

AGENDA



Scientific Planning Committee:

Paul Dijkstra (Chair), Juan Manuel Alonso (Co-chair), Mathew Wilson, Marco Cardinale, Antonio Tramullas, Kieran O'Sullivan, Emin Ergen, Nelly Khalil, Faten Smiley, Pieter D'Hooghe, Peter Dzendrowskyj, Nicol van Dyk, Zainab Al Sarraf, Daniel Kings, Ivan Stankovic, Adel Alomari, Michael Saretsky, Nebojsa Popovic, Sofie Nelis (Scientific Program Coordinator), Dorothy Lechicki, Lee Taylor (Chairperson Poster Subcommittee)

Project Management Committee:

Faten Smiley, Sofie Nelis, Dorothy Lechicki, Adel Alomari, Lyncia Miranda, Haya AlMana, Santosh Dora, Gillioni Cortbawi, Hussein Sultan Al Jaber, Feras Btaddini, Anna Kochergina, Elma Farridah Ruivivar



CME/CPD Accreditation and Credit Statements

This activity (HGI-03-P52) is an Accredited Group Learning Activity (Category 1) as defined by the Qatar Council for Healthcare Practitioners - Accreditation Department and is approved for a maximum of 18.25 hours.

In partnership with:



The Scientific Planning Committee has reviewed all disclosed financial relationships of speakers, moderators, facilitators, and/or authors in advance of the CPD activity and has implemented procedures to manage any potential or real conflicts of interest.

Target Audience:

Physicians, nurses, pharmacists, allied health professionals (physiotherapists, nutritionists, podiatrists), others (including but not restricted to researchers, coaches and managers)

Venue: Football Performance Centre

Date: 3rd-5th of May 2019

Overall learning objectives

By attending this conference, participants should be able to:

1. Identify and improve management of the most common injuries and illnesses in athletics
2. Determine and plan preventative measures for common medical conditions in athletics
3. Apply a multidisciplinary team approach to athlete health care
4. Make use of the principles of evidence-based practice and shared decision making in athlete health care
5. Critically appraise the use of health assessment and evaluation – benefit & harm (including over-diagnosis)
6. Develop best-evidence return to sport strategies

Agenda summary

	Session	Parallel Session	Parallel session
Friday May 3rd	4.0 CPD Credits		
12:00 – 13:00	Registration		
13:00 – 13:15	Opening and welcome		
13:15 – 15:15	Session 1: New frontiers in optimising health and performance in athletics		
15:15 – 15:45	Break		
15:45 – 17:45	Session 1: New frontiers in optimising health and performance in athletics (continued)		
Saturday May 4th	7.5 CPD Credits		
08:00 – 09:30	Session 2a: Heat acclimation and cooling; challenges and practical applications	Session 2b: Practical symposia	
09:30 – 10:00	Break		
10:00 – 13:00	Session 3a: Performance optimisation in athletics	Session 3b: Muscle injuries in athletics	Session 3c: Clinical anatomy for physicians and physiotherapists in

			athletics- <i>Upper limb joints and muscles</i>
13:00 – 14: 00	Break		
14:00 – 15:30	Session 4a: Athlete’s experiences of injuries – decision making and working with medical and performance teams		Session 4b: Clinical anatomy for physicians and physiotherapists in athletics- <i>Lower limb joints and muscles</i>
15:30 – 16:00	Break		
16:00 – 17:30	Session 5a: Performance nutrition	Session 5b: Practical symposia	Session 4b (Continued)
Sunday May 5th	6.75 CPD Credits		
08:00 – 09:00	Session 6: Common illnesses in athletics		
09:00 – 10:00	Session 7: Bone injuries in athletics		
10:00 – 10:30	Break		
10:30 – 12:30	Session 8: Tendon injuries in athletics		
12:30 – 13:00	Mini Lunch Break		
13:00 – 15:00	Session 9: Hip, groin and spine injuries in athletics		
15:00 – 15:45	Session 10: Wrap up – what’s next?		
15:45 – 16:00	Closing ceremony		

Friday May 3rd, 2019

Registration: 12:00 – 13:00

Opening and welcome: 13:00 – 13:15

Session 1: 13:15 – 17:45 **New frontiers in optimising health and performance in athletics**

Learning objectives:

1. Define optimal health and performance in the context of elite athletics
2. Outline general strategies to optimise health and performance in athletics
3. Identify and deal with common injury and illness risk factors

Chair: Paul Dijkstra and Emma Stokes

Time	Title	Speaker
13:15 – 13:45	Optimising athlete health and performance - what can athletics learn from football?	Jan Ekstrand
13:45 – 14:15	Can athletes with chronic tendon injuries perform on the world stage?	Jill Cook
14.15 – 14.45	Monitoring for secondary prevention – keeping athletes healthy and on (the) track	Andrea Mosler
14:45 – 15:15	Optimising health and performance when travelling to train and compete	Martin Schwellnus

Break: 15:15 – 15:45

Time	Title	Speaker
15:45 - 16:15	From athlete screening to injury risk management	Roald Bahr
16:15 - 16:45	Training load monitoring in athletics: what is possible and where are the gaps?	Marco Cardinale
16:45 - 17:15	Hurdling the challenges of return to play in athletics	Clare Ardern
17:15 - 17:45	Panel discussion (interactive)	All

Evening: Doha Diamond League – Khalifa Stadium (6pm – 9pm)

Saturday May 4th, 2019

Fun walk Aspire Park: 06:30 – 07:15

Session 2a: 08:00 – 09:30 Heat acclimation and cooling; challenges and practical applications

Learning objectives:

1. Show how to deal with heat and its consequences
2. Explain heat related illnesses and its management in relation to biophysics
3. Design a performance plan integrating heat acclimatisation
4. Demonstrate knowledge of pre- and mid-race cooling strategies

Chair: Mathew Wilson and Andrew Jones

Time	Title	Speaker
08:00 – 8:15	The influence of dehydration on performance	Roger Palfreeman
08:15 – 8:30	Integrating heat acclimatization into the performance plan	Sebastien Racinais
08:30 – 8:40	Integrating pre-cooling into the warm-up procedure	Mohammed Ihsan
08:40 – 08:50	Integrated race mid-cooling strategies	Lee Taylor
08:50 – 09:15	When it goes wrong; medical management for the athlete with heat related illness	Douglas Casa
09:15 – 09:30	Panel discussion (interactive)	All

Session 2b: 08:00 – 09:30 Practical symposia (parallel offerings of 1.5 hours)

Session 3a: 10:00 – 13:00 Performance optimisation in athletics

Learning objectives:

1. Understand physiological and psychological factors important in training the young athlete
2. Develop a strategic health and performance plan for the travelling athlete
3. Assess nutrition strategies for optimizing athlete performance
4. Explain the pros and cons of the use of cold water emersion in exercise
5. Translate biomechanical factors into training strategies for jumpers

Chair: Marco Cardinale and Lee Taylor

Time	Title	Speaker
10:00 – 10:30	Training the young athlete: physiological considerations	Marco Cardinale
10:30 – 11:00	Biomechanical considerations for developing jumping performance	Phil Graham Smith
11:00 – 11:25	Transitioning from junior to senior ranks: psychological considerations	Jaime Diaz-Ocejo
11:25 – 11:40	Use of cold water immersion to enhance exercise adaptation: friend, foe or futile?	Mohamed Ihsan
11:40 – 12:10	Periodisation of nutrition for track and field athletes	Trent Stellingwerff
12:10 – 12:40	Breaking 2 hours – integrative sports science approach to improve human performance	Andrew Jones
12:40 – 13:00	Panel discussion (interactive)	All

Session 3b: 10:00 – 13:00 Muscle injuries in athletics

Learning objectives:

1. Identify the most common muscle injuries in athletics
2. Discuss methods for muscle injury prevention
3. Design a management program for the most common muscle injuries in athletics
4. Critically appraise screening and assessment methods for muscle injury and its risk factors
5. Determine the use of PRP in rehabilitation/return to sport of/after muscle injuries

Chair: Tania Pizzari and Nicol van Dyk

Time	Title	Speaker
10:00 – 10:25	Same-same but different – considerations for different muscle injuries	Tania Pizzari
10:25 – 10:50	An updated approach to screening athletes for muscle injury risk factors.	Nicol van Dyk
10:50 – 11:15	Diagnosis and prognosis of acute groin injuries	Andreas Serner
11:15 - 11:40	British Athletics Muscle Injury Classification: how and why it influences rehabilitation in elite athletes	Ben MacDonald
11:40 - 12:15	Muscle injury assessment - what do we measure, and why.	Rod Whiteley
12:15 – 12.40	Rehabilitation of muscle injuries – will platelet rich plasma (PRP) help or should we just load it?	Hans Tol
12:40 - 13:00	Panel discussion (interactive)	All

Session 3c: 10:00 – 13.00 Clinical anatomy for physicians and physiotherapists in athletics - upper limb joints and muscles

Learning objectives:

1. Demonstrate knowledge of the anatomy of the upper limb
2. Relate the anatomy of the upper limb to common injuries in athletics

Faculty: Nebojsa Popovic, Pieter D'Hooghe, Boris Poberaj, Bernard Lallemand, Khalid Alkhelaifi, Zarko Vuckovic, Mark Hutchinson, and Flavio Cruz

Time	Title	Speaker	Comments
10:00 – 13:00	Clinical anatomy for physicians and physiotherapists in athletics- upper limb joints and muscles	Nebojsa Popovic, Boris Poberaj, Bernard Lallemand, Mark Hutchinson	Physicians and physiotherapists only

Lunch Break: 13:00 – 14:00

Session 4a: 14:00 – 15:30 Athlete’s experiences of injuries – decision making and working with medical and performance teams

Learning objectives:

1. Make use of the principles of shared decision making in athlete health care
2. Value the use of a multidisciplinary team approach to athlete health care

Chair: Karim Khan and Kathryn Ackerman

Time	Title	Speaker
14:00 – 14:30	Shared decision-making in athletics	Paul Dijkstra
14:30 – 15:30	Panel discussion – decision-making challenges when integrating performance health and performance coaching in world class athletes (interactive)	Karim Khan, Paul Dijkstra, Tom Crick, Lee Christopher, Owaab Burrow, Marco Cardinale, Phil Graham Smith and Ben Salcinovic; Juan-Manuel Alonso

Session 4b: 14:00 – 17.30 Clinical anatomy for physicians and physiotherapists in athletics - lower limb joints and muscles

Learning objectives:

1. Demonstrate knowledge of the anatomy of the lower limb
2. Relate the anatomy of the lower limb to common injuries in athletics

Faculty: Nebojsa Popovic, Pieter D'Hooghe, Boris Poberaj, Bernard Lallemand, Khalid Alkhelaifi, Zarko Vuckovic, Mark Hutchinson, and Flavio Cruz

Time	Title	Speaker	Comments
14:00 – 15:30	Clinical anatomy for physicians and physiotherapists in athletics- lower limb joints/muscles	Pieter D'Hooghe, Khalid Alkhelaifi, Zarko Vuckovic Mark Hutchinson, and Flavio Cruz	Physicians and physiotherapists only
15:30 – 16:00	Break		
16:00 – 17:30	Continued		

Session 5a: 16:00 – 17:30 Performance nutrition

Learning objectives:

1. Assess the value of sports nutrition in optimizing performance in athletes
2. Outline best sports nutrition management to optimize athlete health and performance in the modern era

Chair: Malcolm Geluk and Daniel Kings

Time	Title	Speaker
16:00 – 16:20	Where have we come? Nutrition science to practice in track and field	Daniel Kings
16:20 – 16:40	Where are we going? Exploring the IAAF 2019 Sports Nutrition Consensus statement	Trent Stellingwerff,
16:40 – 17:00	Scientific advances in performance nutrition to impact on human performance	Andrew Jones
17:00 - 17:30	Panel Discussion: “Modern day nutritional challenges in athletics” (interactive)	All

Session 5b: 16:00 – 17:30 Practical Symposia – (parallel offerings of 1.5 hours)

Reception with poster presentations: 18:30 – 20:00

Sunday May 5th, 2019 (5.5 Credits)

Session 6: 08:00 – 09:00 Common illnesses in athletics

Learning objectives:

1. Develop and implement a strategic health and performance plan for the traveling athlete
2. Evaluate the management of iron deficiency in the elite athlete
3. Outline the common modes of transmission of infection
4. Discuss practical strategies to reduce the risk of infectious illness in athletes

Chair: Roger Palfreeman and Liesel Geertsema

Time	Title	Speaker
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08:00 – 08:25	Illnesses in travelling teams	Martin Schwellnus
08:25 – 08:45	New considerations for managing iron deficiency in the elite athlete	Olaf Schumacher
08:45 – 09:00	Panel discussion (interactive) including reducing the risk of infectious illness	Martin Schwellnus Roger Palfreeman Olaf Schumacher

Session 7: 09:00 – 10:00 Bone injuries in athletics

Learning objectives:

1. Evaluate common bone injuries in the elite athlete, including stress fractures and female athlete triad syndrome
2. Determine an optimal radiological approach to common bone stress injuries

Chair: Juan-Manuel Alonso and Celeste Geertsema

Time	Title	Speaker
09:00 – 09:25	From female athlete triad to Relative Energy Deficiency in Sport (RED's)	Kathryn Ackerman
09:25 – 09:45	Imaging pearls for common bone stress injuries	Emad Almusa
09:45 – 10:00	Panel discussion (interactive) including managing return-to-play in stress fractures	Kathryn Ackerman Emad Almusa Juan-Manuel Alonso

Break: 10:00 – 10:30

Session 8: 10:30 – 12:30 Tendon injuries in athletics

Learning objectives:

1. Describe the clinical approach to common tendon injuries in athletics
2. Discuss the role of imaging in tendon injury management
3. Construct a plan to manage and monitor athletes with in-season tendon pain

Chair: Rod Whiteley and Jill Cook

Time	Title	Speaker
10:30 – 10:55	Is a tendon a tendon? What are the differences between tendon presentations and management?	Jill Cook
10:55 – 11:15	Clinical approach to shoulder tendinopathy	Mark Hutchinson
11:15 – 11:35	Peroneal tendon injuries	Pieter D'Hooghe
11:35 – 12:00	Looking beyond the tendon in tendinopathy – the emerging role of psychosocial factors?	Sean Mc Auliffe
12:00 – 12:30	Panel discussion (interactive)	All - Jill Cook Mark Hutchinson

		Pieter D’Hooghe Sean Mc Auliffe
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Mini Lunch Break: 12:30 – 13:00

Session 9: 13:00 – 15:00 Hip, groin and spine injuries in athletics

Learning objectives:

1. Identify and construct a clinical approach to the most common hip, groin and spine injuries in athletics
2. Review the surgical options for hip and groin injuries
3. Describe the role of imaging in hip and groin pain
4. Evaluate the (young) athlete with spinal pain, including spondylolysis

Chair: Abdulaziz Al Kuwari and Andrea Mosler

Time	Title	Speaker
13:00 – 13:25	Spondylolysis in the young athlete	Kathryn Ackerman
13:25 – 13:50	Spinal pain in athletes	Kieran O’Sullivan
13:50 – 14:15	Diagnosis and conservative management of groin pain in athletes	Adam Weir
14:15 – 14:40	Surgical options in hip and groin pain	Zarko Vuckovic
14:40 – 15:00	Panel discussion (interactive)	All

Session 8: 15:00 – 15:45 Wrap up – what’s next?

Learning objectives:

1. Explain the barriers and facilitators to optimal research dissemination
2. Discuss the key components of effective and efficient research translation

Chair: Paul Dijkstra and Juan-Manuel Alonso

Time	Title	Speaker
15:00 – 15:20	Key note: forests and trees – effective and efficient research and knowledge translation	Clare Ardern
15:20 – 15:45	From science to practice: the gold nuggets and where do we go next? Wrap up and summary	Karim Khan and Clare Ardern

15:45 - 16:00: Closing ceremony

Appendix 1: Practical symposia (DAY 2 - 08:00 to 09:30 and repeated 16:00 to 17:30)

Title	Faculty	Learning objectives
1. Hamstring injuries: prevention and rehabilitation of hamstring injuries	Nicol van Dyk, Tania Pizzari and Hans Tol	<ol style="list-style-type: none"> 1. Recognize risk factors associated with hamstring injuries 2. Choose evidence-based strategies to prevent and rehabilitate hamstring injuries
2. Managing difficult in-season tendon injuries	Vasileios Korakakis, Jill Cook, Daniel Martinez-Silvan, Chris Skazalski, Sean Mc Auliffe	<ol style="list-style-type: none"> 1. Demonstrate understanding of the pathophysiology of tendon injuries 2. Create a plan to manage tendon injuries that occur in-season
3. Getting athletes with hip & groin injuries back on track	Adam Weir, Andrea Mosler Zarko Vuckovic and Andreas Serner	<ol style="list-style-type: none"> 1. Examine different types of hip and groin injuries 2. Determine the optimal rehabilitation for the different types of hip and groin injuries
4. Stress fractures - how we prevent and manage common stress fractures in athletes	Kathryn Ackerman, Evan Jeanguyot and Juan-Manuel Alonso	<ol style="list-style-type: none"> 1. Identify preventative measures for common stress fractures 2. Choose evidence-based management strategies for common stress fractures
5. To the heart of the matter – emergency cardiac response action plan	Moumen Jamaï Tajdine, Alejandro Alvarez Mesa and Maria-Carmen Adamuz	<ol style="list-style-type: none"> 1. Describe and apply a clinical approach to recognition, response and management to a cardiac arrest in elite athletes. 2. Develop skills for inter-professional and high-performance teamwork which are necessary during cardiac emergencies in sports.
6. Pearls to consider when travelling with teams	Laith el Sanfaz, Frank van Hellemond, Martin Schwellnus and Nejib Benzarti	<ol style="list-style-type: none"> 1. Determine factors influencing performance in travelling teams 2. Develop a strategic health and performance plan for the travelling athlete
7. Clinical approach to common shoulder problems in the throwing athlete	Rod Whiteley and Mark Hutchinson	<ol style="list-style-type: none"> 1. Evaluate common shoulder problems in the throwing athlete 2. Determine a clinical approach to common shoulder problems in the throwing athlete

<p>8. Clinical approach to back pain</p>	<p>Kieran O’Sullivan and Diane Slater</p>	<ol style="list-style-type: none"> 1. Identify the different factors relevant in back pain among athletes 2. Apply a clinical approach to back pain in the elite athlete which manages pain without compromising performance
<p>9. Load management from a podiatry perspective- footwear, orthoses and gait re-training</p>	<p>Craig Tanner and Athol Thomson</p>	<ol style="list-style-type: none"> 1. Assess the role footwear orthoses and gait re-training play in load management 2. Plan load management in athletes taking podiatry factors into account
<p>10. Radiological management of common athletic injuries</p>	<p>Emad Almusa, Maryam Rashed Al-Naimi, Javier Arnaiz and Eduardo Yamashiro</p>	<ol style="list-style-type: none"> 1. Determine an evidence-based approach to radiological management of common athletic injuries
<p>11. Biomechanics to improve jumpers’ performance</p>	<p>Phil Graham Smith</p>	<ol style="list-style-type: none"> 1. Explain the important technical characteristics of the long, triple and high jumps and their relationships to performance and injury risk 2. Classify the methods used to monitor performance and profile the physical attributes of jumpers
<p>12. Eight clinical cases: 2 slides, 5 minutes</p>	<p>Louis Holtzhausen, Stephen Targett and Daniel Martinez-Silvan</p>	<ol style="list-style-type: none"> 1. Assess symptomatology of common clinical injuries in athletics 2. Plan care for clinically relevant injuries in athletics
<p>13. Where has all the iron gone?</p>	<p>Olaf Schumacher and Roger Palfreeman</p>	<ol style="list-style-type: none"> 1. Outline new strategies for oral iron dosing 2. Summarize the role of iron supplementation in supporting athletic performance
<p>14. Optimising performance in the heat (afternoon session only)</p>	<p>Sebastien Racinais, Lee Taylor and Douglas Casa</p>	<ol style="list-style-type: none"> 1. Recognize how heat influences performance 2. Select strategies to optimise performance in the heat
<p>15. Trackside Therapy: a collaborative approach to athlete health management in practice</p>	<p>Lee Christopher and Ben Salcinovic</p>	<ol style="list-style-type: none"> 1. Develop a dynamic shared decision-making approach to athlete health management 2. Understand the criteria for intervention within a trackside therapy environment
<p>16. Managing common injuries in the young athlete</p>	<p>Antonio Tramullas, Benjamin Salcinovic and Evan Jeanguyot</p>	<ol style="list-style-type: none"> 1. Classify the different types of common injuries in youth athletics and compare the best available evidence for treatment. 2. Evaluate the best treatments options for common injuries in youth athletics 3. Develop an integrated medical approach for treatment of youth injuries 4. Identify trends and common injuries in youth athletes