jukivotseff, C. Cordonnier, M. Vandermeulen, JM Crielard (BEL)**  
Gender differences in force-power-velocity relationships

**P4**  
Motor ability dimensions in frail elderly

**P5**  
**M. Vasilescu, A. Ionescu, M. Oravitan, L. Rusu, M. Barbu (ROM)**  
Physical exercises – important factor for metabolic syndrome treatment

**P6**  
**M. Casset, F. Pilz, S. Müller, A. Hirschl, H. Baur, F. Mayer (GER)**  
Influence of eccentric training on maximum force capacity of the lower extremity in patients with Achilles tendinopathy
P7
Hanno Felder, C. Grüneberg, S. Dittrich, B. Stiehl, L.A. Gäng
- Myoelectric activity of the shoulder muscles during „In-VIVO-DRIVE

P8
M. Fröhlich, E. Emerich (GER)
- A meta-analysis to determine the training frequency in strength training

P9
S. Koplin, R. Schnittker, J. Baumeister, T. Jöllenbeck, M. Weiss, (GER)
- Reliability of force plates during drop-landing: A basis for reference data in the rehabilitation process

P10
M. Oravitan, M. Vasilescu, L. Rusu, C. Avram (ROM)
- Study regarding electromyographic biofeedback efficiency in rehabilitation after anterior cruciate ligament reconstruction

P11
F. Pitz, M. Cassel, S. Müller, H. Baur, A. Hirschmüller, F. Mayer (GER)
- Pain reduction and peak torque in plantarflexion after eccentric training in patients with Achilles tendinopathy

P12
L. Rusu, M. Vasilescu, E. Paun, M. Dragomir (ROM)
- Algorithm of prevention and rehabilitation in iliotibial fasciitis at runners

P13
L. Rusu, M. Vasilescu; E. Paun, M. Dragomir (ROM)
- Assessment, and proprioceptive rehabilitation programme in infraspinatus syndrome at athletes

P14
H. Tiedje, S. Schwegler, S. Müller, H. Baur, F. Mayer (GER)
- Peak torque in rotational shoulder movements in patients with supraspinatus tendinopathy

P15
M. Vasilescu, A. Ionescu, M. Oravitan, L. Rusu, M. Barbu (ROM)
- The conservator treatment to prevent surgery intervention in shoulder impingement syndrome