

EISCSA News

EISCSA



The European Interdisciplinary Society for Clinical and Sports Application EISCSA is an organisation that wants to promote all activities in the wide area of *training*, especially in *rehabilitation*, *prevention* and *sports*.

The uniqueness of the EISCSA consists in the close cooperation between scientists, physiotherapists and coaches on one hand and engineers, manufacturers and distributors on the other hand.

To our knowledge this is the only society that tries to bridge the gap between the theoretical and the practical field of application by bringing together all specialists at one table. The aim is to standardize diagnostics and training protocols as well as the evaluation of training procedures. Additionally we want to stimulate the development of diagnostic and measurement devices and the creation of better apparatus and training equipment.

In an overall view we are active to improve the quality of training.

This is important for medical doctors, sport scientists, physiotherapists, biomechanists, athletic coaches, manufacturers, distributors, health insurances and last but not least for the patients.

Prof. Dr. D. Schmidbleicher
(EISCSA President)

Priv.-Doz. Dr. F. Mayer
(Scientific Board)

G. Hüni
(Advisory Board)

History

EIS was founded in 1998 as the European Isokinetic Society. Initially, the society has put emphasis on training and measuring strategies in prevention and rehabilitation. One goal was to link the gap between medicine, sports and industry to improve quality in training and testing. Over time, the society grew and extended its fields of interest. During following years, not only promoting the idea of muscle rehabilitation and the use of the isokinetic method was of interest. Many experts out of different professions in the field of sports as well as musculoskeletal, neuromuscular and cardiocirculatory training, therapy and prevention joined EIS. Moreover, the inclusion of further equipment philosophies and technical progress in quality control made it necessary to open the society to different disciplines. So finally, after an almost 5 years period the society decided to change its name. In July 2003, EIS was renamed to the European Interdisciplinary Society for Clinical and Sports Application EISCSA.

Organisation & Structure

The structure of EISCSA represents the philosophy of interdisciplinarity in clinical and sports application as already mentioned in the society's title. Therefore, three organising and administrative boards have been founded.

The presidential board consists of each one recent, incoming and past president, a secretary general and a treasurer. One of the presidents should represent the fields of medicine, sports and therapy, each. Secondly, experts of different professions like MDs, PhDs, Physical Therapists and Athletic Coaches build up the EISCSA Scientific Board. Recently 14 scientists out of 7 countries are working on issues of content. Cooperation with industry is provided by the so-called Advisory Board where representatives of different manufacturers and distributors from countries mainly all over Europe are members.

Journal

In cooperation with IOS press, "*Isokinetics and Exercise Science*" is the official EISCSA Journal. Abstracts of congresses, EISCSA state-of-the-art papers as well as original data are published after peer review. Additionally, an excellent opportunity for placing advertisements could be provided.

Events in the past

A scientific congress and more practically orientated workshops took and will take place biannually. In 2000 the first EISCSA congress was organized in Brugge, Belgium. About 250 attendants participated in key-note lectures, scientific poster sessions and workshops under the topic "From measurement to therapy". In 2001, several workshops all over Europe had been organized by the EISCSA in cooperation with local teams. Participation in the workshops provided the opportunity to get in contact with the society and to update and discuss the knowledge concerning different applications and possibilities in sports and clinical use. Finally, in March 2002, the second EISCSA Congress in Crans-Montana provided a critical overview of actual scientific data. Under the title of "Neuromuscular performance in research and clinical applications", scientists, physicians and therapists discussed quality control in rehabilitation, children and elderly and high performance athletes. EISCSA had an exchange symposium at the 2003 ECSS conference in Salzburg, Austria, where key-note lectures were held in the field of prevention and rehabilitation.

Future events

Many small workshops with different topics have been and will yet be organized annually all over Europe. The main aim of these workshops is to promote and establish EISCSA as a professional network, to provide and spread information and to get in contact with potential new members and industry partners.

In March 2004, the third EISCSA congress was organized by the University of Freiburg, Germany in cooperation with the German Society of Sports Medicine (DGSP) and the Austrian Society of Theoretical and Clinical Exercise Physiology (ATKL).

The fourth European EISCSA congress will take place in March 2006 at University of Graz, Austria. Scientists from different European countries will present their recent research results. In addition to key-note lectures of well known speakers and practical workshops, within a so-called state-of-the-art-session recent and controversial topics will be discussed to establish an EISCSA position stand.

The advisory board

High-tech quality products are marketed best when technical know-how goes hand in hand with broad and sophisticated scientific support.

In 1998 industry gave the initiation for the foundation of the European Interdisciplinary Society for Clinical and Sports Application (EISCSA). From its beginning, industry was an active and vital supporter. The past few years were beneficial and accompanied with synergy effects for both, the society and the affiliated companies. Recently, the society widened its basis. Now the society is interesting for all industry partners engaged in the fields of

rehabilitation and prevention. Industry is represented within the society by the Advisory Board. The EISCSA is always open for new and active companies to join its lively exchange of knowledge.

Sponsors 2003

CMV, Switzerland
 LMT Leuenberger Medizintechnik AG, Switzerland
 Médimex, France
 Richard Kaphingst GmbH, Germany
 Elekton Italia s.n.c, Italy

For further information about membership, sponsorship or other inquiries please contact:

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Protocol of EISCSA General Assembly held on 18.03.2004 in Freiburg, Germany

Participants: D. Schmidtbleicher, B. Herbeck, M. Dahlinger, S. Bruhn, E. Brassinne, A. Schlumberger, P. Durjak, L. Radlinger, B. Schulte-Frei, M. Stadler, F. Mayer, G. Fenkart, D. Fenkart, H. Martin, S. Widmer, C. Schmid, P. Wasler, G. Hüni, H. Baur

List of topics:

1. Welcome words
2. List of presence
3. Election of the meeting chairmanship
4. Foundation of new function of a "Foundation President"
5. Election of new presidents
6. Annual Reports
7. Financial Report
8. Clear the board
9. Congress Freiburg: latest information
10. Outlook 2004 (Workshops, Events etc.)
11. Budget 2004
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13. IOS Press
14. Other business

1. Welcome words

Opening by Prof. Dr. D. Schmidtbleicher. He thanked the members present for joining the General Assembly. Also Dr. Frank Mayer and his team were thanked for their efforts with the organisation of the congress 2004.

Mr. S. Widmer from the secretariat was elected to write the protocol.

2. List of presence

List of presence was handed out, participants present signed.

3. Election of the meeting chairmanship

Mr. G. Hüni was elected to lead through the general assembly (GA).

4. Foundation of new function of a “Foundation President”

F. Mayer presented the suggestion to elect D. Schmidbleicher as “Foundation President”. According to the statutes, D. Schmidbleicher may no more be elected as president after he will have finished the current presidentship at the end of 2004. So on one hand we could keep D. Schmidbleicher in the society, on the other hand it would be a possibility to honour and reward him for his efforts for the society.

It was suggested to name it differently, rather ‘Honorary President’.

The GA elected, with no objections, this year’s past president, Dietmar Schmidbleicher, as ‘Honorary President’, so that from 01.01.2005 he will be out of charges but free for representation obligations.

The secretariat is entitled to request the change of statutes with the notary of the society.

5. Election of new president

Mr. J.-L. Croisier resigned from presidentship because of personal reasons.

D. Schmidbleicher agreed to act ad interim as recent president in 2004. The society now had to look for a new incoming president 2004 as well as new incoming president 2005. Suggestions of members present were Mr. Robert van Cingel and Frank Mayer. The General Assembly elected Robert van Cingel as incoming president 2004 with no objections. The General Assembly elected Frank Mayer as incoming president 2005 with no objections. The presidential situation looks as follows:

	2004	2005
1. Past president	D. Schmidbleicher	D. Schmidbleicher
2. Actual president	D. Schmidbleicher (a.i.)	R. Van Cingel
3. Incoming president	R. Van Cingel	F. Mayer

6. Annual reports

6.1. Advisory Board

Gregor Hüni as president of the advisory board reviewed the recent and current industry section. It seemed that widening the society from purely isokinetic to interdisciplinarity may have brought difficulties to identify with for some of the sponsors. They may be uncertain about what they can expect from their sponsorship if the area intended to cover exceeds their own business range. However the society would be glad to see them come back again. Also it goes without saying that the years with congress are (from financial and attraction point of view) better than the years without.

The current sponsor situation is such that the society has four confirmed sponsors for 2004. More may be joining during or after the congress. Hopefully Elekton Italia will also support the society this year. Médimex seem to have resigned from their sponsorship, also sponsorship 2003 was not paid yet. Furthermore the society was informed about cash flow problems of Richard Kaphingst GmbH, so that they could neither join the industry exhibition at the congress nor may contribute with their sponsorship for 2004.

Last, but not least, the president of the advisory board emphasized once again on the advantages of sponsorships, i.e. the possibility to have one representative of each sponsor in the advisory board and many more.

The report of the advisory board was accepted by the GA without objections.

6.2. Scientific Board

F. Mayer as president of the Scientific Board informed about the activities of the board. Currently in the board are 12 members from 7 countries.

The intention of activities in 2003 as well as of the congress 2004 is to put a lot of emphasis on stronger connecting industry and science. To reach this goal, quite a number of workshops were organized with lots of success.

Workshops 2003:

GE02/2003	February 12th, 2003	Estimation of functional joint stability of the lower extremity and proprioceptive training in joint stability	University of Freiburg/ Germany
AU06/2003	June 2003	Neuromuscular activation and regulation in rehabilitation of degenerative joint and muscle disease and quality control with SEMG	Feldkirch/ Austria
	October 3rd, 2003	Proprioception and Goniometry (GIBL congress)	Brussels, Belgium
GE10.1/2003	October 2003	Quality control in cardiovascular testing and training	University of sports, Cologne/ Germany
GE10.2/2003	October 25th, 2003	Strength training in the field of rehabilitation after ACL reconstructions	Eden Reha, Donaustauf/ Germany
BE /2003		New strategies in the use of isokinetics in the field of rehabilitation	Hopitale Erasme, Brussels/ Belgium

Since F. Mayer will be incoming president in 2005, new members of the board will be looked for. Current suggestions are:

Christian Raschner of the Institut für Sportwissenschaften of the University Innsbruck, Austria and Vojko Strojnik, Ljubljana.

New president 2005 of the Scientific Board will be discussed within the board and proposed to the Presidential board towards the end of 2004.

2005 will see an exchange symposium with the American College of Sports Science in New Orleans together with ATKL.

In 2006 the 4th European Congress of the EISCSA will be held in the town of Graz.

F. Mayer held a short summary why Graz was chosen. In Bruges and Crans-Montana there were lots of visitors from French-speaking regions and Benelux countries, but few from German-speaking regions. So it was decided to have the third congress in Freiburg. However, since the congress was announced to be held in the English language, this may have scared off quite a number of potential participants. Conclusion for Graz may be to announce to have next congress lectures in French, English and German, with simultaneous translation. And Graz is intended to attract more people from Austria, Italy and the countries of Eastern Europe.

The report of the Scientific Board was accepted by the GA without objections.

6.3. Presidential board

D. Schmidbleicher held a review of 2003 from the president's point of view and informed about some details of the forthcoming congress. He also pointed out the good work done by the team of Freiburg.

Much to the regret of the society, a misunderstanding and following debates/accusations between a sponsor and a member of the scientific board were taken into the society, and also to other potential and actual members in that region. Maybe it is because of this that only few participants from France had registered. G. Hüni will try to discuss and solve the problem with the parties involved. In addition the advisory board will think about ways to attract again more people from French speaking and latin countries of Europe.

The report of the Presidential Board was accepted by the GA without objections.

7. Financial Report

The treasurer, Mr. Bernd Herbeck, presented the financial report. Because the documentations handed over from Medicongress (former secretariat) to the new secretariat were rather poor and partially incomplete, the financial statements for the period of July 17 2003 until December 31st 2004 (with positive result) was presented. Mrs Doris Fenkart and Mr Heiner Baur, elected as financial auditors, confirmed that they had checked the books and agreed with the financial statements.

The GA accepted the financial report without objections.

It was brought to discussion that the statutes state the financial year of the society starting on September 1st and closing on August 31st, but it would be more common practice to have the calendar year starting January 1st and ending December 31st. Bernd Herbeck requested to have the statutes changed accordingly. The GA agreed without objections. The secretariat is entitled to request this change of statutes with the society's notary.

8. Clearing of the boards

The boards were cleared.

9. Congress Freiburg: latest information

Frank Mayer informed about current status of the congress organisation at the time of the GA. 85 participants had registered for the presymposium, and a number of 220 participants for the congress. Compared to the recent congress in Crans Montana 2002, also the industry exhibition will be much larger, with roughly 30 participants. Some organisational details were informed about.

10. Outlook 2004 (Workshops, Events etc.)

An outlook about activities in 2004 was already provided under topic no. 6, the annual reports.

11. Budget 2004

The budget for 2004 was discussed. Taking into consideration the estimated number of members as well as the sponsors known at the time of the General Assembly, the EISCSA is expected to close the financial year 2004 with a positive result. Each new member and each new sponsor thus will be contributing to the positive result.

Since the society will be coming out of the EISCSA Congress 2004 without any additional costs to be taken over, there will be but a positive impact of the congress on the budget 2004.

12. Website

The current website of the society, www.e-i-s.org, is rather difficult to handle, meaning that formatting does not appear correctly, it does not offer webmail for society officials, and any changes need lots of time.

In our opinion we should have the possibility to access the website more easily, to give the Secretary General and other officials the opportunity to act much faster.

Heiko Martin gave a presentation about features, costs and efforts needed for different types of website, based on different quotations collected before.

The presidential board will discuss internally what solution would suit best for the society, bearing in mind the financial situation of the society, and arrange for the necessary steps to be taken.

13. IOS Press

Please see separate protocol about the discussion with Marion Lilley of IOS Press.

14. Other business

The text of the new EISCSA flyer shall be printed in the next '*Isokinetics and Exercise Science*' journal.
G. Hüni gave the word back to the president, D. Schmidbleicher, who closed the General Assembly 2004.

Sven Widmer
Secretariat of the EISCSA

Report on the 3rd EISCSA-Congress, March 19–20, 2004, in Freiburg, Germany

The 3rd Congress of the European Interdisciplinary Society for Clinical and Sports Application took place in Freiburg, Germany. The local hosts from the Medical Clinic, Department for Rehabilitative and Preventive Sports Medicine and the Institute for Sports and Sports Science led by PD Dr. Frank Mayer and Prof. Albert Gollhofer as well as the Scientific Board of EISCSA put together an extraordinary scientific program. The congress format consisted of invited lectures from international experts, about 100 short communications and poster presentations and a special "State-of-the-Art"-session on muscular dysbalances. The congress, entitled "Current Concepts in Training and Therapy", attracted 300 scientists, physiotherapists, athletic coaches, industry representatives and students from 22 countries. A big industry exhibition with 30 companies out of the medical field and the fitness industry together with additional industry workshops underlined the close link between science and practical application.

The congress started on Thursday afternoon with a presymposium on intervention strategies towards adipositas chaired by Prof. Alois Berg and Dr. Ulrike Korsten-Reck. Friday morning, the founding president of EISCSA Prof. Schmidbleicher from Frankfurt introduced the idea of EISCSA to all industry experts and all booths were visited in a guided industry session.

The scientific program continued with the first session called "Evidence-based data in rehabilitation", where Prof. Förster from Salzburg, Austria gave an invited lecture on physical exercise for children and chronic diseases which was followed by an invited presentation by Prof. Pokan from Vienna about training and rehabilitation regimens after heart transplantation and other compendiums. The opening ceremony with several addresses from the city mayor of Freiburg, the rector of the local university and the president of the German society for sports medicine and prevention officially started the Congress. A keynote lecture by Prof. Kjaer (Current ECSS president) gave a recent overview about "Functional adaptation of skeletal muscles in elderly – prevention towards injury and role in treatment". Prof. Duchateau showed in his lecture about "Neural adaptations with chronic changes in physical activity pattern" how central and peripheral adaptations as well as sensory feedback develop over lifespan. Poster sessions on strength and balance training in elderly and chronic diseases and management of low back pain closed the scientific program on Friday. Finally, the congress evening at a historic market warehouse in the old town of Freiburg offered plenty of time for discussions. There, a city representative gave an overview about the various sports activities in Freiburg. Prof. Gollhofer, as one of the local hosts, illustrated the city's history between the courses of dinner.

Saturday morning started with the traditional "State-of-the-Art-Session", chaired by PD Dr. Mayer, where all members of the scientific board focused on the controversy discussed topic of "Muscular dysbalances – fact or fiction". Overviews from all professions (industry, physiotherapy, athletic training, medicine, exercise science) put emphasis on their profession-specific viewpoint of the underlying problems of muscular balances and imbalances. A vital discussion of the auditorium was then followed by a closing remark of the EISCSA-scientific board. Results

and conclusions from this discussion will be published in a position stand paper of EISCSA in one of the following issues of *“Isokinetics and Exercise Science”*.

The treatment evaluation in low back pain was the subject of invited lectures given by Dr. Segesser from Basel and Klaus Eder from Donaustauf, Germany. The session “Recreation, sports and life style” built the bridge from orthopaedics and biomechanical related research to internal medicine. There Prof. Urhausen from Saarbrücken, Germany reported about monitoring of physical activity in sports medicine with a lecture called “No pain – no gain? Monitoring of training in sports medicine”. Prof. Berg from Freiburg, Germany gave then a lecture about “Interaction between life style, body composition and activities of daily living”. All invited lectures were followed by several 15 min oral presentations from peer reviewed submissions to the congress. Poster presentations were integrated in the industry exhibition hall to support discussion from all perspectives.

Prof. Schmidtbleicher as the president of EISCSA closed the congress with thanks to the organizing team, contributing industry and all participants for making the congress an extraordinary event. After congresses in Brugge, Belgium, Crans Montana, Switzerland and Freiburg, Germany, EISCSA will organize the 4th EISCSA-Congress in March 2006 together with the University of Graz, Austria.

Heiner Baur
Organizing Committee 3rd EISCSA-Congress 2004

EISCSA Workshops 2004

Many small workshops on different topics will be organized in 2004. The aim is to promote and establish the EISCSA as a professional network, to provide and spread information and to get in contact with potential new members and industry partners.

November 20th, 2004, 9.00 am–5.00 pm	Muskelfunktionstraining in der Rehabilitation und im Sport – Grundlagen und Anwendungsbereiche des Stretchings und des exzentrischen Krafttrainings	EDEN Reha, Klinik für Sport- und Unfallverletzte, Lessingstrasse 39–41, 93093 Donaustauf
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