IOC WORLD CONFERENCE
PREVENTION OF INJURY & ILLNESS IN SPORT

MONACO
10-12 APRIL 2014
Second Announcement
& Call for Abstracts

IN COLLABORATION WITH

ORGANISED BY

WITH THE SUPPORT OF
The IOC World Conference on Prevention of Injury and Illness in Sport is a continuation of the 1st and 2nd World Congress on Sports Injury Prevention, organised by the Oslo Sports Trauma Research Center in 2005 and 2008.
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IOC World Conference on Prevention of Injury & Illness in Sport  
Monte-Carlo, 10-12 April 2014

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Foreword by HSH Albert II

I am particularly pleased to host in the Principality the «IOC World Conference on Prevention of Injury & Illness in Sport» from 10 to 12 April 2014.

Let me express my thanks to the organizers who have considered once again Monaco as the venue for this Conference addressing issues of upmost importance for the Olympic movement and the NOC that I preside.

Protecting athletes from injury and illness must be a priority in order to guarantee a safe sport practice. This Conference represents a valuable platform of exchanges to achieve this objective with the presence of high-level specialists and physicians. It is essential, not only to build awareness on the necessity of injury prevention strategies, but also to develop scientific research that will enable to minimise these risks for both recreational and top athletes.

The benefits of this World Conference are multiple, from sharing information to defining appropriate clinical protocols in the fight of prevention which leads ultimately to enhancing the athlete’s performance. The diversity of the scientific program combined with the level of the speakers is a guarantee of outstanding contributions and success for the event.

I would like to wish all participants a very warm welcome and a productive Conference.

HSH Prince Albert II
of Monaco
Foreword by the IOC President

While sport improves health and well-being, it also entails a risk of injury and disease. This is why protecting the health of the athlete is a key task for the International Olympic Committee (IOC).

Through its Medical Commission, the IOC has, throughout the years, looked at whether the health benefits of sports participation outweigh the risks of injury and long-term disability, especially for high-level athletes, as well as concentrating in recent years on many prevention issues.

After a first successful edition already held in Monaco in 2011, the IOC World Conference on Prevention of Injury & Illness in Sport is more than ever the ideal platform for a thorough and constructive exchange of views, taking into consideration the latest research on illnesses and injuries in sport.

I wish here to thank HSH Sovereign Prince Albert II and the whole Principality of Monaco for welcoming the second edition in April 2014.

My thanks go also to our partners and all contributing authors and speakers for their support and involvement in the Conference.

Through such a Conference, our objective remains to take concrete measures to implement new and improved injury prevention strategies, and thus maximise safe sports participation for high-level and recreational athletes alike.

Jacques ROGGE
IOC President
Dear colleagues,

Based on the success of the inaugural 1st World Congress on Sports Injury Prevention in 2005 in Oslo and the subsequent 2nd World Congress in 2008, where 700 participants from 80 countries participated, the International Olympic Committee decided to accept the invitation to take over responsibility for the congress from the founders at the Oslo Sports Trauma Research Center.

The third edition was the IOC World Conference on Prevention of Injury and Illness in Sport, held in Monaco in April 2011.

As reflected by the change in title in 2011, the scope of the conference was expanded from sports injury prevention, to also include the prevention of other health problems associated with sports participation. With participation of 1000 delegates from 80 countries, this was conference represents a milestone in injury and illness prevention.

As during the last congresses, the aim is to present evidence-based information on methods to prevent injuries, illness and other health problems associated with sports participation, using a multidisciplinary perspective. Invited lectures, panel discussions, symposia, workshops, free communications and posters will form the programme. We have invited a number of recognised experts in the area of injury and illness prevention to become members of the scientific committee.

Monaco has again been chosen as the venue, and will serve as a perfect setting for this event.

The scientific committee has received more than 200 submissions for symposia and keynote lectures, and have had a difficult task in choosing between the many excellent submissions. However, with the interest thus shown by clinicians and scientists from scientific groups around the world we believe that the 4th IOC World Conference on Prevention of Injury & Illness in Sport in Monaco in 2014 will be the place to be. You do not want to miss this opportunity, if you are involved caring for the health of the athlete.

A warm welcome to Monaco in April 2014!
Organising Committee

President
Fredrik S. BENDIKSEN, MD
Chair, Organising Committee

Members
Lars ENGBRETSEN, MD PhD
IOC Medical & Scientific Department
Head of Scientific Activities

Cherine FAHMY, Project Officer
IOC Medical & Scientific Department
Head of logistics and social events

Benedetta BOARETTO
Account Manager
Publi Créations, SAM-Monaco

Scientific Committee

Chair
Roald BAHR, MD, PhD
Professor & Chair, Oslo Sports Trauma Research Center, Department of Sports Medicine,
Norwegian School of Sport Sciences, Oslo, Norway

Members
Cindy CHANG, MD
Chief Medical Officer, US Olympic Team 2012
Immediate Past President, American Medical Society for Sports Medicine (AMSSM); Co-Chair, California Concussion Coalition; Northern Chapter; Family Medicine/Sports Medicine Specialist and Team Physician, UC-Berkeley, USA

Jonathan DREZNER, MD
Professor
Department of Family Medicine
University of Washington, Seattle, USA

Jiri DVORAK, MD
Professor of Neurology, Schulthess Clinic Zurich, Switzerland;
FIFA Chief Medical Officer, Chairman, FIFA Medical Assessment and Research Centre (F-MARC); Deputy Editor, Spine

Lars ENGBRETSEN, MD PhD
Professor and Co-Chair, Oslo Sports Trauma Research Centre, Oslo, Norway; Chair, Division of Neuroscience and Musculoskeletal Medicine, Orthopaedic Centre, Ullevål University Hospital, Oslo, Norway

Caroline F FINCH, PhD
Professor
Monash Injury Research Institute (MIRI), Professor, School of Primary Health Care, Faculty of Medicine, Nursing and Health Sciences - Australia

João GRANGEIRO NETO, MD, MS
Brazilian Olympic Committee Chief Medical officer Rio 2016, Medical Director and Medical Delegation Chief for the Beijing 2008, Athens 2004 and Sydney 2000 Olympic Games, and the Tokyo 2006 and Salt Lake City 2002 Olympic Winter Games; and Rio 2007 Medical Manager

Per HÖLMICH, MD, Associate Professor
Arthroscopic Center Amager
Copenhagen University Hospital, Hvidovre Copenhagen S, Denmark

Karim KHAN, MD PhD
Professor, Centre for Hip Health and Musculoskeletal Research, University of British Columbia, Vancouver, Canada; Editor-In-Chief, British Journal of Sports Medicine

Michael KJÆR, MD PhD
Professor & Head, Institute of Sports Medicine, Sports Medicine Research Centre, University of Copenhagen, Bispebjerg Hospital, Copenhagen, Denmark; Editor-In-Chief, Scandinavian Journal of Medicine & Science in Sports

Willem MEEUWISSE, MD PhD
Professor, Chair, Sport Injury Prevention Research Group, University of Calgary, Sport Medicine Centre, Calgary, Canada; Editor-In-Chief, Clinical Journal of Sports Medicine

Margo Lynn MOUNTJOY, MD CCFP FCFP
Assistant Clinical Professor, McMaster University of School of Medicine, Guelph, Ontario, Canada; IOC Medical Commission; FINA Bureau - Sports Medicine

Erich MÜLLER, PhD Professor
Vice Rector for Teaching
University of Salzburg
Salzburg, Austria

Ian NEEDLEMAN
BDS MSc PhD MRDPCS(Eng) FDSRCPS(Eng) FFPH FHEA
Professor of Restorative Dentistry and Evidence-Based Healthcare - Honorary Consultant and Specialist in Periodontology - Director, International Centre for Evidence-Based Oral Health (ICEBOH), UK

Antonio PELLICCIA, MD Professor
Post-Graduate School of Sports Medicine
Scientific Director, Institute of Sport Medicine and Science; Italian National Olympic Committee, Rome, Italy

Paul PICCININI
Dental Director IOC Medical Commission Games Group, College Park, Toronto, Canada

Martin SCHWELLNUS, MBBOch, MSc(Med) MD
FACSM, FFIMS, Professor
UCT/MRC Research Unit for Exercise Science and Sports Medicine, Department of Human Biology, Faculty of Health Sciences, University of Cape Town, South Africa

Evert VERHAGEN
Dept of Public and Occupational Health
VU University Medical Center, Netherlands

Markus WALDEN, MD PhD
Orthopaedic Surgeon & Senior Researcher
Department of Orthopaedics, Hässleholm-Kristianstad-Ystad Hospitals, Hässleholm & Division of Community Medicine, Department of Medical and Health Sciences, Linköping University, Linköping, Sweden
International Olympic Committee
Medical and Scientific Department

Director in charge:
Richard BUDGETT

www.olympic.org/medical
Important Dates

March 2013
Second Announcement
Call For Abstracts & 2nd Call for Workshop
Opening of registrations

1 September 2013
Deadline for submission of Workshop proposals

1 November 2013
Deadline for submission of Abstracts
Notification to the authors of the decisions of the Scientific Committee regarding acceptance / rejection of Workshops

January 2014
Notification to the authors of the decisions of the Scientific Committee regarding acceptance / rejection for Abstracts

21 February 2014
Deadline for guaranteed hotel reservations

20 March 2014
Closing of advance registrations

After 20 March 2014
Only on-site registrations will be available
(Starting from 9 April)
Conference Objectives

The IOC World Conference on Prevention of Injury & Illness in Sport will provide the world’s leading sports medicine experts with an opportunity to present their work to an international audience of physicians, therapists, scientists and coaches.

The conference will present evidence-based information on how to prevent injuries and other health problems in sport.

This includes a multidisciplinary perspective on epidemiology, risk factors, pathophysiology and injury mechanisms.

The IOC World Conference on Prevention of Injury & Illness in Sport will be 2014’s premier international conference for those interested in clinical aspects of sports and exercise medicine. The diverse faculty represent the pre-eminent international authorities in injury and illness prevention. Over 120 leaders in their fields are lined up as speakers. One of many highlights promises be the opening lecture by the dynamic tandem, Prof Dohmnall Macauley and Prof Karim Khan, BMJ/BJSM editors.

Other keynote speakers and topics include Paul McCrory on concussion, Benno Nigg on running injuries, Evert Verhagen on how digital and mobile platforms will influence athlete care and Andrew McIntosh on technology and equipment in sport.

This triennial conference is a unique opportunity for the global sport and exercise medicine community to meet face to face in the ideal environment that Monaco provides.
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| 08.00 | Registrations | 08.30 | Keynote 2:  
Speaker: Paul McCORDY (Australia)  
TOMBER DANS LES POMMES – ‘Zero tolerance’ and the fear of chronic traumatic encephalopathy – the role of evidence based concussion prevention |
| 09.00 | Keynote 1:  
Speakers: Karim KHAN (Canada)  
Donnchadh MACAULEY (Great Britain)  
Has sports injury and illness prevention research delivered?  
A vigorous debate | 09.30 | Session A  
Symposium 8  
Chair: Juan Manuel ALONSO (Spain)  
Simon S. YEUNG (Hong Kong)  
Prevention of hamstring injuries in competitive athletes – translating research into evidence-based practice |
| 09.00 | Registrations | 09.00 | Keynote 4:  
Speaker: Peter HOLMLAND (Denmark)  
Female athlete triad coalition consensus statement: New guidelines for prevention, screening, treatment, and return to play |
| 10.30 | Coffee Break | 10.30 | Session B  
Symposium 9  
Chair: Scott McLEAN (USA)  
Taking the lab to the game: Towards innovative field-based injury screening and prevention |
| 11.00 | Session C/D/E  
Workshops & abstracts | 11.00 | Session D/E  
Workshops & abstracts |
| 12.30 | Lunch | 11.30 |  |
| 14.00 | Session A  
Symposium 1  
Chair: Anthony BEUTLER (USA)  
The role of human movement patterns in predicting and preventing ACL and other common injuries | 11.00 | Keynote 3:  
Speaker: Benno NIGG (Canada)  
The evolution of footwear and its role in prevention of running injuries |
| 14.30 | Session A  
Symposium 3  
Chair: Roald GAAR (Norway)  
Eero VIJARINEN (Finland)  
Preventing injuries in World Cup alpine skiing – research and implementation hand in hand | 13.00 | Lunch |
| 14.30 | Session B  
Symposium 4  
Chairs: Greg WHYTE (UK)  
Hakim CHALABI (Qatar)  
Is it really possible to prevent sudden cardiac death in sport? | 14.30 |  |
| 15.30 | Session C/D/E  
Workshops & abstracts | 15.30 | Thematic Poster Session |
| 16.00 | Coffee Break | 16.30 | Session A  
Symposium 13  
Chair: Thor Enar ANDERSEN (Norway)  
Prevention of football injuries at the elite level |
| 16.30 | Coffee Break | 17.00 | Session B  
Symposium 14  
Chair: Stephen TARGETT (Qatar)  
Lars ENGEBRETHEN (Norway)  
To screen or not to screen? An international perspective on the IOC consensus statement on Periodic Health Evaluation (PHE) of elite athletes |
| 17.00 | Session C  
Symposium 15  
Chair: Margo MOUNTJOY (Canada)  
Female athlete triad coalition consensus statement: New guidelines for prevention, screening, treatment, and return to play | 17.00 |  |
| 19.00 | Poster discussions | 17.45 | Closing ceremony |

**Programme at a Glance**
Scientific programme

Wednesday 9 April

16.00 Registrations
18.30 WELCOME RECEPTION

Thursday 10 April

08.00 Registrations
09.00 OPENING CEREMONY
09.30 Keynote 1: HAS SPORTS INJURY AND ILLNESS PREVENTION RESEARCH DELIVERED? A VIGOROUS DEBATE

Speakers: Karim Khan, Canada & Domhnall MacAuley, Great Britain
- Karim Khan MD PhD Professor,
  Department of Family Practice, University of British Columbia, Canada
- Domhnall MacAuley MD FRCGP FFPHMI FFSEM Professor,
  Institute of Postgraduate Medicine and Health Science University of Ulster
  Northern Ireland, Great Britain

10.30 Coffee Break
11.00 Session A Symposium 1

THE ROLE OF HUMAN MOVEMENT PATTERNS IN PREDICTING AND PREVENTING ACL AND OTHER COMMON INJURIES

Chair: Anthony BEUTLER, USA

- Prospective risk factors and anterior cruciate ligament injury: Results from the JUMP-ACL cohort and beyond
  Anthony Beutler, USA 20 min
- Movement pattern risk factors for patellofemoral pain and stress fracture: A new solution to some old problems
  Stephen Marshall, USA 20 min
- Can movement pattern change result in decreased injury? Effect of a 10-minute movement retraining program on subsequent lower extremity injury risk
  Kenneth Cameron, USA 15 min
- Optimizing movement pattern re-training programs: Lessons learned about supervision, retention, and acceptance
  Darin Padua, USA 20 min
- Panel discussion: What we know, what we don’t, and what we need to know next about movement patterns and musculoskeletal injury?
  Marshall, Padua, Beutler, Cameron, 15 min
Speakers:
- Anthony Beutler MD Lieutenant Colonel,
  Uniformed Services University
  4301 Jones Bridge Road, Bethesda, MD 20814 USA
- Stephen Marshall PhD Professor,
  Department of Epidemiology Ste 500, Bank of America Bldg
  Chapel Hill, NC 27599 USA
- Darin Padua PhD ATC Professor,
  Department of Exercise and Sport Science, University of North Carolina
  Chapel Hill, NC 27599 USA
- Kenneth L. Cameron PhD MPH ATC Director,
  Keller Army Hospital, 900 Washington Road, West Point, NY 10996 USA

**Session B  Symposium 2**

**MAKING A NOISE ABOUT SPORTS INJURY PREVENTION – THE POWER OF SOCIAL MEDIA**

*Chair: Caroline FINCH, Australia*

- Overview of the ever-changing barrage of ‘social media’ for sports injury prevention and program implementation. Can facebook replace textbook?
  Karim Khan, Canada 10 min

- The clinician and team physician perspective on using social media for sports injury prevention
  John Orchard, Australia 10 min

- Mobile apps for sports injury prevention and treatment; an essential tool in team physicians’ and players’ pockets!
  Evert Verhagen, Netherlands 15 min

- Sports Medicine Australia perspective: How a sporting federation can use social media for social good to promote sports injury prevention
  Nello Marino, Australia 10 min

- Embracing social media for research promotion and dissemination
  Caroline Finch, Australia 15 min

- A 2014/2015 update: The newest social media tools and the science behind using them and analysing their effectiveness
  Claire Bower, England 15 min

- Panel discussion
  Finch, Khan, Orchard, Verhagen, Marino, Bower, 15 min
Thursday 10 April

Speakers:
- Karim M Khan MD PhD Professor,
Centre for Hip Health and Mobility / BJSM
University of British Columbia - Vancouver, BC, Canada V5Z 1M9
- John Orchard MD PhD Associate Professor,
School of Public Health
Western Ave Sports Clinic
University of Sydney NSW Australia 2006
- Evert Verhagen PhD,
Dept of Public and Occupational Health
VU University Medical Center van der Boechorststraat 7
1081BT, Amsterdam, Netherlands
- Nello Marino BAppSci GradDipMarketing Chief Executive Officer,
Sports Medicine Australia
Albert Park, Victoria, Australia
- Caroline F Finch BSc(Hons) MSc PhD Professor,
Australian Centre for Research into Injury in Sport and its Prevention (ACRISP)
Centre for Healthy and Safe Sport
University of Ballarat, SMB Campus
Lydiard Street South, Ballarat, Victoria, 3350, Australia
- Claire Bower MA,
Digital Communications Manager, BMJ Journals

12.30  Lunch
14.00  Session A  Symposium 3

PREVENTING INJURIES IN WORLD CUP ALPINE SKIING – RESEARCH AND IMPLEMENTATION HAND IN HAND

Chairs: Roald Bahr, Norway - Eero Hyvärinen, Finland

- Introduction - the FIS Injury Surveillance Program (ISS)
  Roald Bahr, Norway 5 min
- The risk of injury on the FIS World Cup: 8-year data from the FIS ISS
  Sophie Steenstrup, Norway 10 min
- How injuries happen: Video analyses of injury mechanisms from World Cup races
  Tone Bere, Norway 20 min
- Knee joint kinematics of ACL injuries
  Kam Ming Mok, Norway 10 min
- Impact biomechanics of head injuries
  Svein Kleiven, Sweden 10 min
- Risk factor analysis: Input from stakeholders
  Jörg Spörri, Austria 10 min
- Effect of ski design on injury risks
  Erich Müller, Austria 15 min
- Translating research to action: The FIS risk management program
  Eero Hyvärinen, Finland 20 min
- Panel discussion
  Bahr, Steenstrup, Bere, Mok, Kleiven, Spörri, Müller, Hyvärinen, 20 min
Speakers:

- Roald Bahr MD PhD Professor,
  Oslo Sports Trauma Research Center
  Department of Sports Medicine, Norwegian School of Sports Sciences
  Postboks 4014 Ullevål Stadion
  0806 Oslo, Norway

- Sophie Steenstrup PT MSc,
  Oslo Sports Trauma Research Center
  Department of Sports Medicine, Norwegian School of Sports Sciences
  Postboks 4014 Ullevål Stadion
  0806 Oslo, Norway

- Kam-Ming Mok MPhil,
  Oslo Sports Trauma Research Center
  Department of Sports Medicine, Norwegian School of Sports Sciences
  Postboks 4014 Ullevål Stadion
  0806 Oslo, Norway

- Tone Bere PT MSc,
  Oslo Sports Trauma Research Center
  Department of Sports Medicine, Norwegian School of Sports Sciences
  Postboks 4014 Ullevål Stadion
  0806 Oslo, Norway

- Erich Müller PhD Professor,
  Vice Rector for Teaching
  University of Salzburg
  Kapitelgasse 6
  A-5020 Salzburg, Austria

- Jörg Spörri ETH MSc,
  Department of Sport Science and Kinesiology/USI
  University of Salzburg
  Rifer Schlossallee 49
  A-5400 Hallein-Rif, Austria

- Svein Kleiven PhD Associate Professor,
  Kungliga Tekniska högskolan Skolan för teknik och hälsa
  KTH Campus Flemingsberg
  141 52 Huddinge, Sweden

- Eero Hyvärinen, MD Member, FIS Medical Commission,
  Dextra Medical Center
  Department of Sports Traumatology
  Raumantie 1
  00350 Helsinki, Finland
Session B  Symposium 4

IS IT REALLY POSSIBLE TO PREVENT SUDDEN CARDIAC DEATH IN SPORT?

Chairs: Greg WHYTE, UK - Hakim CHALABI, Qatar

- Overview of sudden cardiac death in young athletes
  Mathew Wilson, Qatar 20 min
- Screening athletes for conditions predisposing to sudden cardiac death; current perspectives
  Mats Börjesson, Sweden 20 min
- Impact of age, sex and ethnicity on the 12-lead ECG
  Michael Papadakis, UK 20 min
- Differentiating athlete’s heart from cardiomyopathy
  Sanjay Sharma, UK 20 min
- Role of the automatic external defibrillator in preventing sudden cardiac death
  Jonathan Drezner, USA 20 min
- Panel discussion: Should all athletes diagnosed with hypertrophic cardiomyopathy be restricted from competitive sport?
  Whyte, Chalabi, Wilson, Börjesson, Papadakis, Sharma, Drezner, 20 min

Speakers:
- Mathew Wilson PhD Cardiovascular Physiologist,
  Department of Sports Medicine
  ASPETAR – Qatar Orthopedic and Sports Medicine Hospital
  PO Box 29222 - Doha, Qatar
- Mats Börjesson MD PhD Professor,
  Åstrand laboratory
  Swedish School of Sports and Health Science (GIH)
  Lidingövägen 1 - Stockholm, Sweden
- Michael Papadakis MD PhD Senior Lecturer,
  Department of Cardiovascular Sciences
  St George’s University of London
  London, SW17 0RE, UK
- Sanjay Sharma MD PhD Professor,
  Department of Cardiovascular Sciences
  St George’s University of London
  London, SW17 0RE, UK
- Jonathan Drezner MD Professor,
  Department of Family Medicine
  University of Washington
  Box 354410 - Seattle, WA 98195, USA
- Greg Whyte PhD Professor,
  Research Institute for Sport and Exercise Sciences
  Liverpool John Moores University
  Tom Reilly Building
  Liverpool, L3 3AF, UK
- Hakim Chalabi MD Assistant Chief Medical Officer,
  ASPETAR – Qatar Orthopedic and Sports Medicine Hospital
  PO Box 29222 - Doha, Qatar

16.00  Coffee Break
16.30  **Session A  Symposium 5**

**PREVENTING HEAT-RELATED PROBLEMS IN ATHLETES**

**Chairs:** Sebastien RACINAIS, Qatar - Ron MAUGHAN, UK

- **Definition and clinical presentation of “heat illness” – what does it include?**
  Martin Schwellnus, *South Africa* 20 min
- **New guidelines are needed to manage heat stress in elite sports – lessons from an international federation: The FIVB Heat Stress Monitoring Program**
  Roald Bahr, *Norway/Qatar* 10 min
- **Playing football in a hot country – injury epidemiology of today and the road to Qatar 2022**
  Cristiano Eirale, *Qatar* 10 min
- **Prevention – the role of the athlete: What should athletes do on the day of competition?**
  Ron Maughan, *UK* 15 min
- **Prevention – the role of the coaches: Can training prevent heat-related problems?**
  Sebastien Racinais, *Qatar* 15 min
- **Prevention – the role of technology: Which tools and techniques can maintain the physical integrity of the athlete?**
  Christophe Hausswirth, *France* 15 min
- **Research – identifying athletes predisposed to exertional heat illness based on the heat-shock response**
  Julien Periard, *Qatar* 15 min
- **Panel discussion**
  Schwellnus, Bahr, Eirale, Maughan, Racinais, Hausswirth, Periard, 20 min

**Speakers:**
- Martin Schwellnus MBBCh MSc (Med) MD FACSM FFIMS Professor,
  Department of Human Biology
  Faculty of Health Sciences
  University of Cape Town
  Cape Town 7700, South Africa
- Roald Bahr MD PhD Professor,
  Aspetar, Qatar Orthopaedic and Sports Medicine Hospital
  PoBx 29222, Doha, Qatar
  Oslo Sports Trauma Research Center
  Department of Sports Medicine, Norwegian School of Sports Sciences
  Postboks 4014 Ullevål Stadion - 0806 Oslo, Norway
- Cristiano Eirale MD Dr,
  Aspetar, Qatar Orthopaedic and Sports Medicine Hospital
  PoBx 29222 - Doha, Qatar
- Ron Maughan PhD Professor,
  School of Sport, Exercise and Health Sciences
  Loughborough University
  Loughborough LE11 3TU, United Kingdom
- Sebastien Racinais PhD,
  Aspetar, Qatar Orthopaedic and Sports Medicine Hospital
  PoBx 29222 - Doha, Qatar
- Christophe Hausswirth PhD,
  INSEP - Service Recherche
  11, avenue du Tremblay - 75012 Paris, France
- Julien Periard PhD,
  Aspetar, Qatar Orthopaedic and Sports Medicine Hospital
  PoBx 29222 - Doha, Qatar
Session B  Symposium 6

PREVENTION OF THE JUMPER’S KNEE: JUMPING TO CONCLUSIONS OR NOT?

Chair: Johannes (Hans) ZWERVER, Netherlands

- What is the extent of the problem?
  Johannes Zwerver, Netherlands 10 min
- Patellar tendinopathy – continuum of tendon pathology
  Jill Cook, Australia 15 min
- Risk factors for the jumper’s knee
  Håvard Visnes, Norway 15 min
- Jumper’s knee or lander’s knee? Biomechanical aspects
  Henk van der Worp, Netherlands 15 min
- Ultrasound Tissue Characterization; a new method to visualize and monitor tendon pathology
  Hans van Schie, Netherlands 15 min
- Use of UTC in prevention of patellar tendon problems
  Sam Rosengarten, Australia 15 min
- Prevention of the jumper’s knee? Evidence and practical aspects
  Jill Cook, Australia 15 min
- Panel discussion: How can we reduce the incidence of the jumper’s knee; future directions for prevention research and implementation?
  Cook, Visnes, van der Worp, van Schie, Rosengarten, Zwerver, 20 min

Speakers:
- Johannes Zwerver MD PhD,
  Centre for Sports Medicine
  University Medical Center Groningen
  PO Box 300001, The Netherlands
- Jill Cook PT PhD Professor,
  Department of Physiotherapy, School of Primary Health Care, Faculty of Medicine, Nursing and Health Sciences
  Monash University - Peninsula Campus
  PO Box 527, Frankston, Victoria, 3199, Australia
- Håvard Visnes MD PT,
  Oslo Sports Trauma Research Center,
  Postbox 4014 – Ullevål Stadion - 0806 Oslo, Norway
- Henk van der Worp PhD,
  Centre for Sports Medicine
  University Medical Center Groningen
  PO Box 300001, The Netherlands
- Hans van Schie PhD Professor,
  UTCimaging Research
  Raaphorststraat 18 B
  2245 BG Wassenaar, The Netherlands
- Sam Rosengarten BPhty, M Sports physio,
  Carlton Football Club
  PO Box 83, Carlton North Vic 3054, Australia
Session C  Symposium 7

INTERNATIONAL PERSPECTIVES ON PREVENTION OF SPORT-RELATED CONCUSSION: ARE WE GAINING GROUND?

Chairs: Kevin GUSKIEWICZ, USA - Jon PATRICIOS, South Africa

• Building an effective public health framework for concussion prevention: Is it possible?
  Kevin Guskiewicz, USA 3 min

• Influence of athlete attitudes and awareness in concussion prevention:
  What are we up against?
  Michael McCrea, USA 17 min

• Game changing policy geared toward concussion prevention: The NFL experience
  Richard Ellenbogen, USA 17 min

• Necks, nuts and ‘nocks’: How South African rugby plays smart
  Jon Patricios, South Africa 17 min

• Concussion prevention models and outcomes in Olympic sports and Australian rules football
  Ryan Kohler, Australia 17 min

• The science and technology of sport concussion: Translating data collection into concussion prevention
  Kevin Guskiewicz, USA 12 min

• The media’s role in concussion prevention: Putting an invisible injury into print
  David Epstein, USA 17 min

• Panel Discussion
  20 min

Speakers:
- Kevin Guskiewicz PhD ATC FACSM Professor,
  Department of Exercise and Sport Science
  University of North Carolina at Chapel Hill
  204 Fetzer Hall CB# 8700
  Chapel Hill, North Carolina 27599 USA

- Michael McCrea PhD ABPP Professor,
  Departments of Neurosurgery and Neurology
  Medical College of Wisconsin
  9200 W. Wisconsin Avenue
  Milwaukee, WI 53226

- Richard G. Ellenbogen MD FACS Professor,
  Department of Neurological Surgery
  University of Washington
  Co-Chair, Head Neck and Spine Medical Committee, National Football League

- Jon Patricios MBCh MMedSci FACSM FFSEM,
  The Centre for Sports Medicine & Orthopedics
  Johannesburg, South Africa

- Ryan Kohler MBChB MPhil (Sports Medicine) FACSM, FFSEM,
  Australian Sports Commission
  Leverrier Street Bruce ACT 2617, Australia

- David Epstein Senior Writer,
  Sports Illustrated
  New York, NY, USA

Session D/E  Workshops & abstracts

18.30  Poster discussions
Friday 11 April

08.30  

*Speaker:* Paul McCrory, *Australia*  
- Paul McCrory MBBS PhD FRACP FACSP FFSEM FASCM FASMF  
  *Associate Professor,*  
  *The Florey Institute of Neuroscience and Mental Health*  
  *Melbourne Brain Centre*  
  *245 Burgundy Street - Heidelberg Vic 3084, Australia*

09.30  
**Session A  Symposium 8**

**PREVENTION OF HAMSTRING INJURIES IN COMPETITIVE ATHLETES – TRANSLATING RESEARCH INTO EVIDENCE-BASED PRACTICE**

*Chairs:* Juan Manuel ALONSO, *Spain* - Simon S. YEUNG, *Hong Kong*

- **What is the current incident rate of hamstring injuries in elite athletes?**  
  *Juan Manuel Alonso, Spain*  
  *10 min*

- **Injury mechanism of acute hamstring injuries makes a difference to treatment and prognosis**  
  *Carl Askling, Sweden*  
  *15 min*

- **The pathophysiology of hamstring injuries, what we can learn from basic science research**  
  *Ella Yeung, Hong Kong*  
  *10 min*

- **Which screening tools can predict hamstring injuries in competitive athletes?**  
  *Simon S. Yeung, Hong Kong*  
  *10 min*

- **Can MRI predict the prognosis and return to sports following hamstring injuries?**  
  *Jan Ekstrand, Sweden*  
  *15 min*

- **What are the evidences to guide and support the prevention and rehabilitation of hamstring injuries?**  
  *Nikolas Malliaropoulos, Greece*  
  *15 min*

- **Panel discussion: An integrated approach to hamstring injury prevention: The challenges ahead**  
  *Alonso, Askling, Yeung, Yeung, Ekstrand, Malliaropoulos, 15 min*

*Speakers:*

- **Juan Manuel Alonso MD PhD,**  
  *Chair, IAAF Medical and Anti-doping Commission*  
  *Monaco Medical Dept*  
  *Royal Spanish Athletics Federation*  
  *Spain*

- **Carl Askling PT PhD,**  
  *The Swedish School of Sport and Health Sciences and the Section of Orthopaedics and Sports Medicine, Department of Molecular Medicine and Surgery, Karolinska Institutet*  
  *Stockholm, Sweden*

- **Ella W. Yeung PT PhD Associate Professor,**  
  *Invited medical expert for the China National Teams to London Olympic Games*  
  *Associate Professor, Department of Rehabilitation Sciences*  
  *The Hong Kong Polytechnic University*  
  *Hung Hom, Hong Kong*
Session B    Symposium 9

TAKING THE LAB TO THE GAME: TOWARDS INNOVATIVE FIELD-BASED INJURY SCREENING AND PREVENTION

Chair: Scott McLEAN, USA

• Introduction- Moving from the lab to the field: A timely and critical step in effective sports injury risk screening and prevention
Scott McLean, USA 5 min

• Integrated video and computational analysis of injury situations in naturalistic game setting – potential for moving beyond the lab
Tron Krosshaug, Norway 15 min

• Modeling-based estimation of true joint contact forces – perspectives for injury risk estimations in real competitions
Uwe Kersting, Denmark 15 min

• Novel field-based athlete performance and injury risk assessment via integrated body-worn inertial motion and pressure sensor technologies
Grant Goulet, USA 15 min

• On slope injury risk assessment in alpine ski racing – a combined GPS and inertial sensor approach
Matthias Gilgien, Norway 15 min

• Where to from here? The next steps in successfully achieving real-time field based athlete risk assessment
Scott McLean, USA 10 min

• Panel discussion: Taking the lab to the game: Benefits, pitfalls and future directions?
McLean, Krosshaug, Kersting, Goulet, Gilgien, 15 min

Speakers:

- Scott McLean PhD,
  School of Kinesiology - University of Michigan
  401 Washtenaw Ave
  Ann Arbor, MI, USA, 48109

- Tron Krosshaug PhD,
  Oslo Sports Trauma Research Center
  Department of Sports Medicine, Norwegian School of Sport Sciences
  PO Box 4014 Ullevål stadion - 0806 Oslo, Norway
Friday 11 April

Session C  Symposium 10

ONLY MAD DOGS AND ENGLISHMEN GO OUT IN THE MIDDAY SUN; THE PREVENTION OF INJURIES AND ILLNESS IN ELITE TENNIS PLAYERS

Chair: Michael TURNER, UK

- Braces or Aces - a risk benefits analysis of tennis; what is the extent of the problem?
  Babette Pluim, Netherlands 15 min
- Baseline basics - a year in the life of 75 elite junior tennis players; risk factors for injuries and illness
  Evert Verhagen, Netherlands 15 min
- Serve and volley in the sun - the prevention of heat illness in elite tennis players at 40°C
  Julien Périard, Qatar 15 min
- Game, set and match - achieving population change by the development of healthy tennis clubs
  Babette Pluim, Netherlands 15 min
- Panel discussion: What more can tennis do to protect the players?
  Turner, Pluim, Verhagen, Periard, 30 min

Speakers:
- Michael Turner MB BS FFSEM Chief Medical Adviser,
  Lawn Tennis Association
  100 Priory Lane
  London SW15 5JQ, United Kingdom
- Babette Pluim MD PhD Chief Medical Adviser,
  Royal Netherlands Lawn Tennis Association (KNLTB)
  Displayweg 4
  Amersfoort 3821 BT, Netherlands
- Evert Verhagen PhD Assistant Professor,
  Department of Public and Occupational Health
  EMGO Institute, VU University Medical Centre
  Van de Boechorststraat 7
  Amsterdam 1081 BT, Netherlands
- Julien Périard PhD Research Scientist,
  Research and Education Centre
  ASPETAR, Qatar Orthopaedic and Sports Medicine Hospital
  P.O. Box 29222, Doha, Qatar

Session D/E  Workshops & abstracts
**Coffee Break**

**11.30**  
**Session A  Symposium 11**

**CAN RULE AND REGULATION CHANGES BE USED TO PREVENT INJURIES IN FOOTBALL CODES?**

**Chair:** Hugh SEWARD, Australia

- **Overview of rule changes to prevent injury (Australian Football, NFL, Rugby, Football)**  
  Hugh Seward, Australia 15 min

- **Using injury surveillance to identify potential for rule change and monitor outcomes**  
  Caroline Finch, Australia 15 min

- **Rules to reduce concussion incidence**  
  Paul McCrory, Australia 15 min

- **Rules to reduce musculoskeletal injuries (e.g. ACL, hamstrings etc)**  
  Michael Makdissi, Australia 15 min

- **Case studies**  
  John Orchard, Australia - Martin Raftery, Australia - Jeff Steinweg, Australia 15 min

- **Panel discussion**  
  Seward, Finch, McCrory, Makdissi, Orchard, Raftery, Steinweg, 15 min

**Speakers:**

- **Hugh Seward MBBS DObst RCOG Adjunct Senior Research Fellow,**  
  Executive Officer AFL Medical Officers Association  
  24 Buckland Ave, Newtown, Victoria, 3220, Australia

- **Caroline F Finch PhD Professor,**  
  Centre for Healthy and Safe Sport  
  University of Ballarat, SMB Campus  
  Lydiard Street South, Ballarat, Victoria, 3350, Australia

- **Paul McCrory MBBS PhD Associate Professor,**  
  The Florey Institute of Neuroscience and Mental Health  
  Melbourne Brain Centre - Austin Campus  
  245 Burgundy Street  
  Heidelberg Vic 3084 Australia

- **Michael Makdissi MBBS PhD,**  
  Olympic Park Sports Medicine Centre  
  Olympic Bvd, AAMI Park  
  Melbourne, Australia 3004

- **John Orchard MD PhD Associate Professor,**  
  School of Public Health, University of Sydney,  
  Sydney NSW, Australia 2006

- **Martin Raftery MBBS Chief Medical Officer,**  
  International Rugby Board  
  249 Woolooare Rd  
  Cronulla 2230, Australia

- **Jeff Steinweg MBBS,**  
  Chief Medical Officer, Football Federation of Australia  
  82 Alt St, Queens Park  
  NSW 2022 Australia
Session B  Symposium 12

PREVENTING ACHILLES TENDON PROBLEMS

Chair: Erik WITVROUW, Belgium

- What is the extent of the problem?
  Nele Mahieu, Belgium 10 min
- Risk factors for achilles tendon problems
  Erik Witvrouw, Belgium 10 min
- Role of tendon blood flow?
  Alexander Scott, Canada 15 min
- Role of eccentric training?
  Nele Mahieu, Denmark 15 min
- Role of stretching?
  Duncan Reid, New Zealand 15 min
- Future directions for achilles tendon injury prevention research?
  Erik Witvrouw, Belgium 10 min
- Panel discussion
  Mahieu, Witvrouw, Scott, Mahieu, Reid, 15 min

Speakers:
- Nele Mahieu PT, PHD,
  Ghent University
  De Pintelaan 185,3B3
  9000 Gent, Belgium
- Erik Witvrouw,
  Ghent University
  De Pintelaan 185, 3B3
  9000 Gent, Belgium
- Alexander Scott,
  University of British Columbia
  2177 Wesbrook Mall
  Vancouver, Canada
- Duncan Reid,
  Auckland University of Technology
  0627 Auckland, New Zealand

Session C/D/E  Workshops & abstracts

13.00  Lunch
14.30  **Keynote 3: THE EVOLUTION OF FOOTWEAR AND ITS ROLE IN PREVENTION OF RUNNING INJURIES**

**Speaker:** Benno Nigg, Canada
- Benno Nigg PhD, 
  Human Performance Laboratory, Faculty of Kinesiology 
  University of Calgary 
  2500 University Dr. NW 
  Calgary, Alberta 
  T2N 1N4, Canada

15.30  **THEMATICAL POSTER SESSION**

16.30  **Coffee Break**

17.00  **Session A  Symposium 13**

**PREVENTION OF FOOTBALL INJURIES AT THE ELITE LEVEL**

**Chair:** Thor Einar Andersen, Norway

- **The extent of the problem**  
  Jan Ekstrand, Sweden 10 min
- **The mechanisms and risk factors**  
  Thor Einar Andersen, Norway 10 min
- **The challenge of recording overuse injuries**  
  Ben Clarsen, Australia/Norway 10 min
- **Periodization in football**  
  Raymond Verheijen, Holland 10 min
- **Rule change can reduce potential injuries**  
  John Bjørneboe, Norway 10 min
- **Coach-directed injury prevention in football**  
  Torbjørn Soligard, Norway/Switzerland 10 min
- **Worldwide implementation of The 11+**  
  Mario Bizzini, Switzerland 10 min
- **Panel discussion**  
  Ekstrand, Andersen, Clarsen, Verheijen, Bjørneboe, Soligard, Bizzini, 20 min

**Speakers:**
- **Jan Ekstrand MD PhD Professor,**  
  Linköping University, Sweden  
  1st vice Chairman of UEFA Medical Committee 
  Solstigen 3 
  58943 Linköping, Sweden
- **Thor Einar Andersen MD PhD Associate Professor,**  
  Oslo Sports Trauma Research Center 
  Department of Sports Medicine 
  Norwegian School of Sport Sciences, 
  PO Box 4014, Ullevål Stadion - 0806 Oslo, Norway
- **Ben Clarsen PT Research Fellow,**  
  Oslo Sports Trauma Research Center 
  Department of Sports Medicine 
  Norwegian School of Sport Sciences, 
  PO Box 4014 Ullevål Stadion - 0806 Oslo, Norway
Session B  Symposium 14

TO SCREEN OR NOT TO SCREEN? AN INTERNATIONAL PERSPECTIVE ON THE IOC CONSENSUS STATEMENT ON PERIODIC HEALTH EVALUATION (PHE) OF ELITE ATHLETES

Chairs: Stephen TARGETT, Qatar - Lars ENGBRETSEN, Norway

• Introduction the IOC consensus statement on PHE, still valid 5 years on? Lars Engebretsen, Norway 10 min
• Screening from a North American perspective Cindy Chang, USA 15 min
• Screening of mass participation events the two oceans marathon experience Martin Schwellnus, South Africa 20 min
• Is there any role for routine blood tests in the PHE Stephen Targett, Qatar 15 min
• Screening in the Middle East the Aspetar experience Bruce Hamilton, New Zealand 20 min
• Why risk factor screening will not help us identify the at-risk athlete? Roald Bahr, Norway 20 min
• Panel discussion: To screen or not to screen? Engebretsen, Chang, Schwellnus, Targett, Hamilton, Bahr, 20 min
Speakers:
- Lars Engebretsen MD PhD Professor,
  Oslo Sports Trauma Research Center
  Department of Sports Medicine
  Norwegian School of Sports Sciences
  PO Box 4014 Ullevål Stadion - 0806 Oslo, Norway
- Roald Bahr MD PhD Professor,
  Oslo Sports Trauma Research Center
  Department of Sports Medicine
  Norwegian School of Sports Sciences
  PO Box 4014 Ullevål Stadion - 0806 Oslo, Norway
- Martin Schwellnus MD PhD Professor,
  Sport and Exercise Medicine, Department of Human Biology
  Faculty of Health Sciences, University of Cape Town
  Cape Town, South Africa
- Cindy Chang MD Chief Medical Officer US Olympic Team 2012,
  Family Medicine/Sports Medicine Specialist and Team Physician
  University of California at Berkeley
  2222 Bancroft Way # 2300
  Berkeley, CA 94720, USA
- Bruce Hamilton MB ChB Chief of Sports Medicine,
  Medical Lead High Performance Sport NZ / NZ Olympic Committee
  Millennium Institute of Sport & Health,
  17 Antares Place, Mairangi Bay 0632
  PO Box 302 563, North Harbour, Auckland 0751, New Zealand.
- Stephen Targett MB ChB Sports Medicine Physician,
  Aspetar Orthopaedic and Sports Medicine Hospital
  PO Box 29222 - Doha, Qatar

Session C  Symposium 15
FEMALE ATHLETE TRIAD COALITION CONSENSUS STATEMENT:
NEW GUIDELINES FOR PREVENTION, SCREENING, TREATMENT,
AND RETURN TO PLAY

Chair: Margo MOUNTJOY, Canada

- Introduction of new consensus guidelines for prevention, management and return
to play for the female athlete triad
  Margo Mountjoy, Canada 5 min
- Red light, yellow light, green light: A model for healthy changes in eating behaviors
  Jorunn Sundgot-Borgen, Norway 20 min
- Early detection and prevention strategies of disordered eating in female athletes
  Elizabeth Joy, USA 20 min
- Translating research into practice to prevent consequences of the female athlete triad
  Mary Jane De Souza, USA 20 min
- Secondary prevention: Return to play guidelines for the female athlete triad
  Aurelia Nattiv, USA 20 min
- Implementation of new guidelines for clearance and return to play:
  Call to action for rule change and dissemination
  Margo Mountjoy, Canada 15 min
- Panel discussion
  Mountjoy, Sundgot-Borgen, Joy, De Souza, Nattiv, 20 min
Speakers:
- Margo Mountjoy MD CCFP FCFP FACSM Dip Sport Med, McMaster University School of Medicine
  570 Kortright Rd., W.
  Guelph, ON N1G3W8, Canada
- Jorunn Sungot-Borgen PhD FACSM Professor, Department of Sports Medicine
  Norwegian School of Sports Sciences
  PO Box 4014 Ullevål Stadion - 0806 Oslo, Norway
- Elizabeth Joy MD MPH FACSM Professor, Intermountain Healthcare
  36 S. State St., 16th floor
  Salt Lake City, UT 84111, USA
- Mary Jane De Souza PhD FACSM Professor, The Pennsylvania State University
  College of Health and Human Development
  Women’s Health and Exercise Lab
  104 Noll Laboratory
  University Park, PA 16802, USA
- Aurelia Nattiv MD FACSM Professor, UCLA Departments of Family Medicine and Orthopaedic Surgery
  David Geffen School of Medicine at UCLA
  10833 Le Conte Avenue
  Room 50-080 Center for Health Sciences
  Los Angeles, CA 90095, USA

Session C/D/E  Workshops & abstracts
20.00  Sports Medicine Celebration Night
Saturday 12 April

08.30  Keynote 4: PROTECTING THE HEALTH OF THE @HLETE - HOW ONLINE TECHNOLOGY MAY AID OUR COMMON GOAL TO PREVENT INJURY AND ILLNESS IN SPORT

Speaker: Evert Verhagen, Netherlands
- Evert Verhagen PhD, Dept of Public and Occupational Health, VU University Medical Center, van der Boechorststraat 7, 1081BT, Amsterdam, Netherlands

09.30  Session A  Symposium 16

SCREENING FOR ACL INJURY RISK USING DROP JUMP TASKS – DOES IT WORK?

Chair: Tron KROSSHAUG, Norway

- Introduction
  Tron Krosshaug, Norway 5 min
- Knee valgus angles and abduction moments CAN predict ACL injuries
  Tim Hewett, USA 15 min
- The Landing Error Scoring System (LESS) does NOT predict ACL injuries in high-school and college athletes
  James Slauterbeck, USA 15 min
- The JUMP ACL study – drop jump tasks CAN predict ACL injuries in US military cadets
  Darin Padua, USA 15 min
- Can ACL injury risk be predicted through vertical drop jump screening in elite athlete handball and football players?
  Eirik Kristianslund, Norway 15 min
- Panel discussion: Does screening for ACL injury risk using drop jump tasks work?
  Krosshaug, Hewett, Slauterbeck, Padua, Kristianslund, 25 min

Speakers:
- Tron Krosshaug PhD Associate Professor, Oslo Sports Trauma Research Center, Department of Sports Medicine, Norwegian School of Sport Sciences, PO Box 4014 Ullevaal stadion - 0806 Oslo, Norway
- Tim Hewett PhD Professor, The Sports Health & Performance Institute, Departments of Physiology & Cell Biology, Orthopaedic Surgery, Family Medicine and Biomedical Engineering, Department of Pediatrics, Cincinnati Children’s Hospital, The Ohio State University, Columbus, Ohio, 2050 Kenny Road, Suite 3100, Columbus, OH 43221, USA
- James Slauterbeck MD PhD Associate Professor, Department of Orthopedic surgery, University of Vermont College of medicine, Rm 438A Stafford Hall, 95 Carrigan Drive, Burlington, VT USA 05405-0084
Session B  Symposium 17

MAXIMISING SPORTS INJURY PREVENTION PROGRAM IMPACT – ISSUES OF IMPLEMENTATION, CONTEXT AND COMPLIANCE ACROSS THE SPORTS DELIVERY SYSTEM

Chair: Evert VERHAGEN, Netherlands

• Why implementation needs to have multiple targets and approaches
  Caroline Finch, Australia 10 min

• Fostering implementation of a lower limb injury prevention exercise training program among community Australian football coaches
  Alex Donaldson, Australia 15 min

• The challenge of culture change: Working toward body checking policy change in Canadian youth ice hockey
  Carolyn Emery, Canada 15 min

• Challenges of implementing the International Rugby Board safety and medical guidelines across international boundaries
  Martin Raftery, Ireland 15 min

• No need to reinvent the ball: Incorporating the learnings from implementation science into sports injury prevention research
  Allison Metz, USA 15 min

• Panel discussion: How can sports injury researchers work better with sporting bodies and government to improve the dissemination and implementation of safety policies and programs?
  Verhagen, Finch, Donaldson, Emery, Raftery, Metz, 20 min
Speakers:
- Evert Verhagen PhD Associate Professor,
  Dept of Public and Occupational Health
  VU University Medical Center
  van der Boechorststraat 7
  1081BT, Amsterdam, Netherlands
- Caroline F Finch PhD Professor,
  Centre for Healthy and Safe Sport
  University of Ballarat, SMB Campus
  Lydiard Street South, Ballarat, Victoria, 3350, Australia
- Alex Donaldson DHSc Research Fellow,
  Australian Centre for Research into Injury in Sport and its Prevention (ACRISP)
  Monash Injury Research Institute (MIRI)
  Monash University
  Clayton 3800 VIC, Australia
- Carolyn Emery PT PhD Professor,
  Faculty of Kinesiology
  University of Calgary
  2500 University Dr. NW
  Calgary, Alberta, T2N1N4, Canada
- Martin Raftery MBBS FACSP Chief Medical Officer,
  International Rugby Board
  Huguenot House
  35–38 St Stephens Green
  Dublin 2, Ireland
- Allison Metz PhD Associate Director,
  National Implementation Research Network
  Frank Porter Graham Child Development Institute
  University of North Carolina at Chapel Hill
  521 S. Greensboro Street Carrboro
  NC 27510, USA

Session C  Symposium 18

THE GROIN-INJURY ICEBERG – LOOKING BENEATH THE SURFACE

Chairs: Per HÖLMICH, Denmark/Qatar - Bert MANDELBAUM, USA

- Groin injury epidemiology across sports and gender
  Martin Hägglund, Sweden 15 min
- Acute or chronic injuries – when to prevent
  Johannes Tol, Qatar 15 min
- Diagnostic imaging – convincing or confusing!
  Bert Mandelbaum, USA 15 min
- Clinical entities – focus of prevention?
  Per Hölmich, Denmark/Qatar 15 min
- What exercises is relevant for prevention
  Kristian Thorborg, Denmark 15 min
- Panel discussion: Did we uncover the target for the next trial?
  Hägglund, Tol, Mandelbaum, Hölmich, Thorborg, 15 min
Speakers:
- Martin Hägglund RPT PhD,
  Football Research Group
  Department of Medical and Health Sciences
  Linköping University
  581 83 Linköping, Sweden
- Per Hölmich MD Associate Professor,
  Clinical Lead Aspetar Sports Groin Pain Center
  Aspetar, Qatar Orthopedic and Sports Medicine Hospital
  PO Box 29222, Doha, Qatar
  & Arthroscopic Centre Amager
  Copenhagen University Hospital, Hvidovre
  Italiensvej 1, 2300 Copenhagen S, Denmark
- Bert R. Mandelbaum MD DHL (hon),
  Santa Monica Orthopedic and Sports Medicine Group
  2020 Santa Monica Blvd
  Santa Monica, California, 90404, USA
- Kristian Thorborg RPT PhD Associate Professor,
  Arthroscopic Centre Amager
  Copenhagen University Hospital, Hvidovre
  Italiensvej 1
  2300 Copenhagen S, Denmark
- Johannes Tol MD PhD,
  ASPETAR, Qatar Orthopedic and Sports Medicine Hospital
  PO Box 29222 - Doha, Qatar

Session D/E Workshops & abstracts

11.00 Coffee Break

11.30 Session A Symposium 19

PREVENTION – WHY ECCENTRIC?

Chairs: Per HöLMICH, Denmark - Michael KJÆR, Denmark

- Clinical evidence of eccentric exercise in injury-prevention
  Per Hölmich, Denmark 15 min
- Muscle-tendon responses to specific loading in health and disease
  Michael Kjær, Denmark 15 min
- The role of specific strength-deficits related to injury
  Kristian Thorborg, Denmark 15 min
- Avoiding re-injury in muscle and tendon
  Carl Askling, Sweden 15 min
- Exercise specificity in sports-injury prevention
  Mette Zebis, Denmark 15 min
- Panel discussion: Is eccentric exercise essential for prevention?
  Hölmich, Kjær, Thorborg, Askling, Zebis, 15 min
Saturday 12 April

Speakers:
- Carl Askling PT PhD Professor,
The Swedish School of Sport and Health Sciences
Section of Orthopaedics and Sports Medicine
Department of Molecular Medicine and Surgery
Karolinska Institute
11486 Stockholm, Sweden
- Per Hölmich MD Associate Professor,
Arthroscopic Center Amager
Copenhagen University Hospital, Hvidovre
Italiensvej 1
2300 Copenhagen S, Denmark
- Michael Kjær MD DMsci Professor,
Institute of Sports Medicine M81
Bispebjerg Hospital
University of Copenhagen
Bispebjerg Bakke 23, 2400 NV, Denmark
- Kristian Thorborg RPT PhD Associate Professor,
Arthroscopic Center Amager
Copenhagen University Hospital, Hvidovre
Italiensvej 1
2300 Copenhagen S, Denmark
- Mette Zebis MSc PhD Senior Researcher
Gait Analysis Laboratory
Copenhagen University Hospital, Hvidovre
Kettegaard Alle 30
2650 Hvidovre, Denmark

Session B  Symposium 20

STAYING OUT OF HOT WATER: REDUCING HYPERTHERMIC ILLNESS AND INJURY RISK IN AQUATIC ENDURANCE ATHLETES

Chair: Margo MOUNTJOY, Canada

- Introduction
  Margo Mountjoy, Canada 5 min

- Energy exchange in swimmers – when heat transfer is not sufficient
  Michael Bergeron, USA 15 min

- Competing in open water events: New findings to guide research-informed athlete safety
  David Gerrard, New Zealand 20 min

- Prevention of hyperthermic illness and injury in triathlon: Challenges and practical solutions
  Sergio Migliorini, Italy 15 min

- FINA, ITU and the IOC: Preventing hyperthermic health consequences – the way ahead
  Margo Mountjoy, Canada 20 min

- Panel discussion and questions
  Mountjoy, Bergeron, Gerrard, Migliorini, 15 min
Speakers:
- Margo Mountjoy MD CCFP FCFP FACSM Dip Sport Med, FINA Bureau Sports Medicine Liaison Canada
- Sergio Migliorini MD, ITU Sports Medicine Chairman Italy
- Michael Bergeron PhD FACSM, Sanford School of Medicine USA
- David Gerrard MD, FINA Sports Medicine Vice Chairman New Zealand

Session C  Symposium 21
AHEAD OF INJURIES; SPORTS INJURY PREVENTION FROM A PSYCHOLOGICAL POINT OF VIEW
Chair: Urban JOHNSON, Sweden
- Introduction and theoretical framework, pre-injury Urban Johnson, Sweden 20 min
- Psychological predictors and risk factors for injuries among soccer players Andreas Ivarsson, Sweden 20 min
- Psychological prevention intervention, a cluster RCT study among elite floorball players Ulrika Tranæus, Sweden 20 min
- Future in the psychological field of sports injury prevention Urban Johnson, Sweden 15 min
- Panel discussion: How can psychology contribute to sports injury prevention? Johnson, Ivarsson, Tranæus, 15 min

Speakers:
- Urban Johnson PhD Professor, Centre of Research on Welfare, Health and Sport, HOS Halmstad University Box 823 - SE-301 18 Halmstad, Sweden
- Andreas Ivarsson MSc, Centre of Research on Welfare, Health and Sport, HOS Halmstad University Box 823 - SE-301 18 Halmstad, Sweden
- Ulrika Tranæus DN MSc, Stockholm Sports Trauma Research Center Karolinska institutet Capio Artro Clinic Box 5605 - SE-114 86 Stockholm, Sweden

Session D/E  Workshops & abstracts
13.00  Lunch
14.30 Session A  Symposium 22

ACL PREVENTION IN FEMALE HANDBALL AND FOOTBALL – ANY SPECIFIC CONSIDERATIONS?

Chair: Grethe MYKLEBUST, Norway

• Introduction and epidemiology
  Grethe Myklebust, Norway 5 min

• ACL injury risk factors
  Agnethe Nilstad, Norway 15 min

• What is the content of effective programs?
  Markus Waldén, Sweden 15 min

• How does the prevention exercises work?
  Mette Zebis, Denmark 15 min

• Coach directed injury prevention
  Torbjorn Soligard, Switzerland 15 min

• Lessons learned from the 11+
  Mario Bizzini, Switzerland 10 min

• Is there a safe cutting technique?
  Tron Krosshaug, Norway 10 min

• The Norwegian ACL handball experience, how to prevent and keep the numbers low?
  Grethe Myklebust, Norway 10 min

• Panel discussion: Future directions for ACL prevention among female handball and football players
  Myklebust, Nilstad, Waldén, Zebis, Soligard, Bizzini, Krosshaug, 25 min

Speakers:

- Grethe Myklebust PT PhD,
  Oslo Sports Trauma Research Center
  Department of Sports Medicine
  Norwegian School of Sports Sciences
  PO Box 4014 Ullevål Stadion
  0806 Oslo, Norway

- Agnethe Nilstad,
  Oslo Sports Trauma Research Center
  Department of Sports Medicine
  Norwegian School of Sports Sciences
  PO Box 4014 Ullevål Stadion
  0806 Oslo, Norway

- Markus Waldén MD PhD,
  Football Research Group
  Department of Medical and Health Sciences
  Linköping University
  581 83 Linköping, Sweden

- Mette Kreutzfeldt Zebis MSc PhD,
  Gait Analysis Laboratory
  Hvidovre Hospital
  Kettegaard Alle 30
  2650 Hvidovre, Denmark
Session B  Symposium 23

RUGBY SEVENS WORLD SERIES – IMPLEMENTING A SERIES-WIDE INJURY AND ILLNESS PREVENTION PROGRAMME TO MINIMISE THE IMPACT OF THE INTER-CONTINENTAL TRAVEL REQUIREMENTS

Chair: Martin RAFTERY, Australia

- Introduction – prevention challenges in an international competition series
  Martin Raftery, Australia 10 min
- Injury surveillance – setting the injury prevention objectives
  Colin Fuller, Ireland 15 min
- Injury causation clues – match and training load requirements in elite sevens rugby.
  A comparison with 15 a side rugby
  Simon Kemp, UK 10 min
- The impact of international frequent travel on injury and illness in sevens rugby
  Martin Schwellnus, South Africa 15 min
- Concussion assessment, management and prevention in sevens rugby.
  Specific issues – multiple games per day, impact of international travel and back to back tournaments
  Philippe Decq, France 10 min
- Preventing re-occurrence of injury using objective return to play strategies –
  global positioning systems
  Garrett Coughlan, Ireland 10 min
- Maximizing recovery to reduce the impact of international travel and repeated same day competition demands
  Ross Tucker, South Africa 15 min
- Preventing the negative impacts of travel and its potential to cause injury
  Martin Schwellnus, South Africa 15 min
- Panel discussion – What are the impacts of repetitive international travel on high intensity exercise, injury and illness?
  Raftery, Fuller, Kemp, Schwellnus, Decq, Coughlan, Tucker, 20 min
Speakers:
- Martin Raftery MBBS FACSP,
  Chief Medical Officer
  International Rugby Board
  249 Woolooware Rd
  Cronulla 2230, Australia
- Colin Fuller Professor BSc PhD FRSC FFSEM (Hon),
  Risk Management Consultant
  International Rugby Board
  Huguenot House
  35 – 38 St Stephens Green
  Dublin 2, IRELAND
- Professor Martin Schwellnus MBBCh MSc MD FACSM FFIMS,
  Clinical Sport and Exercise Medicine Research Group,
  Department of Human Biology
  University of Cape Town
  Boundary Road
  Newlands, Cape Town, 7700, South Africa
- Simon Kemp MB BS FFSEM,
  Head of Sports Medicine
  Rugby Football Union
  Twickenham
  London TW2 7BA, England, UK
- Philippe Decq Professor,
  Service de Neurochirurgie
  Hôpital Henri MONDOR
  F-94010 Creteil Cedex, France
- Garrett Coughlan BSc Physio PhD,
  Medical Coordinator
  IRFU Medical Department
  10-12 Lansdowne Road,
  Ballsbridge, Dublin 4, Ireland
- Ross Tucker BSc PhD Sports Science,
  MRC/UCT Research Unit for Exercise Science and Sports Medicine
  University of Cape Town
  Sports Science Institute of South Africa
  Boundary Road
  Newlands, South Africa

Session C  Symposium 24
CURRENT CONCEPTS IN INJURY PREVENTION FOR YOUNG ATHLETES:
DO WE HAVE SOLUTIONS?

Chairs: John DiFIORI, USA - Margo MOUNTJOY, Canada

• Introduction and background
  John DiFiori, USA 5 min
• Prevention of abuse and harassment in youth sport – the silent injury
  Margo Mountjoy, Canada 20 min
• New insights into injury prevention in elite youth tennis
  Neeru Jayanthi, USA 15 min
• Integrative neuromuscular training in young athletes to reduce knee injury
  Greg Myer, USA 15 min
• Functional movement screening: An effective approach for sport injury prevention?
  Thomas Best, USA 15 min
• A “growing” problem: Risk factors and preventative measures for physeal stress injuries
  John DiFiori, USA 15 min
• Hits, helmets, and behavior modification: Biomechanical considerations for preventing concussion in youth sport
  Kevin Guskiewicz, USA 15 min
• Panel discussion: What are the target areas for future research, intervention and policy?
  Mountjoy, Jayanthi, Myer, Best, DiFiori, Guskiewicz, 20 min

Speakers:
- John P. DiFiori MD FACSM Professor,
  UCLA Division of Sports Medicine
  1920 Colorado Avenue
  Santa Monica, California 90404 USA
- Margo Mountjoy MD CCFP FCFP FACSM Dip Sport Med,
  McMaster University School of Medicine
  Hamilton, Ontario, Canada
- Neeru Jayanthi MD Associate Professor,
  Department of Family Medicine, Orthopaedic Surgery and Rehabilitation
  Loyola University
  2160 S. 1st Ave. - Bldg. 54, Room 260
  Maywood, Illinois 60153 USA
- Greg Myer PhD Professor,
  Cincinnati Children’s Hospital, Department of Pediatrics and Orthopaedic Surgery
  3333 Burnet Avenue, MLC 10001
  Cincinnati, Ohio 45229 USA
- Thomas M Best MD PhD FACSM Professor,
  Department of Family Medicine
  The Ohio State University
  2050 Kenny Road, Suite 3100
  Columbus, Ohio 43221 USA
- Kevin Guskiewicz PhD ATC FACSM Professor,
  University of North Carolina, Department of Exercise and Sport Science
  204 Fetzer Hall CB# 8700
  Chapel Hill, North Carolina 27599 USA

Session D/E  Workshops & abstracts

16.30  Coffee Break
17.00  Keynote 5: ARE WE GETTING THE SAME PERFORMANCE FROM OUR EQUIPMENT AS WE EXPECT FROM OUR ATHLETES? TECHNOLOGY AND EQUIPMENT IN SPORTS INJURY PREVENTION
  Speaker: Andrew McIntosh, Australia
  - Andrew McIntosh, BAppSci(PT), MBiomedE, PhD - Adjunct Professor,
    Centre for Healthy and Safe Sports, University of Ballarat PO Box 668 Ballarat, Victoria, 3353 Australia.

17.45  Closing Ceremony
Call for Abstracts

The IOC World Conference on Prevention and Injury & Illness in Sport will include poster sessions and free communications. The Conference is multidisciplinary, and we encourage abstracts to be submitted within all fields of prevention research. This includes studies on epidemiology, risk factors, injury mechanisms, pathophysiology, intervention studies, relevant biomechanical studies, studies on sports behaviour and attitudes, and related research from other fields. Please visit the Conference web site at www.ioc-preventionconference.org to submit your abstract.

- The deadline for abstract submission is 1 November 2013. Abstracts will only be accepted via the Internet. NO exceptions will be made for late abstracts.
- Abstracts will be published in a special themed issue of the British Journal of Sports Medicine.
- The abstract must be written in English. If English is not your first language, please have it reviewed by a language editor.
- Authors will be informed of the decision of the Scientific Committee by January 2014. Abstracts will be accepted as oral presentations or posters (please indicate your preference when submitting the abstract online).
- Make the title brief, but informative, clearly indicating the nature of the investigation/presentation. Do not capitalise the title!
- Objective data MUST be included so that the reviewers can make a fair and meaningful appraisal.
- Abbreviations are allowed, but must be clearly defined.
- The abstract can not be longer than 300 words and must be structured, using the following headings and including the following information (hard return between each section):
  - Background: Provide the background for the study in one or two sentences.
  - Objective: State the main question or objective of the study and the major hypothesis tested, if any.
  - Design: Describe the design of the study, indicating, as appropriate, use of randomisation, blinding, criterion standards for diagnostic tests, temporal direction (retrospective or prospective), and so on.
  - Setting: Indicate the study setting, including the clinical setting or competitive level in sports if relevant (e.g. youth sports, high school league, elite division, World Cup team).
  - Patients (or Participants): State selection procedures, entry criteria, and numbers of participants entering and finishing the study.
  - Interventions (or Assessment of Risk Factors): Describe essential features of any interventions, including their method and duration of administration. For observational studies, clearly outline the independent variables.
  - Main Outcome Measurements: The primary study outcome measures (dependent variables) should be indicated as planned before data collection began. If the hypothesis being reported was formulated during or after data collection, this fact should be clearly stated.
  - Results: Report the main findings of the study.
  - Conclusions: State only those conclusions of the study that are directly supported by data, along with their clinical application (avoiding overgeneralisation) or whether additional study is required before the information should be used in usual clinical settings.
- Please note: Equal emphasis must be given to positive and negative findings of equal scientific merit.
Congress Venue

GRIMALDI FORUM
22, Avenue Princesse Grace, 98000 Monaco - Phone number: +377 99 99 20 20

With 35,000 sqm. of modular premises and state-of-the-art technologies, the Grimaldi Forum Monaco is a wonderful tool to buildup events. Since its opening in 2000, about 100 events are organised each year. Many events management and international corporate companies are attracted by the glass and steel structure as well as its tailor-made services dedicated to the 3 auditoria, 22 breakout rooms, 2 interconnecting exhibitions halls and 2 banqueting areas.

A permanent team of 150 professionals, representing 46 different professions, accompanies event organisers in their projects, from the spaces-layout design to the construction of settings, as well as for logistics, catering, hospitality, communications, etc. The Grimaldi Forum Monaco can host all types of professional events: conventions, seminars, product launches, exhibitions, fairs, congresses.

Ideally located in the heart of Monaco, the Grimaldi Forum Monaco is situated within walking distance of hotels, restaurants and other leisure activities.

The Grimaldi Forum Monaco is one of the first congress centres in Europe to have successfully obtained the ISO 14001: 2004 international standard in environmental management. The staff and visitors are actively encouraged to follow its «Act Green» policy. Furthermore a «Green Event» offer is available and proposes tailor-made solutions for events’ wishing to limit their environmental footprint. For more information, please visit their website www.grimaldiforum.mc or contact actgreen@grimaldiforum.mc.
Registration

IOC World Conference on Prevention of Injury & Illness in Sport
Monte-Carlo, Principality of Monaco, 10-12 April 2014

<table>
<thead>
<tr>
<th>REGISTRATION FEE</th>
<th>Before 15 December 2013</th>
<th>After 15 December 2013</th>
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<tr>
<td>Conference registration</td>
<td>€ 600,00</td>
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<tr>
<td>Accompanying persons</td>
<td>€ 250,00</td>
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<td>Bachelor or Master students</td>
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* Copy of the student card with valid date and signed letter from department Chair at University to be provided upon registration. Approval will be confirmed individually in writing.

The above mentioned fees include VAT.

The registration fee for the Conference in Monaco includes:
• Participation in all scientific sessions
• Visit of the Exhibition area
• Welcome Reception (9 April)
• Opening Ceremony (10 April)
• Buffet lunch and coffee breaks (10, 11, 12 April)
• Conference kit
• Certificate of attendance

The registration fee for accompanying persons includes:
• Welcome Reception (9 April)
• Buffet lunch and coffee breaks (10, 11, 12 April)

How to register
To register for the IOC World Conference of Prevention of Injury & Illness in Sport, please visit the congress web site at www.ioc-preventionconference.org.

Confirmation of registration
Upon receipt of the relevant payment, all participants will receive an invoice that will serve as registration confirmation.

Cancellations and refunds:
Notification of cancellation of registration must be sent in writing to Publi Créations: (info@ioc-preventionconference.org or to fax number +377 97 97 35 50) and will be subject to the following conditions:
• Cancellation received before 28 February 2014: the payment will be refunded after the Conference, less 30% of the amount paid.
• Cancellation received after 1 March 2014: no refund will be provided.
Accommodation & Travel Information

IOC World Conference on Prevention of Injury & Illness in Sport
Monte-Carlo, Principality of Monaco, 10-12 April 2014

Travel information
Please note that transfers by shuttle from/to the Airport will be provided to individual participants, based on the following schedule:
Running all day from Nice Cote d’Azur Airport to Monaco on Wednesday 9 April and back from Monaco to Nice Cote d’Azur Airport on Sunday 13 April.

Reservation deadline
28 February 2014: After this date, reservations are not guaranteed.

How to make a hotel reservation
To book your hotel room in Monaco and benefit from the special Conference rates, please visit the conference website. Site at www.ioc-preventionconference.org

Cancellation policy
Notification of cancellation of individual hotel reservations must be sent in writing to Publi Créations (info@ioc-preventionconference.org or to fax number +377 97 97 35 50) and will be subject to the following conditions:
- Cancellations made before 30 November 2013:
  the payment will be refunded after the Conference and after deduction of an administrative fee of € 60.

For further detailed information, please visit the conference web site at: www.ioc-preventionconference.org

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<tr>
<th>Hotel Hermitage</th>
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<td>Hotel Monte-Carlo Bay</td>
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<tr>
<td>Hotel Fairmont Monte-Carlo (IOC HQ)</td>
<td>Upon Request</td>
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<tr>
<td>Hotel Le Meridien Beach Plaza</td>
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<td>Hotel Novotel Monte-Carlo</td>
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The above rates are in Euro and are intended per night, per room, including buffet breakfast, VAT and service charges.