



International Federation
of Sports Medicine

Under the auspices of H.E.
the President of the Hellenic Republic



Under the support of:
Sports Medicine Association
of Greece

Athens

2020

FIM



36th

sports medicine promotes active lifestyle

HYBRID EDITION

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World Congress of Sports Medicine

23 - 26 September 2021 | Athens, Greece

Divani Caravel Hotel

F I N A L P R O G R A M

ORGANIZER



INTERNATIONAL FEDERATION OF SPORTS MEDICINE

UNDER THE SUPPORT OF



SPORTS MEDICINE ASSOCIATION OF GREECE

UNDER THE AUSPICES



**Hellenic National Commission
for UNESCO**



HELLENIC OLYMPIC COMMITTEE



**WORLD
ANTI-DOPING
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AFFILIATION



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WELCOME ADDRESS

Dear Colleagues and Friends,

Despite the difficult conditions that we are facing due to COVID-19 pandemic, we would like to welcome you in the **XXXVI World Congress of Sports Medicine (FIMS 2020 Congress)** on **September 23rd - 26th**, at the Divani Caravel Hotel, in Athens, Greece.

We are continuing with intense enthusiasm for the upcoming 2021 FIMS Congress. A Congress with an exceptional scientific program composed of worldwide experts presenting the latest progress in the field of Sports Medicine. Over 200 distinguished speakers have confirmed their participation to this major event.

“Sports Medicine promotes active lifestyle” is the official motto of the Congress that will host a multidisciplinary perspective on Sports injury and disease, their epidemiological background and risk factors, their prevention, diagnosis and treatment on a wide variety of sports and exercise.

A special focus will be given on genetics, molecular biology and sports, as well as on wearable and other technologies in Sports Medicine.

Some of the Conference hot topics include:

Exercise Prescription for Health

Pre-participation screening in sport and exercise

Anti-Doping

Sports Medicine in obesity and diabetes treatment

Nutrition, metabolism and exercise

Physical Activity and women, as well as physical activity and elderly

Sports Cardiology

Legal issues of Sports Medicine

Sport equipment and health

Sport and environment assessment and

Impact of COVID-19 pandemic on Sport and physical activity

Athens, a bustling and cosmopolitan metropolis, is the center of the economic, financial, industrial, political and cultural life of Greece. Located at the crossroads of three continents, Athens is a modern and vibrant city, with great charm and strong links with the past and many future prospects. Athens is among the most beautiful, hospitable and exciting European cities. Thus, there is so much to discover and see in this magnificent and historical city!

Despite the distressing situation with the COVID-19 pandemic, I remain optimistic anticipating a successful Congress. As hosts and organizers, we will put all our efforts to make your participation scientifically rewarding and as meaningful as possible.

We are looking forward to your active participation.

Sincerely yours,



Prof. Konstantinos Natsis

Congress President

President of the Sports Medicine Association of Greece



2010 - 2020

Throughout the 10 years of our country's financial recession, Athens Medical Group **has contributed to:**



€810 M
payroll expenses

€307 M
payments to insurance funds

€230 M
payments to the Greek Public Sector

€245 M
foreign currency inflow generated from international patients

€595 M
supplies from Greek companies

€90 M
investments

7,3K citizens trusted their health to us

500 K residents of remote areas have used our telemedicine Vodafone services

6K employees and healthcare professionals

8K fellow citizens have received health services in special rates, or for free

40 NGO's, institutions and medical adoption of border areas (e.g. Evros) were included in our CSR program

20 international accreditations according to the highest standards

COMMITTEES

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Fabio Pigozzi, *Italy*

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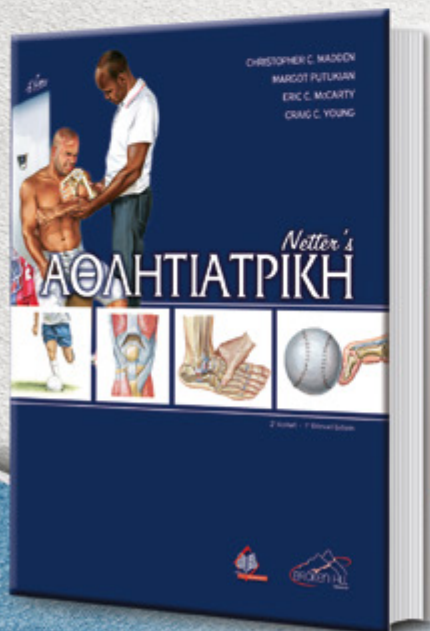
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PROGRAM AT A GLANCE



PROGRAM AT A GLANCE

Tuesday, September 21st, 2021

07:45-21:15	 HORIZON (Hybrid Hall)	FIMS Team Physician Development Course Emergency and First Aid in Sports Medicine Hands on Training
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Wednesday, September 22nd, 2021





09:00-16:15	 MACEDONIA B (Hybrid Hall)	FIMS - WADA Pre-Congress Course Antidoping in Sport
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13:00-21:00	 KOZANI (Virtual Hall)	FIMS Pre-Congress Course Sports Cardiology: ECG and Imaging
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18:00-20:00	 MACEDONIA B (Hybrid Hall)	FIMS Commissions Meetings
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PROGRAM AT A GLANCE

Thursday, September 23rd, 2021

Registration				
08:30	 MACEDONIA B (Hybrid Hall)	 MACEDONIA A (Hybrid Hall)	 KOZANI (Virtual Hall)	 NAOUSA (Virtual Hall)
07:30-11:30	FIMS Executive Committee Meeting			
09:30-10:30		1 st SESSION PHYSICAL ORAL PRESENTATIONS		1 st SESSION VIRTUAL ORAL PRESENTATIONS
10:30-11:30		2 nd SESSION PHYSICAL ORAL PRESENTATIONS		2 nd SESSION VIRTUAL ORAL PRESENTATIONS
11:30-12:30	<p>SUPPORTED SYMPOSIUM FIMS COLLABORATING CENTER THE TRAVELLING ATHLETE Chairs: Christa Janse van Rensburg (South Africa), Demitri Constantinou (South Africa)</p> <p>Coping with travel fatigue and jet lag Christa Janse van Rensburg (South Africa)</p> <p>The influence of travel on fatigue. Biomarkers and monitoring tools in elite sports Jeroen Swart (South Africa)</p> <p>The role of the team physician Demitri Constantinou (South Africa)</p> <p>Screening and infection risk Pierre Viviers (South Africa)</p>	3 rd SESSION PHYSICAL ORAL PRESENTATIONS	<p>SUPPORTED SYMPOSIUM SPORTS MEDICINE PORTUGUESE SOCIETY THE FEMALE ATHLETE ACROSS THE LIFE SPAN: FROM RECREATIONAL TO ELITE LEVEL Chairs: João Pereira de Almeida (Portugal), Stergios Papastergiou (Greece)</p> <p>Biological aspects of the young female maturation Marcos Miranda (Portugal)</p> <p>RED-S primary prevention is enough? Maria João Cascais (Portugal)</p> <p>Hormonal regulation and injury risk in female athlete Beatriz Cardoso-Marinho (Portugal)</p> <p>ACL injuries in female athletes Artur Pereira de Castro (Portugal)</p>	3 rd SESSION VIRTUAL ORAL PRESENTATIONS





PROGRAM AT A GLANCE

Thursday, September 23rd, 2021

	 MACEDONIA B (Hybrid Hall)	 MACEDONIA A (Hybrid Hall)	 KOZANI (Virtual Hall)	 NAOUSA (Virtual Hall)
12:30-14:30	<p>WADA SYMPOSIUM FROM CODE CHANGES TO CLINICAL CASES Chairs: Alan Vernec (Canada), Yannis Pitsiladis (UK)</p> <p>Key changes to the code and ISTUE Elizabeth Riley (UK)</p> <p>Prohibited list - How to keep out of trouble Alan Vernec (Canada)</p> <p>Interesting clinical cases: IV Infusion Ola Rønsen (Norway)</p> <p>Medical marijuana: A global view and AD rules James Kissick (Canada)</p> <p>ADHD: Diagnosing in the world of sport Susan White (Australia)</p> <p>Pain management: treatment approach in elite athletes Young-Hee Lee (South Korea)</p>	<p>SUPPORTED SYMPOSIUM COPAMEDE EXERCISE AND SPORTS MEDICINE IN THE AMERICAS Chairs: José Kawazoe Lazzoli (Brazil), Ana Cintrón (Puerto Rico)</p> <p>Muscle injuries: evaluation and follow-up using new devices Andrea Mattiozzi (Uruguay)</p> <p>Sarcopenia: management and 360° vision for its prevention Julio Motta-Pensabene (Guatemala)</p> <p>Santiago Return to Play test after anterior cruciate ligament surgery Marcelo Sajuria (Chile)</p> <p>The use of wearable technologies for the screening of ECG patterns during sports practice Daniel Zarrillo (Uruguay)</p> <p>Integrated methods for the evaluation of hydration in sports participants Marco Antonio Ojeda (Mexico)</p> <p>A novel hypoxic tolerance test to implement strategies to compete in altitude Mauricio Serrato (Colombia)</p>	<p>SUPPORTED SYMPOSIUM HELLENIC ARTHROSCOPY ASSOCIATION ADVANCED EVALUATION AND TREATMENT OF KNEE AND SHOULDER INJURIES IN ELITE ATHLETES Chairs: Christer Rolf (Sweden), Michael Iosifidis (Greece)</p> <p>Quantitative evaluation of knee and shoulder dysfunction using inertial sensor technology Christos K. Yiannakopoulos (Greece)</p> <p>Advanced cartilage restoration techniques Michael Iosifidis, Greece</p> <p>Tailor made ACL surgery in sports Emmanouil Papakostas (Qatar)</p> <p>Meniscus preservation and substitution in elite athletes Vasilios Houliaras (Greece)</p> <p>Evaluation and management of recurrent patella instability in athletes Andreas Panagopoulos (Greece)</p>	
14:30-15:30	4 th SESSION PHYSICAL ORAL PRESENTATIONS	5 th SESSION PHYSICAL ORAL PRESENTATIONS	Break	Break





PROGRAM AT A GLANCE

Thursday, September 23rd, 2021

	 MACEDONIA B (Hybrid Hall)	 MACEDONIA A (Hybrid Hall)	 KOZANI (Virtual Hall)	 NAOUSA (Virtual Hall)
15:30-16:45	<p>SUPPORTED SYMPOSIUM EUROPEAN SOCIETY OF PHYSICAL AND REHABILITATION MEDICINE Chairs: Jean-François Kaux (Belgium), Nicholas Christodoulou (Cyprus)</p> <p>Prevention of shoulder injuries in volleyball players: the usefulness and efficiency of a warm-up routine Camille Tooth (Belgium)</p> <p>Virtual reality in sports injuries Rehabilitation Markos Sgantzos (Greece)</p> <p>Rehabilitation and return-to-play after PRP injection for lower limb tendinopathy François Delvaux (Belgium)</p> <p>Return-to-play criteria following shoulder dislocation in overhead athletes Amandine Gofflot (Belgium)</p> <p>Common sports-related extremity fractures in children Savvas Giakoumakis (Greece)</p>	<p>6th SESSION PHYSICAL ORAL PRESENTATIONS</p>	<p>SUPPORTED SYMPOSIUM AFSM CURRENT ADVANCES IN SPORTS INJURY MANAGEMENT AND PREVENTION Chair: Talia Alenabi (Iran), Chryssanthos Chryssanthou (Greece)</p> <p>Shoulder rotator cuff injuries in throwing sports athletes & injury prevention Joo Han Oh (South Korea)</p> <p>Hand and wrist injuries: management and prevention Roshanak Moradi (Iran)</p> <p>ACL injury management and its prevention Razi Mohammad (Iran)</p> <p>Current Evidence in treatment & prevention of ankle ligament Injuries Samuel Ling (Hong Kong)</p>	<p>ROUND TABLE INTERNAL MEDICINE IN SPORTS MEDICINE Chairs: Triantafyllos Didaggelos (Greece), Thomas Tegos (Greece)</p> <p>Exercise for a future without diabetes mellitus Triantafyllos Didaggelos (Greece)</p> <p>Exercise and cardiovascular system Georgios Sofidis (Greece)</p> <p>Long term sequelae of cerebral injuries in athletes Thomas Tegos (Greece)</p>
16:30-17:30		<p>7th SESSION PHYSICAL ORAL PRESENTATIONS</p>		
16:45-17:15	<p>LECTURE Chair: Pantelis Nikolaou (Greece)</p> <p>Robotic Sportsman Hernia Repair Konstantinos Konstantinidis (Greece)</p>		<p>LECTURE Chair: Irina Zelenkova (Spain)</p> <p>Innovation for sports selection. Complex testing methods Andrei Kalinin (Russia)</p>	
17:15-18:00	Visit to the Exhibition & the Poster Area			



PROGRAM AT A GLANCE

Thursday, September 23rd, 2021

	 MACEDONIA B (Hybrid Hall)	 MACEDONIA A (Hybrid Hall)	 KOZANI (Virtual Hall)	 NAOUSA (Virtual Hall)
18:00-19:15	<p>SUPPORTED SYMPOSIUM SPORTS CARDIOLOGY Chairs: Fabio Pigozzi (Italy), Christodoulos Stefanadis (Greece)</p> <p>Pre-participation cardiovascular screening in athletes Domenico Corrado (Italy)</p> <p>Evaluation of athletes with coronary artery disease Michael Papadakis (Greece)</p> <p>Evaluation of athletes with ventricular arrhythmias Alessandro Biffi (Italy)</p> <p>Evaluation and management of athletes with cardiomyopathy Aris Anastasakis (Greece)</p>	<p>SUPPORTED SYMPOSIUM POLISH SOCIETY OF SPORTS MEDICINE PHYSICAL ACTIVITY AND PREVENTION OF NONCOMMUNICABLE CHRONIC DISEASES Chairs: Anna Jegier (Poland) Metin Ergun (Turkey)</p> <p>Molecular mechanisms underlying adaptation to exercise Agnieszka Zembro -Lacny (Poland), Ewa Brzeziańska-Lasota (Poland)</p> <p>Long- term effect of different physical activity levels in prevention of cardiovascular disease in men: a 30-years prospective study Katarzyna Szmigielska (Poland), Magdalena Kwaśniewska (Poland)</p> <p>Physical activity in prevention and treatment of cognitive disorders Andrzej Ziemia (Poland)</p> <p>Sport in older adults Tomasz Kostka (Poland)</p>	<p>SUPPORTED SYMPOSIUM BASEM Chairs: Theodora Papadopoulou (UK), Roger Hawkes (UK)</p> <p>Moving Medicine-Prescribing movement for people with physical impairments Harriet Collins (UK)</p> <p>Use it or lose it: maintaining muscle mass for health and disease prevention James Bilzon (UK)</p> <p>Is it time to prioritise the biopsychosocial approach in sport and exercise medicine? How it works in practice Theodora Papadopoulou (UK)</p>	<p>SUPPORTED SYMPOSIUM HKASMSS INJURY PREVENTION PROGRAM AND RETURN TO PLAY CRITERIA AFTER SPORTS INJURIES Chairs: Patrick Yung (Hong Kong), Panagiotis Papagelopoulos (Greece)</p> <p>Preseason cardiac screening in prevention of sudden cardiac death Gary Mak (Hong Kong)</p> <p>Injury prevention through training load monitoring & management Kate Yung (Hong Kong)</p> <p>ACL injury prevention program: How does it work? Mok Kam Ming (Hong Kong)</p> <p>Evidence based practice for return to play after ACL reconstruction George Law (Hong Kong)</p>
19:15-19:30	<p>SHORT LECTURE Chair: Fabio Pigozzi (Italy)</p> <p>A united front against physical inactivity: The hamburg declaration Juergen Steinacker (Germany)</p>		<p>SHORT LECTURE Chair: Maria Piagkou (Greece)</p> <p>IGF-1Ec isoform regulation in skeletal muscle damage and regeneration Anastassios Philippou (Greece)</p>	<p>SHORT LECTURE Chair: Emmanouil Antonogiannakis (Greece)</p> <p>Evaluation and treatment of the athletic painful shoulder Christos Sinopidis (Greece)</p>
19:30-20:00	<p>KEYNOTE LECTURE Chair: Konstantinos Natsis (Greece)</p> <p>Dealing with multi-ligament knee injuries - examples from the Olympic World Lars Engebretsen (Norway)</p>			
20:00	<p>Opening Ceremony Welcome address Lecture by Nicolas Christodoulou (Cyprus)</p>			





PROGRAM AT A GLANCE

Friday, September 24th, 2021

	 MACEDONIA B (Hybrid Hall)	 MACEDONIA A (Hybrid Hall)	 KOZANI (Virtual Hall)	 NAOUSA (Virtual Hall)
08:00-09:00	ROUND TABLE INTEGRATING TRANSWOMEN AND FEMALE ATHLETES WITH DSD INTO ELITE COMPETITION: FUTURE RESEARCH CONSIDERATIONS Chairs: Yannis Pitsiladis (UK) , Juergen Steinacker (Germany) Lessons from world rowing Juergen Steinacker (Germany) Lessons from polycystic ovary syndrome Bulent Yildiz (Turkey) Genetophysiological research required at the male-female eligibility boundary Alun Williams (UK) Integrating transwomen and female athletes with DSD Blair Hamilton (UK)	8 th SESSION PHYSICAL ORAL PRESENTATIONS	4 th SESSION VIRTUAL ORAL PRESENTATIONS	5 th SESSION VIRTUAL ORAL PRESENTATIONS
09:00-10:15	EFSMA SUPPORTED SYMPOSIUM EXERCISE PRESCRIPTION FOR HEALTH Chairs: Anca Ionescu (Romania) , Yannis Pitsiladis (UK) Exercise capacity and sarkopenia in cancer Juergen Steinacker (Germany) Exercise prescription in health and diseases: The EFSMA approach Herbert Löllgen (Germany) Exercise Prescription for health in practise Petra Zupet (Slovenia) Is sitting (sedentary life-style) the new smoking Andre Debruyne (Belgium)	SUPPORTED SYMPOSIUM TEAM DENTIST FOR SAFE SMILE Chairs: Maher Zahar (Tunisia) , Ioannis Tzoutzas (Greece) In the 21 th century, sports dentistry can prevent muscles and joints' injury Maher Zahar (Tunisia) How does nutrition and hydration impact athletes' oral health? New findings and updates Christos Rahiotis (Greece) Preventing sports-related dental trauma. The key role of individualized mouthguards Evangelos Loizos (Greece) Dental injury in sports: Current evidence Maria Piagkou (Greece)	SUPPORTED SYMPOSIUM HKASMSS IMPROVING SPORTS PERFORMANCE & RECOVERY FOR ELITE ATHLETES Chair: Julio Motta-Pensabene (Guatemala) Updates of recovery methods in elite sports training Raymond So (Hong Kong) Yoga medicine for sports recovery Bryan Lau (Hong Kong) Recovery Strategies in performance enhancement for sprint vs endurance sports Ka Kay Lo (Hong Kong) Application of velocity based monitoring on strength and power Training in elite sportsmen Hardaway Chan (Hong Kong)	SUPPORTED SYMPOSIUM TURKISH SPORTS MEDICINE ASSOCIATION SPORT AND ATHLETE SPECIFIC INJURY PREVENTION PROGRAMS Chairs: Bülent Ulkar (Turkey) , Ioannis Terzidis (Greece) Football specific injury prevention programs Gürhan Dönmez (Turkey) Basketball specific injury prevention programs Uğur Diliçıkı (Turkey) Injury prevention strategies in running sports Melda Pelin Yargıç (Turkey) Injury prevention strategies for female athletes Sabriye Ercan (Turkey)
10:15-10:45	Visit to the Exhibition & the Poster Area			



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	 MACEDONIA B (Hybrid Hall)	 MACEDONIA A (Hybrid Hall)	 KOZANI (Virtual Hall)	 NAOUSA (Virtual Hall)
10:45-11:15	KEYNOTE LECTURE Chair: Juergen Steinacker (Germany) Why the injury predictor screening does not work, while the prevention program does? Roald Bahr (Norway)			
10:45-11:30		9th SESSION PHYSICAL ORAL PRESENTATIONS		
11:15-12:30	SUPPORTED SYMPOSIUM UCI THE RISK REDUCTION IN CYCLING Chairs: Xavier Bigard (France), Michael Papadakis (UK) Sudden deaths in cycling. Origins and prevention strategies Alessandro Biffi (Italy) Cycling, a discipline at risk of relative energy deficiency in sports (RED-S) Katharina Grimm (South Africa) The management of concussions in cycling Jeroen Swart (South Africa) Prevention of injurious falls in competitive cycling Xavier Bigard (France)		SUPPORTED SYMPOSIUM BRAZILIAN SOCIETY OF SPORTS AND EXERCISE MEDICINE EXERCISE AND SPORTS MEDICINE IN BRAZIL Chairs: Fernando Torres (Brazil), Rafael Robles, (Guatemala) Delayed onset muscle soreness (DOMS) and dos Roberto Lohn Nahon (Brazil) Can we prevent osteoarthritis with ACL surgery? Ivan Pacheco (Brazil) Physical exercise and myocardial ischemic preconditioning Daniel Arkader Kopiler (Brazil) Updated Brazilian recommendations for return to play at the post COVID-19 era Marcelo Bichels Leitão (Brazil)	SYMPOSIUM RELATIVE ENERGY DEFICIENCY IN SPORT (RED-S), HORMONES HEALTH & PERFORMANCE Chairs: Luigi Di Luigi (Italy), Maria Piagkou (Greece) TTAS project and implications for relative energy deficiency in sport (RED-S) and the biological female athlete Fergus Guppy (UK) The female athlete's endocrinology: from physiology to hormonal imbalance Luigi Di Luigi (Italy) Female and male athlete triad and RED-S. Following their evolution Ana Virginia Cintrón (Puerto Rico)
11.30-12.30		1ST SESSION PHYSICAL POSTER PRESENTATIONS		
12:30-13:00	LECTURE Chair: Fabio Pigozzi (Italy) Importance of ethical rules for the healthy practice of the International panathlon sporting role Pierre Zappelli (Switzerland)		LECTURE Chair: Konstantinos Natsis (Greece) Evidence based behind treatment of tendon injuries in athletes Christer Rolf (Sweden)	
12:30-13:30		2nd SESSION PHYSICAL POSTER PRESENTATIONS		6th SESSION VIRTUAL ORAL PRESENTATIONS





PROGRAM AT A GLANCE

Friday, September 24th, 2021

	 MACEDONIA B (Hybrid Hall)	 MACEDONIA A (Hybrid Hall)	 KOZANI (Virtual Hall)	 NAOUSA (Virtual Hall)
13:00-13:30	LECTURE Chair: Maria Piagkou (Greece) Indications and efficacy of whole body cryotherapy (-110 / -140 °C) and Localized cryotherapy in sports traumatology Silvana Giannini (Italy)		LECTURE Chair: Chiara Fossati (Italy) Gene therapy, genetic enhancement: a dream or a nightmare? Giuseppe Novelli (Italy)	
13:30-14:00	LECTURE Chair: Yannis Pitsiladis (UK) Concussion Consensus; certainty or confusion? Michael Turner (UK)			
14.00-15.00	ESAOTE IMAGING WORKSHOP SPORT IS MOTION, IMAGE MOTION! Introduction by Fabio Pigozzi (Italy) Dynamic WB hip MRI in professional athletes Silvana Giannini (Italy) Dynamic MRI and US in Sport Medicine Paolo Minafra (Italy) Advanced echocardiography in athlete's heart: from cardiovascular adaptations to the "grey zones"...! Antonello D'Andrea (Italy)			
15:00-15:30	Visit to the Exhibition & the Poster Area			





PROGRAM AT A GLANCE

Friday, September 24th, 2021

	 MACEDONIA B (Hybrid Hall)	 MACEDONIA A (Hybrid Hall)	 KOZANI (Virtual Hall)	 NAOUSA (Virtual Hall)
15:30-16:45	<p>SUPPORTED SYMPOSIUM FOOTBALL TEAM PHYSICIAN Chairs: George Godolias (Germany), Odysseas Paxinos (Greece)</p> <p>National team doctor - sports medicine on the run Odysseas Paxinos (Greece)</p> <p>Injuries of female football players Pantelis Nikolaou (Greece)</p> <p>How to implement prevention injury program with your team? The role of team physician Christos Theos (Greece)</p> <p>Team physician: the relationship between physician and team Emmanouil Papakostas (Qatar)</p>	<p>SUPPORTED SYMPOSIUM INTERNATIONAL PARALYMPIC COMMITTEE Chairs: Mike Miller (UK), Markos Sgantzos (Greece)</p> <p>Concussion in para sport James Kissick (Canada)</p> <p>Sports injuries in athletes with disabilities Dimitrios Metaxiotis (Greece)</p> <p>Sports and paralympics as means of rehabilitation Alexandros Taxildaris (Greece)</p> <p>Classification controversies in paralympic sport: the white, black and grey areas Sandra Rozenstoka (Latvia)</p>	<p>FILM SCREENING AT THE HEART OF GOLD. INSIDE THE USA GYMNASTICS SCANDAL At the heart of gold, a powerful documentary directed by Erin Lee Carr, documents the failings of the organizations and adults who chose to believe and protect USA Gymnastics physician Larry Nassar over the safety of the children in their care. The film premiered on HBO in May 2019 and was also screened at the Tribeca film festival.</p> <p>Break (10 min)</p> <p>Panel discussion: THE DUTY OF CARE-SPORTS MEDICINE CLINICIANS AND ATHLETE ABUSE</p> <p>Steven Ungerleider, Producer (USA); Trinea Gonczar, survivor and advocate (USA); Kimberly Hurst, Founder and CEO, Avalon Healing Centre Detroit (USA); Katharina Grimm (South Africa),Theodora Papadopoulou (UK)</p>	<p>SUPPORTED SYMPOSIUM CHINESE ASSOCIATION OF SPORTS MEDICINE MEDICAL SUPPORT FOR CHINESE OLYMPIC ATHLETES PARTICIPATING 2020 TOKYO OLYMPIC GAMES Chairs: Guoping Li (China), Hui Zhan (China)</p> <p>Nutrition support for Chinese Olympic athletes participating Tokyo olympic games Minhao Xie (China)</p> <p>Fighting against Covid-2019 to protect Chinese Olympic athletes preparing for Tokyo Olympic games Hui Zhan (China)</p> <p>Injury prevention of Chinese Olympic athletes Jingbin Zhou (China)</p> <p>Medical care of Chinese athletes during Tokyo Olympic games Jing Li (China)</p>
16:45-17:15	4 th SESSION PHYSICAL POSTER PRESENTATIONS	3 rd SESSION PHYSICAL POSTER PRESENTATIONS		
16:45-18:45				7 th SESSION VIRTUAL ORAL PRESENTATIONS
17:15-17:45		<p>LECTURE Chair: Anna Jegier (Poland)</p> <p>Clean sport needs more than fighting against drugs: the place of anti-doping in protecting sport integrity Andrea Petroczi (UK)</p>	<p>LECTURE Chair: Raymond So (Hong Kong)</p> <p>The value of physical exercise in preconception and early life Sergio Pecorelli (Italy)</p>	
17:45-18:15		<p>LECTURE Chair: Grigoris Bogdanis (Greece)</p> <p>Physical activity for health: no pain - yes gain Labros Sidossis (USA)</p>		
18:15-18:30	Break			
17:15-20:30	FIMS Council of Delegates			





PROGRAM AT A GLANCE

Saturday, September 25th, 2021

	 MACEDONIA B (Hybrid Hall)	 MACEDONIA A (Hybrid Hall)	 KOZANI (Virtual Hall)	 NAOUSA (Virtual Hall)
08:00-10:30	FIMS Sports Medicine Collaborating Centers Directors Meeting			
08:00-09:00				8 th SESSION VIRTUAL ORAL PRESENTATIONS
09:00-10:00	5 th SESSION PHYSICAL POSTER PRESENTATIONS			9 th SESSION VIRTUAL ORAL PRESENTATIONS
10:00-11:00				10 th SESSION VIRTUAL ORAL PRESENTATIONS
10:30-11:00	LECTURE Chair: George Godolias (Germany) Spine surgery and sports - New options with full-endoscopic techniques in disc herniation and spinal stenosis Sebastian Ruetten (Germany)		LECTURE Chair: Christian Schneider (Germany) The health impact of life-long participation in Olympic sport: Lessons from Tokyo 1964 Michiko Dohi (Japan)	
11:00-12:00	LECTURES Chairs: James Bilzon (UK), Yannis Pitsiladis (UK) KAATSU, the past, present and future of blood flow restriction (BFR) Borja Muniz-Pardos (Spain) KAATSU the original BFR: an alternative form of exercise training for elite athletes, the military, the elderly and the general population Ifigeneia Giannopoulou (Greece) The World Olympian Health Study Mike Miller (UK)	LECTURES Chairs: Mauricio Serrato (Colombia), Nikolaos Koukoulis (Greece) Vitamin D and the athlete: the science and practice Luigi Di Luigi (Italy) The role of physical exercise in neuroprotection and brain health Chiara Fossati (Italy) Weight-Bearing MRI: an innovative imaging technique for the assessment of functional pathologies of the hip in athletes Silvana Giannini (Italy)	LECTURES Chairs: Peter Schober (Austria), Michiko Dohi (Japan) The problem of overtraining in young competitive athletes Peter Schober (Austria) Muscle injuries: from classification to treatment strategies Christian Schneider (Germany) Covid-19 and athletes, new experience and knowledge Viktoriya Badtieva (Russia)	LECTURES Chairs: Mats Borjesson (Sweden), Konstantinos Ditsios (Greece) Advances in the treatment of chronic exertional compartment syndrome Panagiotis Symeonidis (Greece) How to predict and prevent serious medical encounters in endurance competitions Mats Borjesson (Sweden) Hot topics in the treatment of Athletic leg pain Mark Hutchinson (USA)
12:00-12:30	LECTURE Chair: Yannis Pitsiladis (UK) The bigger picture of athlete health Evert Verhagen (Holland)	LECTURE Chair: Anastasios Beletsiotis (Greece) Achilles' tendon rupture in athletes- Minimal approach and return to sports Konstantinos Manologlou (Greece)	LECTURE Chair: Konstantinos Natsis (Greece) Ultrasound musculotaneous anatomy and sports injuries Marios Loukas (USA)	11 th SESSION VIRTUAL ORAL PRESENTATIONS





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Saturday, September 25th, 2021

	 MACEDONIA B (Hybrid Hall)	 MACEDONIA A (Hybrid Hall)	 KOZANI (Virtual Hall)	 NAOUSA (Virtual Hall)
12:30-13:45	<p>SUPPORTED SYMPOSIUM INTERBALKAN MEDICAL CENTER Chairs: Eleftherios Tsiridis (Greece), Konstantinos Natsis (Greece)</p> <p>Stress fractures in children Nikolaos Laliotis (Greece)</p> <p>Elbow sports injury Konstantinos Ditsios (Greece)</p> <p>Current concepts in management of shoulder instability Chryssanthos Chryssanthou (Greece)</p> <p>Femoroacetabular impingement (FAI) and sports Alexandros Tzaveas (Greece)</p>	<p>SUPPORTED SYMPOSIUM FIMS CCSM EXERCISE-BASED REHABILITATION IN PATIENTS WITH SINGLE AND MULTIPLE CHRONIC CONDITIONS: COMPARING VARIOUS APPROACHES Chairs: Demitri Constantinou (South Africa), Nikiforos Galanis (Greece)</p> <p>Arthritis: does exercise play a role in management? Christa Janse van Rensburg (South Africa)</p> <p>Managing multiple conditions: community-based and private healthcare models Philippe Gradidge (South Africa)</p> <p>Managing chronic conditions in autistic population Natalia Neophytou (South Africa)</p> <p>The "simple 7" and its application to exercise prescription for multiple chronic conditions Georgia Torres (South Africa)</p>	<p>SUPPORTED SYMPOSIUM RUSSIAN ASSOCIATION OF SPORTS MEDICINE AND REHABILITATION OF PATIENTS AND THE DISABLED RUSSIAN EXPERIENCE IN THE MEDICAL SUPPORT OF SPORTS RESERVE Chairs: Vladimir Kurashvili (Russia), Viktoriya Badtieva (Russia)</p> <p>Cardioprotection in young athletes Larisa Balykova (Russia)</p> <p>Features of medical support organization of sports reserve Vladimir Kurashvili (Russia)</p> <p>Experience in organization the medical support for major competitions of young athletes Igor Vykhodets (Russia)</p>	1 st SESSION VIRTUAL POSTER PRESENTATIONS
13:45-15:30	Aspetar Young Investigator winners presentations and awards			
15:30-16:00	<p>LECTURE Chair: Christian Schneider (Germany)</p> <p>Lessons learned from a very special biathlon world cup season Wolfarth Bernd (Germany)</p>			

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Saturday, September 25th, 2021

	 MACEDONIA B (Hybrid Hall)	 MACEDONIA A (Hybrid Hall)	 KOZANI (Virtual Hall)	 NAOUSA (Virtual Hall)
16:00-17:15	<p>SUPPORTED SYMPOSIUM HEAT, COLD, ALTITUDE: SPORTS UNDER EXTREME CONDITIONS Chairs: Yannis Pitsiladis (UK), Sebastien Racinais (Qatar)</p> <p>Too Hot to Start: developing cancellation parameters for road racing William O. Roberts (USA)</p> <p>Muscle Cramp, hyponatremia, and the psychology of overdrinking Kevin Miller (USA)</p> <p>From prevention to treatment: the toolbox to train and compete safely in the heat Sebastien Racinais (Qatar)</p> <p>Individualisation of altitude training: a comparison of different approaches to quantify the hypoxic dose Irina Zelenkova (Spain)</p>	<p>SUPPORTED SYMPOSIUM ESSKA RETURN TO SPORTS AFTER MENISCAL SURGERY Chairs: Jacques Menetrey, Switzerland, Michael Hantes (Greece)</p> <p>Return to sports after partial meniscectomy Angelina Lukaszenko (Russia/Abu Dhabi)</p> <p>Return to sports after meniscal repair Jacques Menetrey (Switzerland)</p> <p>Return to sports after bucket handle meniscal repair Gian Luigi Canata (Italy)</p> <p>Return to sports after meniscal transplantation: is it an option? Michael Hantes (Greece)</p>	<p>SUPPORTED SYMPOSIUM SISSM NEW DIMENSION & APPROACH IN EXAMINATION SERBIAN ATHLETES /ALL NECESSARY LINKS THAT CREATE WINNERS Chairs: Dejan Cubrilo (Serbia), Aris Anastasakis (Greece)</p> <p>HUMEDS mobile ECG (session with modern technology) Goran Vukomanovic (Serbia)</p> <p>Genes polymorphisms among elite Serbian athletes Tijana Durmic Acimovic (Serbia)</p> <p>Human movement dysfunction and injury risk factors as a part of preventive program Pedrag Bozic (Serbia)</p> <p>Cardiovascular magnetic resonance as a key stone of the advanced heart imaging diagnosis Marija Zdravkovic (Serbia)</p>	<p>SUPPORTED SYMPOSIUM SLOVENIAN SPORTS MEDICINE ASSOCIATION SPORTS WITH HIP AND KNEE OSTEOARTHRITIS Chairs: Matej Drobnič (Slovenia), Emmanuel Papakostas (Qatar)</p> <p>Articular cartilage and sports - Introduction (basics in cartilage biology, incidence of injuries, OA symptoms) Nejc Planinc (Slovenia)</p> <p>Non-pharmacological management of hip and knee OA (activity modification, exercise, physiotherapy and orthotic braces) Petra Zupet (Slovenia)</p> <p>Pharmacological management of hip and knee OA (topical, oral, injections and orthobiologics) Matej Drobnič (Slovenia)</p> <p>Joint preserving surgery for hip and knee OA (debridement, osteotomies and cartilage repair) Klemen Stražar (Slovenia)</p>
17:15-17:45	<p>KEYNOTE LECTURE Chairs: Fabio Pigozzi (Italy), Konstantinos Natsis (Greece)</p> <p>Artificial intelligence and sport medicine-Revolution or digital cage? Norbert Bachl (Austria)</p>			

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	 MACEDONIA B (Hybrid Hall)	 MACEDONIA A (Hybrid Hall)	 KOZANI (Virtual Hall)	 NAOUSA (Virtual Hall)
17:45-18:45	<p>LECTURES Chairs: Eduardo Henrique De Rose (Brazil), Nikolaos Raikos (Greece)</p> <p>Doping in sports Eduardo Henrique De Rose (Brazil)</p> <p>Problems and perspectives of sports medicine and science in Central America Rafael Robles (Guatemala)</p> <p>The role of physical exercise in the cardiovascular risk reduction – a clinician’s perspective José Kawazoe Lazzoli (Brazil)</p>	<p>LECTURES Chairs: Antonio Fiore (Italy), Aristidis Zibis (Greece)</p> <p>Eye injuries in athletes Konstantinos Boboridis (Greece)</p> <p>Demystifying groin pain terminology: how common terms are used and why anatomy is the key Aristidis Zibis (Greece)</p> <p>Non-operative treatment and interventional pain therapy in degenerative spinal disorder of athletes Martin Komp (Germany), Sebastian Ruetten (Germany)</p>	<p>LECTURES Chairs: Simone Porcelli (Italy), Trifon Totlis (Greece)</p> <p>Importance of the evaluation of the specific sport risk for the emergency organization on sport fields: FMSI PSS-D Vincenzo Maria Ieracitano (Italy)</p> <p>Exercise prescription for the healthy elderly: the importance of a multidomain approach (NESTORE Project) Simone Porcelli (Italy)</p> <p>Sports and cancer: sports coaching in prevention and treatment Andrea Pietrabissa (Italy)</p>	<p>LECTURES Chairs: Jeroen Swart (South Africa), Konstantinos Ditsios (Greece)</p> <p>Sports after common foot and ankle surgeries Matej Drobnič (Slovenia)</p> <p>Mesenchymal stem cells in cartilage tissue engineering: from bench to sports medicine Eleftherios Tsiridis (Greece)</p>
18:45-20:00	<p>SUPPORTED SYMPOSIUM SPORTS MEDICINE ASSOCIATION OF GREECE HAMSTRINGS INJURIES IN ATHLETES Chairs: Andreas Tanos (Cyprus), Konstantinos Natsis (Greece)</p> <p>Hamstrings muscles anatomy, classification and mechanism injuries Trifon Totlis (Greece)</p> <p>Hamstring injuries prevention program Christos Lyrtzis (Greece)</p> <p>Hamstrings injuries: conservative or surgery treatment Konstantinos Natsis (Greece)</p> <p>Hamstrings injuries: Return to play Ioannis Terzidis (Greece)</p>	<p>SUPPORTED SYMPOSIUM FIMS COLLABORATING CENTRE SYMPOSIUM WITH PARTICULAR FOCUS ON INTERNATIONAL COLLABORATION Chairs: Yannis Pitsiladis (UK), Fabio Pigozzi (Italy)</p> <p>International sport trauma training centre Demitri Constantinou, (South Africa)</p> <p>Let’s talk about global medicine Francisco Arroyo (Mexico)</p> <p>The FIMS CCSM strategy Yannis Pitsiladis (UK)</p> <p>Conclusions Fabio Pigozzi (Italy)</p>	<p>ROUND TABLE WINTER SPORTS INJURIES, HOW DO WE HAVE TO DEAL WITH. AN EXPERIENCE FROM EUROPE Chairs: Christiane Kallweit (Germany), Savvas Giakoumakis (Greece)</p> <p>Common fractures of the upper extremities admitted to the emergency room during winter sports activities Ioannis Seferlis (UK)</p> <p>Skiing acute sports injuries of the lower extremities in mature and immature skeleton. Trauma support Konstantinos Pantazis (Sweden)</p> <p>Common acute sports injuries during a bobsleigh competition Christiane Kallweit (Germany)</p> <p>Rehabilitation and return-to-play guidelines of the most common winter sports injuries Panagiotis Antzoulas (Greece)</p>	<p>SUPPORTED SYMPOSIUM ATHENS MEDICAL GROUP DEALING WITH SPORTS INJURIES AND WITH COVID-19 ON ATHLETES Chairs: Mark Hutchinson (USA), Pantelis Nikolaou (Greece)</p> <p>Short and long-term effects of COVID-19 on football players Haris Lalos (Greece)</p> <p>Can hamstrings injuries be predicted by training load? Grigoris Bogdanis (Greece)</p> <p>Common Sports Injuries in Triathlon. How to avoid them Aristotelis Kourtis (Greece)</p> <p>The young arthritic knee. Following treatment returning to sports? Pantelis Nikolaou (Greece)</p>

PROGRAM AT A GLANCE

Sunday, September 26th, 2021

	 MACEDONIA B (Hybrid Hall)	 MACEDONIA A (Hybrid Hall)	 KOZANI (Virtual Hall)	 NAOUSA (Virtual Hall)
09:00-10:00			2 nd SESSION VIRTUAL POSTER PRESENTATIONS	3 rd SESSION VIRTUAL POSTER PRESENTATIONS
10:00-11:15	<p>SUPPORTED SYMPOSIUM CYPRUS ASSOCIATION OF SPORTS MEDICINE TOPICS FROM THE CYPRUS SPORTS MEDICINE ASSOCIATION Chairs: Evagoras Nicolaides (Cyprus), Simeon Galitsanos (Greece)</p> <p>Allergic disease in sports Andreas Liveris (Cyprus)</p> <p>The principles of physical activity in patients with cardiovascular disease; what the non-cardiologist should know Evagoras Nicolaides (Cyprus)</p> <p>Sports and health enhancing measures in special community groups Michalis Michaelides (Cyprus)</p> <p>Peripheral vascular disease in athletes Nicos Angelides (Cyprus)</p>	<p>ROUND TABLE THE ART AND SCIENCE OF MONITORING AND EVALUATING ABUSE PREVENTION PROGRAMS IN INTERNATIONAL SPORT Chairs: Katharina Grimm (South Africa), Mike McNamee (Belgium)</p> <p>Athletes' rights are human rights in safe sport, but what are the doctors duties? Mike McNamee (Belgium)</p> <p>The research context of safeguarding interventions in sport Gretchen Kerr (Canada)</p> <p>Disability and disenfranchisement: practical considerations for assessing harassment and abuse in vulnerable athlete populations Yetsa Tuakli-Wosornu (USA)</p> <p>First, do no harm: the role of the sports medicine physician in assessing athlete safety and building a safety net culture in clinical settings David Gerrard (New Zealand)</p>	<p>SUPPORTED SYMPOSIUM BASEM MENTAL HEALTH & GOLF Chairs: Theodora Papadopoulou (UK), Roger Hawkes (UK)</p> <p>Injury profile in the professional game Tim Swan (UK)</p> <p>Golf on referral- Golf as a health enhancing physical activity Danny Glover (UK)</p> <p>Inclusive Golf. Golf for players with disability Roger Hawkes (UK)</p>	<p>4th SESSION VIRTUAL POSTER PRESENTATIONS</p>
11:15-11:45	Visit to the Exhibition & the Poster Area			

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11:45-13:00	<p>SUPPORTED SYMPOSIUM SPORTS MEDICINE DURING COVID-19 (LESSONS FROM RUSSIA AND HUNGARY) Chairs: Éva Martos (Hungary), Petra Zupet (Slovenia)</p> <p>Covid-19 and athletes, new experience and knowledge Viktoriya Badtieva (Russia)</p> <p>Introducing the Hungarian national sports medical service. Regular tasks and COVID-related experiences Marianna Kiss, Anita Megyeriné Szabó (Hungary)</p> <p>Covid strategy and prevention activity of the national medical service for elite athletes József Tomán (Hungary)</p> <p>Sports cardiology registry of athletes recovered from COVID-19 Hajnalka Vágó (Hungary), Orsolya Kiss, Nóra Sydó, Béla Merkely</p>	<p>ROUND TABLE MENTAL HEALTH OF ATHLETES: THE IMPORTANCE OF SPORTS PSYCHOLOGY AND SPORTS PSYCHIATRY Chairs: William O. Roberts (USA), Evangelos Pappas (Greece)</p> <p>Challenges in conducting sports concussion research David Baron (USA)</p> <p>Mental health of athletes: the importance of depression screening Evangelos Pappas (Greece)</p> <p>Covid-19 pandemic and its physical, psychological and social impacts on older adults Francesco Landi (Italy)</p> <p>The role of combination of cognitive and body exercise in patients with mild cognitive impairment and dementia during the pandemic of Covid-19 Magdalini Tsolaki (Greece)</p>	<p>SUPPORTED SYMPOSIUM HAOST SHOULDER DISLOCATION / SHOULDER INSTABILITY Chairs: Klaus-Michael Braumann (Germany), Dimitris Tsoukas (Greece)</p> <p>Conservative treatment for the management of the 1st time dislocation. Considerations, indications, methods, outcomes Konstantinos Kateros (Greece)</p> <p>Soft tissue procedures for the management of shoulder instability. Augmenting Bankart repair Emmanouil Brilakis (Greece)</p> <p>Bony procedures for the management of shoulder instability. When soft tissue procedures are not enough Emmanouil Antonogiannakis (Greece)</p> <p>Return to play after shoulder stabilization surgery (soft tissue or bony procedure). Current concepts and considerations Efstathios Chronopoulos (Greece)</p>	<p>SUPPORTED SYMPOSIUM AFSM WHEN THE EAST MEET THE WEST IN SPORTS MEDICINE Chairs: Li Guo Ping (China), Patrick Yung (Hong Kong)</p> <p>Sports medicine in Asia: Past, present & future Patrick Yung (Hong Kong)</p> <p>Sports medicine in China national team Zhan Hui (China)</p> <p>Sports medicine in Kingdom of Saudi Arabia Qassim Muaidi (Saudi Arabia)</p> <p>Sports medicine in India Jaspal Sandhu (India)</p>
13:00-14:00	<p>LECTURES Chairs: Ioannis Vogiatzis (UK), Mike Miller (UK)</p> <p>High Intensity exercise training Grigoris Bogdanis (Greece)</p> <p>Intermittent exercise training in COPD Ioannis Vogiatzis (UK)</p>	<p>LECTURES Chairs: Theodora Papadopoulou (UK), Vasileios Houliaras (Greece)</p> <p>Return to sports after ACL reconstruction. Evidence-based approach Nikolaos Koukoulis (Greece)</p> <p>Internal and external stressors faced by the performance team Stephen Boyce (Scotland)</p> <p>Development, monitoring and analysis of performance health and wellbeing measurements Stephen Mutch (Scotland)</p>	<p>LECTURES Chairs: Minhao Xie (China), Daniel Arkader Kopiler (Brazil)</p> <p>Perceptual-cognitive abilities in competitive athletes Klaus-Michael Braumann (Germany)</p> <p>Facial injuries in athletes Christos Perisanidis (Greece)</p>	<p>LECTURES Chairs: Muaidi Qassim, (Soudi Arabia), Christos Lyrtzis (Greece)</p> <p>Osteoporosis and exercise-positive association Christiana Zidrou (Greece)</p> <p>Osteoporosis and exercise-negative association Konstantinos Stathopoulos (Greece)</p> <p>Optimal loading at exercise programs in Osteoporosis Dimitrios Aftosmidis (Greece)</p>

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Sunday, September 26th, 2021

	 MACEDONIA B (Hybrid Hall)	 MACEDONIA A (Hybrid Hall)	 KOZANI (Virtual Hall)	 NAOUSA (Virtual Hall)
14:00-15:15	ROUND TABLE HUMAN TELEMETRICS Chairs: Mike Miller (UK) , Iphigenia Keramitsoglou (Greece) Innovative solutions to survive the Heat Iphigenia Keramitsoglou (Greece) The telemedicine musculoskeletal examination Edward Laskowski (USA) Establishing a global standard for wearable devices in sport and exercise medicine Borja Muniz-Pardos (Spain)	SUPPORTED SYMPOSIUM ATHLOME Chairs: Yannis Pitsiladis (UK) , Vassilis Klissouras (Greece) The genetics of sex testing in sport Alun Williams (UK) Challenges and opportunities in the application of whole genome sequencing in sports and exercise medicine: lessons from the 1000 Athlomes Project Kumpei Tanisawa (Japan) Next generation “omics” approach in the fight against doping Giscard Lima (Italy) Nutritional genomics and direct-to-consumer genetic testing George Dedousis (Greece)	SUPPORTED SYMPOSIUM ATHLETIA SPORTS MEDICINE IN COVID-19 ERA Chairs: Xenofon Roussis (Greece) , Dimitrios Tsitsiropoulos (Greece) Professional soccer during the CoVid-19 pandemic- The Greek superleague experience Yanni Levakos (Greece) Sports medicine practice during Covid-19 pandemic Georgios Papadopoulos (Greece) Cardiovascular effect in young athletes recovering from COVID-19 infection Eleftherios M. Protopapas (Greece) Retraining after COVID - key areas for rebuilding performance Georgios Ziogas (Greece)	SUPPORTED SYMPOSIUM FIMS COLLABORATING CENTRE RESEARCH Chairs: Francisco Arroyo (Mexico) , Sandra Rozenstoka (Latvia) The sport physician and athlete relationship for performance and health benefit Sandra Rozenstoka (Latvia) Update on stem cells and cartilage Francisco Arroyo (Mexico) Physical activity lifestyle before and during pandemic in Greece Konstantinos Natsis (Greece)
15:15	Closing Ceremony			

SCIENTIFIC PROGRAM



SCIENTIFIC PROGRAM

08:30

Registration



MACEDONIA B (Hybrid Hall)

07:30-11:30

FIMS Executive Committee Meeting



MACEDONIA A (Hybrid Hall)

09.30-10.30 1st SESSION PHYSICAL ORAL PRESENTATIONS

Chairs: **Demitri Constantinou (South Africa),
Emmanouil Papakostas (Qatar)**

0002

LIMITED DIAGNOSTIC VALUE OF QUESTIONNAIRE-BASED PRE-PARTICIPATION SCREENING ALGORITHMS: A "RISK-EXPOSED" APPROACH TO SPORTS ACTIVITY

Biffi A.¹, Palermi S.^{1,2}, Sirico F.^{1,2}, Montagnani S.², Fernando F.¹

¹Med-ex, Medicine & Exercise Srl, Medical Partner Scuderia Ferrari, Rome, Italy,

²Human Anatomy and Sport Medicine Division, Department of Public Health, University of Naples Federico II, Naples, Italy

0003

THE EFFECTS OF GENDER AFFIRMING TREATMENT ON SPORTING PERFORMANCE AND MUSCLE MEMORY OF TRANSGENDER ATHLETES: THE TAVISTOCK TRANSGENDER ATHLETE STUDY

Hamilton B.^{1,2,3,4}, Barrett J.³, Seal L.³, Kolliari-Turner A.¹, Guppy F.^{2,4}, Pitsiladis Y.^{1,5}

¹School of Sport and Service Management, University of Brighton, Eastbourne, United Kingdom,

²Centre for Stress and Age-related Disease, University of Brighton, Brighton, United Kingdom,

³The Gender Identity Clinic Tavistock and Portman NHS Foundation Trust, London, United Kingdom,

⁴School of Pharmacy and Biomolecular Sciences, University of Brighton, Brighton, United Kingdom,

⁵Department of Movement, Human and Health Sciences, University of Rome "Foro Italico", Rome, Italy

0013

REACTIVE STRENGTH AS A METRIC FOR INFORMING RETURN TO SPORTS DECISIONS

Teichmann J.¹, Yeo W.², Lem H.¹, Tan R.¹, Tey W.³, Schmidtbleicher D.⁴

¹Department of Sports Medicine, National Sports Institute of Malaysia, Kuala Lumpur, Malaysia,

²National Coaching Academy, National Sports Institute of Malaysia, Kuala Lumpur, Malaysia, ³Physiology

Centre, National Sports Institute of Malaysia, Kuala Lumpur, Malaysia, ⁴Department of Sport Science,

Goethe University Frankfurt, Frankfurt, Germany

0021

THE EFFECT OF ANABOLIC ANDROGENIC STEROIDS DOPING ON THE ENDOCRINE SYSTEM

Oikonomou I.

Surgical Department of Transplantation, Aristotle University of Thessaloniki, Thessaloniki, Greece

0025

SKELETAL AGE AS A DETERMINANT OF BONE MASS IN ADOLESCENT MALES - A CROSS-SECTIONAL STUDY

Pinheiro J.¹, Ribeiro L.², Coelho e Silva M.¹

¹Universidade de Coimbra, Coimbra, Portugal, ²Universidade do Algarve, Faro, Portugal

0026

THE IMPACT OF DIFFERENT SPORTS ON TOTAL AND REGIONAL BONE MINERAL DENSITY IN YOUNG PORTUGUESE ATHLETES

Pinheiro J.¹, Ribeiro L.², Coelho e Silva M.¹

¹Universidade de Coimbra, Sao Bras De Alportel, Portugal, ²Universidade do Algarve, Faro, Portugal

SCIENTIFIC PROGRAM



NAOUSA (Virtual Hall)

09.30-10.30 1st SESSION VIRTUAL ORAL PRESENTATIONSChairs: **James Bilzon (UK), Maria Piagkou (Greece)**

- 0005** **A COST - BENEFIT AND EFFECTIVENESS STUDY FOR ATHLETES' PRE-PARTICIPATION SCREENING IN MUNICIPALITY OF THESSALONIKI, GREECE**
Karavasileiadou S.^{1,2}, Kouidi E.¹, Koutlianos N.¹, Deligiannis A.¹
¹Sports Medicine Laboratory, School of Physical Education & Sports Science, Aristotle University of Thessaloniki, Thessaloniki, GREECE, ²Community Health Department, College of Nursing, Princess Nourah Bint Abdulrahman University, Riyadh, Kingdom of Saudi Arabia
- 0006** **SCREENING FOR ADOLESCENT IDIOPATHIC SCOLIOSIS IN PRE-PARTICIPATION SCREENING: PRELIMINARY RESULTS**
Giombini A.¹, Turchetta M.², Fossati C.¹, Isaija A.³, Pistone E.⁴, De Salvatore S.⁵, Oggiano L.⁶
¹Department of Movement, Human and Health Sciences, University of Rome "Foro Italico", Rome, Italy, Rome, Italy, ²Department of General Surgery and Medical Surgical Specialties, Section of Orthopaedics and Traumatology, P.O. "Policlinico Gaspare Rodolico", University of Catania, Catania, Italy, ³Department of Emergency, Policlinico Tor Vergata, Rome, Italy, ⁴Centre for Exercise Science and Sports Medicine, University of Rome "Foro Italico", Rome, Italy, ⁵Department of Orthopaedic and Trauma surgery, Campus Bio-Medico University of Rome, Rome, Italy, ⁶Pediatric Hospital "Bambino Gesù", Rome, Italy
- 0007** **ONLINE PHYSICAL ACTIVITY AND NUTRITIONAL SUPPLEMENTATION: EFFECTS ON STRENGTH AND FUNCTIONAL CAPACITY IN CHRONIC KIDNEY DISEASE PATIENTS**
Murri A.¹, Grazioli E.¹, Marrone G.^{2,3}, Di Lauro M.², Urciuoli S.⁴, Cerulli C.¹, Tranchita E.¹, Romani A.⁴, Di Daniele N.², Parisi A.¹, Noce A.²
¹Department of Exercise, Human and Health Sciences, Foro Italico University of Rome, Rome, Italy, ²UOC of Internal Medicine-Center of Hypertension and Nephrology Unit, Department of Systems Medicine, University of Rome Tor Vergata, Rome, Italy, ³PhD School of Applied Medical, Surgical Sciences, University of Rome Tor Vergata, Rome, Italy, ⁴PHYTOLAB (Pharmaceutical, Cosmetic, Food Supplement, Technology and Analysis), DiSIA, University of Florence, Florence, Italy
- 0009** **IRON DEFICIENCY AMONG YOUNG FOOTBALL PLAYERS IN SLOVENIA**
Planinc N., Zupet P.
 Sports Medicine, Institute for Medicine and Sports (IMS), Ljubljana, Slovenia
- 0011** **OSTEOPOROSIS AFTER ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION**
Archontakis B. G.¹, Kapsimalis J.¹, Koukos A.²
¹Orthopedic Department, ⁴17 Veterans' Hospital, Athens, Greece, ²Orthopedic Department, Komotini General Hospital Sismanoglio, Komotini, Greece
- 0015** **POST-COVID-19 RETURN-TO-PLAY: INFLUENCE OF COVID-19 INFECTION OF NEUROMUSCULAR CONTROL RAISES THE RISK OF ANTERIOR CRUCIATE LIGAMENT INJURY IN FEMALE PROFESSIONAL VOLLEYBALL PLAYERS**
Demeco A., Marotta N., Spanò R., Drago Ferrante V., Pino I., Palumbo A., Iona T., de Sire A., Ammendolia A.
 University "Magna Graecia" of Catanzaro, Catanzaro, Italy

SCIENTIFIC PROGRAM



MACEDONIA A (Hybrid Hall)

10.30-11.30 2nd SESSION PHYSICAL ORAL PRESENTATIONS

Chairs: **Lambros Sidossis (USA), Konstantinos Stathopoulos (Greece)**

- 0028** **IRON DEFICIENCY IN PROFESSIONAL ATHLETES: IRON DEFICIENCY IN PROFESSIONAL ATHLETES: MODERN ADVANCEMENTS IN MANAGEMENT AND TREATMENT MODERN ADVANCEMENTS IN MANAGEMENT AND TREATMENT**
Oikonomou I.
 Aristotle University of Thessaloniki, Thessaloniki, Greece
- 0030** **SERUM NEUTROPHIL GELATINASE ASSOCIATED LIPOCALIN AND NEURON SPECIFIC ENOLASE ARE HIGHLY DISCRIMINATIVE FOR EXERTIONAL HEAT ILLNESS IN THE BIOMARKERS AFTER SPORTING INCAPACITATION STUDY (BASIS)**
 Hill N.¹, Stacey M.^{1,2}, Walter E.³, Gibson O.⁴, Parsons I.^{2,5}, Brett S.¹, Marshall A.⁶, Shah N.⁶, Taylor N.², Wallace J., Sharpe H.⁷, Patten A.², House C.⁸, Kipps C.⁶, Woods D.^{2,9}
¹Imperial College, London, United Kingdom, ²Royal Centre for Defence Medicine, Birmingham, United Kingdom, ³Royal Surrey County Hospital, Guildford, United Kingdom, ⁴Brunel University, London, United Kingdom, ⁵King's College, London, London, ⁶University College, United Kingdom, ⁷Brighton and Sussex University Hospitals, Brighton, United Kingdom, ⁸University of Portsmouth, Portsmouth, United Kingdom, ⁹Leeds Beckett University, Leeds, United Kingdom
- 0033** **CORONARY CALCIUM CONTRASTING LONGEVITY IN ENDURANCE ATHLETES: NO HARM TO THE HEART. A NARRATIVE REVIEW**
Loellgen H.^{1,2}, Bachl N.^{2,3}, Zupet P.^{2,4}, Debruyne A.^{2,5}
¹Practice for Sports Cardiology and JG, University of Main, Remscheid, Germany, ²EFSMA, European Federation of Sports Medicine Associations, Lausanne, Switzerland, ³Institute for Sports Science and Sports Medicine, Vienna, Austria, ⁴Institute for Medicine and Sports, Ljubljana, Slovenia, ⁵Hasselt University, Hasselt, Belgium
- 0041** **A NATIONAL SURVEY OF THE FREQUENCY OF INJURY AND MOUTHGUARD USE IN ELITE GREEK FUTSAL PLAYERS**
Rachiotis N.¹, Oikonomopoulos G.², Tzoutzas I.³, Natsis K.⁴, Piagkou M.¹, Rahiotis C.³
¹Medical School, National and Kapodistrian University of Athens, Athens, Greece, ²Dentist, Athens, Greece, ³Dental School of Athens, National and Kapodistrian University of Athens, Athens, Greece, ⁴Medical School, Faculty of Health Sciences, Aristotle University of Thessaloniki, Thessaloniki, Greece
- 0042** **RAMP LESIONS MIGHT BE MORE COMMON IN ACL-DEFICIENT KNEES IN CHILDREN AND ADOLESCENTS**
Intzoglou K.¹, Ntoussis D.¹, Papagiannopoulos P.¹, Kaimenakis D.²
¹Orthopaedic Dpt, Metropolitan General Hospital, Athens, Greece, ²Radiology Dpt, Metropolitan General Hospital, Athens, Greece
- 0044** **UNDERSTANDING AND ENHANCING ELITE RUNNING PERFORMANCE – KENYATHLON: A MULTIDISCIPLINARY APPROACH**
Knopp M.^{1,3}, Miles H.¹, Fritz J.¹, Alcaniz A.¹, Fleiter M.¹, Schweizer F.¹, Luckfiel T.¹, Körger H.¹, Scheurer H.¹, Schlarb H.¹, Muniz-Pardos B.², Wackerhage H.³, Schönfelder M.³, Pitsiladis Y.⁴, Ruiz D.¹
¹adidas AG, Herzogenaurach, Germany, ²GENUD Research group, Faculty of Health and Sport Sciences, University of Zaragoza, Zaragoza, Spain, ³Exercise Biology Group, Department of Sport and Health Sciences, Technische Universität München, Munich, Germany, ⁴Centre for Stress and Age Related Disease, University of Brighton, Brighton, United Kingdom

SCIENTIFIC PROGRAM



NAOUSA (Virtual Hall)

10.30-11.30 2nd SESSION VIRTUAL ORAL PRESENTATIONSChairs: **Borja Muniz-Pardos (Spain), Markos Sgantzos (Greece)**

- 0016** **A NEW TRICK FOR FASTER RETURN TO PLAY? INTERMITTENT HYPOBARIC HYPOXIA ACCELERATES MORPHOFUNCTIONAL MUSCLE RECOVERY**
Santocildes G., Viscor G., Pagès T., Torrella J.
 University of Barcelona, Barcelona, Spain
- 0017** **RETURN TO PLAY AND LONG-TERM PARTICIPATION IN ELITE HANDBALL PLAYERS FOLLOWING ACL RECONSTRUCTION**
Papasoulis E.¹, Terzidis I.¹, Karavelis A.¹, Totlis T.^{1,2}, Hatzimanouil D.³, Sideridis A.¹
¹Thessaloniki Minimally Invasive Surgery (The-MIS) Orthopaedic Center, Thessaloniki, Greece,
²Department of Anatomy and Surgical Anatomy, School of Medicine, Faculty of Health Sciences, Aristotle University of Thessaloniki, Thessaloniki, Greece, ³Laboratory of Evaluation of Human Biological Performance, Faculty of Physical Education and Sports Sciences, School of Physical Education and Sports Sciences, Aristotle University of Thessaloniki, Thessaloniki, Greece
- 0020** **EFFICIENCY IN CONDUCTING OF ANTI-DOPING CONTROLS IN SERBIA**
Vukasinovic Vesic M., Andjelkovic M.
 Anti-doping Agency of Serbia, Belgrade, Serbia
- 0023** **UNDERSTOOD OR OVERLOOKED: ELITE ATHLETES' INTERPRETATION OF THEIR RIGHT TO SAFE SPORT**
Grimm K.¹, Tuakli-Wosornu Y², Goutos D.³, Bekker S.⁴, Galea N.⁵, Mountjoy M.⁶
¹Shepower Sport, Parktown, South Africa, ²Yale School of Public Health, New Haven, United States,
³Yale School of Medicine, New Haven, United States, ⁴University of Bath, Bath, United Kingdom,
⁵University of New South Wales, Sydney, Australia, ⁶McMaster University, Hamilton, Canada
- 0027** **EFFECTS OF MAXIMAL STRENGTH TRAINING ON BONE MINERAL DENSITY IN PEOPLE LIVING WITH HIV AND RECEIVING ANTI-RETROVIRAL THERAPY: A RANDOMISED CONTROLLED TRIAL**
Chisati E.^{1,2}, Constantinou D.³, Lampiao F.^{4,5}
¹Department of Physiotherapy, College of Medicine, University of Malawi, Blantyre, Malawi, ²Consortium for Advanced Research Training in Africa (CARTA), Nairobi, Kenya, ³Center for Exercise Science and Sports Medicine, FIMS Collaborating Center of Sports Medicine, Johannesburg, South Africa, ⁴Department of Biomedical Sciences, College of Medicine, University of Malawi, Blantyre, Malawi, ⁵Africa Centre of Excellence in Public Health and Herbal Medicine (ACEPHEM), Blantyre, Malawi
- 0029** **DENTAL EROSION ASSOCIATED WITH INTENSIVE AND RECREATIONAL SWIMMING IN CHLORINATED SWIMMING POOLS: A SYSTEMATIC REVIEW**
Kakouris V.¹, Piagkou M.², Pximada C.¹, Natsis K.³, Rahiotis C.¹
¹Dental School University of Athens, Athens, Greece, ²Department of Anatomy, School of Medicine, National and Kapodistrian University of Athens, Athens, Greece, ³Department of Anatomy and Surgical Anatomy, School of Medicine, Aristotle University of Thessaloniki, Thessaloniki, Greece

SCIENTIFIC PROGRAM



MACEDONIA B (Hybrid Hall)

11:30-12:30

SUPPORTED SYMPOSIUM

FIMS COLLABORATING CENTER THE TRAVELLING ATHLETE

Chairs: **Christa Janse van Rensburg (South Africa),
Demitri Constantinou (South Africa)**

Coping with travel fatigue and jet lag

Christa Janse van Rensburg (South Africa)

The influence of travel on fatigue. Biomarkers and monitoring tools in elite sports

Jeroen Swart (South Africa)

The role of the team physician

Demitri Constantinou (South Africa)

Screening and infection risk

Pierre Viviers (South Africa)

SCIENTIFIC PROGRAM



MACEDONIA A (Hybrid Hall)

11.30-12.30 3rd SESSION PHYSICAL ORAL PRESENTATIONSChairs: **Alexandros Tzaveas (Greece), George Tsakotos (Greece)**

- 0046** **OVERALL AND SPECIFIC BURDEN OF INJURIES ACCORDING TO MATURITY STATUS AND TIMING: A TWO-DECADE STUDY WITH 110 GROWTH CURVES IN AN ELITE FOOTBALL ACADEMY**
Monasterio X.^{1,2}, Gil S.¹, Bidaurrezaga-Letona I.¹, Lekue J.^{1,2}, Santisteban J.^{1,2}, Diaz-Beitia G.^{1,2}, Lee D.³, Zumeta-Olaskoaga L.³, Martin-Garetxana I.^{1,2}, Bikandi E.², Larruskain J.²
¹Department of Physiology, Faculty of Medicine and Nursing, University of The Basque Country (UPV/EHU), Leioa, Spain, ²Medical Services, Athletic Club, Lezama, Spain, ³Basque Center for Applied Mathematics (BCAM), Bilbao, Spain
- 0047** **INJURY BURDEN IN PLAYERS WITH FAST, AVERAGE AND SLOW PEAK HEIGHT VELOCITY: A TWO-DECADE STUDY WITH 124 GROWTH CURVES IN AN ELITE FOOTBALL ACADEMY**
Monasterio X.^{1,2}, Gil S.¹, Bidaurrezaga-Letona I.¹, Lekue J.^{1,2}, Santisteban J.^{1,2}, Diaz-Beitia G.^{1,2}, Lee D.³, Zumeta-Olaskoaga L.³, Martin-Garetxana I.^{1,2}, Bikandi E.², Larruskain J.²
¹Department of Physiology, Faculty of Medicine and Nursing, University of the Basque Country (UPV/EHU), Leioa, Spain, ²Medical Services, Athletic Club, Lezama, Spain, ³Basque Center for Applied Mathematics (BCAM), Bilbao, Spain
- 0048** **INJURY BURDEN ACCORDING TO SKELETAL MATURITY STATUS IN U14 ELITE ACADEMY FOOTBALL PLAYERS: A 9-SEASON PROSPECTIVE STUDY**
Monasterio X.^{1,2}, Larruskain J.², Bidaurrezaga-Letona I.¹, Lekue J.^{1,2}, Diaz-Beitia G.^{1,2}, Santisteban J.^{1,2}, Martin-Garetxana I.^{1,2}, Bikandi E.², Lee D.³, Zumeta-Olaskoaga L.³, Gil S.¹
¹Department of Physiology, Faculty of Medicine and Nursing, University of the Basque Country (UPV/EHU), Leioa, Spain, ²Medical Services, Athletic Club, Lezama, Spain, ³Basque Center for Applied Mathematics (BCAM), Bilbao, Spain
- 0051** **PHYSICAL ACTIVITY AS A PROTECTIVE FACTOR IN ARTERIAL STIFFNESS IN MIDDLE AGED FEMALE TEACHERS**
Uvacsek M., Petrekanits M., Török L., Boda-Ujlaky J.
 University of Physical Education, Budapest, Hungary
- 0054** **FUTSAL INJURIES: A SYSTEMATIC REVIEW**
Rachiotis N.¹, Natsis K.², Piagkou M.³, Rahiotis C.⁴
¹Medical School of Athens, National and Kapodistrian University Of Athens, Athens, Greece, ²Department of Anatomy and Surgical Anatomy, Medical School, Faculty of Health Sciences, Aristotle University of Thessaloniki, Thessaloniki, Greece, ³Department of Anatomy, Medical School of Athens, National and Kapodistrian University of Athens, Athens, Greece, ⁴Dental School of Athens, National and Kapodistrian University of Athens, Athens, Greece
- 0055** **EFFECTIVENESS OF VIDEO INSTRUCTIONS AND REAL-TIME BIOFEEDBACK IN ADDITION TO VERBAL INSTRUCTIONS TO IMPROVE JUMP AND BALANCE PERFORMANCES IN ACTIVE HEALTHY SUBJECTS: AN ASSESSOR-BLINDED, THREE-ARMS, RANDOMIZED CLINICAL TRIAL**
Palermi S.¹, Biffi A.², Fernando F.², Gambardella F.¹, Nuccio F.¹, Loiacono C.¹, Massa B.¹, Zottola D.², Montagnani S.¹, Sirico F.^{1,2}
¹Public Health Department, Human Anatomy and Sport Medicine division, University of Naples - Federico II, Naples, Italy, ²Med-Ex, Medicine & Exercise, Medical Partner Scuderia Ferrari, Rome, Italy

SCIENTIFIC PROGRAM



KOZANI (Virtual Hall)

11:30-12:30

SUPPORTED SYMPOSIUM

SPORTS MEDICINE PORTUGUESE SOCIETY THE FEMALE ATHLETE ACROSS THE LIFE SPAN: FROM RECREATIONAL TO ELITE LEVEL

Chairs: **João Pereira de Almeida (Portugal), Stergios Papastergiou (Greece)**

Biological aspects of the young female maturation

Marcos Miranda (Portugal)

RED-S primary prevention is enough?

Maria João Cascais (Portugal)

Hormonal regulation and injury risk in female athlete

Beatriz Cardoso-Marinho (Portugal)

ACL injuries in female athletes

Artur Pereira de Castro (Portugal)

SCIENTIFIC PROGRAM



NAOUSA (Virtual Hall)

11.30-12.30 3rd SESSION VIRTUAL ORAL PRESENTATIONSChairs: **Christer Rolf (Sweden), Savvas Giakoumakis (Greece)**

- 0031 THE DISTRIBUTION OF CORRECTED QT INTERVAL AND ITS ASSOCIATED FACTORS AMONG SCHOOL ATHLETES**
Madahapola U.
District General Hospital Kurunegala, Kurunegala, Sri Lanka
- 0032 FORMER ATHLETES: ARE THEY HEALTHY?**
Venevtseva Y., Balko A.
Medical Institute of Tula, State University, Tula, Russian Federation
- 0035 ELECTROCARDIOGRAPHIC (ECG) REPOLARIZATION ABNORMALITIES AS CARDIAC ADAPTATION TO TRAINING IN A NON-BLACK ATHLETE**
Zegkos T., Didagelos M., Parcharidou D., Ntelios D., Karvounis H., Efthimiadis G.
1st Cardiology Department, AHEPA General Hospital, Aristotle University of Thessaloniki, Thessaloniki, Greece
- 0036 SUBCLINICAL APICAL HYPERTROPHIC CARDIOMYOPATHY IN A PROFESSIONAL ATHLETE**
Didagelos M., Zegkos T., Parcharidou D., Ntelios D., Karvounis H., Efthimiadis G.
11st Cardiology Department, AHEPA General Hospital, Aristotle University of Thessaloniki, Thessaloniki, Greece
- 0037 ISCHIO PUBIC OSTEOCHONDRITIS (Van Neck Odelemborg), AS A RARE CONFUSING DIAGNOSIS OF HIP PAIN IN CHILDREN**
Laliotis N., Chrysanthou C., Konstandinidis P., Papadopoulou E.
European Interbalkan Medical Center, Thessaloniki, Greece
- 0038 EPIDEMIOLOGICAL AND RADIOLOGICAL STUDY OF ADOLESCENT ATHLETES WITH SPONDYLOLYSIS**
Katsimentzas T.¹, Samoladas E.², Pitsilos C.¹, Chitas K.¹, Kapinas A.¹, Papadopoulos P.¹
¹B' Orthopaedic Department Aristotle University of Thessaloniki, G. Gennimatas Hospital, Thessaloniki, Greece, ²A' Orthopaedic Department Aristotle University of Thessaloniki, Papanikolaou Hospital, Thessaloniki, Greece
- 0039 PLAYGROUND FRACTURES OF THE PAEDIATRIC DISTAL HUMERUS: IS OUR NON-DOMINANT EXTREMITY LESS RESISTANT TO ACUTE FALL-INDUCED INJURIES?**
Giakoumakis S.¹, Antzoulas P.¹, Vasilagkos G.², Sperelakis J.¹, Stavropoulos T.², Tsoumpos P.¹
¹General Paediatric Hospital Patras, Patras, Greece, ²Medical School, University of Patras, Patras, Greece

SCIENTIFIC PROGRAM



MACEDONIA B (Hybrid Hall)

12:30-14:30

WADA SYMPOSIUM FROM CODE CHANGES TO CLINICAL CASES

Chairs: **Alan Verneq (Canada), Yannis Pitsiladis (UK)**

Key changes to the code and ISTUE

Elizabeth Riley (UK)

Prohibited list - How to keep out of trouble

Alan Verneq (Canada)

Interesting clinical cases: IV Infusion

Ola Rønsen (Norway)

Medical marijuana: A global view and AD rules

James Kissick (Canada)

ADHD: Diagnosing in the world of sport

Susan White (Australia)

Pain management: treatment approach in elite athletes

Young-Hee Lee (South Korea)



MACEDONIA A (Hybrid Hall)

12:30-14:30

SUPPORTED SYMPOSIUM

COPAMEDE EXERCISE AND SPORTS MEDICINE IN THE AMERICAS

Chairs: **José Kawazoe Lazzoli (Brazil), Ana Cintrón (Puerto Rico)**

Muscle injuries: evaluation and follow-up using new devices

Andrea Mattiozzi (Uruguay)

Sarcopenia: management and 360° vision for its prevention

Julio Motta-Pensabene (Guatemala)

Santiago Return to Play test after anterior cruciate ligament surgery

Marcelo Sajuria (Chile)

The use of wearable technologies for the screening of ECG patterns during sports practice

Daniel Zarrillo (Uruguay)

Integrated methods for the evaluation of hydration in sports participants

Marco Antonio Ojeda (Mexico)

A novel hypoxic tolerance test to implement strategies to compete in altitude

Mauricio Serrato (Colombia)

SCIENTIFIC PROGRAM



KOZANI (Virtual Hall)

12:30-14:30

SUPPORTED SYMPOSIUM

HELLENIC ARTHROSCOPY ASSOCIATION ADVANCED EVALUATION AND TREATMENT OF KNEE AND SHOULDER INJURIES IN ELITE ATHLETES

 Chairs: **Christer Rolf (Sweden), Michael Iosifidis (Greece)**

Quantitative evaluation of knee and shoulder dysfunction using inertial sensor technology

Christos K. Yiannakopoulos (Greece)

Advanced cartilage restoration techniques

Michael Iossifidis, Greece

Tailor made ACL surgery in sports

Emmanouil Papakostas (Qatar)

Meniscus preservation and substitution in elite athletes

Vasilios Houliaras (Greece)

Evaluation and management of recurrent patella instability in athletes

Andreas Panagopoulos (Greece)

SCIENTIFIC PROGRAM



MACEDONIA B (Hybrid Hall)

14.30-15.30 4th SESSION PHYSICAL ORAL PRESENTATIONS

Chairs: **Giuseppe Novelli (Italy), Ioannis Terzidis (Greece)**

- 0056** **EFFECTS OF RE-WARM UP PRACTICE ON HEART RATE VARIABILITY DURING HALF-TIME IN MALE PROFESSIONAL SOCCER PLAYERS**
Stafylidis C.¹, Mantzouranis N.¹, Ispirlidis I.¹, Mitrotasios M.², Antonellis P.³
¹Department of Physical Education and Sports Science, Democritus University of Thrace, Komotini, Greece, ²Department of Physical Education & Sports Science, National and Kapodistrian University of Athens, Athens, Greece, ³Department of Biomechanics and Center for Research in Human Movement Variability, University of Nebraska at Omaha, Omaha, USA
- 0057** **COMBINED PHYSICAL AND HYPOXIC EXERCISES - A PERSPECTIVE NON-MEDICINAL METHOD FOR INCREASING THE PHYSICAL WORKING CAPACITY**
Kuzmin A.
 Federal Research and Clinical Centre of Sports Medicine and Rehabilitation of the Federal Medical and Biological Agency / Professional cycling team Gazprom-Rusvelo, Saint-Petersburg, Russian Federation
- 0063** **ISOKINETIC ASSESSMENT OF KNEE MUSCLE IMBALANCES AND ISOKINETIC CHARACTERISTICS OF THE KNEE DURING FATIGUE AFTER ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION**
Stefas E.¹, Kouvelioti V.^{1,2}, Amoiridis I.², Kellis E.²
¹Physical Medicine and Rehabilitation Department, Rehabilitation Center EVEXIA, Thessaloniki, Greece, ²Laboratory of Neuromechanics, Department of Physical Education and Sport Sciences, Serres, Greece
- 0064** **THE IMPACT OF ANTERIOR CRUCIATE LIGAMENT (ACL) RECONSTRUCTION IN PATIENTS' QUALITY OF LIFE. A STUDY WITH MINIMUM 10 YEARS FOLLOW-UP**
Chalatsis G., Mitrousias V., Siouras A., Bakagiannis G., Konstantinou E., Panteliadou F., Hantes M.
 Department of Orthopaedic Surgery, General University Hospital Of Larissa, Greece, Larissa, Greece
- 0065** **LATERAL QUARTET FOLLOWING ANTERIOR CRUCIATE LIGAMENT TEARS IN ATHLETES**
 Achlatis V.², Terzidis I.¹, Papasoulis E.¹, Sideridis A.¹, Totlis T.^{1,2}, Natsis K.²
¹Thessaloniki Minimally Invasive Surgery (TheMIS) Orthopaedic Center, St. Luke's Hospital, Thessaloniki, Greece, ²Department of Anatomy and Surgical Anatomy, School of Medicine, Faculty of Health and Sciences, Aristotle University of Thessaloniki, Thessaloniki, Greece
- 0066** **COMPLICATIONS AFTER RECONSTRUCTION OF ISOLATED ACL INJURIES: A PROSPECTIVE STUDY OF 958 CASES WITH 2 YEARS FOLLOW-UP**
Makridis K.^{1,2}, Zourntou S.¹, Georgoussis M.¹, Rousseau R.², Djian P.²
¹Iaso Thessalias, Larisa, Greece, ²Cabinet Goethe-Clinique Nollet, Paris, France

SCIENTIFIC PROGRAM



MACEDONIA A (Hybrid Hall)

14.30-15.30 5th SESSION PHYSICAL ORAL PRESENTATIONSChairs: **Juergen Steinacker (Germany), Savvas Giakoumakis (Greece)**

- 0070** **SPECIFIC EXERCISE-PROGRAM APPLIED EASILY AT HOME IMPROVES GAIT SPEED AND PREVENTS PRIMARY SARCO-OSTEOPENIA IN ELDERLY PEOPLE**
Antzoulas P.³, Giakoumakis S.¹, Vasilagkos G.², Sperelakis J.¹, Stavropoulos T.², Panagopoulos A.³
¹Department of Paediatric Orthopaedics & Traumatology, General Paediatric Hospital Patras, Patras, Greece, ²Medical School, University of Patras, Patras, Greece, ³Department of Orthopaedics & Traumatology, University Hospital of Patras, Patras, Greece
- 0071** **DO SKELETAL MUSCLE QUALITY AND ACUTE EXERCISE-INDUCED SERUM ADAPTATIONS IN OLDER ADULTS DEPEND ON FITNESS STATUS?**
Bizjak D.¹, Zügel M.¹, Schumann U.¹, Tully M.², Dallmeier D.³, Denking M.³, Steinacker J.¹
¹Department of Sports and Rehabilitation Medicine, University Hospital Ulm, Ulm, Germany, ²Institute of Mental Health Sciences, School of Health Sciences, Ulster University, Newtownabbey, United Kingdom, ³Agaplesion Bethesda Hospital, Geriatric Medicine Ulm University, Ulm, Germany
- 0080** **VARIATION IN NEURO-BIOMARKERS WITH MARATHON RUNNING: ASSOCIATION OF NEURON SPECIFIC ENOLASE WITH SODIUM LOWERING AND HYPONATRAEMIA IN THE BIOMARKERS AFTER SPORTING INCAPACITATION STUDY (BASIS)**
Stacey M.^{1,2}, Hill N.^{1,2}, Woods D.^{2,3}, Parsons I.^{4,5}
¹Imperial College London, London, United Kingdom, ²Royal Centre for Defence Medicine, Birmingham, United Kingdom, ³Leeds Beckett University, Leeds, United Kingdom, ⁴King's College London, London, United Kingdom, ⁵Defence Medical Services, Birmingham, United Kingdom
- 0081** **CASE REPORT: POST-COVID-19-SYMPTOM EXACERBATION AFTER VACCINATION**
Jerg A., Vollrath S., Bizjak D., Schulz S., Ahathaller M., Kirsten J., Treff G., Steinacker J.
Department of Sports and Rehabilitation Medicine, University Hospital Ulm, Ulm, Germany
- 0082** **OLDER AND RECENT HYPOTHESES ABOUT THE CAUSES AND TRIGGER MECHANISMS OF EXERCISE-INDUCED BRONCHOCONSTRICTION**
Achlati V., Chatzichristodoulou N., Mountzouris M.
Sports and Health Master of Sciences Program, Aristotle University of Thessaloniki, Thessaloniki, Greece
- 0083** **THE EFFECT OF WEARING A SURGICAL MASK DURING MAXIMAL EXERCISE TEST ON CARDIOPULMONARY EXERCISE TEST PARAMETERS**
Yakal S.¹, Tasdemir E.¹, Dincer S.¹, Devran S.¹, Sahinkaya T.¹, Ererel M.², Metin G.¹
¹Department of Sports Medicine, Istanbul Faculty of Medicine, Istanbul University, Istanbul, Turkey, ²Pulmonary Department, Istanbul Faculty of Medicine, Istanbul University, Istanbul, Turkey

SCIENTIFIC PROGRAM



MACEDONIA B (Hybrid Hall)

15:30-16:45

SUPPORTED SYMPOSIUM

EUROPEAN SOCIETY OF PHYSICAL AND REHABILITATION MEDICINE

Chairs: **Jean-François Kaux (Belgium)**, **Nicholas Christodoulou (Cyprus)**

Prevention of shoulder injuries in volleyball players: the usefulness and efficiency of a warm-up routine

Camille Tooth (Belgium)

Virtual reality in sports injuries Rehabilitation

Markos Sgantzos (Greece)

Rehabilitation and return-to-play after PRP injection for lower limb tendinopathy

François Delvaux (Belgium)

Return-to-play criteria following shoulder dislocation in overhead athletes

Amandine Gofflot (Belgium)

Common sports-related extremity fractures in children

Savvas Giakoumakis (Greece)

SCIENTIFIC PROGRAM



MACEDONIA A (Hybrid Hall)

15.30-16.30 6th SESSION PHYSICAL ORAL PRESENTATIONSChairs: **Evagoras Nikolaidis (Cyprus), Emmanouil Papakostas (Qatar)**

- 0091** **TREATMENT OF ACUTE TRAUMATIC ACHILLES TENDON RUPTURE IN ATHLETES: A REVIEW OF LITERATURE**
Achlatis V., Chatzichristodoulou N., Mountzouris M.
 Sports and Health Master of Sciences Program, Aristotle University of Thessaloniki, Thessaloniki, Greece
- 0092** **WHAT ARE THE MAIN RISK FACTORS FOR LOWER-EXTREMITY RUNNING-RELATED INJURIES? A RETROSPECTIVE SURVEY BASED ON 3669 RESPONDENTS**
Kaux J., Sanfilippo D.
 Physical Medicine and Sports Traumatology Department, SportS2, FIFA Medical Centre of Excellence, ReFORM IOC Research Centre for Prevention of Injury and Protection of Athlete Health, FIMS Collaborative Centre of Sports Medicine, University of Liège and University Hospital of Liège, Liège, Belgium
- 0093** **ARTHROSCOPIC REPAIR OR RECONSTRUCTION OF ANTERIOR TALO FIBULAR AND CALCANEAL FIBULAR LIGAMENTS**
Olory B., D'Hooghe P., Papakostas E., Alkhelaifi K., Cruz F., Zikria B.
 Aspetar Orthopaedic and Sports Medicine Hospital, Doha, Qatar
- 0104** **ULTRASOUND GUIDED PLATELETS RICH PLASMA APPLICATION VERSUS CORTICOSTEROID INJECTIONS FOR THE TREATMENT OF LATERAL EPICONDYLITIS IN AMATEUR MALE TENNIS PLAYERS: A PROSPECTIVE CONTROLLED RANDOMIZED COMPARATIVE CLINICAL STUDY**
 Begkas D.¹, Chatzopoulos S.¹, Papadaku E.², Balanika A.³, Georgiadis G.⁴, Rachi M.⁵, Pastroudis A.¹
¹6th Orthopaedic Department, General Hospital Asklepieio Voulas, Athens, Greece, ²Department of Sport Injuries, General Hospital of Attica KAT, Athens, Greece, ³Department of Computerized Tomography and Ultrasonography, General Hospital Asklepieio Voulas, Athens, Greece, ⁴4th Orthopaedic Department, General Hospital Asklepieio Voulas, Athens, Greece, ⁵Department of Anesthesiology, General Hospital Asklepieio Voulas, Athens, Greece
- 0107** **EFFECTS OF BLOOD FLOW RESTRICTION DURING RESISTANCE EXERCISE ON MUSCLE STRENGTH AND METABOLIC, HORMONAL AND PERCEPTUAL RESPONSES IN HEALTHY ADULTS: A SYSTEMATIC REVIEW AND META-ANALYSIS**
Kotopoulea-Nikolaidi M.¹, Guppy F.¹, Muniz-Pardos B.², Pitsiladis Y.¹, Giannopoulou I.¹
¹University of Brighton, Brighton, United Kingdom, ²University of Zaragoza, Zaragoza, Spain
- 0110** **DYNAMIC KNEE VALGUS SCREENING WITH KINECT CAMERA DURING PHYSICAL ACTIVITY - A CORRIGIBLE PREDISPOSING FACTOR FOR ACL RUPTURE**
Uhlár Á., Ambrus M., Lacza Z.
 Research Center for Sports Physiology, Institute for Sport and Health Sciences, University of Physical Education, Budapest, Hungary

SCIENTIFIC PROGRAM



KOZANI (Virtual Hall)

15:30-16:45

SUPPORTED SYMPOSIUM

AFSM CURRENT ADVANCES IN SPORTS INJURY MANAGEMENT AND PREVENTION

Chairs: **Talia Alenabi (Iran), Chryssanthos Chryssanthou (Greece)**

Shoulder rotator cuff injuries in throwing sports athletes & injury prevention

Joo Han Oh (South Korea)

Hand and wrist injuries: management and prevention

Roshanak Moradi (Iran)

ACL injury management and its prevention

Razi Mohammad (Iran)

Current Evidence in treatment & prevention of ankle ligament Injuries

Samuel Ling (Hong Kong)



NAOUSA (Virtual Hall)

15:30-16:45

ROUND TABLE

INTERNAL MEDICINE IN SPORTS MEDICINE

Chairs: **Triantafyllos Didaggelos (Greece), Thomas Tegos (Greece)**

Exercise for a future without diabetes mellitus

Triantafyllos Didaggelos (Greece)

Exercise and cardiovascular system

Georgios Sofidis (Greece)

Long term sequelae of cerebral injuries in athletes

Thomas Tegos (Greece)

SCIENTIFIC PROGRAM



MACEDONIA B (Hybrid Hall)

16:45-17:15

LECTURE

Chair: **Pantelis Nikolaou (Greece)**

Robotic sportsman hernia repair

Konstantinos Konstantinidis (Greece)

MACEDONIA A (Hybrid Hall)

16.30-17.30

7th SESSION PHYSICAL ORAL PRESENTATIONSChairs: **Nikolaos Laliotis (Greece), Anastasios Philippou (Greece)**

0111

DIFFERENCES IN MUSCLE STRENGTH AND CONTRACTILE RESPONSE OF KNEE FLEXION AND EXTENSION MUSCLES IN COMPETITIVE SWIMMERSKaneda K.¹, Urabe Y.¹, Suzuki Y.^{1,2}, Maeda N.¹¹Graduate School of Biomedical and Health Sciences, Hiroshima University, Hiroshima, Japan,²Matterhorn Rehabilitation Hospital, Kure, Japan

0113

RECTUS FEMORIS' DEGLOVING AT FOOTBALL: IS THERE A SYMPTOM?Dias D., Marinho B., Puga N.

Oporto Sports Medicine Center, Santo Tirso, Portugal

0120

THE RELATIONSHIP OF VO₂ PEAK AND THE BLOOD LACTATE TRANSITION THRESHOLD WITH METABOLIC SYNDROME AND ITS COMPONENT DISORDERSTorres G.

Centre for Exercise Science and Sports Medicine, University of the Witwatersrand, Parktown, South Africa

0122

THE EFFECT OF HIGH-INTENSITY INTERVAL TRAINING ON MITOCHONDRIAL FUNCTION IN OBESE/OVERWEIGHT ADULTS: A SYSTEMATIC REVIEW AND META-ANALYSISHadjispyrou S.¹, Delitheos S.¹, Kapetanios I.¹, Koumprentziotis I.¹, Vrygionaki E.¹, Chryssanthopoulos C.¹, Dinas P.², Philippou A.¹¹Department of Physiology, Medical School, National and Kapodistrian University of Athens, Athens, Greece,²FAME Laboratory, Department of Physical Education and Sport Science, University of Thessaly, Trikala, Greece

0124

SKELETAL MATURATION IS ASSOCIATED WITH OBESITY IN MALE ADOLESCENTS: RESULTS FROM A PORTUGUESE CROSS-SECTIONAL STUDYPinheiro J.¹, Ribeiro L.², Coelho e Silva M.¹¹Universidade de Coimbra, Sao Bras De Alportel, Portugal, ²Universidade do Algarve, Faro, Portugal

0125

DIFFERENTIAL RESPONSES OF MITOCHONDRIAL BIOGENESIS AND VASCULAR ANGIOGENESIS FACTORS TO A SINGLE BOUT OF EXERCISE IN THE MYOCARDIUM OF DIABETIC AND NON-DIABETIC RATSAl-horani R., Al-Trad B., Salaimh B., Haifawi S.

Yarmouk University, Irbid, Jordan

SCIENTIFIC PROGRAM

KOZANI (Virtual Hall)
16:45-17:15
LECTURE

 Chair: **Irina Zelenkova (Spain)**

 Innovation for sports selection. Complex testing methods
Andrei Kalinin (Russia)
17:15-18:00

Visit to the Exhibition & the Poster Area


MACEDONIA B (Hybrid Hall)
18:00-19:15
SUPPORTED SYMPOSIUM
SPORTS CARDIOLOGY

 Chairs: **Fabio Pigozzi (Italy), Christodoulos Stefanadis (Greece)**

 Pre-participation cardiovascular screening in athletes
Domenico Corrado (Italy)

 Evaluation of athletes with coronary artery disease
Michael Papadakis (Greece)

 Evaluation of athletes with ventricular arrhythmias
Alessandro Biffi (Italy)

 Evaluation and management of athletes with cardiomyopathy
Aris Anastasakis (Greece)

SCIENTIFIC PROGRAM



MACEDONIA A (Hybrid Hall)

18:00-19:15

SUPPORTED SYMPOSIUM

POLISH SOCIETY OF SPORTS MEDICINE
PHYSICAL ACTIVITY AND PREVENTION OF NONCOMMUNICABLE CHRONIC DISEASES

Chairs: **Anna Jegier (Poland), Metin Ergun (Turkey)**

Molecular mechanisms underlying adaptation to exercise

Agnieszka Zembro-Łacny (Poland), Ewa Brzezińska-Lasota (Poland)

Long- term effect of different physical activity levels in prevention of cardiovascular disease in men: a 30-years prospective study

Katarzyna Szmigielska (Poland), Magdalena Kwaśniewska (Poland)

Physical activity in prevention and treatment of cognitive disorders

Andrzej Ziemia (Poland)

Sport in older adults

Tomasz Kostka (Poland)



KOZANI (Virtual Hall)

18:00-19:15

SUPPORTED SYMPOSIUM

BASEM

Chairs: **Theodora Papadopoulou (UK), Roger Hawkes (UK)**

Moving Medicine-Prescribing movement for people with physical impairments

Harriet Collins (UK)

Use it or lose it: maintaining muscle mass for health and disease prevention

James Bilzon (UK)

Is it time to prioritise the biopsychosocial approach in sport and exercise medicine? How it works in practice

Theodora Papadopoulou (UK)

SCIENTIFIC PROGRAM



NAOUSA (Virtual Hall)

18:00-19:15

SUPPORTED SYMPOSIUM

HKASMSS

INJURY PREVENTION PROGRAM AND RETURN TO PLAY CRITERIA AFTER SPORTS INJURIES

Chairs: **Patrick Yung (Hong Kong)**, **Panagiotis Papagelopoulos (Greece)**

Preseason cardiac screening in prevention of sudden cardiac death

Gary Mak (Hong Kong)

Injury prevention through training load monitoring & management

Kate Yung (Hong Kong)

ACL injury prevention program: How does it work?

Mok Kam Ming (Hong Kong)

Evidence based practice for return to play after ACL reconstruction

George Law (Hong Kong)

MACEDONIA B (Hybrid Hall)

19:15-19:30

SHORT LECTURE

Chair: **Fabio Pigozzi (Italy)**

A united front against physical inactivity: The hamburg declaration

Juergen Steinacker (Germany)

KOZANI (Virtual Hall)

19:15-19:30

SHORT LECTURE

Chair: **Maria Piagkou (Greece)**

IGF-1Ec isoform regulation in skeletal muscle damage and regeneration

Anastassios Philippou (Greece)

SCIENTIFIC PROGRAM



NAOUSA (Virtual Hall)

19:15-19:30

SHORT LECTURE

Chair: **Emmanouil Antonogiannakis (Greece)**

Evaluation and treatment of the athletic painful shoulder

Christos Sinopidis (Greece)



MACEDONIA B (Hybrid Hall)

19:30-20:00

KEYNOTE LECTURE

Chair: **Konstantinos Natsis (Greece)**

Dealing with multi-ligament knee injuries - examples from the Olympic World

Lars Engebretsen (Norway)

20:00

Opening Ceremony

Welcome address

Lecture by **Nicolas Christodoulou (Cyprus)**

SCIENTIFIC PROGRAM



MACEDONIA B (Hybrid Hall)

08:00-09:00

ROUND TABLE

INTEGRATING TRANSWOMEN AND FEMALE ATHLETES WITH DSD INTO ELITE COMPETITION: FUTURE RESEARCH CONSIDERATIONS

Chairs: **Yannis Pitsiladis (UK)**, **Juergen Steinacker (Germany)**

Lessons from world rowing

Juergen Steinacker (Germany)

Lessons from polycystic ovary syndrome

Bulent Yildiz (Turkey)

Genetophysiological research required at the male-female eligibility boundary

Alun Williams (UK)

Integrating transwomen and female athletes with DSD

Blair Hamilton (UK)

SCIENTIFIC PROGRAM



MACEDONIA A (Hybrid Hall)

08.00-09.00 8th SESSION PHYSICAL ORAL PRESENTATIONSChairs: **Luigi di Luigi (Italy), Evagoras Nikolaidis (Cyprus)**

- 0130** **A WITHIN-SUBJECT DESIGN STUDY INVESTIGATING THE EFFECT OF ISOMETRIC TRAINING ON LOWER LIMB POWER OUTPUT**
Armonis P.
 University College London, London, United Kingdom
- 0131** **DECLINE IN VIGOROUS PHYSICAL ACTIVITY IN YOUNG ADULTS DURING THE SECOND LOCKDOWN CAUSED BY COVID-19 PANDEMIC: RESULTS OF CRO-PALS FOLLOW-UP STUDY**
Karuc J., Martinko A., Mišigoj-Duraković M., Sorić M.
 Faculty of Kinesiology, University of Zagreb, Zagreb, Croatia
- 0136** **OVER-HYDRATION AND ASSOCIATED MUSCLE DAMAGE MAY EXPLAIN ACUTE KIDNEY INJURY FROM MARATHON RUNNING IN THE BIOMARKERS AFTER SPORTING INCAPACITATION STUDY (BASIS)**
Stacey M.^{1,2}, Hill N.^{1,2}, O'Hara J.³, Brett S.¹, Woods D.^{2,3}
¹Imperial College London, London, United Kingdom, ²Royal Centre for Defense Medicine, Birmingham, United Kingdom, ³Leeds Beckett University, Leeds, United Kingdom
- 0139** **IMPLEMENTATION OF WEARABLE TECHNOLOGIES AT THE TOKYO OLYMPICS**
Angeloudis K.¹, Muniz-Pardos B.², Kotopoulea Nikolaidi M.¹, Pitsiladis Y.¹
¹Centre for Stress and Age Related Disease, University of Brighton, Huxley Building, Lewes Road, Brighton, United Kingdom, ²GENUD Research group, Faculty of Health and Sport Sciences, University of Zaragoza, Zaragoza, Spain
- 0141** **WHERE DO WE STAND WITH SPORT-RELATED CONCUSSION (SRC) PREVENTION AND MANAGEMENT? AN INTERNATIONAL SURVEY AMONG FIELD STAKEHOLDERS**
 Martens G., Kaux J., Thibaut A., Tscholl P., Urhausen A., Le Garrec S., Leclerc S.
 Réseau Francophone Olympique de la Recherche en Médecine du Sport (ReFORM)
- 0146** **INTEGRATING TRAINING AND OFF-TRAINING ACTIVITIES SUBSTANTIALLY ALTERS TRAINING VOLUME AND LOAD ANALYSIS IN ELITE ROWERS**
Treff G.¹, Leppich R.², Winkert K.¹, Steinacker J.¹, Mayer B.¹, Sperlich B.²
¹University of Ulm, Ulm, Germany, ²University of Wuerzburg, Wuerzburg, Germany

SCIENTIFIC PROGRAM



KOZANI (Virtual Hall)

08.00-09.00 4th SESSION VIRTUAL ORAL PRESENTATIONS

Chairs: **Matthaios Didangelos (Greece), Evangelos Pappas (Greece)**

- 0040** **CONTRIBUTION OF THE BRACHIORADIALIS MUSCLE TO THE RADIAL DEVIATION OF S-H II DISTAL RADIUS FRACTURES IN SCHOOL-AGED CHILDREN. PRONATED OR SUPINATED FOREARM IMMOBILIZATION SHOULD BE ADVISED AFTER CLOSED REDUCTION?**
Giakoumakis S.¹, Antzoulas P.¹, Vasilagkos G.², Liapis G.¹, Konstantopoulou A.², Sperelakis J.¹, Stavropoulos T.², Tsoumpos P.¹, Tagaris G.¹
¹Department of Paediatric Orthopaedics & Traumatology, General Paediatric Hospital Patras, Patras, Greece, ²Medical School, University of Patras, Patras, Greece
- 0043** **PHYSIOLOGICAL RESPONSES IN GYMNASTICS COMPETITION UNDER SOCIALLY PRESCRIBED PERFECTIONISM**
Pineda-Espejel H., Trejo M., Cutti L., Galarraga E.
 Universidad Autónoma de Baja California, Mexicali, Mexico
- 0049** **THE RELATIONSHIP BETWEEN ANTIMULLERIAN HORMONE LEVELS AND MENSTRUAL FUNCTION IN WOMEN DOING SPORTS**
Şenışık S.¹, Bilgi A.², Köyağasioğlu O.¹, Bilgi P.⁴, Medine I.⁵, Terek C.³
¹Sports Medicine Department, Faculty Of Medicine, Ege University, Izmir, Turkey, ²Gynecology Obstetrics and Reproductive Department, Faculty Of Medicine, Selcuk University, Konya, Turkey, ³Gynecology Obstetrics and Reproductive Department, Faculty of Medicine, Ege University, Izmir, Turkey, ⁴Mersin City Hospital, Mersin, Turkey, ⁵Institute of Nuclear Sciences, Ege University, Izmir, Turkey
- 0053** **RETROSPECTIVE ANALYSIS OF IRON SCREENING IN ELITE WELSH ATHLETES**
James C.¹, Martin R.², Busby O.², Hares F.²
¹Cardiff University, Cardiff, United Kingdom, ²Sport Wales Institute, Cardiff, United Kingdom
- 0058** **IMPACT OF VISUAL INPUT ON KNEE STABILIZER MUSCLES ELECTROMYOGRAPHIC PRE-ACTIVATION IN TENNIS PLAYERS: A PILOT STUDY**
Marotta N., Demeco A., Tasselli A., Petraroli A., Moggio L., Marinaro C., Iona T., de Sire A., Ammendolia A.
 University of Catanzaro "Magna Graecia", Catanzaro, Italy
- 0059** **THREE- AND TWO-DIMENSIONAL FOOT ANALYSIS BY DIGITAL PELMATOGRAM (DPG) IN ATHLETES WITH PLANTAR FAT PAD ATROPHY**
Didangelos M.¹, Piagkou M.², Otountzidis N.⁴, Koutsonikola P.³, Koutsonikolas D.³, Natsis K.⁴
¹1st Cardiology Department, AHEPA General Hospital, Aristotle University of Thessaloniki, Thessaloniki, Greece, ²Department of Anatomy, School of Medicine, National and Kapodistrian University of Athens, Athens, Greece, ³Department of Physiology, School of Medicine, Faculty of Health Sciences, Aristotle University of Thessaloniki, Thessaloniki, Greece, ⁴Department of Anatomy and Surgical Anatomy, School of Medicine, Faculty of Health Sciences, Aristotle University of Thessaloniki, Thessaloniki, Greece

SCIENTIFIC PROGRAM



NAOUSA (Virtual Hall)

08.00-09.00 5th SESSION VIRTUAL ORAL PRESENTATIONSChairs:: **Evagoras Nikolaidis (Cyprus), Aristidis Zibis (Greece)**

- 0060** **POSTURAL AND GAIT ABNORMALITIES DIAGNOSED BY DIGITAL PELMATOGRAM (DPG) IN ATHLETES**
 Piagkou M.², Lyrtzis C.³, Koutsonikolas D.⁴, Otountzidis N.³, Koutsonikola P.⁴, Didagelos M.¹, Natsis K.³
¹1st Cardiology Department, AHEPA General Hospital, Aristotle University of Thessaloniki, Thessaloniki, Greece, ²Department of Anatomy, School of Medicine, National and Kapodistrian University of Athens, Athens, Greece, ³Department of Anatomy and Surgical Anatomy, School of Medicine, Faculty of Health Sciences, Aristotle University of Thessaloniki, Thessaloniki, Greece, ⁴Department of Physiology, School of Medicine, Faculty of Health Sciences, Aristotle University of Thessaloniki, Thessaloniki, Greece
- 0062** **ASSESSMENT OF THE ACTIVITY LEVELS OF PATIENTS WITH ANTERIOR CRUCIATE LIGAMENT (ACL) RECONSTRUCTION: A STUDY WITH A 13.2 YEARS FOLLOW-UP**
Mitrousias V., Chalatsis G., Siouras A., Baltas C., Komnos G., Panteliadou F., Hantes M.
 Department of Orthopedic Surgery, General University Hospital of Larissa, Thessaly, Greece
- 0068** **IMPLANT FAILURE IN MODULAR TOTAL HIP REPLACEMENT (THR) PROSTHESIS: TWO CASES OF AN UNCOMMON COMPLICATION**
 Dentsas I., Kazamias K., Pellios S., Georgiannos D., Bisbinas I.
 1st Orthopaedic and Trauma Department, 424 Army General Training Hospital, Thessaloniki, Greece
- 0069** **INTRAOPERATIVE LOCAL INFILTRATION OF TRANEXAMIC ACID IN TOTAL KNEE ARTHROPLASTY: A COMPARATIVE STUDY IN A TERTIARY HOSPITAL**
Kazamias K., Dentsas I., Georgiannos D., Lampridis V., Bisbinas I.
 1st Orthopaedic and Trauma Department, 424 Army General Training Hospital, Thessaloniki, Greece
- 0072** **RESEARCH ON THE GUIDANCE OF EXERCISE PRESCRIPTION TO IMPROVE THE ADOLESCENTS' SPINAL HEALTH PROBLEMS**
Dong J., Yu S., Zhou G., Zhou Y.
 Department of Physical Education, Tongji University, Shanghai, China
- 0075** **INCIDENCE AND TYPES OF INJURIES OF LEGS, CLINICAL TORSION PROFILE AND ISOKINETIC CHARACTERISTICS OF KNEES AND ANKLES IN YOUNG FEMALE HANDBALL PLAYERS**
Handjiski Z., Handjiska E.
 PZU Kineticus Sportmed, Skopje, North Macedonia

SCIENTIFIC PROGRAM



MACEDONIA B (Hybrid Hall)

09:00-10:15

EFSMA SUPPORTED SYMPOSIUM

EXERCISE PERScription FOR HEALTH

Chairs: **Anca Ionescu (Romania), Yannis Pitisiladis (UK)**

Exercise capacity and sarkopenia in cancer

Juergen Steinacker (Germany)

Exercise prescription in health and diseases: The EFSMA approach

Herbert Löllgen (Germany)

Exercise Prescription for health in practise

Petra Zupet (Slovenia)

Is sitting (sedentary life-style) the new smoking

Andre Debruyne (Belgium)



MACEDONIA A (Hybrid Hall)

09:00-10:15

SUPPORTED SYMPOSIUM

TEAM DENTIST FOR SAFE SMILE

Chairs: **Maher Zahar (Tunisia), Ioannis Tzoutzas (Greece)**

In the 21th century, sports dentistry can prevent muscles and joints' injury

Maher Zahar (Tunisia)

How does nutrition and hydration impact athletes' oral health? New findings and updates

Christos Rahiotis (Greece)

Preventing sports-related dental trauma. The key role of individualized mouthguards

Evangelos Loizos (Greece)

Dental injury in sports: Current evidence

Maria Piagkou (Greece)

SCIENTIFIC PROGRAM



KOZANI (Virtual Hall)

09:00-10:15

SUPPORTED SYMPOSIUM

HKASMSS

IMPROVING SPORTS PERFORMANCE & RECOVERY FOR ELITE ATHLETES

Chair: **Julio Motta-Pensabene (Guatemala)**

Updates of recovery methods in elite sports training

Raymond So (Hong Kong)

Yoga medicine for sports recovery

Bryan Lau (Hong Kong)

Recovery Strategies in performance enhancement for sprint vs endurance sports

Ka Kay Lo (Hong Kong)

Application of velocity based monitoring on strength and power Training in elite sportsmen

Hardaway Chan (Hong Kong)

NAOUSA (Virtual Hall)

09:00-10:15

SUPPORTED SYMPOSIUM

TURKISH SPORTS MEDICINE ASSOCIATION SPORT AND ATHLETE SPECIFIC INJURY PREVENTION PROGRAMS

Chairs: **Bülent Ulkar (Turkey), Ioannis Terzidis (Greece)**

Football specific injury prevention programs

Gürhan Dönmez (Turkey)

Basketball specific injury prevention programs

Uğur Diliçıkı (Turkey)

Injury prevention strategies in running sports

Melda Pelin Yargıç (Turkey)

Injury prevention strategies for female athletes

Sabriye Ercan (Turkey)

10:15-10:45

Visit to the Exhibition & the Poster Area

SCIENTIFIC PROGRAM



MACEDONIA B (Hybrid Hall)

10:45-11:15

KEYNOTE LECTURE

Chair: **Juergen Steinacker (Germany)**

Why the injury predictor screening does not work, while the prevention program does?

Roald Bahr (Norway)



MACEDONIA A (Hybrid Hall)

10.45-11.30

9th SESSION PHYSICAL ORAL PRESENTATIONS

Chair: **Grigoris Bogdanis (Greece), Theodora Papadopoulou (UK)**

0147

THE IMPORTANCE OF THE COVID-19 PROTOCOL AT INTERNATIONAL WRESTLING COMPETITIONS

Ambrus M.¹, Lacza Z.¹, Mensch K.^{2,3}, Molnár S.^{2,4,5}

¹University Of Physical Education, Budapest, Hungary, ²Medical, Prevention and Anti-Doping Committee of the Hungarian Wrestling Association, Budapest, Hungary, ³Semmelweis University, Faculty of Dentistry, Department of Oral Diagnostics, Budapest, Hungary, ⁴Hungarian Army Health Center, Department of Traumatology, Budapest, Hungary, ⁵International Wrestling Federation, Medical, Prevention and Anti-Doping Commission, Budapest, Hungary

0152

THE RESULTS OF THE SURGICAL TREATMENT FOR DISASTROUS DORSAL & VOLAR PERILUNATE DISLOCATIONS IN ELITE WEIGHTLIFTERS OF HELLENIC NATIONAL WEIGHTLIFTING TEAM, AFTER HEAVYWEIGHTS IMPACTION ON THEIR WRIST: 20 YEARS STUDY

Tsikouris G.¹, Dedousi G.¹, Papadakis T.¹, Samolis A.², Menegos D.², Chrysikos D.², Psychoyios V.², Troupis T.³

¹Athens Kolonaki Orthopaedic & Sports Medicine Center (AKOSMC), Athens, Greece, ²5th Orthopaedic Clinic, General Hospital Asklepieio, Athens, Greece, ³Anatomy Department, School of Medicine, National and Kapodistrian University of Athens, Athens, Greece

0154

ENDOSCOPIC CURETTAGE AND ALLOGRAFTING OF UNICAMERAL BONE CYSTS OF THE CALCANEUS IN YOUNG SOCCER PLAYERS

Terzidis I.¹, Theodorakis M.², Papisoulis E.¹, Totlis T.¹, Papakostas E.³, Sideridis A.¹

¹TheMIS Orthopaedic Center, Thessaloniki, Greece, ²Department of Traumatology, Hospital Periferico de Coche, Caracas, Venezuela, ³Aspetar Orthopedic and Sports Medicine Hospital, Doha, Qatar

0010

DISORDERED EATING, BODY IMAGE DISTURBANCES AND MINDFULNESS IN EATING IN ELITE SYNCHRONISED SWIMMERS

Randall E.¹, **Kotopoulea Nikolaidi M.**¹, Daskou S.², Giannopoulou I.¹

¹University of Brighton, Brighton, United Kingdom, ²Neapolis University, Pafos, Cyprus

0018

THE EFFECTS OF EXERCISE WITH BLOOD FLOW RESTRICTION (BFR) IN POST-SURGERY REHABILITATION OF ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION PATIENTS

Karampampa C.¹, Karavelis A.¹, Ditsiopoulou E.¹, Gioftsidou A.², Malliou P.², **Terzidis I.**¹

¹Thessaloniki Minimally Invasive Surgery (The-MIS) Orthopaedic Center, St. Luke's Hospital, Thessaloniki, Greece ²Department of Physical Education and Sports Science, Democritus University of Thrace

SCIENTIFIC PROGRAM



MACEDONIA B (Hybrid Hall)

11:15-12:30

SUPPORTED SYMPOSIUM

UCI

THE RISK REDUCTION IN CYCLING

Chairs: **Xavier Bigard (France), Michael Papadakis (UK)**

Sudden deaths in cycling. Origins and prevention strategies

Alessandro Biffi (Italy)

Cycling, a discipline at risk of relative energy deficiency in sports (RED-S)

Katharina Grimm (South Africa)

The management of concussions in cycling

Jeroen Swart (South Africa)

Prevention of injurious falls in competitive cycling

Xavier Bigard (France)

MACEDONIA A (Hybrid Hall)

11.30-12.30

1ST SESSION PHYSICAL POSTER PRESENTATIONSChairs: **Nikolaos Angelides (Cyprus), Efstahtios Papatheodorou (Greece)**

P006

A DIFFICULT PATH: ANOMALOUS AORTIC ORIGIN OF A CORONARY ARTERY AND SPORTS PARTICIPATIONDias D.¹, Cardoso-Marinho B.¹, Quintas F.², Oliveira M.¹¹Oporto Sports Medicine Center, Santo Tirso, Portugal, ²Portuguese Cycling Federation, Portugal

P008

CASE REPORT: EFFICACY OF AEROBIC EXERCISE AFTER EVALUATION WITH CARDIOPULMONARY TEST IN PATIENTS WITH PREVIOUS SEVERE SARS COV2 PNEUMONIAFugazzotto D., Tripodi R., Altieri T., Marino N., D'Arrigo G., Torrisi C. Carina A., Vasta S.

COT Multi-specialty Clinical Institute, Messina, Italy

P019

THE MODIFICATION OF RED BLOOD CELLS SURFACE MOLECULES EXPRESSION FOLLOWING ERYTHROPOIESIS STIMULATING AGENTS ADMINISTRATIONBorrione P.¹, D'Amico A.¹, Mangino G.², Fossati C.¹, Cosolo C.³, Sfregola P.⁴, Carnevale R.^{2,5}¹Department of Movement, Human and Health Sciences, University of Rome "Foro Italico", Rome, Italy,²Department of Medico-Surgical Sciences and Biotechnologies, Sapienza University of Rome, Latina,Italy, ³University of Rome "Foro Italico", Italy, ⁴Unit of Nephrology Dialysis, Madonna delle GrazieHospital, Velletri, Italy, ⁵Mediterranea Cardiocentro, Naples, Italy

P020

BIOMARKERS FOR MONITORING RECOVERY STRATEGIES IN PROFESSIONAL FOOTBALL PLAYERSMolina A., Moya H., Berral-Aguilar A., Rojano D., Berral F.

University Pablo Olavide of Seville, Seville, Spain

SCIENTIFIC PROGRAM

- P022** **PLYOMETRICS EXERCISES REDUCE THE INCIDENCE OF ANTERIOR CRUCIATE LIGAMENT (ACL) INJURY: A META-ANALYSIS**
Al Attar W.^{1,2,3}, Khaledi E.^{1,4}, Bakhsh J.¹, Akkam A.¹, Ghulam H.⁵, Ross H. Sanders R.H.³
¹Department of Physical Therapy, Faculty of Applied Medical Science, Umm Al Qura University, Makkah, Saudi Arabia, ²Discipline of Exercise and Sport Science, Faculty of Medicine and Health Sciences, The University of Sydney, Sydney, Australia, ³Department of Sport, Exercise and Health, Faculty of Medicine, University of Basel, Basel, Switzerland, ⁴Department of Physical Therapy, King Abdullah Medical City, Makkah, Saudi Arabia, ⁵Department of Physical Therapy, Faculty of Applied Medical Sciences, Najran University, Najran, Saudi Arabia
- P023** **DOUBLE AND SINGLE LEG BALANCE TEST IN HEALTHY AND ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTED INDIVIDUALS**
Stefas E.¹, Kouvelioti V.^{1,2}, Amoiridis I.², Kellis E.²
¹Evexia, Thessaloniki, Greece, ²Laboratory of Neuromechanics, Department of Physical Education and Sport Sciences, Serres, Greece
- P025** **TREATMENT OF CHRONIC PATELLAR TENDINOPATHY IN ATHLETES WITH MULTIPLE PLATELET RICH PLASMA INJECTIONS: A FIVE-YEAR EXPERIENCE**
 Begkas D.¹, Chatzopoulos S.¹, Papadaku E.², Georgiadis G.³, Balanika A.⁴, Rachi M.⁵, Pastroudis A.¹
¹6th Orthopaedic Department, General Hospital Asklepieio Voulas, Athens, Greece, ²Department of Sport Injuries, General Hospital of Attica KAT, Athens, Greece, ³4th Orthopaedic Department, General Hospital Asklepieio Voulas, Athens, Greece, ⁴Department of Computerized Tomography and Ultrasonography, General Hospital Asklepieio Voulas, Athens, Greece, ⁵Department of Anesthesiology, General Hospital Asklepieio Voulas, Athens, Greece
- P026** **NEUROVASCULAR ANATOMIC RELATIONSHIPS TO ARTHROSCOPIC POSTERIOR AND TRANS-SEPTAL PORTALS IN DIFFERENT KNEE POSITIONS**
Makridis K.^{1,2}, Zourntou S.¹, Georgoussis M.¹, Djian P.²
¹Iaso Thessalias, Larisa, Greece, ²Clinique Nollet, Paris, France
- P027** **ARTHROSCOPIC TREATMENT OF LOCALIZED PIGMENTED VILLODULAR SYNOVITIS OF THE KNEE**
Zourntou S.¹, Makridis K.^{1,2}, Georgoussis M.¹, Djian P.²
¹Iaso Thessalias, Larisa, Greece, ²Cabinet Goethe-Clinique Nollet, Paris, France
- P028** **ARTHROSCOPIC POSTERIOR CRUCIATE LIGAMENT (PCL) RECONSTRUCTION USING AUTOGRAFTS AND ALLOGRAFTS, FOLLOW UP 7-14 YEARS**
Giankou G., Ioannidis C., Tsakonas N., Saloupis P.
 General Hospital Of Edessa, Edessa, Greece
- P037** **THE PREVALENCE AND ACCOMPANYING RISK FACTORS OF LOWER EXTREMITY INJURIES IN NETBALL: A LITERATURE REVIEW**
Hammill H., Kamffer L.
 Physical Activity, Sport and Recreation (PhASRec), North West University (NWU), Potchefstroom, South Africa
- P041** **MEDIAN NERVE COMPRESSION DUE TO INTRAPERINEURIUM HEMATOMA AFTER A CYCLIST'S FALL ON HIS WRIST**
Lyrztis C.¹, Piagkou M.², Mariorakis C.¹, Natsis K.¹
¹Department of Anatomy and Surgical Anatomy, Medical School, Aristotle University of Thessaloniki, Thessaloniki, Greece, ²Department of Anatomy, Kapodistrian University of Athens, Athens, Greece

SCIENTIFIC PROGRAM



KOZANI (Virtual Hall)

11:15-12:30

SUPPORTED SYMPOSIUM

HKASMSS

BRAZILIAN SOCIETY OF SPORTS AND EXERCISE MEDICINE EXERCISE AND SPORTS MEDICINE IN BRAZIL

Chairs: **Fernando Torres (Brazil), Rafael Robles, (Guatemala)**

Delayed onset muscle soreness (DOMS) and dos
Roberto Lohn Nahon (Brazil)

Can we prevent osteoarthritis with ACL surgery?
Ivan Pacheco (Brazil)

Physical exercise and myocardial ischemic preconditioning
Daniel Arkader Kopiler (Brazil)

Updated Brazilian recommendations for return to play at the post COVID-19 era
Marcelo Bichels Leitão (Brazil)



NAOUSA (Virtual Hall)

11:15-12:30

SUPPORTED SYMPOSIUM

RELATIVE ENERGY DEFICIENCY IN SPORT (RED-S), HORMONES HEALTH & PERFORMANCE

Chairs: **Luigi Di Luigi (Italy), Maria Piagkou (Greece)**

TTAS project and implications for relative energy deficiency in sport (RED-S) and the biological female athlete
Fergus Guppy (UK)

The female athlete's endocrinology: from physiology to hormonal imbalance
Luigi Di Luigi (Italy)

Female and male athlete triad and RED-S. Following their evolution
Ana Virginia Cintrón (Puerto Rico)

SCIENTIFIC PROGRAM



MACEDONIA B (Hybrid Hall)

12:30-13:00

LECTURE

Chair: **Fabio Pigozzi (Italy)**

Importance of ethical rules for the healthy practice of the International panathlon sporting role

Pierre Zappelli (Switzerland)



VIRTUAL B

12.30-13.30

6th SESSION VIRTUAL ORAL PRESENTATIONS

Chairs: **Anna Jegier (Poland), Konstantinos Ditsios (Greece)**

0076

STRENGTH DEFICITS AND OPTIMAL TIME FOR RETURN TO PLAY IN ACL RECONSTRUCTION WITH HAMSTRINGS' AUTOGRAFTS: A PROSPECTIVE, RANDOMIZED, COMPARATIVE STUDY BETWEEN SUSPENSORY AND EXPANDABLE ANATOMICAL FEMORAL FIXATION

Panagopoulos A., Giannatos V., Mylonas D., Kalavritinos D., Kollaros G., Moros G., Kouzelis A., Gliatis J.
Department of Sports Medicine, Patras University Hospital, Patras, Greece

0077

SYSTEMATIC REVIEW OF DISTAL BICEPS TENDON RUPTURE IN ATHLETES: TREATMENT AND REHABILITATION

Pitsilos C., Chitas K., Gigis I., Papadopoulos P., Ditsios K.
2nd Orthopaedic Department, Aristotle University of Thessaloniki, Greece "G. Gennimatas" General Hospital Thessaloniki, Thessaloniki, Greece

0079

WHAT SHOULD KNOW INTERNAL MEDICINE PRACTITIONERS ABOUT FORMER ATHLETES?

Venevtseva Y., Melnikov A., Nizhnik L., Balko A.
Medical Institute, Tula State University, Tula, Russian Federation

0085

TRANS-THORACIC ECHOCARDIOGRAPHIC EVALUATION OF YOUNG ATHLETES DURING PRE-PARTICIPATION SCREENING: PRELIMINARY RESULTS

Quaranta F.¹, Fossati C.¹, Borriero P.¹, Delre D.², Infusino M.³, Lazarevic Z.³, Cavarretta E.^{4,5}, Pingitore A.⁴
¹Department of Movement, Human and Health Sciences, University of Rome "Foro Italico", Rome, Italy, ²Sports Medicine Residency Program, Sapienza University of Rome, Rome, Italy, ³Centre for Exercise Science and Sports Medicine, University of Rome "Foro Italico", Italy, ⁴Department of Medico-Surgical Sciences and Biotechnologies, Sapienza University of Rome, Latina, Italy, ⁵Mediterranea Cardiocentro, Italy

0086

THE CARDIOVASCULAR RISK FACTORS PREVALENCE AMONG ADULT MALE AMATEUR ATHLETES

Szadkowska I.¹, Sałata B.², Rzepecki B.², Jegier A.¹
¹Department of Sports Medicine, Medical University of Lodz, Lodz, Poland, ²Medical University of Lodz, Lodz, Poland

0087

TRAINING-RELATED SYMPTOMS OF CARDIOVASCULAR SYSTEM IN AMATEUR ATHLETES

Szadkowska I.¹, Sałata B.², Rzepecki B.², Jegier A.¹
¹Department of Sports Medicine, Medical University of Lodz, Lodz, Poland, ²Medical University of Lodz, Lodz, Poland

SCIENTIFIC PROGRAM



MACEDONIA A (Hybrid Hall)

12.30-13.30 2nd SESSION PHYSICAL POSTER PRESENTATIONSChairs: **George Dedousis (Greece), Nikolaos Raikos (Greece)**

- P044** **INTRAOPERATIVE CORRELATION OF MAGNETIC RESONANCE IMAGING (MRI) FINDINGS WITH ARTHROSCOPIC FINDINGS IN SHOULDER LABRAL TEARS**
Abdi A., Antonogiannakis E., Kalinterakis G., Petrides G., Demetriades G., Galanopoulos I., Ziogas M.
 1st Orthopaedic Department, 401 General Military Hospital of Athens, Athens, Greece
- P047** **BALANCE EXERCISES REDUCE THE INCIDENCE OF ANKLE INJURY AMONG SOCCER PLAYERS: A META-ANALYSIS**
Al Attar W.^{1,2,3}, Bakhsh J.¹, Khaledi E.^{1,4}, Faude O.², Ghulam H.⁵, Sanders R.³
¹Department of Physical Therapy, Faculty of Applied Medical Science, Umm Al Qura University, Makkah, Saudi Arabia, ²Department of Sport, Exercise and Health, Faculty of Medicine, University of Basel, Basel, Switzerland, ³Discipline of Exercise and Sport Science, Faculty of Medicine and Health Sciences, The University of Sydney, Sydney, Australia, ⁴Department of Physical Therapy, King Abdullah Medical City, Makkah, Saudi Arabia, ⁵Department of Physical Therapy, Faculty of Applied Medical Sciences, Najran University, Najran, Saudi Arabia
- P048** **THE EFFECT OF WEEKLY TRAINING VOLUME ON MUSCULOSKELETAL INJURIES IN LONG DISTANCE RUNNERS**
Triantafyllidis A.¹, **Achlatis V.**¹, Chatzichristodoulou N.¹, Koutlianos N.², Terzidis I.³, Totlis T.^{3,4}
¹Sports and Health Master of Sciences Program, Aristotle University of Thessaloniki, Thessaloniki, Greece, ²Sports Medicine Laboratory, Department of Physical Education & Sport Sciences, Aristotle University of Thessaloniki, Thessaloniki, Greece, ³Thessaloniki Minimally Invasive Surgery (TheMIS) Orthopaedic Center, St. Luke's Hospital, Thessaloniki, Greece, ⁴Department of Anatomy and Surgical Anatomy, School of Medicine, Faculty of Health and Sciences, Aristotle University of Thessaloniki, Thessaloniki, Greece
- P050** **CHRONIC POSTERIOR KNEE LAXITY IN A POPULATION OF OVER 100 PATIENTS: INJURY CHARACTERISTICS, DIAGNOSIS AND TREATMENT ALGORITHM**
Makridis K.¹, Zourntou S.¹, Georgoussis M.¹, Rousseau R.², Djian P.²
¹Iaso Thessalias, Larisa, Greece, ²Cabinet Goethe-Clinique Nollet, Paris, France
- P053** **THE SURVEY ON AN ANKLE SPRAIN FOR CHUGOKU AND SHIKOKU COLLEGIATE AMERICAN FOOTBALL PLAYER IN JAPAN**
Komiya M.¹, Urabe Y.¹, Maeda N.¹, Takeuchi T.¹, Terahana S.², Ishii Y.², Akutagawa T.²
¹Graduate School of Biomedical and Health Sciences, Hiroshima University, Japan, Hiroshima, Japan, ²Chugoku and Shikoku Collegiate American Football Association, Japan, Hiroshima, Japan
- P059** **ARTHROSCOPIC RETROGRADE OSTEOCHONDRAL AUTOGRAFT TRANSPLANTATION FOR CARTILAGE LESIONS OF THE TIBIAL PLATEAU: A PROSPECTIVE STUDY**
Zourntou S.¹, Makridis K.^{1,2}, Georgoussis M.¹, Djian P.²
¹Iaso Thessalias, Larisa, Greece, ²Cabinet Goethe-Clinique Nollet, Paris, France

SCIENTIFIC PROGRAM

- P061 THE SUPRASCAPULAR NERVE ARTHROSCOPIC ANTERIOR AND ENDOSCOPIC POSTERIOR RELEASE IN ELITE VOLLEYBALL PLAYERS**
Tsikouris G.¹, Dedousi G.¹, Papadakis T.¹, Antonopoulos I.³, Psychogios V.², Troupis T.³
¹Athens Kolonaki Orthopaedic & Sports Medicine Center (AKOSMC), Athens, Greece, ²5th Orthopaedic Clinic, General Hospital Asklepieio, Athens, Greece, ³Medical School, National and Kapodistrian University of Athens, Athens, Greece
- P062 WRIST DENERVATION IN COMBINATION WITH WRIST ARTHROSCOPY IS THE IDEAL MANAGEMENT OF THE POST-TRAUMATIC WRIST ARTHRITIS IN ATHLETES**
Tsikouris G.¹, Dimou L.², Dedousi G.², Papadakis T.¹, Psychogios V.², Troupis T.¹
¹Athens Kolonaki Orthopaedic & Sports Medicine Center (AKOSMC), Athens, Greece, ²5th Orthopaedic Clinic, Asklepieio General Hospital, Athens, Greece
- P063 THE APPLICATION OF ULTRASOUND GUIDED KNEE ARTHROSCOPY FOR CALCIFIED PATELLAR TENDINOPATHY IN ELITE WEIGHT LIFTERS**
Tsikouris G.^{1,2}, Gravvanis N.¹, Dedousi G.¹, Antonopoulos I.⁴, Papadakis T.¹, Tsikouris D.⁵, Psychoyios V.³, Troupis T.⁴
¹Athens Kolonaki Orthopaedic & Sports Medicine Center (AKOSMC), Athens, Greece, ²World Weightlifting Federation, Lausanne, Switzerland, ³5th Orthopaedic Clinic General Hospital Asklepieio, Athens, Greece, ⁴Anatomy Department, School of Medicine, National and Kapodistrian University of Athens, Athens, Greece, ⁵Physiokinesis Rehabilitation Centre, Kalamata, Greece
- P079 FACTORS RELATED WITH HAMSTRINGS MUSCLES STRENGTH IN SOCCER PLAYERS**
Emfietzis P.¹, Skalidou S.¹, Kanaras V.², Alexopoulos E.², Totlis T.³
¹School of Medicine, Aristotle University of Thessaloniki, Thessaloniki, Greece, ²Technical Staff, PAOK FC, Thessaloniki, Greece, ³Thessaloniki Minimally Invasive Surgery (TheMIS) Orthopaedic Center, St. Luke's Hospital, Thessaloniki, Greece
- P087 ACUTE EFFECTS OF WHOLE-BODY VIBRATION ON UPPER QUARTER Y BALANCE TEST AND SHOULDER GIRDLE MUSCLE ACTIVITY**
Yoshimi M., Urabe Y., Kotoshiba S., Morikawa M., Maeda N.
 Department of Sport Rehabilitation, Graduate School of Biomedical and Health Science, Hiroshima University, Hiroshima, Japan
- P088 THE RELATIONSHIP BETWEEN THE PERFORMANCE IN SINGLE-LEG STANCE BALANCE TESTS AND THE MORPHOLOGY AND HARDNESS OF THE INTRINSIC FOOT MUSCLES**
Hirota A., Urabe Y., Morikawa M., Maeda N.
 Graduate School of Biomedical and Health Sciences, Hiroshima University, Hiroshima, Japan



KOZANI (Virtual Hall)

12:30-13:00

LECTURE

Chair: **Konstantinos Natsis (Greece)**

Evidence based behind treatment of tendon injuries in athletes
Christer Rolf (Sweden)

SCIENTIFIC PROGRAM



MACEDONIA B (Hybrid Hall)

13:00-13:30

LECTURE

Chair: **Maria Piagkou (Greece)**

Indications and efficacy of whole body cryotherapy (-110 / -140 °C) and Localized cryotherapy in sports traumatology

Silvana Giannini (Italy)

KOZANI (Virtual Hall)

13:00-13:30

LECTURE

Chair: **Chiara Fossati (Italy)**

Gene therapy, genetic enhancement: a dream or a nightmare?

Giuseppe Novelli (Italy)

MACEDONIA B (Hybrid Hall)

13:30-14:00

LECTURE

Chair: **Yannis Pitsiladis (UK)**

Concussion Consensus; certainty or confusion?

Michael Turner (UK)

SCIENTIFIC PROGRAM



MACEDONIA B (Hybrid Hall)

14.00-15.00

ESAOTE IMAGING WORKSHOP

SPORT IS MOTION, IMAGE MOTION!

Chairs: **Xavier Bigard (France), Michael Papadakis (UK)**

Introduction by

Fabio Pigozzi (Italy)

Dynamic WB hip MRI in professional athletes

Silvana Giannini (Italy)

Dynamic MRI and US in Sport Medicine

Paolo Minafra (Italy)

Advanced echocardiography in athlete's heart: from cardiovascular adaptations to the "grey zones"...!

Antonello D'Andrea (Italy)

15:00-15:30

Visit to the Exhibition & the Poster Area



MACEDONIA B (Hybrid Hall)

15:30-16:45

SUPPORTED SYMPOSIUM

FOOTBALL TEAM PHYSICIAN

Chairs: **George Godolias (Germany), Odysseas Paxinos (Greece)**

National team doctor - sports medicine on the run

Odysseas Paxinos (Greece)

Injuries of female football players

Pantelis Nikolaou (Greece)

How to implement prevention injury program with your team?

The role of team physician

Christos Theos (Greece)

Team physician: the relationship between physician and team

Emmanouil Papakostas (Qatar)

SCIENTIFIC PROGRAM



MACEDONIA A (Hybrid Hall)

15:30-16:45

SUPPORTED SYMPOSIUM

INTERNATIONAL PARALYMPIC COMMITTEE

Chairs: **Mike Miller (UK)**, **Markos Sgantzos (Greece)**

Concussion in para sport

James Kissick (Canada)

Sports injuries in athletes with disabilities

Dimitrios Metaxiotis (Greece)

Sports and paralympics as means of rehabilitation

Alexandros Taxildaris (Greece)

Classification controversies in paralympic sport: the white, black and grey areas

Sandra Rozenstoka (Latvia)

KOZANI (Virtual Hall)

15:30-16:45

FILM SCREENING AT THE HEART OF GOLD. INSIDE THE USA GYMNASTICS SCANDAL

At the heart of gold, a powerful documentary directed by Erin Lee Carr, documents the failings of the organizations and adults who chose to believe and protect USA Gymnastics physician Larry Nassar over the safety of the children in their care. The film premiered on HBO in May 2019 and was also screened at the Tribeca film festival.

Break (10 min)

Panel discussion: **THE DUTY OF CARE-SPORTS MEDICINE CLINICIANS AND ATHLETE ABUSE**

Steven Ungerleider, Producer (USA); Trinea Gonczar, survivor and advocate (USA); Kimberly Hurst, Founder and CEO, Avalon Healing Centre Detroit (USA); Katharina Grimm (South Africa), Theodora Papadopoulou (UK)

SCIENTIFIC PROGRAM



NAOUSA (Virtual Hall)

15:30-16:45

SUPPORTED SYMPOSIUM

CHINESE ASSOCIATION OF SPORTS MEDICINE MEDICAL SUPPORT FOR CHINESE OLYMPIC ATHLETES PARTICIPATING 2020 TOKYO OLYMPIC GAMES

Chairs: **Guoping Li (China), Hui Zhan (China)**

Nutrition support for Chinese Olympic athletes participating Tokyo olympic games
Minhao Xie (China)

Fighting against Covid-2019 to protect Chinese Olympic athletes preparing for Tokyo Olympic games
Hui Zhan (China)

Injury prevention of Chinese Olympic athletes
Jingbin Zhou (China)

Medical care of Chinese athletes during Tokyo Olympic games
Jing Li (China)

SCIENTIFIC PROGRAM



MACEDONIA A (Hybrid Hall)

16:45-17:15

3rd SESSION PHYSICAL POSTER PRESENTATIONSChairs: **Christos Sinopidis (Greece), Nikolaos Koukoulis (Greece)**

P089

EFFECTIVENESS OF INSTRUMENT ASSISTED SOFT TISSUE MOBILIZATION OF THE POSTERIOR FUNCTIONAL LINE ON ROUNDED SHOULDERS POSTURE AND SHOULDERS RANGE OF MOTION AND STRENGTHNalmpantis D.¹, Achlatis V.¹, Mountzouris M.¹, Fousekis K.², Anastasopoulos N.³, **Totlis T.**^{3,4}¹Aristotle University of Thessaloniki, Thessaloniki, Greece, ²Department of Physical Therapy, School of Health Rehabilitation Science, University of Patra, Patra, Greece, ³Department of Anatomy and Surgical Anatomy, School of Medicine, Faculty of Health and Sciences, Aristotle University of Thessaloniki, Thessaloniki, Greece, ⁴Thessaloniki Minimally Invasive Surgery (TheMIS) Orthopaedic Center, St Luke's Hospital, Thessaloniki, Greece

P090

A CASE REPORT OF TROCHLEOPLASTY: THICK FLAP TECHNIQUE. A RELIABLE PROCEDURE TO RESTORE NORMAL PATELLOFEMORAL JOINT BIOMECHANICS**Intzoglou K.**, Ntoussis D., Papagiannopoulos P.

Metropolitan General Hospital - Orthopaedic, Athens, Greece

P093

EVALUATION OF TRUNK ASYMMETRY IN SCHOOL CHILDREN AND ADOLESCENT**Tasdemir E.**, Dincer S., Bayraktar B.

Istanbul University, Istanbul Faculty of Medicine, Department of Sports Medicine, Istanbul, Turkey

P096

THE FIFA 11+ SHOULDER INJURY PREVENTION PROGRAM WAS EFFECTIVE IN REDUCING UPPER EXTREMITY INJURIES AMONG SOCCER GOALKEEPERS: A RANDOMIZED CONTROLLED TRIAL**Al Attar W.**^{1,2,3}, Faude O.², Bizzini M.⁴, Alzahrani H.⁵, Alarifi S.⁶, Raed S. Almalki R.¹, Banjar R.¹, Sanders R.³¹Department of Physical Therapy, Faculty of Applied Medical Sciences, Umm Al Qura University, Makkah, Saudi Arabia, ²Department of Sport, Exercise and Health, Faculty of Medicine, University of Basel, Basel, Switzerland, ³Discipline of Exercise and Sport Science, Faculty of Medicine and Health Sciences, The University of Sydney, Sydney, Australia, ⁴Human Performance Lab, Schulthess Clinic, Zurich, Switzerland, ⁵Department of Physical Therapy, Faculty of Applied Medical Sciences, Taif University, Taif, Saudi Arabia, ⁶Department of Physical Therapy, King Abdulaziz Medical City, Riyadh, Saudi Arabia

P097

EFFECTIVENESS OF THE FIFA 11+ REFEREES INJURY PREVENTION PROGRAM IN REDUCING INJURY RATES IN MALE AMATEUR SOCCER REFEREES: A RANDOMIZED CONTROLLED TRIALAl Attar W.^{1,2,3}, Bizzini M.⁴, Alarifi S.⁵, Alzahrani H.⁶, Ghulam H.⁷, Alkabbabi F.¹, Alshamrani N.¹,**Aljedaani E.**¹, Sanders R.H.²¹Department of Physiotherapy, Faculty of Applied Medical Science, Umm Al Qura University, Makkah, Saudi Arabia, ²Discipline of Exercise and Sport Science, Faculty of Medicine and Health Sciences, The University of Sydney, Sydney, Australia, ³Department of Sport, Exercise and Health, Faculty of Medicine, University of Basel, Basel, Switzerland, ⁴Human Performance Lab, Schulthess Clinic, Zürich, Switzerland, ⁵Department of Physiotherapy, King Abdulaziz Medical City, Riyadh, Saudi Arabia, ⁶Department of Physiotherapy, Faculty of Applied Medical Science, Taif University, Taif, Saudi Arabia, ⁷Department of Physiotherapy, Faculty of Applied Medical Sciences, Najran University, Najran, Saudi Arabia

P098

THE INFLUENCE OF THE TRUNK TILT AND LUMBAR LORDOSIS ANGLE ON CHOICE REACTION TIME IN SITTING VOLLEYBALL**Arima S.**, Yukio U., Yuta S., Kazuki F., Tsubasa T., Noriaki M.

Graduate School of Biomedical & Health Sciences, Hiroshima University, Hiroshima, Japan

SCIENTIFIC PROGRAM



MACEDONIA B (Hybrid Hall)

16:45-17:15

4th SESSION PHYSICAL POSTER PRESENTATIONS

Chairs: **Bruno Olory (Qatar), Vasilios Houliaras (Greece)**

P099

DO WE THINK ENOUGH ABOUT NEUROMUSCULAR DISEASES IN ATHLETES WITH RESPIRATORY SYMPTOMS?

Cvejic J., Stjepanovic M., Bojic Z.

University Clinic for Pulmonology, Clinical Centre of Serbia, Belgrade, Serbia

P100

THEORY OF CHANGE WORKSHOP: STAKEHOLDER ENGAGEMENT IN THE EVALUATION OF POLICY IMPLEMENTATION

Wendt J.¹, Scheller D.¹, Müller-Stierlin A.², Steinacker J.¹

¹Department Of Internal Medicine II, Division Of Sports And Rehabilitation Medicine, University Hospital Ulm, Ulm, Germany, ²Department of Psychiatry and Psychotherapy II, Division of Health Economics and Health Services Research, University Ulm, Ulm, Germany

P103

EVOLUTION OF THE PHASE ANGLE FROM SEASON TO HALF SEASON IN PROFESSIONAL SOCCER PLAYERS

Moya H.^{1,2}, Molina A.^{1,2}, Berral-Aguilar A.¹, Del Campo A.², Berral F.³

¹University Pablo Olavide of Seville, Seville, Spain, ²Medical Department, Udinese Calcio SpA, Udine, Italy, ³Department of Sports and Informatics, Research Group CTS-595, Exercise, Health and High Performance, University Pablo Olavide of Seville, Seville, Spain

P104

KINBIA SOFTWARE AS AN ANTHROPOMETRIC MONITORING AND EVALUATION METHOD FOR HIGH PERFORMANCE ATHLETES

Berral F., Martin-Bermudo F., Naranjo J., Rojano D., Berral-Aguilar A.

University Pablo Olavide of Seville, Seville, Spain

P105

THE COMBINATION OF LOCAL MUSCLE ENDOTHERMIA INDUCED BY HUMAN TECAR® WITH WHOLE BODY CRYOTHERAPY IMPROVES DAILY PERCEPTUAL MUSCLE PAIN AFTER REPEATED SPRINTS

Revault A.¹, Filliard J.¹, Leprêtre P.^{2,3}

¹INSEP, Paris, France, ²University of Picardie, Amiens, France, ³Hospital Center of Corbie, Corbie, France

P107

MODULATION OF NEURAL AND KINEMATIC PATTERNS OF WALKING ACROSS GRADIENTS AND DIRECTIONS

Angeloudis K.

Centre for Stress and Age Related Disease, University of Brighton, Huxley Building, Lewes Road, Brighton, United Kingdom

SCIENTIFIC PROGRAM



VIRTUAL B

16.45-18.45 7th SESSION VIRTUAL ORAL PRESENTATIONSChairs: **Mark Hutchinson (USA), Christiana Zidrou (Greece)**

- 0088** **HOLTER MONITORING IN YOUNG MEN HAVING ELEVATED OFFICE BLOOD PRESSURE AND DIFFERENT HISTORY OF LEISURE TIME PHYSICAL ACTIVITY**
Putilin L.
 Tula State University Institute of Medicine, Tula, Russian Federation
- 0089** **CARDIORESPIRATORY FITNESS, HEART RATE VARIABILITY AND COGNITIVE FUNCTION IN THE MIDDLE OF THE LEARNING IN MEDICAL SCHOOL**
Putilin L.
 Institute of Medicine, Tula State University, Tula, Russian Federation
- 0090** **PHYSICAL ACTIVITY IN THE YOUTH AND WOMEN' CARDIOVASCULAR HEALTH IN THE MIDDLE AGE**
Venevtseva Y., Melnikov A., Balko A.
 Tula State University, Tula, Russian Federation
- 0098** **ANXIETY, DEPRESSION, ATTITUDE, AND SELF-PERCEPTION OF HEALTH ACCORDING TO DECLARED PHYSICAL ACTIVITY LEVELS IN CHILEANS DURING CONFINEMENT DUE TO COVID-19 PANDEMIC**
Gallardo-Rodríguez R.¹, Gallardo-Rodríguez K.², Gallardo-Green O.³
¹Department of Sports Science and Physical Conditioning, Catholic University of the Most Holy Conception, Concepción, Chile, ²University of the Americas, Concepción, Chile, ³Department of Physical Education, Faculty of Education, University of Concepción, Concepción, Chile
- 0099** **PHYSICAL ACTIVITY LEVEL, MOTIVATION & KNOWLEDGE AMIDST MOVEMENT RESTRICTION FOR COVID-19 PANDEMIC AMONG MALAYSIAN ADULTS**
Choong A.¹, Phang K.², Lim Z.³, Jaafar Z.¹
¹Sports Medicine Unit, Faculty of Medicine, University of Malaya, Kuala Lumpur, Malaysia, ²Faculty of Medicine, University of Malaya, Kuala Lumpur, Malaysia, ³Orthopedic Department, Tengku Ampuan Afzan Hospital, Kuantan, Malaysia
- 0100** **PHYSICAL ACTIVITY AS PREDICTOR OF THE LEVEL OF STRESS AND QUALITY OF SLEEP DURING COVID-19 LOCKDOWN**
Lipert A., Kozłowski R., Timler D., Marczak M., Musiał K., Rasmus P., Kamecka K., Jegier A.
 Department of Sports Medicine, Medical University of Lodz, Poland, Lodz, Poland
- 0101** **A MULTICOMPONENT WORKPLACE WELLNESS PROGRAM IN SEDENTARY OFFICE WORKERS (HEALPWORKERS): EXERCISE AND HEALTHY HABITS**
Kararantou K., Gerodimos V.
 Department of Physical Education & Sport Science, University of Thessaly, Trikala, Greece
- 0102** **CHAIR-BASED WORKPLACE TRAINING PROGRAM, IN A HOSPITAL ENVIRONMENT, FOR PROMOTION OF WORKERS PHYSICAL AND MENTAL HEALTH**
 Gerodimos V., Papazeti K., Kararantou K.
 Department of Physical Education & Sport Science, University of Thessaly, Trikala, Greece
- 0103** **MID-TERM FOLLOW-UP OF PLATELETS-RICH PLASMA INJECTIONS FOR REFRACTORY EPICONDYLITIS**
James C.¹, Matthews T.²
¹Cardiff University, United Kingdom, ²Cardiff & Vale University Health Board, United Kingdom

SCIENTIFIC PROGRAM

- 0105** **PLASMA-RICH PLATELETS (PRP) INJECTIONS AND REFRACTORY ACHILLES TENDINOPATHY**
Zidrou C., Abouchamdan M., Beletsiotis A.
 2nd Orthopaedic Department, G.Papageorgiou General Hospital, Thessaloniki, Greece
- 0106** **SPORTS MEDICINE CHALLENGES AS AN IMPACT OF COVID 19 PANDEMIC: AN EXTREMELY RARE INJURY IN RESPONSE TO NEW TRAINING HABITS DURING HOME CONFINEMENT/ISOLATION**
 Lianou I.¹, Ntourantonis D.², Ampariotou A.³, Daskalopoulos V.³
¹University of Patras, Patras, Greece, ²Emergency Department, University Hospital of Patras, Patras, Greece, ³Orthopedic Clinic, University Hospital of Patras, Patras, Greece
- 0109** **A COMPARISON IN STRENGTH AND PLYOMETRIC ABILITY IN THE LOWER LIMB OF ATHLETES HAVING ACLR WITH LATERAL EXTRA-ARTICULAR ILIOTIBIAL BAND TENODESIS WHEN COMPARED WITH ISOLATED ACLR SURGERY. A BIOMECHANICAL STUDY**
Brady B., Vioreanu M., Crosbie S.
 Sports Surgery Clinic, Northwood Avenue, Santry, Ireland



MACEDONIA A (Hybrid Hall)

17:15-17:45

LECTURE

Chair: **Anna Jegier (Poland)**

Clean sport needs more than fighting against drugs: the place of anti-doping in protecting sport integrity

Andrea Petroczi (UK)



KOZANI (Virtual Hall)

17:15-17:45

LECTURE

Chair: **Raymond So (Hong Kong)**

The value of physical exercise in preconception and early life

Sergio Pecorelli (Italy)



MACEDONIA A (Hybrid Hall)

17:45-18:15

LECTURE

Chair: **Grigoris Bogdanis (Greece)**

Physical activity for health: no pain - yes gain

Labros Sidossis (USA)

18:15-18:30

Break



MACEDONIA B (Hybrid Hall)

17:15-20:30

FIMS Council of Delegates

SCIENTIFIC PROGRAM



MACEDONIA B (Hybrid Hall)

08:00-10:30

FIMS Sports Medicine Collaborating Centers Directors Meeting



VIRTUAL B

08.00-09.00 8th SESSION VIRTUAL ORAL PRESENTATIONSChairs: **Patrick Yung (Hong Kong), Maria Piagkou (Greece)**

- 0112** **CHARACTERISTICS OF COMPLEX SYSTEMS IN SPORTS INJURY REHABILITATION: EXAMPLES AND IMPLICATIONS FOR PRACTICE**
Yung K.^{1,2}, Ardern C.^{3,4}, Serpiello F.¹, Robertson S.¹
¹Institute for Health and Sport, Victoria University, Melbourne, Australia, ²Department of Orthopaedics & Traumatology, The Chinese University of Hong Kong, Hong Kong, Hong Kong, ³Musculoskeletal & Sports Injury Epidemiology Centre, Department of Health Promotion Science, Sophiahemmet University, Stockholm, Sweden, ⁴Sport and Exercise Medicine Research Centre, La Trobe University, Australia
- 0115** **THE EFFECT OF REGULAR EXERCISE ON LIFE QUALITY AND COGNITIVE FUNCTION IN PATIENTS WITH MULTIPLE SCLEROSIS**
Açık M.¹, Şenışık S.¹, Taşkıran D.³, Akşit T.⁴, Aydınöğlü R.⁴, Yüceyar A.²
¹Sports Medicine Department, Faculty of Medicine, Ege University, Izmir, Turkey, ²Neurology Department, Faculty of Medicine, Ege University, Izmir, Turkey, ³Physiology Department, Faculty of Medicine, Ege University, Izmir, Turkey, ⁴Faculty of Sports Sciences, Ege University, Izmir, Turkey
- 0116** **THYROIDOPATHIES AND PARTICIPATION IN PHYSICAL ACTIVITY**
Gavriliidou M.¹, Velitsikakis P.², Chorti A.³, Menni A.⁴, Papathanasiou E.⁵, Tavaki E.³, Paramithiotis D.³, Papavramidis T.³, Michalopoulos A.³
¹Physiology Department, Faculty of Veterinary Medicine, Aristotle University of Thessaloniki, Thessaloniki, Greece, ²Faculty of Medicine, Aristotle University of Thessaloniki, Thessaloniki, Greece, ³1st Medical Propaedeutic Surgery Department, AHEPA University General Hospital, Thessaloniki, Greece, ⁴General Hospital of Grevena, Grevena, Greece, ⁵1st Internal Medicine Department, AHEPA University General Hospital, Thessaloniki, Greece
- 0121** **EFFECT OF SCHOOL-BASED ADOLESCENT OBESITY INTERVENTION ON PHYSICAL FITNESS: THE MYBFF@SCHOOL**
Choong A., Kamarudin M., Mokhtar A.
Sports Medicine Unit, Faculty of Medicine, University of Malaya, Kuala Lumpur, Malaysia
- 0123** **INTEGRATED CONCURRENT AEROBIC AND STRENGTH TRAINING IS AN EFFECTIVE STRATEGY FOR THE IMPROVEMENT OF OBESE INDIVIDUAL'S OVERALL HEALTH**
Karatrantou K., Melissopoulou A., Gerodimos V.
Department of Physical Education & Sport Science, University of Thessaly, Trikala, Greece
- 0126** **EXERCISE PROMOTES ENDOTHELIAL PROGENITOR CELL MOBILIZATION IN PATIENTS WITH CARDIOVASCULAR DISEASE: A SYSTEMATIC REVIEW AND META-ANALYSIS**
Mitsiou G.^{1,3}, Dinas P.², Smilios I.¹, Nanas S.³, Tokmakidis S.^{1,3}
¹S.P.E.S.S., Laboratory of Clinical Ergophysiology and Exercise Physiology, Democritus University of Thrace, Komotini, Greece, ²FAME Laboratory, Department of Physical Education and Exercise Science, University of Thessaly, Trikala, Greece, ³National & Kapodistrian University of Athens, School of Medicine

SCIENTIFIC PROGRAM



MACEDONIA B (Hybrid Hall)

09.00-10.00

5th SESSION PHYSICAL POSTER PRESENTATIONS

Chairs: **Emmanouil Brilakis (Greece), Dimitris Tsoukas (Greece)**

P119

POST-COVID-19: DECREASED MAXIMUM OXYGEN UPTAKE AND OXYGEN PULSE AS INDICATORS OF SEVERITY DISEASE

Vollrath S., Jerg A., Bizjak D., Schulz S., Ahathaller M., Kirsten J., Treff G., Steinacker J.
Department of Sports- And Rehabilitation Medicine, University Hospital Ulm, Ulm, Germany

P123

BETWEEN GAME VARIATION OF RUNNING PERFORMANCE IN AN ELITE GREEK SOCCER TEAM

Manthou E.², Kalapotharakos V.^{1,2}, Gkaros A.², Tsitsimbikou E.²
¹School of Physical Education & Sport Science, Komotini, Greece, ²Metropolitan College, Athens, Greece

P124

ASSOCIATIONS BETWEEN VOLLEYBALL PERFORMANCE CHARACTERISTICS AND PROPERTIES OF KNEE REFLEX AND HOFFMANN REFLEX OF LOWER EXTREMITY MUSCLES

Livanou M.¹, Pechlivanidou E.^{1,2}, Papadopetraki A.¹, Zambelis T.³, Philippou A.¹
¹Department of Physiology, Faculty of Medicine, National and Kapodistrian University of Athens, Athens, Greece, ²Department of Hygiene, Epidemiology and Medical Statistics, Faculty of Medicine, National and Kapodistrian University of Athens, Athens, Greece, ³Laboratory of Electromyography and Clinical Neurophysiology, 1st Department of Neurology, Eginition University Hospital, National and Kapodistrian University of Athens, Athens, Greece

P127

REPRODUCIBILITY OF A VISUAL PERFORMANCE ASSESSMENT AND INFLUENCE OF SPECIFIC VISUAL TRAINING

Renson A.¹, Andris C.², Heine S.^{3,4}, Bauvir P.³, Forthomme B.³, Kaux J.³
¹Department of Sport and Rehabilitation Sciences, University of Liège, Liège, Belgium, ²Department of Otorhinolaryngology, University Hospital of Liège, Liège, Belgium, ³Physical Medicine and Sports Traumatology Department, SportS2, FIFA Medical Centre of Excellence, ReFORM IOC Research Centre for Prevention of Injury and Protection of Athlete Health, FIMS Collaborative Centre of Sports Medicine, University of Liège and University Hospital of Liège, Liège, Belgium, ⁴AQuiTy Consulting, Liège, Belgium

P128

THE EFFECTS OF TRANSCRANIAL DIRECT CURRENT STIMULATION (TDCS) ON ENDURANCE PARAMETERS IN CONFIRMED ATHLETES

Kaux J., Bornheim S., Croisier J.
Physical Medicine and Sports Traumatology Department, SportS2, FIFA Medical Centre of Excellence, ReFORM IOC Research Centre for Prevention of Injury and Protection of Athlete Health, FIMS Collaborative Centre of Sports Medicine, University of Liège and University Hospital of Liège, Liège, Belgium

P139

A CASE OF A RUNNER ATHLETE SUFFERING FROM NONUNION OF HALLUX SESAMOID FRACTURE TREATED WITH PLATELET RICH PLASMA (PRP)

Rossas C., Pafilas D., Koliatzakis S., Zisis I., Stylianopoulou L.
Agrinion General Hospital, Agrinion, Greece

SCIENTIFIC PROGRAM

- P143** **TRANSIENT OSTEOPOROSIS OF THE HIP IN LONG-DISTANCE RUNNERS. RAPID RECOVERY AFTER TREATMENT WITH ALENDRONATE**
 Begkas D.¹, Papadaku E.², Chatzopoulos S.¹, Georgiadis G.³, Balanika A.⁴, Giannakopoulos A.¹, Pastroudis A.¹
¹6th Orthopaedic Department, Asclepieion Voulas General Hospital, Athens, Greece, ²Department of Sport Injuries, KAT Hospital, Athens, Greece, ³4th Orthopaedic Department, Asclepieion Voulas General Hospital, Athens, Greece, ⁴Department of Ultrasonography and Computerized Tomography, Asclepieion Voulas General Hospital, Athens, Greece
- P145** **THE RELATIONSHIP BETWEEN SPORTS ACTIVITY LOAD AND SKELETAL ROBUSTICITY IN YOUNG ELITE ATHLETES**
Kalabiska I.¹, Annár D.², Zsákai A.², Malina R.³, Szabó T.¹
¹University of Physical Education, Research Center for Sport Physiology, Budapest, Hungary, ²Department of Biological Anthropology, Eotvos Lorand University, Budapest, Hungary, ³University of Texas at Austin, Texas, United States
- P147** **COVID POSITIVE TESTING IN MINNESOTA HIGH SCHOOL FALL AND WINTER SPORTS**
Roberts W.
 University of Minnesota, Minneapolis, USA
- P150** **POSTTRAUMATIC CLINICAL OUTCOME DIFFERENCES BETWEEN SURGICAL AND CONSERVATIVE TREATMENT OF DISPLACED TIBIAL EMINENCE FRACTURES IN SCHOOL-AGED ADOLESCENTS**
Liapis G., Antzoulas P., Sperelakis J., Mpountogianni E., Giakoumakis S., Konstantopoulou A., Tsoumpos P., Tagaris G.
 General Paediatric Hospital Patras, Greece, Patras, Greece
- P151** **AN UNCOMMON SKATEBOARD KNEE INJURY IN A TEENAGER**
Sperelakis J.¹, Antzoulas P.¹, Vasilagkos G.², Stavropoulos T.², Giakoumakis S.¹
¹General Paediatric Hospital Patras, Department of Paediatric Orthopaedics & Traumatology, Patras, Greece, ²Medical School, University of Patras, Patras, Greece



VIRTUAL B

- 09.00-10.00** **9th SESSION VIRTUAL ORAL PRESENTATIONS**
 Chairs:: **Christian Schneider (Germany), Trifon Totlis (Greece)**
- 0127** **THE EFFECT OF SWIMMING EXERCISE ON AN ADULT PATIENT WITH ATTENTION DEFICIT AND HYPERACTIVITY DISORDER (ADHD)**
Skalidou S., Skalidis E., Anestis A.
 Aristotle University of Thessaloniki, Thessaloniki, Greece
- 0128** **EFFECTIVENESS OF SUPERVISED AND HOME-BASED EXERCISES ON RADIOGRAPHIC AND BARPODOMETRIC PARAMETERS, AND LIFE QUALITY IN IDIOPATHIC SCOLIOSIS ADOLESCENTS**
 Ergün M.¹, Öztürk A.², Yörük İ.¹, Köyağasıoğlu O.¹, Bayraktar D.²
¹Department of Sports Medicine, Faculty of Medicine, Ege University, Izmir, Turkey, ²Department of Orthopaedics and Traumatology, Faculty of Medicine, Ege University, Izmir, Turkey
- 0129** **EXERCISE INTERVENTION FOR PREVENTION OF SARCOPENIA IN THE ELDERLY**
Liu J., Liu Y., Hou X., Tang Z., Cheng X.
 Division of Sport Science and Physical Education, Tsinghua University, Beijing, China

SCIENTIFIC PROGRAM

0134

SPORTS AND EXERCISE MEDICINE IN EUROPE AND THE ADVANCES IN THE LAST DECADE

Neunhaeuserer D.^{1,2}, **Vecchiato M.**^{1,2}, Niebauer J.^{3,4}, Degano G.^{1,2}, Baiocco V.^{1,2}, Borjesson M.^{5,6}, Casasco M.^{7,8}, Bachl N.^{8,9,10}, Christodoulou N.^{11,12}, Steinacker J.^{13,14}, Papadopoulou T.^{8,10,15}, Pigozzi F.^{10,16}, Ermolao A.^{1,2}

¹Sports and Exercise Medicine Division, Department of Medicine, University of Padova, Padova, Italy, ²Clinical Network of Sports and Exercise Medicine of the Veneto Region, Veneto, Italy, ³University Institute of Sports Medicine, Prevention and Rehabilitation, Paracelsus Medical University of Salzburg, Salzburg, Austria, ⁴Ludwig Boltzmann Institute for Digital Health and Prevention, Salzburg, Austria, ⁵Department of Molecular and Clinical Medicine, Sahlgrenska Academy, Center for Health and Performance, Gothenburg University, Gothenburg, Sweden, ⁶Sahlgrenska University Hospital, Region of Västra Götaland, Gothenburg, Sweden, ⁷Italian Federation of Sports Medicine (FMSI), Rome, Italy, ⁸European Federation of Sports Medicine Associations (EFSMA), Lausanne, Switzerland, ⁹Austrian Institute of Sports Medicine, Vienna, Austria, ¹⁰International Federation of Sports Medicine (FIMS), Lausanne, Switzerland, ¹¹School of Sciences, European University Cyprus, Nicosia, Cyprus, ¹²UEMS Multidisciplinary Joint Committees on Sports Medicine, ¹³Division of Sports and Rehabilitation Medicine, Department of Internal Medicine, Ulm University Hospital, Ulm, Germany, ¹⁴European Initiative for Exercise in Medicine (EIEIM), Ulm, Germany, ¹⁵Defence Medical Rehabilitation Centre, Stanfold Hall, Loughborough, United Kingdom, ¹⁶Department of Movement, Human and Health Sciences, University of Rome "Foro Italico", Rome, Italy

0135

CHARACTERISTIC OF DIFFERENT LOADS ON OXYGEN CONSUMPTION OF WALKING UPHILL

Tang Z., Liu J., Hou X., Liu Y.

Division of Sport Science and Physical Education, Tsinghua University, Beijing, China

0137

MEDIAL TIBIAL STRESS SYNDROME INVESTIGATED BY DIGITAL PELMATOGRAM (DPG) IN ATHLETES

Natsis K.^{2,3}, Sofidis G.¹, Koutsonikola P.⁴, **Totlis I.**², Piagkou M.⁵, Didagelos M.¹

¹1st Cardiology Department, AHEPA General Hospital, Aristotle University of Thessaloniki, Thessaloniki, Greece, ²Department of Anatomy and Surgical Anatomy, School of Medicine, Faculty of Health Sciences, Aristotle University of Thessaloniki, Thessaloniki, Greece, ³Intebalkan Medical Centre, FIMS Collaborating Centre of Sports Medicine, Thessaloniki, Greece, ⁴Department of Physiology, School of Medicine, Faculty of Health Sciences, Aristotle University of Thessaloniki, Thessaloniki, Greece, ⁵Department of Anatomy, School of Medicine, National and Kapodistrian University of Athens, Athens, Greece

SCIENTIFIC PROGRAM



VIRTUAL B

10.00-11.00 10th SESSION VIRTUAL ORAL PRESENTATIONSChairs: **Maria Piagkou (Greece), Ioannis Terzidis (Greece)**

- 0138** **PLANTAR FASCIITIS IN ATHLETES: THE DETECTION BY DIGITAL PELMATOGRAM (DPG)**
Natsis K.², Mouratidis P.², Koutsonikolas D.³, Otountzidis N.², Terzidis I.², Didagelos M.¹
¹1st Cardiology Department, AHEPA General Hospital, Aristotle University of Thessaloniki, Thessaloniki, Greece, ²Department of Anatomy and Surgical Anatomy, School of Medicine, Faculty of Health Sciences, Aristotle University of Thessaloniki, Thessaloniki, Greece, ³Department of Physiology, School of Medicine, Faculty of Health Sciences, Aristotle University of Thessaloniki, Thessaloniki, Greece
- 0140** **LIMITS OF AGREEMENT WHEN ASSESSING BICEPS FEMORIS LONG HEAD MUSCLE ARCHITECTURE USING LONG AND SHORT ULTRASOUND PROBES**
Basmatzoglou T.^{1,2}, Allen S.¹, Behan F.³, Blenkinsop G.¹,
¹Loughborough University, Loughborough, Greece, ²Onassis Foundation, Athens, Greece, ³Imperial College London, London, United Kingdom
- 0142** **NUTRITION IN MEDICAL STUDENTS: IMPACT OF PHYSICAL ACTIVITY**
Putilin L.
Institute of Medicine, Tula State University, Tula, Russian Federation
- 0143** **ASSOCIATION OF EVENING PHYSICAL ACTIVITY WITH QUALITY AND QUANTITY OF SLEEP IN ADOLESCENTS: MODERATING EFFECT OF SPORT PARTICIPATION**
Jurić P., Karuc J., Sorić M.
Faculty of Kinesiology, University of Zagreb, Zagreb, Croatia
- 0144** **THE LIFESTYLE BEHAVIOURS AND MOTIVATION AMONG MALAYSIAN PROFESSIONAL FOOTBALLER DURING COVID-19 PANDEMIC**
Mohamed M., Abdul Gani M., Choong A.
Sports Medicine Unit, Faculty of Medicine, University of Malaya, Kuala Lumpur, Malaysia
- 0148** **THERMOGRAPHY AND HEART RATE VARIABILITY IN MARATHON RUNNERS AS PREDICTORS OF THERMOREGULATION AND RISK OF MALIGNANT HYPERTHERMIA**
Sierra A.¹, Gomes G.², Aldred A.³, Zocoler de Sousa C.⁴, de Oliveira L.⁴, de Souza D.⁴, Vieira R.⁵, Cury-Boaventura M.⁴
¹School of Physical Education and Sport, University of São Paulo, São Paulo, Brazil, ²Department of Physics and Interdisciplinary Sciences, University of São Paulo, São Paulo, Brazil, ³Thermax Institute, São Paulo, Brazil, ⁴Institute of Physical Activity and Sports Sciences, Cruzeiro do Sul University, São Paulo, Brazil, ⁵Post-graduation Program in Sciences of Human Movement and Rehabilitation, Federal University of Sao Paulo, Post-graduation Program in Bioengineering, University of Brazil and Brazilian Institute of Teaching and Research in Pulmonary and Exercise Immunology (IBEPIPE), Sao Paulo, Brazil

SCIENTIFIC PROGRAM



MACEDONIA B (Hybrid Hall)

10:30-11:00

LECTURE

Chair: **George Godolias (Germany)**

Spine surgery and sports - New options with full-endoscopic techniques in disc herniation and spinal stenosis

Sebastian Ruetten (Germany)



KOZANI (Virtual Hall)

10:30-11:00

LECTURE

Chair: **Christian Schneider (Germany)**

The health impact of life-long participation in Olympic sport: Lessons from Tokyo 1964

Michiko Dohi (Japan)



MACEDONIA B (Hybrid Hall)

11:00-12:00

LECTURES

Chairs: **James Bilzon (UK), Yannis Pitsiladis (UK)**

KAATSU, the past, present and future of blood flow restriction (BFR)

Borja Muniz-Pardos (Spain)

KAATSU the original BFR: an alternative form of exercise training for elite athletes, the military, the elderly and the general population

Ifigeneia Giannopoulou (Greece)

The World Olympian Health Study

Mike Miller (UK)

SCIENTIFIC PROGRAM



MACEDONIA A (Hybrid Hall)

11:00-12:00

LECTURES

Chairs: **Mauricio Serrato (Colombia), Nikolaos Koukoulis (Greece)**

Vitamin D and the athlete: the science and practice

Luigi Di Luigi (Italy)

The role of physical exercise in neuroprotection and brain health

Chiara Fossati (Italy)

Weight-Bearing MRI: an innovative imaging technique for the assessment of functional pathologies of the hip in athletes

Silvana Giannini (Italy)



KOZANI (Virtual Hall)

11:00-12:00

LECTURES

Chairs: **Peter Schober (Austria), Michiko Dohi (Japan)**

The problem of overtraining in young competitive athletes

Peter Schober (Austria)

Muscle injuries: from classification to treatment strategies

Christian Schneider (Germany)

Covid-19 and athletes, new experience and knowledge

Viktoriya Badtieva (Russia)



NAOUSA (Virtual Hall)

11:00-12:00

LECTURES

Chairs: **Mats Borjesson (Sweden), Konstantinos Ditsios (Greece)**

Advances in the treatment of chronic exertional compartment syndrome

Panagiotis Symeonidis (Greece)

How to predict and prevent serious medical encounters in endurance competitions

Mats Borjesson (Sweden)

Hot topics in the treatment of Athletic leg pain

Mark Hutchinson (USA)

SCIENTIFIC PROGRAM



MACEDONIA B (Hybrid Hall)

12:00-12:30

LECTURE

Chair: **Yannis Pitsiladis (UK)**

The bigger picture of athlete health

Evert Verhagen (Holland)



MACEDONIA A (Hybrid Hall)

12:00-12:30

LECTURE

Chair: **Anastasios Beletsiotis (Greece)**

Achilles' tendon rupture in athletes-Minimal approach and return to sports

Konstantinos Manologlou (Greece)



KOZANI (Virtual Hall)

12:00-12:30

LECTURE

Chair: **Konstantinos Natsis (Greece)**

Ultrasound musculotaneous anatomy and sports injuries

Marios Loukas (USA)

SCIENTIFIC PROGRAM



VIRTUAL B

12.00-12.30 11th SESSION VIRTUAL ORAL PRESENTATIONS

Chairs: **Andreas Liveris (Cyprus), Ioannis Vogiatzis (UK)**

- 0149** **ARTHROSCOPICALLY ASSISTED ELMSLIE-TRILLAT SURGERY FOR THE TREATMENT OF SEVERE CHRONIC LATERAL PATELLAR INSTABILITY: LONG TERM RESULTS**
 Kazamias K., Angelidis I., Pellios S., Markopoulos G., Bisbinas I.
 1st Orthopaedic and Trauma Department, 424 Army General Training Hospital, Thessaloniki, Greece
- 0150** **TWO CASES OF REVERSE HILL-SACHS LESIONS AFTER POSTERIOR DISLOCATION OF THE SHOULDER TREATED WITH MODIFIED MCLAUGHLIN AND POSTERIOR BANKART REPAIR**
Kazamias K., Angelidis I., Pellios S., Markopoulos G., Bisbinas I.
 1st Orthopaedic and Trauma Department, 424 Army General Training Hospital, Thessaloniki, Greece
- 0151** **MENISCAL ROOT TEAR REPAIR: PRELIMINARY RESULTS OF TRANSTIBIAL PULL-OUT REPAIR**
Karachalios G., Krinas G., Tamviskos A., Rogdaki I.
 Athens Medical Center - P. Faliro Clinic, Athens, Greece
- 0153** **STEROID INJECTIONS DURING COVID 19 PANDEMIC: AN OBSERVATIONAL STUDY FROM MUSCULOSKELETAL CLINIC**
Baltsezak S.^{1,2}
¹North East Essex Musculoskeletal Service, Colchester Hospital, Colchester, United Kingdom, ²Basinghall Clinic, London, United Kingdom



MACEDONIA B (Hybrid Hall)

12:30-13:45

SUPPORTED SYMPOSIUM

INTERBALKAN MEDICAL CENTER

Chairs: **Eleftherios Tsiridis (Greece), Konstantinos Natsis (Greece)**

Stress fractures in children
Nikolaos Laliotis (Greece)

Elbow sports injury
Konstantinos Ditsios (Greece)

Current concepts in management of shoulder instability
Chryssanthos Chryssanthou (Greece)

Femoroacetabular impingement (FAI) and sports
Alexandros Tzaveas (Greece)

SCIENTIFIC PROGRAM



MACEDONIA A (Hybrid Hall)

12:30-13:45

SUPPORTED SYMPOSIUM

FIMS CCSM EXERCISE-BASED REHABILITATION IN PATIENTS WITH SINGLE AND MULTIPLE CHRONIC CONDITIONS: COMPARING VARIOUS APPROACHES

 Chairs: **Demitri Constantinou (South Africa), Nikiforos Galanis (Greece)**

Arthritis: does exercise play a role in management?

Christa Janse van Rensburg (South Africa)

Managing multiple conditions: community-based and private healthcare models

Philippe Gradidge (South Africa)

Managing chronic conditions in autistic population

Natalia Neophytou (South Africa)

The “simple 7” and its application to exercise prescription for multiple chronic conditions

Georgia Torres (South Africa)


KOZANI (Virtual Hall)

12:30-13:45

SUPPORTED SYMPOSIUM

RUSSIAN ASSOCIATION OF SPORTS MEDICINE AND REHABILITATION OF PATIENTS AND THE DISABLED RUSSIAN EXPERIENCE IN THE MEDICAL SUPPORT OF SPORTS RESERVE

 Chairs: **Vladimir Kurashvili (Russia), Viktoriya Bادتieva (Russia)**

Cardioprotection in young athletes

Larisa Balykova (Russia)

Features of medical support organization of sports reserve

Vladimir Kurashvili (Russia)

Experience in organization the medical support for major competitions of young athletes

Igor Vykhodets (Russia)

SCIENTIFIC PROGRAM



VIRTUAL B

12.30-13.45

1st SESSION VIRTUAL POSTER PRESENTATIONSChairs: **Michael Iosifidis (Greece), Chrysanthos Chrysanthou (Greece)**

P003

THE VALUE OF THE ELECTROCARDIOGRAM (ECG) IN THE PRE-ATHLETIC TEST IN SCHOOL TEENAGERS OF KOZANIVasilakopoulos V., Theodoridou S., Roditis P., Kipirtidou E., Tsoumis C., Papagoras G., Lampropoulos S.
Cardiology Department, General Hospital of Kozani, Kozani, Greece

P013

THE IMPACT OF COL3A1, ACE AND MB GENETIC VARIANTS ON ATHLETIC PERFORMANCE AND INJURYGineviciene V., Utkus A.
Faculty of Medicine, Vilnius University, Vilnius, Lithuania

P014

ACE AND ACTN3 GENETIC VARIANTS IN EUROPEAN ELITE STRENGTH AND POWER ATHLETESGineviciene V.¹, Utkus A.¹, Aksenov M.^{2,3}, Andruschenko L.²
¹Vilnius University, Vilnius, Lithuania, ²Plekhanov Russian University of Economics, Moscow, Russia, ³Banzarov Buryat State University, Ulan-Ude, Russia

P016

RELATIONSHIP BETWEEN CANDIDATE GENE WITH PAIN (5-HTTLPR & COMT) AND MOODS AMONG BALLET DANCERSYatabe K.¹, Ashikaga K.¹, Muroi R.¹, Somemura S.², Yui N.¹, Murofushi Y.³, Terawaki F.¹, Sato K.⁴, Yudoh K.⁴, Miyano H.⁵, Fujiya H.¹
¹Department of Sports Medicine, St. Marianna University School of Medicine, Kawasaki, Japan, ²Department of Orthopaedic Surgery, St. Marianna University School of Medicine, Kawasaki, Japan, ³Faculty of Health and Sports Science, Juntendo University, Inzai, Japan, ⁴Department of Frontier Medicine, Institute of Medical Science, St. Marianna University School of Medicine, Kawasaki, Japan, ⁵Department of Cognitive and Information Sciences, Faculty of Letters, Chiba University, Chiba, Japan

P017

CREATINE AND CAFFEINE CO-ADMINISTRATION AS ERGOGENIC AID IN ATHLETES: A SYSTEMATIC REVIEW OF THE CURRENT LITERATUREKotsapas M.¹, Naoum S.², Vasiliadis A.³, Eleftheropoulos A.¹
¹General Hospital of Naousa, Naousa, Greece, ²Orthopedic Department, 251 Air Force General Hospital, Athens, Greece, ³School of Medicine, Aristotle University of Thessaloniki, Thessaloniki, Greece

P018

NONCODING RNAS-ASSOCIATED CERNA NETWORKS INVOLVED IN THE AMELIORATION OF SKELETAL MUSCLE AGING AFTER WHEY PROTEIN SUPPLEMENTATIONLiao Y., Zhou X., Xu S., Meng Z., Li D., Yang X., Liu L., Yang W.
Department of Nutrition and Food Hygiene, School of Public Health, Tongji Medical College, Huazhong University of Science and Technology, Wuhan, China

P021

KNEE PAIN AND BRIEF MUSIC INTERVENTIONS IN AMATEUR LONG-DISTANCE RUNNERSGiannouli V.¹, Syrmos N.²
¹Bulgarian Academy of Sciences, Sofia, Bulgaria, Sofia, Bulgaria, ²Aristotle University of Thessaloniki, Thessaloniki, Greece

P024

KNEE INFECTION AFTER ANTERIOR CRUCIATE LIGAMENT (ACL) RECONSTRUCTION: A DISTINCTIVE SERRATIA MARCESCENS CASEKakridonis F., Bourganos N., Trantos I., Kokoroghiannis C., Evangelopoulos D.
⁵ Orthopaedic Department, General Hospital of Attica KAT, Athens, Greece

SCIENTIFIC PROGRAM

- P031** **BONE CONTUSION ON THE MEDIAL COMPARTMENT IS A PREDICTIVE FACTOR FOR MORE ASSOCIATED INJURIES AFTER ACL RUPTURE**
Mouzopoulos G., Soumpasis K., Sourilas P., Skarpounis D., Kourniotis I., Tsembeli A.
 Sparti General Hospital, Sparta, Greece
- P032** **PREDICTORS OF HIGH ENERGY KNEE INJURY IN PATIENTS WITH ANTERIOR CRUCIATE LIGAMENT (ACL) RUPTURE**
Mouzopoulos G., Soumpasis K., Skarpounis D., Sourilas P., Kourniotis I., Karapetsa A.
 Sparti General Hospital, Sparta, Greece
- P034** **A CASE REPORT OF SIMULTANEOUS BILATERAL SHOULDER DISLOCATION DURING PILATES REFORMER EXERCISE**
 Ergün M., Yörük I., Koyagasioglu O.
 Sports Medicine Department, Faculty of Medicine, Ege University, Izmir, Turkey
- P036** **PSEUDARTHROSIS AFTER AN ISOLATED FIBULAR FRACTURE IN AN AMATEUR FOOTBALL PLAYER – MANAGEMENT WITH PERCUTANEOUS OSTEOSYNTHESIS**
Konstantinidis C., Kotsias C., Giotis D., Panagiotopoulos V., Skaltsas P., Vardakas D., Plakoutsis S.
 Orthopaedic Department, General Hospital of Ioannina, Greece, Ioannina, Greece
- P038** **AN ACUTE ACHILLES TENDON RUPTURE CASE STUDY**
Maris A.^{1,2}, Maslaris A.^{3,4}, Tsamados S.¹
¹Department of Trauma and Orthopaedics, Royal Free London NHS Foundation Trust, London, United Kingdom, ²Department of Health, University of Bath, London, United Kingdom, ³Department of Orthopaedics, Eisenberg Hospital (Waldkliniken Eisenberg), Eisenberg, Germany, ⁴Jena University Hospital, Jena, Germany
- P039** **MULTIPLE INJURIES DURING TRAINING IN A CYCLING ATHLETE**
Natsis K.^{2,3}, Antonitsis P.⁴, Sofidis G.¹, Didagelos M.¹
¹1st Cardiology Department, AHEPA General Hospital, Aristotle University of Thessaloniki, Thessaloniki, Greece, ²Department of Anatomy and Surgical Anatomy, School of Medicine, Faculty of Health Sciences, Aristotle University of Thessaloniki, Thessaloniki, Greece, ³Intebalkan Medical Centre, FIMS Collaborating Centre of Sports Medicine, Thessaloniki, Greece, ⁴Cardiothoracic Department, School of Medicine, Faculty of Health Sciences, Aristotle University of Thessaloniki, Thessaloniki, Greece
- P040** **POSTTRAUMATIC SUPERFICIAL VEIN THROMBOPHLEBITIS OF THE LOWER LIMB: A REPORT OF TWO CASES**
 Natsis K.^{2,3}, Didagelos M.¹, Otountzidis N.², Totlis T.², Anastasopoulos N.^{2,3}, Piagkou M.⁴
¹1st Cardiology Department, AHEPA General Hospital, Aristotle University of Thessaloniki, Thessaloniki, Greece, ²Department of Anatomy and Surgical Anatomy, School of Medicine, Faculty of Health and Sciences, Aristotle University of Thessaloniki, Thessaloniki, Greece, ³Intebalkan Medical Centre, FIMS Collaborating Centre of Sports Medicine, Thessaloniki, Greece, ⁴Department of Anatomy, School of Medicine, National and Kapodistrian University of Athens, Athens, Greece
- P042** **A CASE OF A SNOWBOARDER'S FRACTURE MISDIAGNOSIS MIMICKING ANKLE SPRAIN**
Papaioannou I., Pantazidou G., Repantis T., Baikousis A., Korovessis P.
 General Hospital of Patras, Patras, Greece

SCIENTIFIC PROGRAM

- P045** **JUMPER'S KNEE: A CASE REPORT ON MULTIFACTORIAL APPROACH**
Botelho M.^{1,3}, Beckert J.^{2,4}
¹Prof. Dr. Fernando Fonseca Hospital, Amadora, Portugal, ²High Performance Centre, Jamor, Portugal, ³Portuguese Football Federation, Lisbon, Portugal, ⁴Biomedicine, Nova Medical School, Universidade Nova de Lisboa, Lisbon, Portugal
- P046** **DIASTASIS OF PUBIC SYMPHYSIS WITHOUT INJURY IN A MAN AFTER HORSEBACK RIDING – A RARE CASE PRESENTATION**
Konstantinidis C., Panagiotopoulos V., Giotis D., Kotsias C., Skaltsas P., Vardakas D., Plakoutsis S.
 Orthopaedic Department, General Hospital of Ioannina, Ioannina, Greece



MACEDONIA B (Hybrid Hall)

13:45-15:30

Aspetar Young Investigator Winners Presentations and Awards

15:30-16:00

LECTURE

Chair: **Christian Schneider (UK)**

Lessons learned from a very special biathlon world cup season

Wolfarth Bernd (Germany)

MACEDONIA B (Hybrid Hall)

16:00-17:15

SUPPORTED SYMPOSIUM

HEAT, COLD, ALTITUDE: SPORTS UNDER EXTREME CONDITIONSChairs: **Yannis Pitsiladis (UK), Sebastien Racinais (Qatar)**

Too Hot to Start: developing cancellation parameters for road racing

William O. Roberts (USA)

Muscle Cramp, hyponatremia, and the psychology of overdrinking

Kevin Miller (USA)

From prevention to treatment: the toolbox to train and compete safely in the heat

Sebastien Racinais (Qatar)

Individualisation of altitude training: a comparison of different approaches to quantify the hypoxic dose

Irina Zelenkova (Spain)

SCIENTIFIC PROGRAM



MACEDONIA A (Hybrid Hall)

16:00-17:15

SUPPORTED SYMPOSIUM

ESSKA**RETURN TO SPORTS AFTER MENISCAL SURGERY**Chairs: **Jacques Menetrey (Switzerland), Michael Hantes (Greece)**

Return to sports after partial meniscectomy

Angelina Lukaszenko (Russia/Abu Dhabi)

Return to sports after meniscal repair

Jacques Menetrey (Switzerland)

Return to sports after bucket handle meniscal repair

Gian Luigi Canata (Italy)

Return to sports after meniscal transplantation: is it an option?

Michael Hantes (Greece)

KOZANI (Virtual Hall)

16:00-17:15

SUPPORTED SYMPOSIUM

SPORT MEDICINE ASSOCIATION OF SERBIA PERSONALIZED SPORT NUTRITIONChairs: **Nenad Dikic (Serbia), Ivan Nikolic (Serbia)**

Personalized sports nutrition for elite athletes

Sava Stojanovic (Serbia)

Eating disorders in sport

Marija Andjelkovic (Serbia)

Drugs and supplements for high performance

Tamara Stojmenovic (Serbia)

Pharmacology research of prohibited substances

Jelena Rasic (Serbia)

SCIENTIFIC PROGRAM



NAOUSA (Virtual Hall)

16:00-17:15

SUPPORTED SYMPOSIUM

SLOVENIAN SPORTS MEDICINE ASSOCIATION SPORTS WITH HIP AND KNEE OSTEOARTHRITIS

 Chairs: **Matej Drobnič (Slovenia), Emmanuel Papakostas (Qatar)**

Articular cartilage and sports - Introduction (basics in cartilage biology, incidence of injuries, OA symptoms)

Nejc Planinc (Slovenia)

Non-pharmacological management of hip and knee OA (activity modification, exercise, physiotherapy and orthotic braces)

Petra Zupet (Slovenia)

Pharmacological management of hip and knee OA (topical, oral, injections and orthobiologics)

Matej Drobnič (Slovenia)

Joint preserving surgery for hip and knee OA (debridement, osteotomies and cartilage repair)

Klemen Stražar (Slovenia)


MACEDONIA B (Hybrid Hall)

17:15-17:45

KEYNOTE LECTURE

 Chairs: **Fabio Pigozzi (Italy), Konstantinos Natsis (Greece)**

Artificial intelligence and sport medicine-Revolution or digital cage?

Norbert Bachl (Austria)

SCIENTIFIC PROGRAM



MACEDONIA B (Hybrid Hall)

17:45-18:45

LECTURES

Chairs: **Eduardo Henrique De Rose (Brazil), Nikolaos Raikos (Greece)**

Doping in sports

Eduardo Henrique De Rose (Brazil)

Problems and perspectives of sports medicine and science in Central America

Rafael Robles (Guatemala)

The role of physical exercise in the cardiovascular risk reduction - a clinician's perspective

José Kawazoe Lazzoli (Brazil)



MACEDONIA A (Hybrid Hall)

17:45-18:45

LECTURES

Chairs: **Antonio Fiore (Italy), Aristidis Zibis (Greece)**

Eye injuries in athletes

Konstantinos Boboridis (Greece)

Demystifying groin pain terminology: how common terms are used and why anatomy is the key

Aristidis Zibis (Greece)

Non-operative treatment and interventional pain therapy in degenerative spinal disorder of athletes

Martin Komp (Germany), Sebastian Ruetten (Germany)

SCIENTIFIC PROGRAM



KOZANI (Virtual Hall)

17:45-18:45

LECTURES

Chairs: **Simone Porcelli (Italy), Trifon Totlis (Greece)**

Importance of the evaluation of the specific sport risk for the emergency organization on sport fields: FMSI PSS-D

Vincenzo Maria Ieracitano (Italy)

Exercise prescription for the healthy elderly: the importance of a multidomain approach (NESTORE Project)

Simone Porcelli (Italy)

Sports and cancer: sports coaching in prevention and treatment

Andrea Pietrabissa (Italy)



NAOUSA (Virtual Hall)

17:45-18:45

LECTURES

Chairs: **Jeroen Swart (South Africa), Konstantinos Ditsios (Greece)**

Sports after common foot and ankle surgeries

Matej Drobnič (Slovenia)

Mesenchymal stem cells in cartilage tissue engineering: from bench to sports medicine

Eleftherios Tsiridis (Greece)

SCIENTIFIC PROGRAM



MACEDONIA B (Hybrid Hall)

18:45-20:00

SUPPORTED SYMPOSIUM

SPORTS MEDICINE ASSOCIATION OF GREECE HAMSTRINGS INJURIES IN ATHLETES

Chairs: **Andreas Tanos (Cyprus), Konstantinos Natsis (Greece)**

Hamstrings muscles anatomy, classification and mechanism injuries

Trifon Totlis (Greece)

Hamstring injuries prevention program

Christos Lyrtzis (Greece)

Hamstrings injuries: conservative or surgery treatment

Konstantinos Natsis (Greece)

Hamstrings injuries: Return to play

Ioannis Terzidis (Greece)



MACEDONIA A (Hybrid Hall)

18:45-20:00

SUPPORTED SYMPOSIUM

FIMS COLLABORATING CENTRE SYMPOSIUM WITH PARTICULAR FOCUS ON INTERNATIONAL COLLABORATION

Chairs: **Yannis Pitsiladis (UK), Fabio Pigozzi (Italy)**

International sport trauma training centre

Demitri Constantinou, (South Africa)

Let 's talk about global medicine

Francisco Arroyo (Mexico)

The FIMS CCSM strategy

Yannis Pitsiladis (UK)

Conclusions

Fabio Pigozzi (Italy)

SCIENTIFIC PROGRAM



KOZANI (Virtual Hall)

18:45-20:00

ROUND TABLE

**WINTER SPORTS INJURIES, HOW DO WE HAVE TO DEAL WITH.
AN EXPERIENCE FROM EUROPE**

 Chairs: **Christiane Kallweit (Germany), Savvas Giakoumakis (Greece)**

Common fractures of the upper extremities admitted to the emergency room during winter sports activities

Ioannis Seferlis (UK)

Skiing acute sports injuries of the lower extremities in mature and immature skeleton. Trauma support

Konstantinos Pantazis (Sweden)

Common acute sports injuries during a bobsleigh competition

Christiane Kallweit (Germany)

Rehabilitation and return-to-play guidelines of the most common winter sports injuries

Panagiotis Antzoulas (Greece)


NAOUSA (Virtual Hall)

18:45-20:00

SUPPORTED SYMPOSIUM

**ATHENS MEDICAL GROUP DEALING WITH SPORTS INJURIES AND WITH
COVID-19 ON ATHLETES**

 Chairs: **Mark Hutchinson (USA), Pantelis Nikolaou (Greece)**

Short and long-term effects of COVID-19 on football players

Haris Lalos (Greece)

Can hamstrings injuries be predicted by training load?

Grigoris Bogdanis (Greece)

Common Sports Injuries in Triathlon. How to avoid them

Aristotelis Kourtis (Greece)

The young arthritic knee. Following treatment returning to sports?

Pantelis Nikolaou (Greece)

SCIENTIFIC PROGRAM



KOZANI (Virtual Hall)

09.00-10.00

2nd SESSION VIRTUAL POSTER PRESENTATIONS

Chairs: **Sandra Rozenstoka (Latvia), Maria Piagkou (Greece)**

P051

PROGNOSIS OF ELITE BASKETBALL PLAYERS AFTER AN ACHILLES TENDON RUPTURE

Ling S., Siu R., Fung N., Pak N., Yung P.
CUHK, Hong Kong, HKSAR China

P057

THE IMPORTANCE OF THE FLOUNCE SIGN FOR THE MEDIAL MENISCUS INJURY PREDICTION

Mouzopoulos G., Soumpasis K., Sourilas P., Kourniotis I., Skarmpounis D., Tsembeli A.
Sparti General Hospital, Sparta, Greece

P058

USEFULNESS OF ARTHRO WEIGHT-BEARING MAGNETIC RESONANCE IMAGING (MRI) IN THE HIP DISORDERS DIAGNOSIS: A CLINICAL CASE OF A PROFESSIONAL SOCCER PLAYER

Giannini S.¹, Fossati C.², Giombini A.², Bravi M.²
¹Villa Stuart Sport Clinic, FIFA Medical Centre of Excellence, Rome, Italy, ²Department of Movement, Human and Health Sciences, University of Rome "Foro Italico", Rome, Italy

P060

ANKLE CHRONIC INSTABILITY IN COLLEGE FOOTBALL PLAYERS: PREVALENCE AND ASSESSMENT OF RISK FACTORS

Blasio T.^{1,2}, Anton A.³, Clara Altamirano M.⁴, Gomez Mont Landerreche J.^{1,3}
¹Spanish Hospital Of Mexico, Mexico City, Mexico, ²National Autonomous University of Mexico, Mexico city, Mexico, ³Mexican College of Orthopedic Surgeons, Mexico City, Mexico, ⁴The National Cancer Institute, Mexico City, Mexico

P065

INJURY EPIDEMIOLOGY OF ULTIMATE FRISBEE IN HONG KONG

Ling S., Pang F., Man G., Yung P.
The Chinese University of Hong Kong (CUHK), Hong Kong, China

P069

ELITE FEMALE ATHLETES: TO TAKE CARE OF THE MENSTRUAL DISORDERS TO PREVENT THE STRESS FRACTURES ESPECIALLY IN CERTAIN SPORTS

Maitre C.
National Institute of Sport, Expertise and Performance (INSEP), Paris, France

P074

ATYPICAL HIP FRACTURES BILATERALLY AFTER LONG-TERM BIPHOSPHONATE TREATMENT. A CASE-REPORT

Kazamias K., Dentsas I., Lampridis V., Georgiannos D., Angelidis I., Bisbinas I.
1st Orthopaedic and Trauma Department, 424 Army General Training Hospital, Thessaloniki, Greece

P075

A COMPARISON BETWEEN PHYSICAL ACTIVITY PROGRAM AND ROWING ERGOMETER EXERCISE PROGRAM ON PHYSICAL FITNESS AMONG ELDERLY

Rachnavy P., Khaothin T.
School of Sports Science, Suranaree University of Technology, Nakhon Ratchasima, Thailand

P076

GLOMERULAR FILTRATION RATE ON THE ELDER AFTER MAXIMAL AND SUBMAXIMAL EXERCISE CALCULATED WITH CREATININE AND CYSTATIN-C

Romero-García T.¹, Trejo-Trejo M.¹, Villalobos R.², Vázquez-Jiménez J.¹, Ramos A.³, Robles G.⁴, Pineda-Espejel H.¹
¹Universidad Autonoma De Baja California, Mexicali, Mexico, ²FES Iztacala, UNAM, Mexico, ³Universidad Autonoma De Ciudad Juarez, Mexico, ⁴Universidad Autonoma De Chihuahua, Mexico

SCIENTIFIC PROGRAM

- P078 THE INFLUENCE OF CONTACT TIME INSTRUCTIONS ON DROP JUMP PERFORMANCE IN PREPUBESCENT AND ADULT FEMALES**
Metaxiotis D.¹, Sfyriou E.², Xenofondos A.³, Bassa E.², Papavasileiou A.², Patikas D.²
¹2nd Orthopaedic Department, Papageorgiou Hospital, Thessaloniki, Greece, ²Laboratory of Biological Evaluation of Human Performance, Faculty of Physical Education and Sports Science, Aristotle University of Thessaloniki, Thessaloniki, Greece, ³School of Public Health, Li Ka Shing Faculty of Medicine, The University of Hong Kong, Pokfulam, Hong Kong
- P081 NEUROMUSCULAR PATTERN ALTERATION IN QUADRICEPS IN THE RISK OF KNEE INJURIES IN FEMALE VOLLEYBALL ATHLETES**
Demeco A., Marotta N., Moggio L., Pino I., Isabello L., Ammendolia A.
 University "Magna Graecia" of Catanzaro, Catanzaro, Italy
- P083 PHYSICAL THERAPY IN THE MANAGEMENT OF ATHLETES WITH QUADRICEPS MUSCLE CONTUSIONS**
Kotsapas M.¹, Naoum S.², Vasiliadis A.³, Eleftheropoulos A.¹
¹General Hospital of Naousa, Naousa, Greece, ²Orthopedic Department, 251 Air Force General Hospital Department, Athens, Greece, ³School of Medicine, Aristotle University of Thessaloniki, Thessaloniki, Greece



NAOUSA (Virtual Hall)

- 09.00-10.00 3rd SESSION VIRTUAL POSTER PRESENTATIONS**
 Chairs: **Grigoris Bogdanis (Greece) Konstantinos Manologlou (Greece)**
- P084 A COMPARISON OF HAMSTRINGS FLEXIBILITY BETWEEN DOMINANT AND NON-DOMINANT LEG IN ELITE WOMEN SOCCER PLAYERS**
Gatidou C.¹, Anastasopoulos N.¹, Gatidou A.², Natsis K.¹
¹School of Medicine, Faculty of Health Sciences, Aristotle University of Thessaloniki, Thessaloniki, Greece, ²Department of Physiotherapy, International Hellenic University, Thessaloniki, Greece
- P085 INTRAMUSCULAR DEGLOVING INJURY OF THE RECTUS FEMORIS MUSCLE: MANAGEMENT OF AN UNIQUE LESION PATTERN - CASE REPORT OF A YOUTH FOOTBALL PLAYER**
Amorim E.^{1,4}, Rodrigues-Gomes D.^{2,4}, Rodrigues-Gomes S.³
¹Physical and Rehabilitation Medicine Department - Hospital of Braga, Braga, Portugal, ²Espegueira Mendes Sports Centre, Porto, Portugal, ³SMIC-Serviço Médico de Imagem Computorizada, Porto, Portugal, ⁴Famalicão FC Medical Department, Portugal
- P091 PRE-PARTICIPATION ANTHROPOMETRIC PARAMETERS OF U13 AND U16 FOOTBALLERS DURING COVID 19 PANDEMIC**
Tahirbegolli B.^{1,2}, Shabani A.¹, Halimi A.¹, Murseli G.¹, Isufi I.¹, Bayraktar B.³
¹National Sports Medicine Center, Prishtina, Kosovo, ²Management of Health Institutions and Services Department, Heimerer College, Prishtina, Kosovo, ³Sports Medicine Department, Istanbul Faculty of Medicine, Istanbul University, Istanbul, Turkey
- P092 EXERCISE PRESCRIPTION FOR BETTER HEALTH FOR WOMAN OVER 50**
Pluncecvic Gligoroska J., Manchevska S., Dejanova B., Petrovska S.
 Institute of Physiology, Medical Faculty, Medical Faculty, Ss Cyril and Methodius University in Skopje, Skopje, North Macedonia

SCIENTIFIC PROGRAM

- P094** **ASYMMETRY IN TRUNK MUSCLE THICKNESS: NOT THE KEY TO A CRICKET FAST BOWLER'S PERFORMANCE**
Olivier B., Olivier F., Mnguni N., Obiora O.
 Department of Physiotherapy, Faculty of Health Sciences, University of the Witwatersrand, Johannesburg, South Africa
- P095** **OSTEOPOROTIC CERVICAL AND THORACIC SPINE FRACTURES IN PATIENTS WITH AMATEUR ATHLETIC ACTIVITY: RADIOLOGICAL EVALUATION**
Syrmos N.², Gavridakis G.¹, Giannouli V.², Mylonas A.²
¹General Hospital Venizeleio, Heraklion, Greece, ²Aristotle University of Thessaloniki, Thessaloniki, Greece
- P102** **A FUNCTIONAL AND BIOMECHANICAL ANALYSIS OF THE LONG JUMP**
Maris A.^{1,2}, Maslaris A.^{3,4}, Tsamados S.²
¹Department of Health, University of Bath, Bath, United Kingdom, ²Department of Trauma and Orthopaedics, Royal Free London NHS Foundation Trust, London, United Kingdom, ³Department of Orthopaedics, Eisenberg Hospital (Waldkliniken Eisenberg), Eisenberg, Germany, ⁴Jena University Hospital, Jena, Germany
- P106** **SOMATOTYPE'S MESOMORPHIC COMPONENT IS RELATED WITH JUMP PEAK POWER IN PROFESSIONAL SOCCER PLAYERS**
Androulakis N.¹, Plesitis V.¹, Tsiakiris C.¹, Koundourakis N.²
¹Ergotelis 88 F.C. Medical and Technical Team, Heraklion, Greece, ²Apollon Limassol FC Technical Team, Limassol, Cyprus
- P110** **EIGHT ANSWERS ABOUT SPORTS MEDICINE IN ANCIENT GREECE**
Mitrousias V.^{1,2}, Chalatsis G.², Raoulis V.^{1,2}, Fyllos A.¹, Karachalios T.², Zibis A.¹
¹University of Thessaly, Faculty of Medicine, Department of Anatomy, Larissa, Greece, ²University of Thessaly, Faculty of Medicine, Department of Orthopaedic Surgery, Larissa, Greece
- P112** **DETERMINING SPEED AND STRIDE LENGTH OF RUNNERS USING AN ULTRAWIDE BANDWIDTH LOCAL POSITIONING SYSTEM EQUIPPED WITH AN INERTIAL MEASUREMENT UNIT**
Singh P.¹, Esposito M.¹, Barrons Z.², Clermont C.², Wannop J.², Stefanyszyn D.^{1,2}
¹Schulich School of Engineering, University of Calgary, Calgary, Canada, ²Faculty of Kinesiology, University of Calgary, Calgary, Canada
- P113** **INCREASING INCLUSIVITY OF PARA SPORT CATEGORISATION SYSTEMS DOES NOT DISADVANTAGE ELIGIBLE IPC COMPETITORS IN NON-ELITE SETTINGS**
Blamey H.
 University of Oxford Clinical Academic Graduate School, John Radcliffe Hospital, Oxford, United Kingdom
- P114** **PLYOMETRICS TRAINING ON ROWING PERFORMANCE IN PARA-ROWER: CASE REPORT**
Thawichai K.¹, Pornthep R.²
¹School of Sport Science, Institute of Science, Suranaree University of Technology, Muang District, Thailand, ²School of Sport Science, Institute of Science, Suranaree University of Technology, Muang District, Thailand

SCIENTIFIC PROGRAM



MACEDONIA B (Hybrid Hall)

10:00-11:15

SUPPORTED SYMPOSIUM

CYPRUS ASSOCIATION OF SPORTS MEDICINE TOPICS FROM THE CYPRUS SPORTS MEDICINE ASSOCIATION

 Chairs: **Evagoras Nicolaidis (Cyprus), Simeon Galitsanos (Greece)**

Allergic disease in sports

Andreas Liveris (Cyprus)

The principles of physical activity in patients with cardiovascular disease; what the non-cardiologist should know

Evagoras Nicolaidis (Cyprus)

Sports and health enhancing measures in special community groups

Michalis Michaelides (Cyprus)

Peripheral vascular disease in athletes

Nicos Angelides (Cyprus)


MACEDONIA A (Hybrid Hall)

10:00-11:15

ROUND TABLE

THE ART AND SCIENCE OF MONITORING AND EVALUATING ABUSE PREVENTION PROGRAMS IN INTERNATIONAL SPORT

 Chairs: **Katharina Grimm (South Africa), Mike McNamee (Belgium)**

Athletes' rights are human rights in safe sport, but what are the doctors duties?

Mike McNamee (Belgium)

The research context of safeguarding interventions in sport

Gretchen Kerr (Canada)

Disability and disenfranchisement: practical considerations for assessing harassment and abuse in vulnerable athlete populations

Yetsa Tuakli-Wosornu (USA)

First, do no harm: the role of the sports medicine physician in assessing athlete safety and building a safety net culture in clinical settings

David Gerrard (New Zealand)

SCIENTIFIC PROGRAM



KOZANI (Virtual Hall)

10:00-11:15

SUPPORTED SYMPOSIUM

BASEM

MENTAL HEALTH & GOLF

Chairs: **Theodora Papadopoulou (UK)**, **Roger Hawkes (UK)**

Injury profile in the professional game

Tim Swan (UK)

Golf on referral- Golf as a health enhancing physical activity

Danny Glover (UK)

Inclusive Golf. Golf for players with disability

Roger Hawkes (UK)

NAOUSA (Virtual Hall)

10.00-11.15

4th SESSION VIRTUAL POSTER PRESENTATIONSChairs: **Sandra Rozenstoka (Latvia)**, **AlexandrosTaxildaris (Greece)**

P115

COMPARISON OF INTEGRATED PERIODIZED AND TRADITIONAL PERIODIZED PROGRAM ON 2,000 M ROWING ERGOMETER PERFORMANCE IN PARA ROWERSRachnavy P., Khaothin T.

School of Sports Science, Suranaree University Of Technology, Nakhon Ratchasima, Thailand

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GENDER DIFFERENCES IN APPROACH SPEED AND ACCURACY OF CLASS T61-64 PARALYMPIC LONG JUMPERS WITH LOWER EXTREMITY AMPUTATIONMetaxiotis D.¹, García-Fresneda A.², Theodorou A.³, Panoutsakopoulos V.⁴, Torralba Jordán M.⁵, Padullés J.⁶, Padullés X.⁷¹2nd orthopaedic department, Papageorgiou hospital, Thessaloniki, Greece, ²TecnoCampus, College of Health Sciences, University of Pompeu Fabra, Mataró Maresme, Spain, ³School of Physical Education and Sport Science – SEFAA, National and Kapodistrian University of Athens, Athens, Greece, ⁴Biomechanics Laboratory, Department of Physical Education and Sports Sciences at Thessaloniki, Aristotle University of Thessaloniki, Thessaloniki, Greece, ⁵Department of Applied Didactics, University of Barcelona, Barcelona, Spain, ⁶National Institute of Physical Education of Catalonia, Barcelona, Spain, ⁷Chrononojump Boscosystem, Barcelona, Spain

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LEISURE TIME PHYSICAL ACTIVITY IN YOUNG MEN - UNDERGRADUATE MEDICAL STUDENTSProkhorov P.

Medical Institute, Tula State University, Tula, Russian Federation

SCIENTIFIC PROGRAM

- P121** **A LONGITUDINAL PROSPECTIVE STUDY ON THE INFLUENCE OF LIFE STYLE BEHAVIOURS ON SELECTED CARDIOMETABOLIC PARAMETERS IN MEN**
 Kamińska S.¹, Nowak M.¹, Drygas W.¹, Szmigielska K.², Jegier A.², Szadkowska I.², Rębowska E.¹, Polakowski G.², Łęgocki S.¹, Dziańkowska-Zaborszczyk E.³, Kwaśniewska M.¹
¹Department of Preventive Medicine, Medical University of Lodz, Lodz, Poland, ²Department of Sports Medicine, Medical University of Lodz, Lodz, Poland, ³Department of Epidemiology and Biostatistics, Medical University of Lodz, Lodz, Poland
- P125** **ACUTE AND CHRONIC EXERCISE-INDUCED CHANGES OF SELECTED HEMATOLOGICAL BLOOD PARAMETERS IN ELITE SOCCER PLAYERS**
Androulakis N.^{1,2}, Nioti E.¹, Spatharaki P.¹, Dilintas A.¹, Tsiakiris C.², Notas G.¹
¹Heraklion University Hospital, Heraklion, Greece, ²Ergotelis 88 F.C. Medical and Technical Team, Heraklion, Greece
- P132** **KNEE OSTEOARTHRITIS (KOA) AND HISTOPATHOLOGICAL CHANGES OF CRUCIATE LIGAMENTS**
 Naoum S.¹, Kotsapas M.², Gantsos A.², Vasiliadis A.³, Eleftheropoulos A.²
¹Orthopedic Department, 251 Air Force General Hospital, Athens, Greece, ²General Hospital of Naousa, Naousa, Greece, ³School of Medicine, Aristotle University of Thessaloniki, Thessaloniki, Greece
- P134** **EPIDEMIOLOGY OF PATIENTS PRESENTING WITH GOUT TO LARGE COUNTY HOSPITAL, 2016-2018**
Kiel J., Helmi H., Velasquez E., Bertrand A., Henson M., Lott M., Holden D., Tfirm I., Hendry P., Kaeley G.
 College of Medicine Jacksonville, University of Florida, Jacksonville, USA
- P136** **FACING THE GROIN PAIN CHALLENGE AN ANATOMICAL DICTIONARY FACILITATING INTERPROFESSIONAL COLLABORATION**
Mitrousias V.^{1,2}, Baxevanidou K.¹, Fyllos A.¹, Raoulis V.¹, Chalatsis G.², Zibis A.¹
¹University of Thessaly, Faculty of Medicine, Department of Anatomy, Larissa, Greece, ²University of Thessaly, Faculty of Medicine, Department of Orthopaedic Surgery, Larissa, Greece
- P137** **ACUTE LOW BACK PAIN IN YOUNG PROFESSIONAL MALE ATHLETES. RESOLUTION AND TREATMENT**
Syrmos N.², Giannouli V.², Gavridakis G.¹, Mylonas A.²
¹General Hospital Venizeleio, Heraklion, Greece, ²Aristotle University of Thessaloniki, Thessaloniki, Greece
- P138** **CRANIO-MAXILLO-FACIAL INJURIES IN PROFESSIONAL JOCKEYS**
Baldini N.
 Department of Maxillofacial Surgery, Angers University Hospital Center, Angers, France
- P144** **MOTOR COMPETENCE ESTIMATION AND IDENTIFICATION OF MOTOR DIFFICULTIES OF SCHOOL-AGE CHILDREN**
Šeflová I.
 Department of Physical Education and Sport, Faculty of Science, Humanities and Education, Technical University of Liberec, Liberec, Czech Republic
- P146** **EFFECT OF ARTISTIC SPORTS ON PHYSICAL BEAUTY IMPROVEMENT OF COLLEGE GIRLS IN CHINA**
Cheng X.^{1,2}, Wang Y.¹, Liu J.¹
¹Tsinghua University, Beijing, China, ²Qingdao University of Technology, Qingdao, China

SCIENTIFIC PROGRAM

- P148** **TIBIAL TUBEROSITY FRACTURE ALONG WITH PATELLAR TENDON RUPTURE IN ADOLESCENTS: A RARE INJURY THAT SHOULD NOT BE OVERLOOKED**
Repantis T., Filippopoulos A., Mousafeiris V., Papaioannou I., Baikousis A.
 General Hospital of Patras "Agios Andreas", Patras, Greece
- P149** **RELATIONSHIP BETWEEN BIOELECTRICAL IMPEDANCE PHASE ANGLE AND JUMP PERFORMANCE IN JUNIOR ATHLETES**
Obayashi H.^{1,2}, Ikuta Y.^{1,3}, Fujishita HL.^{1,2}, Fukuhara K.^{1,2}, Shimada M.^{1,2}, Sakamitsu T.^{1,2}, Ushio K.^{1,2}, Adachi N.^{1,3}
¹Hiroshima University Hospital Sports Medical Center, Kasumi, Hiroshima City, Japan, ²Hiroshima University Hospital Department of Rehabilitation, Kasumi, Hiroshima City, Japan, ³Department of Orthopaedic Surgery, Graduate School of Biomedical and Health Sciences, Hiroshima University, Kasumi, Hiroshima City, Japan
- P152** **EXTREME SPORTS INJURIES (ESI) IN ADOLESCENTS**
Metaxiotis D., Tsioulas P., Kazas C., Beletsiotis A.
 2nd Orthopaedic Department, Papageorgiou Hospital, Thessaloniki, Greece
- P153** **PREVENTION OF EXERTIONAL HEAT ILLNESS IN CHILDREN ATHLETES USING KNOWLEDGE OF NEUROLOGICAL RESPONSE**
Upite S.^{1,2}, Upite J.³
¹Riga Stradins University, Riga, Latvia, ²Sports Medicine, Sports Traumatology and Rehabilitation Centre "Sports laboratory", Latvia, ³Department of Pharmacology, Faculty of Medicine, University of Latvia, Riga, Latvia
- P154** **INTERVAL TRAINING TO EXHAUSTION AND BLOOD COAGULATION IN ELITE ADOLESCENT SOCCER PLAYERS**
Androulakis N.^{1,2}, Nioti E.¹, Spatharaki P.¹, Dilintas A.¹, Tsiakiris C.², Notas G.¹
¹Heraklion University Hospital, Heraklion, Greece, ²Ergotelis 88 F.C. Medical and Technical Team, Heraklion, Greece
- P155** **HIGHER PYRUVATE LEVELS INDUCED BY CHRONIC HIGH DOSE OF LEUCINE SUPPLEMENTATION MIGHT BE ASSOCIATED WITH GUT MICROBIOTA FOR MUSCLE AGING AMELIORATION**
Liao Y.¹, Li D.¹, Zhou X.¹, Peng Z.¹, Liu S.², Meng Z.¹, Rong S.³, Nüssler A.⁴, Ding W.⁵, Yang X.¹, Hao L.¹, Liu R.⁶, Liu L.¹, Yang W.¹
¹Department of Nutrition and Food Hygiene, School of Public Health, Tongji Medical College, Huazhong University of Science and Technology, Wuhan, China, ²Hubei Center for Disease Control and Prevention, Wuhan, China, ³Department of Nutrition and Food Hygiene, School of Public Health, Medical College, Wuhan University of Science and Technology, Wuhan, China, ⁴Department of Traumatology, BG Trauma center, University of Tübingen, Tübingen, Germany, ⁵Department of Diagnostic Ultrasound, Wuhan Women and Children Medical Care Center, Wuhan, China, ⁶Department of Preventive Medicine, School of Medicine, Jiangnan University, Wuhan, China
- P156** **DIETARY PATTERN IN UNDERGRADUATE PHYSICAL EDUCATION STUDENTS**
Prokhorov P.
 Tulsu Medical Institute, Tula, Russian Federation
- P159** **PROTEIN SUPPLEMENT PRODUCTS CONTAIN LOWER ACTUAL PROTEIN-CONTENT THAN DECLARED ON LABELS**
Sithole M., Gabriels G.
 Department of Pharmacy and Pharmacology, Faculty of Health Sciences, University of the Witwatersrand, Johannesburg, South Africa

SCIENTIFIC PROGRAM

- P160 CONSUMPTION AND SIDE EFFECTS OF NUTRITIONAL SUPPLEMENTS IN ATHLETES**
Tomassi G.¹, Quaranta F.¹, Delre D.², Sapegno L.², Fagnani F.¹, Minganti C.², Fossati C.¹
¹Department of Movement, Human and Health Sciences, University of Rome "Foro Italico", Rome, Italy,
²Sports Medicine Residency Program, Sapienza University of Rome, Rome, Italy
- P162 THE EFFECT OF EXERCISE ON GLUCOSE METABOLISM AND QUALITY OF LIFE IN PATIENTS AFTER RESECTION OF THE PANCREAS**
Katsourakis A.¹, Chytas D.², Komsis G.³, Vrabas I.³, Noussios G.³
¹Department of Surgery, Agios Dimitrios General Hospital, Thessaloniki, Greece, ²Department of Physiotherapy, University of Peloponnese, Sparta, Greece, ³School of Physical Education and Sports Sciences at Serres, "Aristotle" University, Serres, Greece
- P165 ZOLEDRONIC ACID TREATMENT IN BONE MARROW EDEMA SYNDROME**
Zidrou C., Vasiliadis A., Beletsiotis A.
²nd Orthopaedic Department, Papageorgiou General Hospital, Thessaloniki, Greece

11:15-11:45

Visit to the Exhibition & the Poster Area



MACEDONIA B (Hybrid Hall)

11:45-13:00

SUPPORTED SYMPOSIUM

SPORTS MEDICINE DURING COVID-19 (LESSONS FROM RUSSIA AND HUNGARY)

Chairs: **Éva Martos (Hungary), Petra Zupet (Slovenia)**

Covid-19 and athletes, new experience and knowledge

Viktoriya Badijeva (Russia)

Introducing the Hungarian national sports medical service.

Regular tasks and COVID-related experiences

Marianna Kiss, Anita Megyeriné Szabó (Hungary)

Covid strategy and prevention activity of the national medical service for elite athletes

József Tomán (Hungary)

Sports cardiology registry of athletes recovered from COVID-19

Hajnalka Vágó (Hungary), Orsolya Kiss, Nóra Sydó, Béla Merkely

SCIENTIFIC PROGRAM



MACEDONIA A (Hybrid Hall)

11:45-13:00

ROUND TABLE

MENTAL HEALTH OF ATHLETES: THE IMPORTANCE OF SPORTS PSYCHOLOGY AND SPORTS PSYCHIATRY

Chairs: **William O. Roberts (USA)**, **Evangelos Pappas (Greece)**

Challenges in conducting sports concussion research

David Baron (USA)

Mental health of athletes: the importance of depression screening

Evangelos Pappas (Greece)

Covid-19 pandemic and its physical, psychological and social impacts on older adults

Francesco Landi (Italy)

The role of combination of cognitive and body exercise in patients with mild cognitive impairment and dementia during the pandemic of Covid-19

Magdalini Tsolaki (Greece)



KOZANI (Virtual Hall)

11:45-13:00

SUPPORTED SYMPOSIUM

HAOST

SHOULDER DISLOCATION / SHOULDER INSTABILITY

Chairs: **Klaus-Michael Braumann (Germany)**, **Dimitris Tsoukas (Greece)**

Conservative treatment for the management of the 1st time dislocation.

Considerations, indications, methods, outcomes

Konstantinos Kateros (Greece)

Soft tissue procedures for the management of shoulder instability.

Augmenting Bankart repair

Emmanouil Brilakis (Greece)

Bony procedures for the management of shoulder instability.

When soft tissue procedures are not enough

Emmanouil Antonogiannakis (Greece)

Return to play after shoulder stabilization surgery (soft tissue or bony procedure).

Current concepts and considerations

Efstathios Chronopoulos (Greece)

SCIENTIFIC PROGRAM



NAOUSA (Virtual Hall)

11:45-13:00

SUPPORTED SYMPOSIUM

AFSM

WHEN THE EAST MEET THE WEST IN SPORTS MEDICINE

Chairs: **Guo-Ping Li (China), Patrick Yung (Hong Kong)**

Sports medicine in Asia: Past, present & future

Patrick Yung (Hong Kong)

Sports medicine in China national team

Zhan Hui (China)

Sports medicine in Kingdom of Saudi Arabia

Qassim Muaidi (Saudi Arabia)

Sports medicine in India

Jaspal Sandhu (India)

MACEDONIA B (Hybrid Hall)

13:00-14:00

LECTURES

Chairs: **Ioannis Vogiatzis (UK), Mike Miller (UK)**

High Intensity exercise training

Grigoris Bogdanis (Greece)

Intermittent exercise training in COPD

Ioannis Vogiatzis (UK)

MACEDONIA A (Hybrid Hall)

13:00-14:00

LECTURES

Chairs: **Theodora Papadopoulou (UK), Vasileios Houliaras (Greece)**

Return to sports after ACL reconstruction. Evidence-based approach

Nikolaos Koukoulis (Greece)

Internal and external stressors faced by the performance team

Stephen Boyce (Scotland)

Development, monitoring and analysis of performance health and wellbeing measurements

Stephen Mutch (Scotland)

SCIENTIFIC PROGRAM



KOZANI (Virtual Hall)

13:00-14:00

LECTURES

Chairs: **Minhao Xie (China)**, **Daniel Arkader Kopiler (Brazil)**

Perceptual-cognitive abilities in competitive athletes

Klaus-Michael Braumann (Germany)

Facial injuries in athletes

Christos Perisanidis (Greece)



NAOUSA (Virtual Hall)

13:00-14:00

LECTURES

Chairs: **Muaidi Qassim, (Soudi Arabia)**, **Christos Lyrtzis (Greece)**

Osteoporosis and exercisepositive association

Christiana Zidrou (Greece)

Osteoporosis and exercisenegative association

Konstantinos Stathopoulos (Greece)

Optimal loading at exercise programs in Osteoporosis

Dimitrios Aftosmidis (Greece)



MACEDONIA B (Hybrid Hall)

14:00-15:15

ROUND TABLE

HUMAN TELEMETRICS

Chairs: **Yannis Pitsiladis (UK)**, **Iphigenia Keramitsoglou (Greece)**

Wearable and telemedicine innovations for Olympic events and elite sport

Yannis Pitsiladis (UK)

Innovative solutions to survive the Heat

Iphigenia Keramitsoglou (Greece)

The telemedicine musculoskeletal examination

Edward Laskowski (USA)

Establishing a global standard for wearable devices in sport and exercise medicine

Borja Muniz-Pardos (Spain)

SCIENTIFIC PROGRAM



MACEDONIA A (Hybrid Hall)

14:00-15:15

SUPPORTED SYMPOSIUM

ATHLOME

Chairs: **Yannis Pitsiladis (UK), Vassilis Klissouras (Greece)**

The genetics of sex testing in sport

Alun Williams (UK)

Challenges and opportunities in the application of whole genome sequencing in sports and exercise medicine: lessons from the 1000 Athlomes Project

Kumpei Tanisawa (Japan)

Next generation “omics” approach in the fight against doping

Giscard Lima (Italy)

Nutritional genomics and direct-to-consumer genetic testing

George Dedousis (Greece)

KOZANI (Virtual Hall)

14:00-15:15

SUPPORTED SYMPOSIUM

ATHLETIA

SPORTS MEDICINE IN COVID-19 ERA

Chairs: **Xenofon Roussis (Greece), Dimitrios Tsitsiropoulos (Greece)**

Professional soccer during the CoVid-19 pandemic - The Greek superleague experience

Yanni Levakos (Greece)

Sports medicine practice during Covid-19 pandemic

Georgios Papadopoulos (Greece)

Cardiovascular effect in young athletes recovering from COVID-19 infection

Eleftherios M. Protopapas (Greece)

Retraining after COVID - key areas for rebuilding performance

Georgios Ziogas (Greece)

SCIENTIFIC PROGRAM



NAOUSA (Virtual Hall)

14:45-15:15

SUPPORTED SYMPOSIUM

FIMS COLLABORATING CENTRE RESEARCH

Chairs: **Francisco Arroyo (Mexico)**, **Sandra Rozenstoka (Latvia)**

The sport physician and athlete relationship for performance and health benefit
Sandra Rozenstoka (Latvia)

Update on stem cells and cartilage
Francisco Arroyo (Mexico)

Physical activity lifestyle before and during pandemic in Greece
Konstantinos Natsis (Greece)



MACEDONIA B (Hybrid Hall)

15:15

Closing Ceremony

ABBREVIATIONS

AFSM	ASIAN FEDERATION OF SPORTS MEDICINE
BASEM	BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE
COPAMEDE	PANAMERICAN CONFEDERATION OF SPORTS MEDICINE
ESSKA	EUROPEAN SOCIETY FOR SPORTS TRAUMATOLOGY, KNEE SURGERY AND ARTHROSCOPY
HAOST	HELLENIC ASSOCIATION OF ORTHOPAEDIC SURGERY AND TRAUMATOLOGY
HKASMSS	HONG KONG ASSOCIATION OF SPORTS MEDICINE AND SPORTS SCIENCE
SISSM	SERBIAN INSTITUTE OF SPORT AND SPORTS MEDICINE
UCI	UNION CYCLISTE INTERNATIONALE
WADA	WORLD ANTI-DOPING AGENCY

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PRE-CONGRESS COURSES



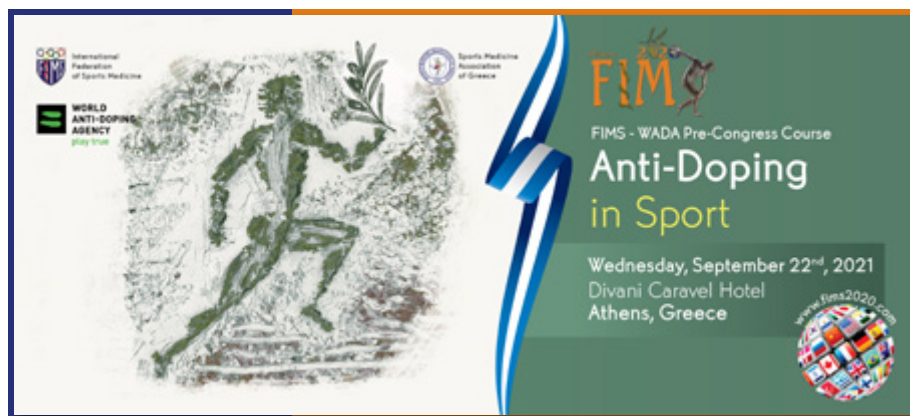
FIMS
FIMS Team Physician Development Course
**Emergency & First Aid
in Sports Medicine**
Hands on Training

Tuesday, September 21st, 2021
Divani Caravel Hotel
Athens, Greece

International Federation of Sports Medicine
Sports Medicine Association of Greece

www.fims2020.com

The banner features a photograph of a soccer player with the number 10 on his shorts, sitting on the grass with a first aid kit and a stretcher nearby. The background is a light blue gradient.



FIMS
FIMS - WADA Pre-Congress Course
**Anti-Doping
in Sport**

Wednesday, September 22nd, 2021
Divani Caravel Hotel
Athens, Greece

International Federation of Sports Medicine
WORLD ANTI-DOPING AGENCY
Sports Medicine Association of Greece

www.fims2020.com

The banner features a classical-style illustration of a muscular man in a dynamic pose, possibly a runner or athlete, with a laurel wreath. The background is a dark green gradient.



FIMS
FIMS Pre-Congress Course
**Sports Cardiology:
ECG and Imaging**

Wednesday, September 22nd, 2021
Divani Caravel Hotel
Athens, Greece

International Federation of Sports Medicine
Sports Medicine Association of Greece

www.fims2020.com

The banner features a stylized illustration of a human figure with a glowing heart and a heart rate monitor line. The background is a dark blue gradient.

For more information about the Pre-Congress Courses visit the link below:
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ON-LINE REGISTRATION

- The congress will be held in hybrid form featuring in person physical attendance or online participation.
- The number of in person participants will be determined occurring to the Greek Government Health Protocols which will be in effect during the congress period.
- First-come-first-served basis will apply to all in person participants.
- For online attendance, participants will receive their login details by e-mail 2 days prior to the commencement of the congress.

REGISTRATION INFORMATION

Registration Fees		
Registration Type	Live attendance	Virtual Attendance
	Late (from June 16 th , 2021 & on site)	
Regular Full Fee	600€	350€
FIMS Members**	500€	300€
Members SMAG (Sports Medicine Association of Greece)	400€	300€
Members ATHLETIA	450€	350€
Nurses, Other Health Professionals	450€	250€
Residency in Sports Medicine*	350€	200€
Postgraduate Students*	350 €	200 €
Undergraduate Students*	200 €	125 €
One day Registration ***	250 €	

* The identity should be proved by an official documentation. There is no possibility of covering the cost by pharmaceutical companies. Each student covers the participation fees himself.

** The identity should be proved by an official documentation.

*** Available only for live attendance

Special Course Fees with Congress Registration		
Courses	Live attendance	Virtual Attendance
Emergency & First Aid in Sports Medicine Course	100 €	70 €
Antidoping in Sport Course	100 €	70 €
Sports Cardiology Course	-	70 €

Course Fees without Congress Registration		
Courses	Live attendance	Virtual Attendance
Emergency & First Aid in Sports Medicine Course	200 €	150 €
Antidoping in Sport Course	200 €	150 €
Sports Cardiology Course	-	150 €

Registration fees for in person physical attendance include: Admission to the scientific sessions | Admission to the exhibition area | e-Certificate of attendance

Registration fees for online attendance include: Admission to all sessions on the e-platform | e-Certificate of attendance

24% VAT is included in the above registration rates

NEW INVESTIGATORS AWARDS

New Investigators Awards for Oral and Poster presentations:

2 Prizes for Oral Presentation: Euro 500 each

2 Prizes for Poster Presentations: Euro 500 each

The new investigators awards will be awarded by **ASPETAR**



Award requirements include: Being the main author of an accepted abstract for presentation at the **36th World Congress of Sports Medicine, FIMS 2020**.

Applicant must be within six years of completing a research degree or within six years of completing medical residency, and must not hold a level higher than assistant professor.

GENERAL INFORMATION

CME ACCREDITATION

The Congress has been accredited by the European Accreditation Council for Continuing Medical Education (EACCME®) for a maximum of **27** European CME credits (ECMEC®s).

Each medical specialist should claim only those credits that he/she actually spent in the educational activity

CERTIFICATE OF ATTENDANCE

According to the European Accreditation Council for Continuing Medical Education (EACCME®), each medical specialist should claim only those credits that he/she actually spent in the educational activity. Certificates will be provided after the completion of the Scientific Program.

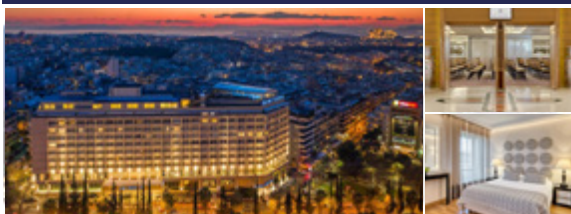
THE CITY

Athens, the cosmopolitan metropolis where the Olympic Games were born, is the host city of the **36th FIMS World Congress of Sports Medicine** delegates.

Athens is the capital and largest city of Greece, it dominates the Attica region and is one of the world's oldest cities, with its recorded history spanning over 3,400 years. Modern Athens is a vibrant metropolis and Greece principal centre for business and foreign trade. Regenerated and transformed to hold the highly successful 2004 Olympic Games, Athens demonstrated it has the facilities, services and infrastructure to host the most demanding global event. Easily accessible to global destinations through Athens International Airport, the capital of Greece has a long history of hosting international conferences and arts events.

The Organizing Committee will make every effort for a scientifically fruitful meeting since worldwide known experts will have the opportunity to share their knowledge and experience upon the latest developments in Sports Medicine, as well as to have a socially rich and memorable stay in Greece.

THE VENUE



The Congress will be held at the Divani Caravel Hotel. Divani Caravel Hotel was chosen by the Organizing Committee, being a unique venue, in a unique city, offering a unique experience. With its ideal location and world-class amenities less than 30 minutes drive combining a stunning environment, elegance, and the latest in technological amenities.

ACCESSIBILITY

Divani Caravel Hotel is on a direct metro line to the award winning Athens International Airport «Eleftherios Venizelos», journey time 50 minutes, making it extremely accessible for international delegates travelling from and to global destinations. Easily accessible by:

Metro service

There is direct access from the airport and the city center to Divani Caravel Hotel from the metro station “Evangelismos” on metro line 3 (blue line)

Please visit the Athens Metro website for detailed information at www.stasy.gr and www.oasa.gr

GENERAL INFORMATION

ACCESSIBILITY

Bus service

The following buses, express and trolley buses pass stop near the Divani Caravel Hotel.

Buses: 550, A5

Express Buses: X95 (direct airport line), E14

For more information about the public transportation network in Athens please visit: www.oasa.gr

Car

Access by car is estimate approximately 28 minutes without traffic. Toll roads are included.

If you wish to access the Divani Caravel Hotel directly from the «Eleftherios Venizelos» Airport:

Athens International Airport "Eleftherios Venizelos" is located in Spata, 33 km southeast of Athens and serves all international and domestic flights. An average journey by taxi from the airport to the city center should take approximately 40-50 minutes, depending on traffic, costing around €25-30. The express bus line X95 (direction Syntagma) serves Athens city center. A ticket for the airport express line costs €5,00. It allows unlimited travel by all public transport means (incl. bus and metro) for 24 hours from the time of validation. The metro line 3 runs every 10 minutes from the airport and the trip to the city center takes approximately 30 minutes and costs €6.

ATHENS METRO (CURRENT MAP)



GENERAL INFORMATION

OFFICIAL LANGUAGE

The official language of the Congress is English.

HEALTH PROTOCOLS FOR PHYSICAL ATTENDANCE

In accordance with the existing health protocols in Greece, kindly please note that participants who wish to enter the congress area and attend the congress physically, must present a certificate of full vaccination or a certificate of recovery from COVID-19 (valid not more than 180 days from the date of the first positive swab) to the congress secretariat upon their arrival. Concerning the COVID-safety protocols for travelers, please see details at the following link: <https://travel.gov.gr/>

E-PLATFORM FOR ONLINE ATTENDANCE

All online participation delegates will have at their disposal an e-platform offering the maximum possible interactivity which will facilitate participation to the congress and communication with other delegates as well as exhibitors.

CONGRESS E-BADGE

It is mandatory for the delegates to show their congress e-badge at the entrance of the Congress halls in order to have their attendance time for each session registered. Delegates registered for on line participation will receive their e-badge and their log in details by e-mail.

Check updates in the official congress website:

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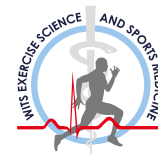
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MEDICAL EQUIPMENT_FIRST AID_MEDICAL SUPPLIES

3

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Thessaloniki
TEL:0030 2310 272462

Thessaloniki
Tsimiski str.137
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