

SCIENTIFIC PROGRAMME

WEDNESDAY 2 October 2019

Hall: Mediteranea 1

14.00 - 18.00	COURSE 1: ATHLETES ECG Coordinators: Katja Ažman (Slovenia), Herbert Löllgen (Germany)
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Hall: Pharos

14.00 - 18.00	COURSE 2: EMERGENCY CARE OF THE ATHLETES: PART 1 Coordinator: Vincenzo Ieracitano (Italy)
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THURSDAY 3 October 2019

Courses

Hall: Mediteranea 1

9.00 - 12.40	COURSE 3: CARDIOPULMONARY EXERCISE TESTING IN ATHLETES Coordinators: Anca Mirela Ionescu (Romania), Vladimir Ivančev (Croatia)
12.40 - 14.00	Break

Hall: Europa D

9.00 - 12.40	COURSE 2: EMERGENCY CARE OF THE ATHLETES: PART 2 Coordinator: Vincenzo Ieracitano (Italy)
12.40 - 14.00	Break

Stream I

Hall: Europa A

14.00 - 14.40	HOT TOPICS IN SPORT & EXERCISE MEDICINE Chair: Norbert Bachl (Austria)
14.00 - 14.40	Screening for Talent? Genetic athletic selection – Fact or fiction? Yannis Pitsiladis (United Kingdom)
14.40 - 16.00	SESSION 1: THE MAKING OF CHAMPIONS Chairs: Theodora Papadopoulou (United Kingdom), Vassilis Klissouras (Greece)
14.40 - 15.00	Taking care of athletes during Youth Olympic Games Christian Schneider (Germany)
15.00 - 15.20	Sports doctors and athletes collaboration to achieve success in the sports world Sandra Rozenstoka (Latvia)

15.20 - 15.40	Physiology of Champions: A Holistic Perspective Vassilis Klissouras (Greece)
15.40 - 16.00	Medical aspects of talent identification João Paulo Pereira De Almeida (Portugal)
16.00 - 16.20	Break
16.20 - 17.00	HOT TOPICS IN SPORT & EXERCISE MEDICINE Chair: Vladimir Ivančev (Croatia)
16.20 - 17.00	When to start with competitive sport in young athletes? Jürgen Michael Steinacker (Germany)
17.00 - 18:20	SESSION 2: THE MAKING OF CHAMPIONS Chairs: Demitri Constantinou (South Africa), Vladimir Ivančev (Croatia)
17.00 - 17.20	Selection phases and criteria for specific sports disciplines Anca Mirela Ionescu (Romania)
17.20 - 17.40	Chronological versus biological age in young athletes Jürgen Michael Steinacker (Germany)
17.40 - 18.00	Youth Sports: Specialisation, Diversification, and Burnout William Oliver Roberts (United States)
18.00 - 18.20	The right of a child to be or not to be a champion Tina Jeromen (Slovenia)
18.30 - 20.30	OPENING CEREMONY AND OPENING LECTURE "Personalised Sport- and Exercise Medicine" - A Challenge for an Efficient Future Health Management. Norbert Bachl (Austria)

Stream II

Hall: Europa C

14.00 - 16.00	SESSION 1: EXERCISE PRESCRIPTION FOR HEALTH (EPH) - THE NEXT FRONTIER - Part 1 Chairs: Herbert Löllgen (Germany), Anca Mirela Ionescu (Romania)
14.00 - 14.20	Exercise prescription for health as a step to personalised medicine Herbert Löllgen (Germany)
14.20 - 14.40	Parenteral physical activity influences the health and wellness of future generations Sergio Pecorelli (Italy)
14.40 - 15.00	EPH for healthy subjects over 65: Italian prospective and preliminary data from NESTORE Project Simone Porcelli (Italy)
15.00 - 15.20	Biological basis of the anti-inflammatory effects of regular exercise Xavier Bigard (France)

15.20 - 15.40	Molecular mechanisms of cardiovascular disease prevention by physical activity Elena Vecile (Italy)
15.40 - 16.00	Immune response to exercise Frank Mooren (Germany)
16.00 - 16.20	Break
16.20 - 17.20	SESSION 2: TACKLING THE CHRONIC DISEASES THROUGH EPH Chairs: Michael Papadakis (United Kingdom), Franco Giada (Italy)
16.20 - 16.40	Exercise prescription in oncologic patients Nada Rotovnik Kozjek (Slovenia)
16.40 - 17.00	Exercise and arterial hypertension Anna Jegier (Poland)
17.00 - 17.20	HIIT for cardiac rehabilitation Demitri Constantinou (South Africa)
17.20 - 18.20	SESSION 3: EXERCISE PRESCRIPTION FOR HEALTH (EPH) - THE NEXT FRONTIER - Part 2 Chairs: Ron Golan (Israel), Anna Jegier (Poland)
17.20 - 17.40	How to get start moving and how to keep the motivation? Matej Tušak (Slovenia)
17.40 - 18.00	The prescription of physical exercise in prevention and treatment of diseases Fabio Pigozzi (Italy)
18.00 - 18.20	Sitting time is a new smoking André Debruyne (Belgium)

Stream III

Hall: Europa D

14.00 - 15.00	WORKSHOP ACL INJURY PREVENTION Coordinators: Gerald Gruber (Austria) and Aljaz Valič (Slovenia)
15.00 - 16.00	ERASMUS +: SPORT PROJECT ICE RINKS FOR ALL Coordinators: Normunds Kupcis (Latvia), Matej Matušek (Slovakia), Alenka Hiti (Slovenia)
16.00 - 16.20	Break
16.20 - 17.00	WORKSHOP LOW BACK PAIN PREVENTION Coordinator: Martin Zorko (Slovenia)

17.20 - 18.20	FREE ORAL SESSION: PREVENTION IN SPORTS MEDICINE Chairs: João Paulo Pereira De Almeida (Portugal), Vladimir Ivančev (Croatia)
17.20 - 17.30	Role of yoga in the prevention of overtraining syndrome <u>Katalin Gocze</u> , Tamas Nagy, Anita Bufa, Nelli Farkas, Vanda Nemes (Hungary)
17.30 - 17.40	Use or misuse of dietary supplements in Hungarian elite athletes? <u>Éva Martos</u> , Barbara Csaplaros Nagy, Margita Utczas, Agnes Tiszeker (Hungary)
17.40 - 17.50	Iron status in young Slovenian football players Nejc Planinc (Slovenia)
17.50 - 18.00	Soft tissue lesions of the lateral mandibular region in amateur boxers. How to improve the protection by direct analysis and functional anatomical study <u>Robert Kesmarszky</u> , Tamás Micsik, Gergely Rácz (Hungary)
18.00 - 18.10	Cardioneuroablation as a treatment option for symptomatic bradyarrhythmias in athletes Nina Kajdič, <u>Luka Vitez</u> , Bor Antolič (Slovenia)

FRIDAY 4 October 2019

Stream I

Hall: Europa A

9.00 - 10.40	SESSION 3: ATHLETES HEART - PREDICTABLE OR PREVENTABLE? Chairs: Jose Kawazoe Lazzoli (Brazil), Katja Ažman (Slovenia)
9.00 - 9.20	The impact of pre-participation screening in cardiovascular prevention: ethical, social and clinical aspects Alessandro Biffi (Italy)
9.20 - 9.40	Arrhythmia in athletes: when should we be worried about? Franco Giada (Italy)
9.40 - 10.00	Cardiomyopathies in athletes: is there a place for competitive sport? Michael Papadakis (United Kingdom)
10.00 - 10.20	Sport participation after myocardial infarction; dead and buried? Michael Papadakis (United Kingdom)
10.20 - 10.40	Prevention of sudden cardiac death in young athletes - cases Jose Kawazoe Lazzoli (Brazil)
10.40 - 11.00	BREAK and POSTER SESSION I
11.00 - 13.00	HOT TOPICS - WHY THE BRAIN MATTERS? Chairs: William Oliver Roberts (United States), Vincenzo Ieracitano (Italy)
11.00 - 11.40	Concussion »protection of athletes – facts and hopes« Michael Turner (United Kingdom)
11.40 - 12.20	Sports & Exercise Psychiatry: the United Kingdom perspective Amit Mistry (United Kingdom)

12.20 - 13.00	Exertional Heat Stroke: A risk of participation in unexpected warm conditions William Oliver Roberts (United States)
13.00 - 14.20	Break
14.20 - 15.00	HOT TOPICS IN SPORT & EXERCISE MEDICINE Chair: Yannis Pitsiladis (United Kingdom)
14.20 - 15.00	Exercise and Cardiometabolic Health in People with Physical Limitations: Time to Raise the Intensity? James Bilzon (United Kingdom)
15.00 - 16.20	INTERCONTINENTAL SYMPOSIUM: Exercise as medicine and promotion of physical activity Coordinators: Yannis Pitsiladis (United Kingdom), James Bilzon (United Kingdom)
15.00 - 15.20	The perspective of Exercise is Medicine (ACSM) William Oliver Roberts (United States)
15.20 - 15.40	Moving Medicine - The United Kingdom Perspective (FSEM, BASEM) Natasha Jones (United Kingdom)
15.40 - 16.00	Sports Medicine in the Community - the Asian Perspective (AFSM) Guo-Ping Li (China)
16.00 - 16.20	Exercise is Medicine - the South African Perspective (SASMA) Demitri Constantinou (South Africa)
16.20 - 16.40	BREAK and POSTER SESSION II
16.40 - 17.20	HOT TOPICS IN SPORT & EXERCISE MEDICINE Chair: Nada Rotovnik Kozjek (Slovenia)
16.40 - 17.20	Nutrition in Recovery Strategies Xavier Bigard (France)
17.20 - 18.00	SESSION 4: NUTRITION TRENDS IN SPORTS Chairs: Nada Rotovnik Kozjek (Slovenia), Xavier Bigard (France)
17.20 - 17.40	Prevention of GI problems in marathon runners Frank Mooren (Germany)
17.40 - 18.00	Body Composition Monitoring in Young Athletes Nada Rotovnik Kozjek (Slovenia)
20:00 - 23:00	CONFERENCE DINNER

Stream II

Hall: Europa C

9.00 - 10.00	SESSION 4: EXERCISE AND NEUROFUNCTION Chairs: Simone Porcelli (Italy), Alma Kajeniene (Lithuania)
9.00 - 9.20	Effects of balance training on cognitive abilities Klaus-Michael Braumann (Germany)
9.20 - 9.40	Prevention of Dementia by Physical Activity Herbert Löllgen (Germany)
9.40 - 10.00	Physical exercise for prevention and treatment of Parkinson's disease Chiara Fossati (Italy)
10.00 - 10.40	SESSION 5: PROTECTING CLEAN SPORT Chairs: Alan Vernec (Canada), Demetri Constantinou (South Africa)
10.00 - 10.20	The reality of fight against doping in an international federation Alain Lacoste (France)
10.20 - 10.40	Cardiovascular adverse effects of doping substance abuse David Niederseer (Switzerland)
10.40 - 11.00	BREAK and POSTER SESSION I
11.00 - 12.00	ROUND TABLE: HAMSTRING INJURIES Coordinators: Konstantinos Natsis, Maria Piagkou (Greece)
11.00 - 12.00	Hamstring muscles anatomy, pathophysiology, classification, diagnosis and differential diagnosis Maria Piagkou (Greece)
	Hamstring injury prevention programs Christos Lyrtzis (Greece)
	Hamstring injuries treatment and return to play Konstantinos Natsis (Greece)
12.00 - 13.00	PANEL: PRE-PARTICIPATION EXAMINATION IN SPORTS. The current status across Europe and multinational perspectives Coordinator: Ron Golan (Israel)
13.00 - 14.20	Break
14.20 - 15.20	SESSION 6: PREVENTION AND REHABILITATION: NEW ASPECTS Chairs: Simone Porcelli (Italy), Marko Vidnjevič (Slovenia)
14.20 - 14.40	Assesment of body composition parameters and muscle contraction time as a way to prevent falls in people over 50 Marko Vidnjevič (Slovenia)
14.40 - 15.00	Tele-Rehabilitation and its Implications on the EPH Project: A suggested Model. Ron Golan (Israel)

15.00 - 15.20	Exercise prescription for health and it's impact on motor abilities Nejc Planinc (Slovenia)
15.20 - 16.20	ROUND TABLE: SPORTS INJURIES IN YOUNG ATHLETES Coordinators: Konstantinos Natsis, Maria Piagkou (Greece)
15.20 - 16.20	Anatomical differences between child and adult skeleton Nikolaos Anastasopoulos (Greece) Sport injuries in immature skeleton Konstantinos Natsis (Greece) Patella dislocation: special issues in immature skeleton Savvas Giakoumakis (Greece)
16.20 - 16.40	BREAK and POSTER SESSION II
16.40 - 18.00	SESSION 7: TREATING ATHLETES LOWER LIMB INJURIES- NOVEL INTERVENTIONS Chairs: Savvas Giakoumakis (Greece), Martin Zorko (Slovenia)
16.40 - 17.00	Innovative therapies in muscle injuries in athletes Matjaž Vogrin (Slovenia)
17.00 - 17.20	Innovative approaches to the treatment of the Achilles tendon Mike Carmont (United Kingdom)
17.20 - 17.40	Low-load resistance training with blood flow restriction in musculoskeletal rehabilitation Edward Sellon (United Kingdom)
17.40 - 18.00	Evidence based use of PRP in sports medicine Gerald Gruber (Austria)
20:00 - 23:00	CONFERENCE DINNER

Stream III

Hall: Europa D

9.00 - 10.40	FREE ORAL SESSION: INJURY MANAGEMENT AND RETURN TO SPORT Chairs: Gerald Gruber (Austria), Martin Zorko (Slovenia)
9.00 - 9.10	Athletes after anterior cruciate ligament reconstruction (ACLR) who undergo supervised physiotherapy with more visits (SPMNV) recover better and return to sports training on higher level of physical fitness <u>Andrzej Czamara</u> , Andrzej Bugajski (Poland)
9.10 - 9.20	Evaluation of the effectiveness of USG guided Platelet Rich Plasma, Corticosteroid and Rotator Cuff stretching and strengthening exercise program in Rotator Cuff Tendinopathy: A Retrospective Study <u>Ali Eroglu</u> , Aylin Sari (Turkey),

9.20 - 9.30	Tendons derived stem cells and tendinopathy: a novel therapeutic challenge <u>Stefano Palermi</u> , Anna Maria Sacco, Immacolata Belvisio, Felice Sirico, Carlo Loiacono, Giorgio Zinno, Veronica Romano, Clotilde Castaldo, Daria Nurzynska, Franca Di Meglio, Ciro Pempinello, Stefania Montagnani (Italy)
9.30 - 9.40	The effect of Kinesiotaping on edema of acute lateral ankle sprains <u>Christos Lyrtzis</u> , Konstantinos Natsis, Nikolaos Anastasopoulos, Dimitrios Aftosmidis (Greece)
9.40 - 9.50	Evaluation of quadriceps and hamstrings muscle strength following anterior cruciate ligament reconstruction <u>Martin Rudolf Zore</u> , Mladen Herc (Slovenia)
9.50 - 10.00	Improvements in Cervical Spine Function After 5 Weeks of Rehabilitation Program in an Elite Hockey Player After Surgically Treated Myelopathy - A Case Study <u>Živa Majcen Rošker</u> , Miha Vodičar (Slovenia)
10.00 - 10.10	Problems of early diagnostics of traumatic brain injuries in ice-hockey players <u>Volodymyr Sekretnyi</u> , Oleh Nekhanevych (Ukraine)
10.10 - 10.20	Return to sport after arthroscopic treatment of posterior shoulder instability <u>Attila Pavlik</u> , Miklós Tátrai, Eszter Papp (Hungary)
10.20 - 10.30	Hip resurfacing in moderate and high impact sports <u>Attila Széplaki</u> , Lehel Bálint (Hungary)
10.30 - 10.40	Tensiomyography (TMG) as a measuring method for detection of knee skeletal muscles contractile properties in professional athlete pre and after ACL injury <u>Mladen Herc</u> , Jan Čžan Stermšek, Jure Urbanc (Slovenia)
10.40 - 11.00	BREAK and POSTER SESSION I
11.00 - 12.00	WORKSHOP EXERCISE PRESCRIPTION FOR HEALTH (EPH) Coordinator: Herbert Löllgen (Germany)
12.00 - 13.00	WORKSHOP HAMSTRING INJURY PREVENTION Coordinators: Konstantinos Natsis, Christos Lyrtzis, Dimitrios Aftosmidis (Greece)
13.00 - 14.20	Break
14.20 - 15.20	WORKSHOP PORTABLE MUSCULO-SKELETAL ULTRASOUND Coordinator: Edward Sellon (United Kingdom)
15.20 - 16.20	FREE ORAL SESSION: MONITORING OF ATHLETES HEALTH Chairs: Bülent Ülkar (Turkey), Vassilis Klissouras (Greece)
15.20 - 15.30	Correlation of shoulder pain and muscle dysbalance among adolescent swimmers <u>Dorottya Szabó</u> , István Lázár, Tibor Mintál, Katalin Gócze (Hungary)
15.30 - 15.40	Determination of the Relationship between Functional Movement Screen Volleyball Athletes and the Lower Extremity Isokinetic Muscle Strength Balance - Pilot Study <u>Tuğba Birben</u> , Necmiye Ün Yıldırım (Turkey)

15.40 - 15.50	Flexibility, posture and strain, tight correlation <u>Jasmina Živković</u> , Milorad Jerkan, Vuk Vuković (Serbia)
15.50 - 16.00	Blood pressure, autonomic nervous system and breathing pattern in young athletes <u>Lev Putilin</u> , Yulia Venevtseva (Russian Federation)
16.00 - 16.10	Incidence and types of injuries of legs and isokinetic characteristics of knees and ankles in young male handball players <u>Zoran Handjiski</u> , Eli Handjiska (Northern Macedonia)
16.10 - 16.20	Meaning of proper classification of athletes with various impairments – Para Taekwondo example Primož Rus (Slovenia)
16.20 - 16.40	BREAK and POSTER SESSION II
16.40 - 18.00	FREE ORAL SESSION: MONITORING OF ATHLETES HEALTH Chairs: Maja Mikša (Slovenia), Alessandro Biffi (Italy)
16.40 - 16.50	Early repolarization pattern: is it always a marker of elevated vagal tone? <u>Yulia Venevtseva</u> , Aleksandr Melnikov, Aleksandr Balko (Russian Federation)
16.50 - 17.00	Serial ECG testing for screening of cardiovascular disorders in young athletes – a case report <u>João Paulo Delgado</u> , Rosário Ferreira, Alberto Prata, António Ferreira, Pedro Magno, António Freitas, Raúl Pacheco (Portugal)
17.00 - 17.10	Why a specialist should monitor athlete's health – Slovenian case report Jernej Hren (Slovenia)
17.10 - 17.20	Changes in the hormonal profile of athletes following a combat sports performance <u>Andrzej Ziemia</u> , Jakub G. Adamczyk, Anna Barczak, Dariusz Boguszewski, Agnieszka Kozacz, Małgorzata Kobryś, Jan Dąbrowski, Marta Steczkowska, Beata Peptońska, Cezary Żekanowski, (Poland)
17.20 - 17.30	Diagnosing exercise induced arterial endofibrosis (EIAE). Comparison of methods for the interpretation of ankle and arm systolic blood pressure at exercise Pierre Abraham (France)
17.30 - 17.40	Kinematic analysis and sEMG for the functional evaluation of the shoulder in athletes <u>Andrea Demeco</u> , Angelo Indino, Gerardo de Scorpio, Nicola Marotta, Teresa Iona, Antonio Ammendolia (Italy)
17.40 - 17.50	The Effect of Different Grips during Olympic Barbell Bent-over Row Exercise on Some Selected Muscle EMG Activity <u>Muhammed Emin Kafkas</u> , Nurkan Yilmaz (Turkey)
17.50 – 18.00	The Effect of Grip Width on Some Back Muscles EMG Activity during Olympic Barbell Bent-over Row Exercise <u>Nurkan Yilmaz</u> , Muhammed Emin Kafkas (Turkey)
18.00 - 18.10	Predictive validity between hand grip contractile characteristics and motoric potential at elementary school pupils at both gender Milivoj Dopsaj, <u>Lazar Toskić</u> , Bojan Obradović, Aleksandar Nikolić, Veroljub Stanković
20:00 - 23:00	CONFERENCE DINNER

POSTER PRESENTATIONS

FRIDAY 4 October 2019

POSTER SESSION I, 10.40 - 11.00

DEVELOPMENT OF ELITE YOUNG ATHLETE

P1	BONE AGE AND HEIGHT ESTIMATION BY YOUNG ELITE ATHLETES – COMPARISON OF RADIOLOGICAL AND ANTHROPOMETRICAL METHODS <u>Tibor Mintál</u> , Dorottya Szabó, Adám Schlégl, Katalin Göcze (Hungary)
P2	CONTROLLING EXPLOSIVE STRENGTH PARAMETERS IN ELITE YOUNG GYMNASTS Janja Lavbic, Vika Pušnik, <u>Mitija Samardžija Pavletič</u> (Slovenia)
P3	DEXA EXAM OF VISCERAL ADIPOSE TISSUE (VAT) IN MALE AND FEMALE ATHLETES <u>Irina Kalabiska</u> , István Györe, Bettina Tánczos, Tamás Szabó (Hungary)
P4	EFFECT OF ADVENTURE RACES ON CARDIAC DAMAGE AND MUSCULAR FUNCTION IN YOUNG ATHLETES Anthony Birat, Pierre Bourdier, Alexandre Dodu, Claire Grosseoeuvre, Anthony J. Blazevich, Virgile Amiot, <u>Anne-Charlotte Dupont</u> , Stéphane Nottin, Sébastien Ratel (France)
P5	INTRA-SESSION REPEATABILITY OF THE ELITE GYMNASTS' BALANCE MEASUREMENTS ON A FORCE PLATE <u>Mitija Samardžija</u> , Nina Istenič, Barbara Purkart (Slovenia)
P6	THE EFFECT OF RESPIRATORY MUSCLE TRAINING ON PULMONARY FUNCTION, LUNG VENTILATION AND ENDURANCE PERFORMANCE IN YOUNG SOCCER PLAYER Krystyna Rożek-Piechura, Jacek Stodółka, Monika Kurzaj, Paulina Okrzymowska, Arkadiusz Kotodziejczyk, Milan Coh, <u>Krzysztof Maćkala</u> (Poland)
P7	TRAINING LOAD CHARACTERISTICS AND CHANGE IN PHYSICAL PERFORMANCE PARAMETERS AS INJURY AND ILLNESS RISK FACTORS IN ELITE YOUTH SKI RACING <u>Lisa Steidl-Müller</u> , Carolin Hildebrandt, Erich Müller, Christian Raschner (Austria)

MONITORING OF ATHLETES HEALTH

P8	AN INCIDENTAL DIAGNOSIS OF WOLFF-PARKINSON-WHITE SYNDROME WITH NORMAL PR INTERVAL IN A YOUNG ATHLETE <u>Alina-Maria Smaranda</u> , Nicoleta Ionascu, Alin Anghel, Mariana Georgescu, Adela Apostol, Anca Mirela Ionescu (Romania)
P9	ANALYSIS OF MACRONUTRIENT INTAKE OF ELITE YOUNG ATHLETE OF SOCCER ACCORDING TO THE INDIVIDUAL POSITIONS IN FIELD <u>Beatriz Maria Ávalos</u> , Nayara Carvalho Cavalcanti Ares, Roberto Focaccia (Brazil)
P10	CARDIAC BIOMARKER LEVELS AFTER A FORTY-EIGHT-MINUTE BASKETBALL MATCH IN PROFESSIONAL VERSUS NON-PROFESSIONAL LITHUANIAN BASKETBALL PLAYERS. <u>Ali Aldujeli</u> , Hussein Ali Abdul Nabi, Kasparas Briedis, Ramunas Unikas (Lithuania)

P11	CLINICAL BLOOD COUNT AND URINE ANALYSIS AS A PART OF PRE-PARTICIPATION SCREENING IN ADOLESCENT ATHLETES <u>Dace Suna</u> , Gundega Akuratere, Sandra Rozenstoka (Latvia)
P12	EXERCISE-INDUCED CARDIOVASCULAR RESPONSE IN ATHLETES VERSUS HEALTHY SEDENTARY INDIVIDUALS. <u>Ali Aldujeli</u> , Hussein Ali Abdul Nabi, Vytenis Semaska, Rima Braukliene, Ramunas Unikas (Lithuania)
P13	EXPLORATION OF POSSIBILITIES OF SPORT SOCIAL NETWORK OPEN DATA FOR MOSCOW MARATHON 2017 RESULTS ANALYSIS Marya Melekhova (Russian Federation)
P14	INJURY INCIDENCE RATES AMONG HUNGARIAN MALE AND FEMALE ELITE HANBALL PLAYERS <u>Miklós Tátrai</u> , András Tállay, Annamária Tátrai (Hungary)
P15	„MESSAGE FROM THE HEART”- INTRODUCING WIWE, A CARDIAC FUNCTION SCREENING DEVICE IN A SPORTPHYSICIANS PRACTICE <u>Márton Tarr</u> , Marianna Kiss, József Toman, Tamás Halasi (Hungary)
P16	RELATIONSHIP AMONG DIFFERENT PARAMETERS OF LOWER LIMBS FUNCTIONAL MUSCULAR (A)SYMMETRY IN KICKBOX ATHLETES Nejc Blanuša, Miloš Kalc, <u>Mitja Gerževič</u> (Slovenia)
P17	RESULTS OF PLANTOGRAM IN ATHLETES WITH PLANTAR FASCIITIS Konstantinos Natsis, <u>Christos Lyrtzis</u> , Dimitrios Koutsonikolas, Maria Piagkou (Greece)
P18	SHOULD WE SLOW DOWN WHEN EXERCISE AND ISOTRETINOIN RAISE CK LEVELS UP? <u>José Carneiro</u> , Fernando A. Silva, Manuel Vaz, Cristina Resende, José Carlos Carneiro (Portugal)
P19	THE EFFECT OF MATCH WITH HIGH INTENSITY ON HEART RATE OF THE VOLLEYBALL PLAYER <u>Jadranka Plavšić</u> , Shihab Aldin Al Riyami (Serbia)
P20	THE SCIENCE BEHIND SPORTS PERFORMANCE - TRACKING BIOMARKERS IN ELITE ATHLETES <u>Alina-Maria Smaranda</u> , Adela Caramoci, Anca Mirela Ionescu (Romania)
P21	TRENDS IN ELECTROCARDIOGRAPHIC CHANGES IN ELITE JUNIOR ATHLETES IN ROMANIA <u>Ioana-Cristina Badeanu</u> , Mirela-Alina Miu, Nicoleta Ionascu, Mariana Georgescu, Adela Caramoci (Romania)
P22	TWO-DIMENSIONAL ANALYSIS OF THE BODY COMPOSITION OF SOCCER ATHLETES ACCORDING TO THE POSITION IN THE FIELD <u>Beatriz Maria Lima Ávalos</u> , Nayara Carvalho Cavalcanti Ares, Roberto Focaccia, Monique Pereira Moura (Brazil)

POSTER SESSION II, 16.20 - 16.40

EXERCISE PRESCRIPTION FOR PREVENTION AND THERAPY

P23	ASSESSMENT OF THE PHYSICAL ACTIVITY OF CHILDREN WITH ASTHMA BRONCHIALE Ágnes Papp, György Balla, László Csernoch, <u>Ildikó Balatoni</u> (Hungary)
P24	DANISH STEP TEST IS A RELIABLE TOOL FOR ASSESSING CARDIORESPIRATORY FITNESS IN UNIVERSITY STUDENTS Lev Putilin (Russian Federation)
P25	EFFECT OF SOUNDS ON PEAK EXPIRATORY FLOW <u>Maja Marija Potočnik</u> , Maja Frangež, Ludovik Strauch, Nejka Potočnik (Slovenia)
P26	EXERCISE, CANCER AND COGNITION – THE ECCO-STUDY <u>David Kiesel</u> , Philipp Zimmer, David Fuchs, Marina Sallaberger, Romana Kommenda, Riad Ghanem, Karl Jochen Krenosz, Herwig Hornich, Peter Hofmann, Clemens Schmitt, Milan Vosko (Austria)
P27	HEALTH CONSEQUENCES OF MOVEMENT COMPETENCE ESTIMATION AT CZECH SCHOOL CHILDREN <u>Iva Šeflová</u> , Luděk Kalfiřt, Karolína Indráčková (Czech Republic)
P28	IMPACT OF AN ONLINE TRAINING PROGRAMME WITHOUT EQUIPMENT (FREELETICS®) ON THE PHYSICAL CONDITION IN ADULTS: COMPARATIVE STUDY ON THE WEIGHT AND ON THE MAXIMAL OXYGEN CONSUMPTION DURING EXERCISE (VO_{2MAX}) <u>Anne-Charlotte Dupont</u> , Victor Lalevee, Mathias Poussel (France)
P29	ONE TRAINING SESSION PER WEEK CAN IMPROVE FITNESS LEVEL IN ELDERLY WITH DIABETES TYPE 2 Aleš Dolenc (Slovenia)
P30	SKELETAL MUSCLE OXIDATIVE CAPACITY DURING ON-TRANSIENTS EXERCISE IN YOUNG AND MIDDLE-AGED WOMEN: PRELIMINARY FINDINGS <u>Damir Zubac</u> , Darija Bilić, Rado Pišot, Boštjan Šimunič, Vladimir Ivančev (Slovenia)
P31	THE IMPACT OF 9 WEEKS OF MODERATE PHYSICAL ACTIVITY ON GLYCANAGE BIOMARKER IN MIDDLE AGE POPULATION <u>Nina Briski</u> , Damir Knjaz, Marija Vilaj, Marina Martinic Kavur, Gordan Lauc (Croatia)

INJURY MANAGEMENT AND RETURN TO SPORT

P32	HUNGARIAN WRESTLER'S LUMBAR SPINE INJURIES AND TREATMENTS. CONCLUSION OF THE RESULTS BETWEEN 2013 - 2017. Katalin Bacskai (Hungary)
P33	RETURN TO PLAY AFTER ARTHROSCOPIC KNEE SURGERY IN TWO PROFESSIONAL SOCCER PLAYERS Fiammetta Scarzella, Daniele Mozzone (Italy)

PREVENTION IN SPORTS MEDICINE

P34	ATHLETE'S MOVEMENT PATTERN ANALYSIS PROGRAM FOR SPORT INJURY PREVENTION Katalin Bacskai, Zsófia Bokor (Hungary)
P35	CHANGES IN SELF-SELECTED AND OPTIMAL STEP FREQUENCY AMONG HABITUALLY MINIMALIST SHOD RUNNERS Mikaël Scohier, Ludovic Kerbaul, Benjamin Letroye (Belgium)
P36	CORRELATION BETWEEN OPTIMIZATION OF BODY COMPOSITION AND RISK OF INJURY IN WOMEN'S PROFESSIONAL SOCCER PLAYERS Ana García Esteve, Irene Montoro Rodríguez, Miguel Angel Buil Bellver (Spain)
P37	INDICATION OF THE PROTECTIVE ROLE OF THE COL27A1 GG GENOTYPE AND A HIGHER RISK OF THE TNC AA GENOTYPE FOR DEVELOPING TENDINOPATHIES IN CROATIAN ATHLETES Nina Briski, Goran Vrgoc, Damir Knjaz, Sasa Jankovic, Gordan Lauc (Croatia)
P38	INJURIES IN KICKBOXING FOR THE DEVELOPMENT OF INJURY PREVENTION MEASURES Virgilio Di Legge, Vitale Monte, Stefano Orioli, Egisto Di Giacinto, Giovanni Aiello, Jacopo Di Legge (Italy)
P39	MEDICAL EVENTS IN FOOTBALL FOR THE DEVELOPMENT OF INJURY PREVENTION MEASURES; DECENNIAL WORK EXPERIENCE AT A FOOTBALL CLUB AC PISA 1909 Virgilio Di Legge, Cataldo Graci, Giuseppe Lioci, Paolo Ballestracci, Jacopo Di Legge, Francesca Graci, Remigio Del Sole, Gabriele Pignieri, Claudio Rapacioli, Maurizio Pecorari, Lorenzo Ferrari, Luca D'Angelo, Riccardo Taddei, Riccardo Gemmi, Bruno Sabatini, Daniele Freggia, Riccardo Silvestri, Giovanni Corrado (Italy)
P40	PLANTOGRAM FINDINGS IN ATHLETES WITH MEDIAL TIBIAL STRESS SYNDROME Konstantinos Natsis, Christos Lyrtzis, Panagiota Koutsonikola, Matthaios Didaggelos, Dimitrios Koutsonikolas (Greece)
P41	PREVENTION OF ANKLE INJURIES IN BADMINTON – A SURVEY AMONG AUSTRIAN BADMINTON PLAYERS Martina Nöst, Michael Suppanz (Austria)
P42	PREVENTION OF UPPER LIMB INJURIES IN WHEELCHAIR-BASKETBALL PLAYERS. Marc Vanderthommen, Nicole Hilger (Belgium)

P43	<p>RETEST-RELIABILITY AND CONCURRENT VALIDITY OF THE PRESSURE AIR BIOFEEDBACK DEVICE (PAB®) FOR MEASURING HANDGRIP STRENGTH IN YOUNG HEALTHY ADULTS</p> <p><u>Alexander Stäuber</u>, Franz Oeppert, Nico Nitzsche, Andries W. Pienaar, Rowena Naidoo, Henry Schulz (Germany)</p>
P44	<p>RETEST-RELIABILITY AND CONCURRENT VALIDITY OF THE PRESSURE AIR BIOFEEDBACK DEVICE (PAB®) FOR MEASURING KNEE EXTENSOR STRENGTH IN YOUNG HEALTHY ADULTS</p> <p><u>Alexander Stäuber</u>, Franz Oeppert, Nico Nitzsche, Andries W. Pienaar, Rowena Naidoo, Henry Schulz (Germany)</p>
P45	<p>STATISTICAL REVISION AND ANALYSIS OF CLINICAL DATA OF 24952 SCREENED SPORTS SUBJECTS IN 2016</p> <p><u>Fiammetta Scarzella</u>, Nadia Olivero, Devid Terreno, Gianpasquale Ganzit (Italy)</p>
P46	<p>THE RISK OF MINOR INJURY IN KICKBOXING APPEARS TO BE GREATER IN THE SECOND HALF OF THE COMPETITION</p> <p>Jacopo Di Legge, Vitale Monte, Stefano Orioli, Egisto Di Giacinto, Giovanni Aiello, <u>Virgilio Di Legge</u> (Italy)</p>
P47	<p>NEUROENDOCRINE AND METABOLIC RESPONSE TO PHYSICAL EXERCISE</p> <p><u>Sunchica Petrovska</u>, Beti Dejanova, Sanja Mancevska, Jasmina Pluncevic Gligorovska (Northern Macedonia)</p>

SATURDAY 5 October 2019

Stream I

Hall: Europa A

9.00 - 9.40	HOT TOPICS IN SPORT & EXERCISE MEDICINE Chair: Metin Ergün (Turkey)
9.00 - 9.40	Para-sports and different looks on it (medical care, gap to be a paraathlete, exercise capacity, etc) Sandra Rozenstoka (Latvia)
9.40 - 11.00	SESSION 5: TEAM MATTERS: PREVENTION, CARE, RECOVERY Chairs: Metin Ergün (Turkey), William Oliver Roberts (United States)
9.40 - 10.00	Is your Athlete on the Verge of Overtraining? Peter Schober (Austria)
10.00 - 10.20	Relative energy deficiency syndrome (RED's) in young athletes Éva Martos (Hungary)
10.20 - 10.40	Recovery after exercise and injuries. Why is menthol superior to ice bath? Hannu Kokki (Finland)
10.40 - 11.00	Organisation of immediate care in Sport Competition (and training). The experience of Federazione Medico Sportiva Italiana (PSSD and MOGESS) Vincenzo Ieracitano (Italy)
11.00 - 11.20	Break
11.20 - 12.00	HOT TOPICS IN SPORT & EXERCISE MEDICINE Chair: Norbert Bachl (Austria)
11.20 - 12.00	Join the moving movement Natasha Jones (United Kingdom)
12.00 - 13.00	HOT TOPICS IN SPORT & EXERCISE MEDICINE Chairs: Fabio Pigozzi (Italy), Yannis Pitsiladis (United Kingdom)
12.00 - 13.00	Performance Analysis of Transgender and Intersex Athletes Joana Harper (United States) Biology of inclusion for transgender and intersex athletes Yannis Pitsiladis (United Kingdom)
13.00 - 13.30	CLOSING CEREMONY, YOUNG INVESTIGATION AWARD

Stream II

Hall: Europa C

9.00 - 10.00	SESSION 8: ATHLETIC HIP AND GROIN - THE CURRENT PERSPECTIVE Chairs: Nikolaos Anastasopoulos (Greece), Nicolas Christodoulou (Cyprus)
9.00 - 9.20	The hip and groin pain in athletes. How updated you are? Theodora Papadopoulou (United Kingdom)
9.20 - 9.40	Indications for surgical treatment of hip impingement syndromes in sports Klemen Stražar (Slovenia)
9.40 - 10.00	Imaging the hip and the groin Edward Sellon (United Kingdom)
10.00 - 11.00	SESSION 9: MAKING DECISIONS DURING GROWING UP. PROBLEMS IN ADOLESCENCE Chairs: Christos Lyrtzis (Greece), Klemen Stražar (Slovenia)
10.00 - 10.20	Pediatric foot deformities in sports participation Matej Drobnič (Slovenia)
10.20 - 10.40	Patellofemoral biomechanics and disorders management Nicolas Christodoulou (Cyprus)
10.40 - 11.00	Athletes with adolescent idiopathic scoliosis Miha Vodičar (Slovenia)
11.00 - 11.20	Break
11.20 - 13.00	SESSION 10: BIOMECHANICS AND FUNCTIONAL DIAGNOSTICS CHALLENGES Chairs: Peter Schober (Austria), Dimitrios Aftosmidis (Greece)
11.20 - 11.40	Clinical biomechanics: are we able to prevent injuries at the examination room? Bülent Ulkar (Turkey)
11.40 - 12.00	Complex Nature of Functional Body Asymmetries: Context of Testing and Injury Prevention Nejc Šarabon (Slovenia)
12.00 - 12.20	Force-Velocity Relationship in Assessment of Mechanical Muscle Capacity Olivera Knežević (Serbia)
12.20 - 12.40	New concept of speed and explosive strength training using post-activation potentiation conditions Srđan Đorđević (Slovenia)
12.40 - 13.00	Functional Muscle Diagnostics as a Tool for Muscle Injury Prevention Vladimir Ivančev (Croatia)

Stream III

Hall: Europa D

9.00 - 10.00	WORKSHOP DYNAMIC TAPING Coordinator: André Debruyne (Belgium)
10.00 - 11.00	FREE ORAL SESSION: DEVELOPMENT OF ELITE YOUNG ATHLETE Chairs: Sandra Rozenstoka (Latvia), Matej Kokalj Kokot (Slovenia)
10.00 - 10.10	Gender differences in physical and psychological state in prepubertal and pubertal track and field athletes <u>Yulia Venevtseva</u> , Lev Putilin, Dmitriy Eliseev (Russian Federation)
10.10 - 10.20	Are there differences between team and individual sport athletes in performance of change-of-direction speed and reactive agility <u>Krzysztof Maćkala</u> , Milan Žvan, Jožef Križaj, Jacek Stodolka, Samo Rauter, Milan Čoh, Janez Vodičar (Slovenia)
10.20 - 10.30	The impact of different breathing pattern on Fascial Fitness exercise energetics <u>Maja Frangež</u> , Maja Marija Potočnik, Ludovik Strauch, Nejka Potočnik (Slovenia)
10.30 - 10.40	Recovery and Dietary Factors as Predictors of Physiological Parameters in Top Level Cyclists <u>Iva Jurov</u> , Tanja Kajtna, Samo Rauter (Slovenia)
10.40 - 10.50	Nitrates in fruits and vegetables and its influence on aerobic capacity of physically active people <u>Tomas Liubertas</u> , Jonas Viskelis, Pranas Viskelis (Lithuania)
10.50 - 11.00	Clinical case: Marfan in volleyball <u>Diogo Dias</u> , Diogo Tavares-Dias, Diogo Santos, Nelson Puga (Portugal)
11.00 - 11.20	Break
11.20 - 13.00	FREE ORAL SESSION: EXERCISE PRESCRIPTION FOR PREVENTION AND THERAPY Chairs: Marko Vidnjevič (Slovenia), Éva Martos (Hungary)
11.20 - 11.30	Promotion of exercise to children and young people – mechanisms of action <u>Beti Dejanova</u> , Suncica Petrovska, Jasmina Pluncevic Gligoroska, Sanja Mancevska, Mihaela Nestorova, Biljana Spirkovska (Northern Macedonia)
11.30 - 11.40	Public health center as a provider of physiotherapy practices in sports medicine <u>Tomaž Klojčnik</u> , Igor Hrvatin, Slobodan Sović (Slovenia)
11.40 - 11.50	Strategic communication channels regarding the elderly for the purposes of the health service <u>Sabrina Simonovich</u> , Tanja Angleitner, Marko Vidnjevič (Slovenia)
11.50 - 12.00	Hydration status in the elderly before and after the fourteen day pilot study <u>Marko Vidnjevič</u> , Andrej Grudnik, Slobodan Slovič (Slovenia)
12.00 - 12.10	The effect of regular physical training on the heart in older hypertensive and normotensive subjects Gabor Pavlik (Hungary)

12.10 - 12.20	Tailored aerobic exercise as a method of therapy for asthma patients <u>Ratko Peric</u> , Aleksandar Jakovljevic (Bosnia and Herzegovina)
12.20 - 12.30	Interval training improves depressive symptoms but not anxious symptoms <u>Claudio De Lira</u> , Ricardo Viana, Paulo Gentil, Joao Naves, Ana Rebelo, Douglas Santos, Marco Braga (Brazil)
12.30 - 12.40	Dance as a method of fall prevention for the elderly - a randomised control study <u>Barbara Purkart</u> , Blaž Bertoneclj, Andreja Podlogar, Friderika Kresal, Mitija Samardžija Pavletič (Slovenia)
12.40 - 12.50	The effect of stabilisation exercises on muscle contraction and lateral symmetry in the elderly; measured by the TMG method <u>Mirhada Šehić</u> , Urška Grbac, Maj Šprager (Croatia)
12.50 - 13.00	Why Pitch and Putt is also suitable for all generations for health reasons? <u>Goran Gumze</u> , Marko Vidnjevič, Victor Moscatel (Slovenia)

SIDE MEETINGS

THURSDAY 3 October 2019

VIP-Salon

08.00 - 09.30	FIMS Interfederal Commission Meeting
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Hall: Pharos

10.00 - 17.00	FIMS Executive Committee Meeting
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17.30 - 18.30	EFSMA Scientific & Education Commission Meeting
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FRIDAY 4 October 2019

Hall: Pharos

8.00 - 11.00	EFSMA Executive Committee Meeting
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14.00- 17.00	EFSMA Council of Delegates
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17.30 - 19.00	UEMS MJC Sports Medicine Meeting
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