



ESSKA-ESMA-IOC Team Physician Course

Thursday 28 - Friday 29 April

During the ESSKA Congress

BRAND NEW!

BOOK THE COURSE ON OUR WEBSITE

www.esska-congress2022.org/registration



ESSKA's specialist sports medicine Section **ESMA (European Sports Medicine Associates)**, with the participation of **IOC (International Olympic Committee)** have put together a world-class programme delivered by a faculty of international experts.

Who is the course for?

The course is designed for team physicians and physiotherapists.

What is the aim of the course?

The principle aim of the course is to provide cutting-edge information on injury epidemiology in Olympic athletes, prevention, evaluation and management of injuries in athletes.

What does the course cover?

1. Current issues in sports medicine through real-life cases
2. Discussions and interaction around clinical conundrums faced by team physicians working with elite athletes.



Jacques Menetrey
ESSKA President



Christophe Hulet
ESSKA Congress
Scientific Programme Chair



Gian Luigi Canata
ESSKA - ESMA
Section Chair



Lars Engebretsen
IOC Head of
Medical Sciences



Uğur Erdener
IOC Medical and
Scientific Commission Chair

Learning Objectives

After completion of the course, attendees should be able to:

- 1 Manage field emergencies (concussion, cardiology and climate)
- 2 Manage acute and chronic musculoskeletal injuries (lower extremities)
- 3 Manage mental health issues in athletes

Duration: 1.5 days

Thursday 28 April, 13.30 - 18.05

Friday 29 April, 08.00 - 16.40

Course Fees: € 300*/€ 150 (for registered ESSKA Congress delegates)

* Included in the fee:

- Programme and materials
 - 10 CME credits (ECMEC®s)
 - Certificate of attendance
 - Coffee breaks
 - Access to the ESSKA Congress Industry Exhibition (Thursday and Friday).
- NB: Congress registered delegates have full access within their Congress pass.*

UEMS accredited



Check out the full programme →

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Day 1 - Thursday, 28 April 2022

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13:30 - WELCOME / PARIS OLYMPIC GAMES 2024 PRESENTATION

Welcome Introduction

- Jacques MENETREY
ESSKA President, Switzerland
- Gian Luigi CANATA
ESSKA-ESMA Chairman, Italy
- Lars ENGBRETSSEN
IOC Head of Medical Sciences, Norway
- Uğur ERDENER
International Olympic Committee, Turkey

13:40 - PARIS OLYMPIC GAMES 2024 PRESENTATION

Philippe LE VAN, Paris Olympic Team, France
Pierre MAUGER, France

14:10 - SESSION 1

Performance and mental health

Chairs: Vincent GOUTTEBARGE, Netherlands
Lars ENGBRETSSEN, Norway

- Mental health in elite athletes: Science base and the IOC consensus statement
Vincent GOUTTEBARGE, Netherlands
- Screening for Mental health symptoms and disorders in elite sport, the IOC tools
Vincent GOUTTEBARGE, Netherlands
- Discussion

14:50 - SESSION 2

Hamstring injuries: Optimal treatment – minimal risk of reinjury

Chair: Giacomo ZANON, Italy

- Introduction of two cases illustrating key issues
- Small-group discussions
- Classifying muscle injuries: useless or useful?
Johannes TOL, Netherlands/Qatar
- What are the keys to rehabilitation success?
Francesco DELLA VILLA, Italy
- Predicting prognosis – accurate classification or flawed fortunetelling?
Johannes TOL, Netherlands/Qatar
- When everything fails – what is the role of surgery in hamstring injuries?
Giacomo ZANON, Italy
- Panel: Review of cases and learning objectives

16:00 - COFFEE BREAK

16:15 - SESSION 3

Field and environmental emergencies – needed knowledge for the team physician.

The three Cs: Cardiology, Concussion and Climate!

Chair: Werner KRUTSCH, Germany

- Concussion
Gernot FELMET, Germany
- Cardiac emergencies
Paolo Emilio ADAMI, Italy
- Environmental emergencies (Heat & Cold)
Francesco FELETTI, Italy
- Discussion

16:55 - SESSION 4

Achilles tendinopathies from prevention to rehab

Chair: Jón KARLSSON, Sweden

- Pathophysiology
Jón KARLSSON, Sweden
- Prevention
Francesco DELLA VILLA, Italy
- Peritendinopathies
Niek VAN DIJK, Netherlands
- Retrocalcaneal bursitis
Helder PEREIRA, Portugal
- Insertional tendinopathies
Gian Luigi CANATA, Italy
- Return to play
Michael CARMONT, UK
- Discussion

18:05 - END OF SESSIONS



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08:00 - SESSION 5

Patellar Tendinopathy

Chair: Gian Luigi CANATA, Italy

- What is Patellar tendinopathy and why does it happen?
Nicola MAFFULLI, Italy
- Assessment and first line treatment
David DEJOUR, France
- Why and when surgery
Jón KARLSSON, Sweden
- Rehabilitation and RTS
Alli GOKELER, Netherlands
- Discussion

08:50 - SESSION 6

Physiotherapy in competitive sports

Chair: Alli GOKELER, Netherlands

- Evidence based physiotherapy
Fabrizio TENCONI, Italy
- Evidence based ACL rehab
Alli GOKELER, Netherlands
- Instrumental physiotherapy
Angelina LUKASZENKO, United Arab Emirates
- Discussion

09:55 - SESSION 7

Overuse injuries

Chair: Roald BAHR, Norway

- Medical and functional assessment
Roald BAHR, Norway
- Overuse injuries prevention
Mattia PUGLIESE, Italy
- Diagnosis and evaluation of overuse injuries
Patricia THOREUX, France
- Overuse injuries management
Gazi HURI, Turkey
- Discussion

10:45 - SESSION 8

Working as a team physician – challenges and strategies

Chair: Henrique JONES, Portugal

- Role of the Team Physician
Henrique JONES, Portugal
- Football
Cristiano EIRALE, Italy
- Athletics
Stéphane BERMON, France
- Cycling
Jacques MENETREY, Switzerland
- Tennis
Vincent GUILLARD, France
- Rugby
Jean-Philippe HAGER, France
- The team physician as a leader, mentor AND mentee! How to develop a team
Lars ENGBRETSSEN, Norway
- Discussion

12:05 - LUNCH BREAK

13:05 - SESSION 9

The groin/hip enigma in sports

Chair: Per HØLMICH, Denmark

- Introduction of two cases illustrating key issues
- Small-group discussions
- Groin pain: anatomy and diagnosis – what do I need to know as a team physician?
Alessandro APRATO, Italy
- Imaging in groin pain - what do I need to know as a team physician?
Michel CREMA, France
- Treatment of groin injuries
Per HØLMICH, Denmark
- The hip in athletic groin pain
Per HØLMICH, Denmark
- Panel: Review of cases and learning objectives

14:10 - SESSION 10

Injury prevention

Chair: Patricia THOREUX, France

- The new IOC epidemiology methodology
Roald BAHR, Norway
- Prevention of ACL injuries in the growing athlete
Romain SEIL, Luxembourg
- Prevention of ankle sprain
Lior LAVER, Israel
- Prevention of meniscal injuries in elite athletes
Roland BECKER, Germany
- Discussion

15:00 - COFFEE BREAK

15:15 - SESSION 11

REDS Relative Energy Deficiency in Sport (RED-S) clinical approach for the team physician

Chairs: Naama CONSTANTINI, Israel
Silvia BONFANTI, Switzerland

- Introduction of two cases illustrating key issues
- What is RED-S?
Lars ENGBRETSSEN, Norway
- Making the diagnosis of RED-S
Naama CONSTANTINI, Israel
- Stress fractures
Helder PEREIRA, Portugal
- Treatment protocols for RED-S
Guri EKÅS, Norway
- Prevention of RED-S
Silvia BONFANTI, Switzerland
- Review of cases and learning objective

16:25 - COURSE EVALUATION

16:40 - END OF SESSIONS