



# International Conference on Medicine and Science in Athletics

**3rd - 5th May 2019**

*Aspire Academy Football High Performance Center*

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### 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.***

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## Disclosure of relationships:

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).

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### Venue:

Football Performance Center.

### Date:

3<sup>rd</sup>-5<sup>th</sup> of May 2019.

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## Overall learning objectives:

By attending this conference, participants will 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*



## Agenda summary

	Session	Parallel Session	Parallel session
<b>Friday May 3<sup>rd</sup></b>	<b>4.0 CPD Credits</b>		
10:00 – 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		
<b>15:15 – 15:45</b>	<b>Break</b>		
15:45 – 17:45	Session 1: New frontiers in optimising health and performance in athletics (continued)		
<b>Saturday May 4<sup>th</sup></b>	<b>7.5 CPD Credits</b>		
08:00 – 09:30	Session 2a: Heat acclimation and cooling; challenges and practical applications	Session 2b: Practical symposia	
<b>09:30 – 10:00</b>	<b>Break</b>		
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- Upper limb joints and muscles
<b>13:00 – 14:00</b>	<b>Break</b>		
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- Lower limb joints and muscles
<b>15:30 – 16:00</b>	<b>Break</b>		



	<b>Session</b>	<b>Parallel Session</b>	<b>Parallel session</b>
16:00 – 17:30	Session 5a: Performance nutrition	Session 5b: Practical symposia	Session 4b (Continued)
<b>Sunday May 5<sup>th</sup></b>	<b>6.75 CPD Credits</b>		
08:00 – 09:00	Session 6: Common illnesses in athletics		
09:00 – 10:00	Session 7: Bone injuries in athletics		
<b>10:00 – 10:30</b>	<b>Break</b>		
10:30 – 12:30	Session 8: Tendon injuries in athletics		
<b>12:30 – 13:00</b>	<b>Mini Lunch Break</b>		
13:00 – 15:00	Session 9: Hip, groin and spine injuries in athletics		
15:00 – 15:45	Session 10: Wrap up – what's next?		
<b>15:45 – 16:00</b>	<b>Closing ceremony</b>		



*Friday*  
*May 3<sup>rd</sup>*  
*2019*

# Friday May 3<sup>rd</sup>, 2019

**Registration:** 10:00 – 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
<b>15:15 – 15:45</b>	<b>Break</b>	
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 4<sup>th</sup>*  
*2019*





# Saturday May 4<sup>th</sup>, 2019

## 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 – 8:30	Integrating heat acclimatization into the performance plan	Sebastian Racinais
08:30 – 8:50	Cooling interventions to improve exercise performance and recovery	Mohammed Ihsan
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)

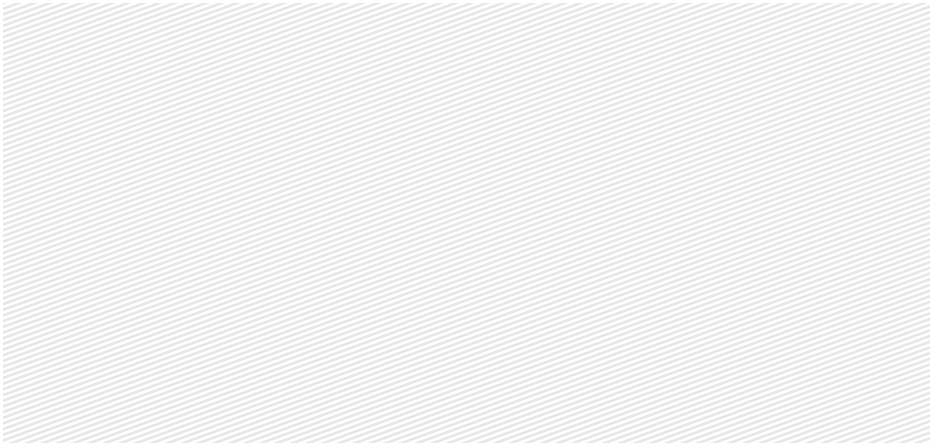
Title	Faculty	Learning objectives
<b>Hamstring injuries: prevention and rehabilitation of hamstring injuries</b>	Nicol van Dyk, Tania Pizzari, Hans Tol, Rod Whiteley and Ben MacDonald	1. Recognize risk factors associated with hamstring injuries 2. Choose evidence-based strategies to prevent and rehabilitate hamstring injuries
<b>Managing difficult in-season tendon injuries</b>	Vasileios Korakakis, Jill Cook, Daniel Martinez-Silvan, Chris Skazalski and Sean McAuliffe	1. Demonstrate understanding of the pathophysiology of tendon injuries 2. Create a plan to manage tendon injuries that occur in-season
<b>Stress fractures - how we prevent and manage common stress fractures in athletes</b>	Kathryn Ackerman, Evan Jeanguyot and Juan-Manuel Alonso	1. Identify preventative measures for common stress fractures 2. Choose evidence-based management strategies for common stress fractures
<b>Pearls to consider when travelling with teams</b>	Laith el Sanfaz, Frank van Hellemond, Martin Schweltnus and Nejib Benzarti	1. Determine factors influencing performance in travelling teams 2. Develop a strategic health and performance plan for the travelling athlete

**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 immersion in exercise.
- 5. Translate biomechanical factors into training strategies for jumpers.

**Chair:** Marco Cardinale and Bryna Christmas

<b>Time</b>	<b>Title</b>	<b>Speaker</b>
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?	Mohammed 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, 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	Boris Poberaj, Bernard Lallemand, Mark Hutchinson	Physicians and physiotherapists only

**13:00 – 14:00 Lunch Break**

**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)	Paul Dijkstra, Tom Crick, Lee Christopher, Marco Cardinale, Phil Graham Smith, Ben Salcinovic, Daniel Martinez-Silvan, Antonio Tramullas and Jaime Diaz-Ocejo

**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, Mark Hutchinson, Khalid Alkhelaifi 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, Mark Hutchinson, Khalid Alkhelaifi, 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 from?” 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)

Title	Faculty	Learning objectives
<b>Hamstring injuries: prevention and rehabilitation of hamstring injuries</b>	Nicol van Dyk, Tania Pizzari, Hans Tol, Rod Whiteley, and Ben MacDonald	1. Recognize risk factors associated with hamstring injuries 2. Choose evidence-based strategies to prevent and rehabilitate hamstring injuries
<b>Managing difficult in-season tendon injuries</b>	Vasileios Korakakis, Jill Cook, Daniel Martinez-Silvan, Chris Skazalski and Sean McAuliffe	1. Demonstrate understanding of the pathophysiology of tendon injuries 2. Create a plan to manage tendon injuries that occur in-season
<b>Getting athletes with hip &amp; groin injuries back on track</b>	Adam Weir, Andrea Mosler, Zarko Vuckovic and Andreas Serner	1. Examine different types of hip and groin injuries 2. Determine the optimal rehabilitation for the different types of hip and groin injuries
<b>Clinical approach to back pain</b>	Kieran O'Sullivan and Diane Slater	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
17:45 – 18:30	Poster presentations	



**Sunday**  
**May 5<sup>th</sup>,**  
**2019**



# Sunday May 5<sup>th</sup>, 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:** Olaf Schumacher and Liesel Geertsema

Time	Title	Speaker
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 and 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	Maryam Rashed Al-Naimi
09:45 – 10:00	Panel discussion (interactive) including managing return-to-play in stress fractures	Kathryn Ackerman, Maryam Rashed Al-Naimi, Juan-Manuel Alonso
10:00 – 10:30	Break	

## 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
12:30 – 13:00	Mini Lunch Break	

## 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

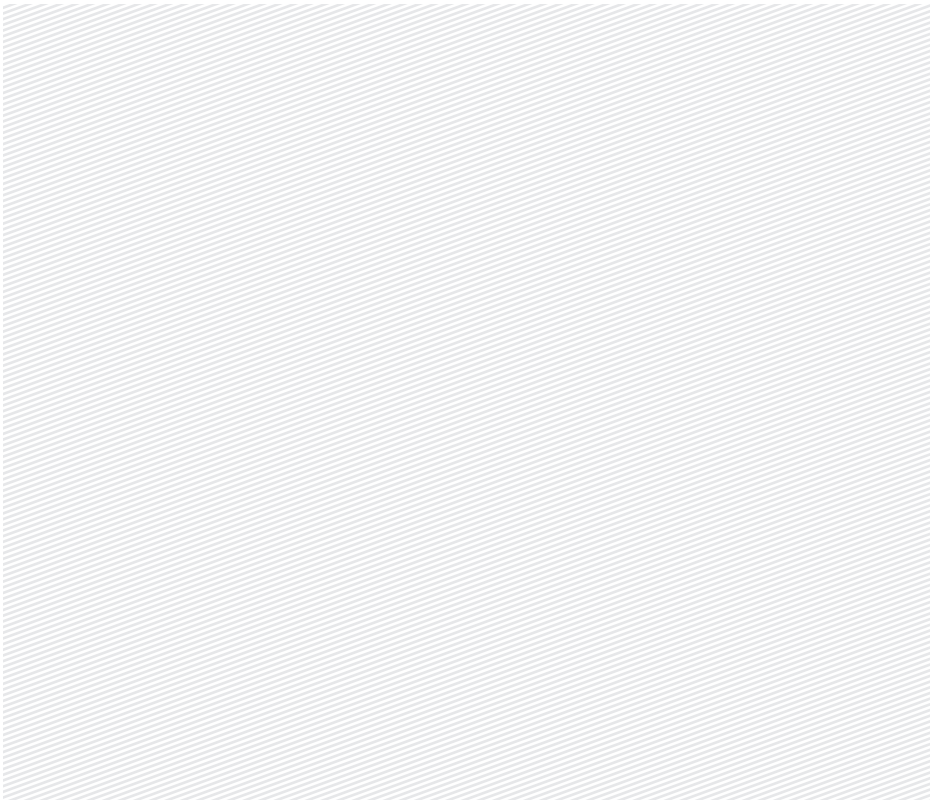
**Session 8:** 15:00 – 15:45 **Wrap up – what’s next?**

**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

<b>Time</b>	<b>Title</b>	<b>Speaker</b>
15:00 – 15:20	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	





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