



ESSKA-ESMA Team Physician Course supported by the IOC

Thursday 9 - Friday 10 May **During the ESSKA Congress**

FINAL PROGRAMME
BOOK THE COURSE ON OUR WEBSITE
www.esska-congress.org



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

1. Volunteers for Winter Olympic Games Milano Cortina 2026 (6-22 February 2026) and Winter Universiade (Torino, 15-26 January 2025)
2. Orthopaedic surgeons and physiotherapists participating to the ESSKA Congress and interested in medical fields problems.

IOC Speakers:



Lars ENGBRETSEN
Norway



Roald BAHR
Norway



Vincent GOUTTEBARGE
The Netherlands



Gino KERKHOFFS
The Netherlands



Giuseppe MASSAZZA
Italy



Antonio PELLICCIA
Italy



Martin SCHWELLNUS
South Africa



Maarit VALTONEN
Finland



Tine VERTOMMEN
Belgium

CMO for the Olympic Winter Games:

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

Rooms Amber 5+6
Amber 7

When Thursday 9 May, afternoon
Friday 10 May, entire day

Course Fees: € 345*/€ 170 (for registered ESSKA Congress delegates)

* Included in the fee:

- Programme and materials
 - Certificate of attendance
 - Lunch on Friday 10 May
 - Access to the ESSKA Congress Industry Exhibition (Thursday and Friday).
- NB: Congress registered delegates have full access within their Congress pass.*



Check out the full programme*
The programme content is subject to change





13:30 - WELCOME AND PRESENTATION OF THE TEAM PHYSICIAN COURSE

Welcome and Introduction

- Roland Becker, Germany
- Lars Engebretsen, Norway
- Patricia Thoreux, France

14:00 - SESSION 1

What is different in Olympic Winter Games?

Chairs: Lars Engebretsen, Norway and Giuseppe Massazza, Italy

- Organization of the competition, number of athletes and different sites
Giuseppe Massazza, Italy
- Epidemiology
Lars Engebretsen, Norway
- The team physician bag: what should it contain
Celeste Geertsema, Qatar/New Zealand (virtual)
- Environmental issues: how to manage cold and altitude
Wolfgang Schobersberger, Austria
- Pre-travel preparation and approach to medical issues
Martin Schwellnus, South Africa
- Questions

15:00 - SESSION 2

Traumatology in Olympic Winter Games: what is specific?

Chair: Jacques Ménétrey, Switzerland

- Severe traumatology and polytraumatology in Winter Games
Karl Peter Benedetto, Austria
- Injury Screening Prevention – Alpine Skiing (ISPA)
Jörg Spörri, Switzerland
- Specific traumatology in ski
Christian Hoser, Austria
- Cervical injuries on the field: How to manage them?
Henrique Jones, Portugal

16:00 - SESSION 3

Working as a team physician: Challenges and strategies during Olympic Winter Games

Chair: Giuseppe Massazza, Italy

- Role of a team physician
Giuseppe Massazza, Italy
- Alpine ski
Marc Strauss, Norway
- Hockey
Jacques Menetrey, Switzerland
- Freestyle and snowboarding
Katja Tecklenburg, Austria
- Ice skating
Giulio Sergio Roi, Italy
- The team physician as a leader, mentor AND mentee! How to develop a team
Lars Engebretsen, Norway

17:00 - COFFEE BREAK

17:30 - PRACTICAL SESSIONS

Concussion:

- How to deal with concussion on the field, next days and next weeks
Mike Carmont, UK

Cardiac arrest:

- How to manage a cardiac arrest on the field
Antonio Pelliccia, Italy

With the contribution of the Monzino Hospital, which is an American Heart Association Authorized International Training Center.





08:00 - SESSION 4

Acute respiratory infections and medical issues related to travelling in winter with athletes

Chairs: *Martin Schwellnus, South Africa and Maarit Valtonen, Finland*

- Acute respiratory tract infections in athletes: pathology, clinical syndroms and risk factors. Are there differences according to altitude?
- Strategies for preventing acute respiratory infections in your team
- Treatment of acute respiratory infections, with or without antibiotics
- Clinical return to play decision after an acute respiratory infection: are athletes allowed to compete?
- Clinical cases and discussion

09:00 - SESSION 5

Performance and mental health / Violence in Sports

Chairs: *Vincent Gouttebauge, The Netherlands and Tine Vertommen, Belgium*

- Mental health in elite athletes: science bases and the IOC Consensus Statement
- Screening for Mental Health symptoms and disorders in elite sports, the IOC tools
- Prevention of mental health in young athletes
- Violence in Sports / Safeguarding at the OG
- Discussion

10:00 - COFFEE BREAK

10:30 - SESSION 6

Tigh muscle injuries: Optimal treatment – Minimal risk of reinjury

Chairs: *Francesco Della Villa, Italy and Gino Kerkhoffs, The Netherlands*

- Incidence muscle injuries in Winter Olympics, anatomic considerations and classification(s) muscle injuries
Anne van der Made, The Netherlands
- Predicting prognosis - Risk factors
Lorenzo Boldrini, Italy
- What is the place of surgery in Hamstring injuries
Gino Kerkhoffs, The Netherlands
- Discussion including cases

11:30 - SESSION 7

Overuse injuries in Winter sports

Chairs: *Roald Bahr, Norway and Gian Luigi Canata, Italy*

- Taking care of Olympic and Paralympic athletes - What is different between Winter and Summer sports?
Roald Bahr, Norway
- Tendinopathies
Gian Luigi Canata, Italy
- Stress fractures and REDS in Winter Sports
André Leumann, Switzerland
- Compartment syndroms in cross country skiing and biathlon
Karl Eriksson, Sweden
- Clinical cases and discussion

12:30 - LUNCH BREAK

13:30 - SESSION 8

Return to Sports: How to make the best RTP decision following injury and illness?

Chairs: *Martin Schwellnus, South Africa and Patricia Thoreux, France*

- A decision-based model for return to play in sport
Roald Bahr, Norway
- What is the best practice for medical decision making for RTP following acute illness
Martin Schwellnus, South Africa
- How can functional testing help make return to play decisions?
Brice Picot, France
- Ethical dilemma illustrated by cases
Philippe Tscholl, Switzerland

14:30 - SESSION 9

Injury Prevention in Winter Sports

Chairs: *Thomas Patt, The Netherlands and Henrique Jones, Portugal*

- ACL prevention in children: ESMA program
Thomas Patt, The Netherlands and Henrique Jones, Portugal
- Importance of injury prevention in sports and why injury prevention is more than an exercise
Jörg Spörri, Switzerland
- Evidence based ACL Prevention in 2024
Alli Gokeler, The Netherlands
- Prevention of tendinopathies in winter sports
Giacomo Lucenteforte, Italy

15:30 - COFFEE BREAK

16:00 - PRACTICAL SESSIONS

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17:00 - COURSE EVALUATION