

#GCCSportsMed2016

In collaboration with:



1st

GCC-ASPETAR SPORTS
MEDICINE CONFERENCE

23rd and 24th April 2016, Doha - Qatar

From athlete
to community health

Orthopaedic & Sports Medicine Hospital
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CONFERENCE AGENDA

Saturday, April 23rd, 2016

07:30 - 09:00 Registration and Reception

09:00 - 09:30 Welcome Message and Conference Introduction:

Dr. Mohamed Ghaith Al Kuwari

Acting Director General - Aspetar - Director of EIM Department

Opening Address:

H.E. Prof. Tawfik A M Khoja

Director General - Executive Board of Health Ministers Council for GCC States

SESSION 1 – Sports Medicine in the GCC

Chairman: Dr. Hakim Chalabi

Senior Medical Advisor - Aspetar

09:30 - 10:45

15 min - History of Sports Medicine in Saudi Arabia

Dr. Saleh Al Harthi

Chairman Medical Committee - Saudi Football Federation

15 min - Highlights on Sports Medicine in UAE: The Road and Challenges

Dr. Reema AlHosani

Vice Chairman Medical Committee - UAE Football Federation

15 min - Sports Medical Centre in Bahrain

Dr. Rami Al Murbati

Senior Physiotherapist - Bahrain National Sports Medicine Center

15 min - Sports Medicine in Qatar: Aspetar experience

Dr. Mohamed Ghaith Al Kuwari

Acting Director General - Aspetar - Director of EIM Department

15 min - DISCUSSION

10:45 - 11:00 BREAK

SESSION 2 – Athlete Screening

Chairman: Dr. Cristiano Eirale

Sports Medicine Physician - Aspetar

Saturday, April 23rd, 2016

11:00 - 12:00

15 min - Cardiac Peculiarities in GCC athletes

Prof. Mathew Wilson

Director of Research - Aspetar

15 min - Preventing Sudden Cardiac Death in Athletes

Dr. Maria-Carmen Adamuz

Cardiologist - Aspetar

15 min - Aspetar Athlete Screening Model

Dr. Stephen Targett

Sports Medicine Physician - Athlete Screening, Aspetar

15 min - DISCUSSION

12:00 - 12:15 BREAK

SESSION 3 – Sports Injuries & Prevention

Chairman: Dr. Rodney Whiteley

Assistant Director Rehabilitation - Aspetar

12:15 - 13:30

15 min - Risk Management in Sport: The Aspetar Injury & Illness Prevention Programme

Prof. Roald Bahr

Head of Aspetar Sports Injury & Illness Prevention Programme - Aspetar

15 min - Epidemiology of Sports Injuries in the GCC

Dr. Cristiano Eirale

Sports Medicine Physician - Aspetar

15 min - The Relationship Between Preseason Fitness Testing and Injury in Elite Saudi Players

Dr. Anas AlDuhishy

Vice Dean of Preparatory Year & Supporting Studies for Health Trak,
College of Applied Medical Sciences - Dammam University

15 min - Cartilage Defects in Athletes: Return to Play

Dr. Scott Gillogly

Chief Medical Officer - Aspetar

Saturday, April 23rd, 2016

15 min - **DISCUSSION**

13:30 - 14:30 LUNCH

14:30 - 14:45 TRANSPORTATION TO ASPETAR

PARALLEL WORKSHOPS

**30 min per workshop to be repeated 2 and/or 3 times
with 15 minutes to rotate**

14:45 - 17:30

Examination of the Athletes' Groin

Dr. Zarko Vuckovic, General/Groin Pain Surgeon - Aspetar

Dr. Adam Weir, Sport Medicine Physician - Aspetar

Examination of Hand & Wrist

Dr. Bernard Lallemand, Orthopaedic Hand Surgeon - Aspetar

Om El Khir Ksantini, Physiotherapist I - Aspetar

Examination of Shoulder

Dr. Boris Poberaj, Orthopaedic Surgeon - Aspetar

Hercules Paquet, Physiotherapist I - Aspetar

Examination of the Foot & Ankle

Mohsen Abassi, Senior Physiotherapist I - Aspetar

Dr. Celeste Geertsema, Sports Medicine Physician - Aspetar

Examination of the Knee

Prof. Eric Witvrouw, Lead Research and Education
Physiotherapist - Aspetar

Dr. Frank van Hellemond, Sports Medicine Physician - Aspetar

Interpretation of the ECG in the Athlete

Dr. Victoria Watt, Cardiologist - Aspetar

Nelly Khalil, Head Nurse - Aspetar

Nutrition for the Elite Athlete

Shaima Al Khaldi, Assistant Director of Sports Science - Aspetar

Fabricio Forchino, Sports Dietitian - Aspetar

Sunday, April 24th, 2016

07:30 - 08:30 Welcoming Reception Coffee

SESSION 4 – Sports Surgery

Chairman: Dr. Scott Gillogly

Chief Medical Officer - Aspetar

08:30 - 09:45

15 min - Peculiarities in Sports Surgery in Saudi Arabia

Dr. Ahmed Ben Nasser

Director Orthopaedic Department - The King Saud University - Riyadh

15 min - ACL Injury in Children & Adolescents

Dr. Nader Darwich

Orthopaedic Surgeon - UAE

15 min - Challenges in ACL Surgery in the GCC

Dr. Marc Martens

Orthopaedic Surgeon & Medical Advisor - Aspetar

15 min - Shoulder Injuries in Overhead Athlete: When is Surgery a Good Choice and When Should it be Avoided?

Dr. Mark R. Hutchinson

Head of the Sports Medicine Department - University of Illinois - Chicago

15 min - New Opportunities in Orthopaedic Surgery for the GCC

Dr. Philippe Landreau

Chief of Surgery - Aspetar

15 min - DISCUSSION

SESSION 5 – Multidisciplinary Care

Chairman: Dr. Stephen Targett,

Sports Medicine Physician - Aspetar

09:45 - 11:15

15 min - Ankle-Foot Injuries in the Middle East: What are the Challenges?

Dr. Pieter D'Hooghe

Orthopaedic Surgeon - Aspetar

15 min - The Value of MRI in Predicting Return to Play

Dr. Emad Al Musa

Chief of Radiology - Aspetar

Sunday, April 24th, 2016

09:45 - 11:15

15 min - Groin Injuries – Beyond Football

Dr. Ulrike Muschaweck

Surgical Chief/Founder of the Hernia Center - Munich - Germany

15 min - Clinical Care of Acute Muscle Injuries at Aspetar

Dr. Johannes Tol

Sports Medicine Physician - Clinical Research Coordination - Aspetar

15 min - Illness in GCC Athletes

Prof. Dr. Olaf York Schumacher

Specialist in Internal & Sports Medicine - Aspetar

10 min - DISCUSSION

11:15 - 11:30 BREAK

SESSION 6 – Sports Rehabilitation

Chairman: Dr. Paul Dijkstra

Director of Medical Education - Aspetar

11:30 - 13:00

15 min - Rehabilitation of GCC Athletes: Are there Regional Peculiarities?

Sports Physiotherapy in Saudi Arabia

Dr. Qassim Al Muaidi

President Saudi Federation of Sports Medicine

Director of Sports PT MSc Program at University of Dammam

15 min - Rehabilitation Post ACL Reconstruction What are the Challenges?

Prof. Eric Witvrouw

Lead Research and Education Physiotherapist - Aspetar

15 min - Rehabilitation of Groin Injuries

Andreas Serner

Post Graduate Researcher - Aspetar

15 min - Rehabilitation of Hamstring Injuries: Aspetar Model

Dr. Rodney Whiteley

Assistant Director of Rehabilitation Department - Aspetar

Sunday, April 24th, 2016

15 min - DISCUSSION

13:00 - 14:00 LUNCH

SESSION 7 – Sports and Exercise Sciences

Chairman:

Prof. Dr. Nebojsa Popovic

Senior Medical Advisor - Aspetar

Fuad Almudahka,

Head of Children Health - EIM Department - Aspetar

14:00 - 15:30

15 min - Assessment of Physical Activity Levels in Children Using Objective Methods

Dr. Badriya Al Hadabi

Assistant Professor - Oman University - Oman

15 min - Improved Functional Capacity & Vascular Function after Swimming & Cycling Training in Patients with OA

Dr. Mohammed Al Katan

Assistant Professor - College of Physical Education
Sports Department - Kuwait

15 min - Exercise and the Heat from Safety to Health

Dr. Julien Periard

Scientific Researcher - Aspetar

15 min - Sport Nutrition in the GCC: Ever Evolving Concepts

Shaima Al Khaldi

Assistant Director of Sports Science - Aspetar

15 min - Why Athletes Need Sports Dentistry

Dr. Mohammed AlSaey

Director of Sports Dentistry - Aspetar

15 min - DISCUSSION & CONFERENCE CLOSING COMMENTS

Target Audience:

Multidisciplinary Healthcare Professionals.

Overall Learning Objectives:

With a focus on GCC athletes, after this conference participants should be better able to:

- Evaluate, interpret and manage cardiac abnormalities in athletes.
- Apply a structured approach to injury and illness risk management in athletes.
- Examine athletes' injuries specifically; hamstring muscle, ACL knee injuries, groin injuries, shoulder, wrist and hand injuries.
- Understand and apply the principles of rehabilitation of hamstring muscle, ACL knee injuries, groin injuries, shoulder, wrist and hand injuries.
- Identify the important considerations of exercising in the heat.
- Recognise the need for a more structured approach to sports dentistry.

With a focus on GCC athletes, after the specific workshops participants should:

- Incorporate interprofessional and collaborative practice to their practice – specifically relating to the specific skills required to do an appropriate joint assessment.
- Build mutually supportive relationships between different professions involved in the multi-disciplinary care of athletes.