



THURSDAY 12 NOVEMBER 1987

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**AFTERNOON SESSION (I)**

FREE ANNOUNCEMENTS \_\_\_\_\_ AUDITORIUM A

**CHAIRMEN: M. Liougas (Hellas), J. Dragan (Roumania)**

- 14.30–14.40 Studing the role of echocardiographic and spiroergometric data in the evaluation of VO<sub>2</sub> max of top athletes. (1)  
PAUNCHEVA B., I. ILIEV, G. URUMOV, R. MILUSHEVA,  
B. PENCHEVA (BULG.)
- 14.40–14.50 The most often cardiovascular complications appeared in former top sportsmen. (2)  
R. STANIC, D. ZRENJANIN (YUG.)
- 14.50–15.00 Orthostatic changes in cardiovascular reactions and ECG in top class sportsmen–university students. (3)  
E. PAVLOVA, T. BUCHVAROVA, D. DOBREV (BULG.)
- 15.00–15.10 Arthrography and its role in the diagnosis of wrist injuries. (4)  
E. APERGIS, E. DELAVERIS, S. ATHANASAKIS, N. ANTONIOU, A.  
NIKOLOPOULOS, G. THEODORATOS (HELLAS)
- 15.10–15.20 The influence of irregular respiration on the cardio–respiratory system. (5)  
P.T. NAUMOVIC (YUG.)
- 15.20–15.30 Effect of prolout and exhaustive effort in the function of the kidneys in runners. (6)  
S. CHATZIKONSTANTINOY, I. XIROYANNIS (HELLAS)
- 15.30–15.40 Motion of pulse frequency and the results of speed endurance of women footballers. (7)  
DURASKOVIC R., DORDEVIC Z., KOSTIC R., PETKOVIC D. (YUG.)
- 15.40–15.50 Effect of a short–term training program on the aerobic power of female swimmers. (8)  
D. STEFANOVA, V. ZLATAREV, L. ANDREEVA (BULG.)
- 15.50–16.00 Effect of smoking on physical training. (9)  
TH. TSAKIRIDES (HELLAS)
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- 16.00–16.10 Morphological characteristics of promising sportsmen in SR Croatia.  
(10)  
MATKOVIC BR., MATKOVIC B., IVANCIC–KOSUTA M.(YUG.)
- 16.10–16.20 Age and stature of elite basketball players. (93)  
E. TSITSKARIS, E. KIOUMOURTZOGLOU, G. RONTYOYANNIS, G.  
MAYROMATIS (HELLAS)
- 16.20–16.40 **DISCUSSION**
- 16.40–17.00 **COFFE BREAK**

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**AFTERNOON SESSION (II)**

- 17.00–18.30 **ROUND TABLE CONFERENCE**  
**THEME: AIDS**  
Coordinator: D. VARONOS  
Prof. of Athens University  
Contributors: CHARALAMBOS TSILTICLIS  
Prof. of Microbiology in Tei–Athens  
NIKITAS KAKLAMANIS  
Lecturer of Athens University,  
Secretary General of Hellenic Medical Association,  
Member of National Committee AIDS
- 18.30–19.00 **COFFEE BREAK**

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**AFTERNOON SESSION (III)**

- CHAIRMEN:** F. COMMANDRE, (France), M. MILOJEVIC (Yugoslavjia)
- 19.00–19.45 Diseases of internal organs in athletes.  
Prof. PAUL NOVACKI  
Professor of Giessen University West Germany
- 19.45–20.00 **COFFEE BREAK**
- 20.00 **OPENING CEREMONY – RECEPTION**  
Celebration for the 20th anniversary of Balkan Association of Sports  
Medicine Foundation (1968–1987)
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**MORNING SESSION (I)**

FREE ANNOUNCEMENTS \_\_\_\_\_ AUDITORIUM A

**CHAIRMEN: S. CHATZICONSTANTINO (Hellas), C. IONESCU (Romania)**

- 08.30-08.40      The istochemical changes with animals who besides of the body strain, were ginen some extrafood, Crash protein 96 and Muscle Density protein. (11)  
D. JOVANOVIC, G. RANKOVIC, R. LEWICKI (YUG.)
- 08.40-08.50      The effects of the additional extra food on antropometric, functional and biochemical characteristics of sportsmen. (12)  
D. JOVANOVIC, G. RANKOVIC, R. LEWICKI, A. ORTADOGLY, R. DJURASKOVIC (YUG.)
- 08.50-09.00      Tonorelaxin biotherapy in sportrauma. (13)  
V. TAMAG, A. MARCULESCU, O. SIMU, G. MOLDOVAN (ROM.)
- 09.00-09.10      Changes of some body components during the controlled reduction of body mass. (14)  
M. MILOJEVIC, D. JAKOVIC, M. MILUTINOVIC (YUG.)
- 09.10-09.20      Somatotype characteristics of top class athletes. (15)  
P. SLANCHEV, M. TOTEVA (BUL.)
- 09.20-09.30      Some neurophysiological aspects of mental training at the top level target shooters. (16)  
D. ANDREI (ROM.)
- 09.30-09.40      Somototype comparison of different level compative athletes. (17)  
S. CHATZICONSTANTINO, P. POULMENTIS (HELLAS)
- 09.40-09.50      A system processing diagnostic information on elite athletes. (18)  
R. KOSSEV, P. SLANCHEV (BULG.)
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- 12.20-12.30 Evaluation of motor activities in top basketball players. (23)  
G. TSITSKARIS, E. KIOUMOURTZOGLOU (HELLAS)
- 12.30-12.40 Aerobic and anaerobic threshold evaluating at bicyclists. (24)  
R. BRDARIC, M. MATIC, N. STAJIC (YUG.)
- 12.40-12.50 The apnoic probe—An attempt for objective data.  
(25)  
K. KRASTEV (BULG.)
- 12.50-13.00 Energy demand of the competitive rowing. (26)  
GRUJIC N.,BAJIC M.,VUKOVIC B.,JAKOVLJEVIC D.(YUG.)
- 13.00-13.10 Changes in the EEG of alpinists during hypoxaemic influence. (27)  
CH. PAJEVA, K. KRASTEV (BULG.)
- 13.10-13.20 Myoglobin blood levels during active and passive intermittent exercise.  
(28)  
M. KARAMOUZIS, C. MANDROUKAS, TH. ZAKAS (HELLAS)
- 13.20-13.30 The values of heart volume and the maximal oxygen consumption concerning the ex-sportsmen group.(29)  
G.RANKOVIC,D.JOVANOVIC,R.LEWICKI,G.MURATIDIS(YUG.)
- 13.30-13.40 Effect of aerobic gymnastics on women with essential hypertension.  
(30)  
S. YANCHEVA, P. DOBREVA (BULG.)
- 13.40-13.50 Professional news in sports gonology. (31)  
V. CARAPIC (YUG.)
- 13.50-14.10 **DISCUSSION**
- 14.10-16.00 **LUNCH**
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**AFTERNOON SESSION (I)**

FREE ANNOUNCEMENTS \_\_\_\_\_ AUDITORIUM A

CHAIRMEN: G. RONTOYANNIS, K. KESTIS

- 16.00–16.10 Biofeedback–evaluation, learning–performance. (32)  
G. ZERVAS (HELLAS)
- 16.10–16.20 Impact of intensive training on the PQ period of the electrocardiogram of amateur football players in the Athens area. (33)  
D.TH. RAMMOS, G.M. MIZANTZIOGLOU, P.I. PAPADOPOULOS  
(HELLAS)
- 16.20–16.30 The impact of physical exercise on hematosiis of the myocardium. (34)  
A. DELIYANNIS (HELLAS)
- 16.30–16.40 Is performance improving in weight lifting? (35)  
K. VIRVIDAKIS, G. SIDERAS (HELLAS)
- 16.40–16.50 Evaluation of cardio–respiratory resistance in school age children. (36)  
G. CHRISOVOULOS, TH. PASSIAS, TH. PAXINOS, M. KOSKOLOU,  
M. MARIDAKI (HELLAS)
- 16.50–17.00 Relationship of athletes premature drop–out and medical care. (37)  
SP. KELLIS (HELLAS)
- 17.00–17.10 Age–Anthropometrical characteristics and technical evolution in relation to athletes training. (38)  
CH. KOTZAMANIDES (HELLAS)
- 17.10–17.20 Correlation of hours of sleep and number of cigarettes smoked by football players of EPSA.(39)  
D. RAMMOS, D. LAZARIS, G. MIZANTZIOGLOU (HELLAS)
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- 17.20-17.30 Proposed new categories in weight lifting. (40)  
K. VIRVIDAKIS, G. SIDERAS, L. MOULAKAKIS, E. KALOKAERINOS  
(HELLAS)
- 17.30-18.00 DISCUSSION
- 18.00-18.30 COFFEE BREAK

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**AFTERNOON SESSION (II)**

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FREE ANNOUNCEMENTS \_\_\_\_\_

**CHAIRMEN: M. KALOKAERINOS, I. XIROYANNIS**

- 18.30-18.40 Sports medicine concerns in dance and gymnastics.  
(41)  
X. MICHAIL, P. KONTOULAKOS (HELLAS)
- 18.40-18.50 Causes of prematures athletes drop-out significants of various sport  
activities in the process of drop-out. (42)  
G. DOGANIS (HELLAS)
- 18.50-19.00 Effect of recovery duration after supermaximal interval exercise. (43)  
TH. PAXINOS (HELLAS)
- 19.00-19.10 Effects of basic military training to the plasma lipids and lipoproteine  
profile. (44)  
S. CHATZICONSTANTINOY, I. XIROYANNIS, M. KALOKAERINOS,  
(HELLAS)
- 19.10-19.20 Lactate accumulation during interval physical exercise with active and  
passive recovery. (45)  
K.MANDROUKAS, M.KARAMOUZIS, TH.PHALTAKAS (HELLAS)
- 19.20-19.30 Tenton vascularity. (46)  
P. DIMAKOPOULOS (HELLAS)
- 19.30-19.40 Haimoglobinuria and anemia in female athlete in TAE KWON DO. (47)  
G. SKARAGAS (HELLAS)
- 19.40-20.00 DISCUSSION
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**MORNING SESSION (I)**

FREE ANNOUNCEMENTS \_\_\_\_\_ AUDITORIUM B

CHAIRMEN: G. HATZAKIS, P. BELOUSIS

- 08.30-08.40 L-KARNITINA (48)  
CALLIGARIS, ST. CHANTZOS (ITALY)
- 08.40-08.50 A theoretical model for the identification of learning disabilities. (49)  
D. KOUTSOUKI-KOSKINA (HELLAS)
- 08.50-09.00 Simple tests for the investigation of general muscular strength and stiffness in Athletes. (50)  
N. MALLIAROPOULOS, B. SIKARAS, D. ROUNTAS (HELLAS)
- 09.00-09.10 Adults participation in sport activities. (51)  
CH.P. TSACHAGEAS (HELLAS)
- 09.10-09.20 Re-education of Athletes. (52)  
A. CALLIGARIS, ST. CHANTZOS (ITALY)
- 09.20-09.30 Therapeutic exercise for lower extremity injuries in children. (53)  
D. TSATSAKOS (HELLAS)
- 09.30-09.40 Magnetic therapy-Early results in physical- therapy. (54)  
D. KIATOS, N. DOUKAS, X. MICHAIL, P. BELOUSIS (HELLAS)
- 09.40-09.50 Impact of energetic warm up and the application of short wave diathermy in maximal isometric strength of the quadriceps muscle. (55)  
P. YOKARIS, N. DOUKAS, A. STERGILOULAS (HELLAS)
- 09.50-10.00 Ultrasound assessment of adductor muscle injuries. (56)  
D.TH. RAMMOS, J.A. BIRES (HELLAS)
- 10.00-10.30 DISCUSSION
- 10.30-11.00 COFFEE BREAK
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## MORNING SESSION (II)

- 12.00–14.00      ROUND TABLE CONFERENCE  
THEME: Arthroscopy of the knee joint for diagnosis and treatment of menisci injuries in athletes.  
Coordinator: N. ANTONIOU  
                    «Arthroscopy for diagnosis of menisci injuries»  
Contributors: P. PARATHELIS  
                    «Diagnostic precisness of arthroscopy»  
                    G. PAPACHRISTOU  
                    «Stitch of menisceal remnants»  
                    G. PRIFTIS  
                    «Arthroscopic meniscectomy»

14.00–16.00      LUNCH

## MORNING SESSION (III)

CHAIRMEN: S. MILIGOS, G. KARANDANAS

- 16.00–16.30      POSTERS SESSION  
16.30–18.00      WORKSHOP (I)  
                    Coordinator: P. KONTOULAKOS  
                    Isokinetic exercises—Application of CYBEX in evaluation and rehabilitation of athletes.  
                    Contributors: N. DOUKAS, P. POULMENTIS, P. YIOKARIS  
18.00–18.30      COFFEE BREAK

## MORNING SESSION (IV)

- 18.00–20.00      WORKSHOP (II)  
                    Coordinator: P. KONTOULAKOS  
                    Lasers in traumatology and rehabilitation of athletes.  
                    Contributors: X. MICHAEL, N. DOUKAS, P. YIOKARIS



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**MORNING SESSION (I)**

FREE ANNOUNCEMENTS \_\_\_\_\_ AUDITORIUM A

**CHAIRMEN: SP. MILIGOS (Hellas), A. DEMETER (Romania)**

- 08.30-08.40      Application of the automated systems in the sports-medical consultation—A contemporary method for optimizing the complex recreation through physical culture and sports. (57)  
N. LAZAROV (BULG.)
- 08.40-08.50      Groin Pain and its therapy—Our results of operative treatment. (58)  
Z. ZLATKO, V. BOSNJAK (YUG.)
- 08.50-09.00      Therapeutic exercise in scapulothoracic periarthritis. (59)  
L. VENOVA, M. MANOLOVA, A. BARZOKA, G. PUJUKAS, A. VASSILIADOU (BULG.)
- 09.00-09.10      Cardiologic control over elite Bulgarian Athletes. (60)  
P. SLANCHEV, R. KOSSEV (BULG.)
- 09.10-09.20      Hypoacustics and sport practice. Improved psycho-social and professional integration. (61)  
M. FLOREA, I. MOLDOVAN, O. SIMU, C. MUNTEANU, G. MOLDOVAN (ROM.)
- 09.20-09.30      The altitude training of football players and its effect on some physiological parameters. (62)  
Z. TROJACANEC (YUG.)
- 09.30-09.40      Chronobiological aspects of magnesiumemia in young girl-sportives. (63)  
O. SIMU, M. SIMU, V. ATUDOREI, T. ATUDOREI, G. MOLDOVAN (ROM.)
- 09.40-09.50      Hypophysial—Ovarian function in young top class female competitors in rhythmic gymnastics. (64)  
V. TOSHKOVA, A. MALEEVA (BULG.)
- 09.50-10.00      An account of aerebolicism with the slight clinical consequences. (65)  
N. JOVANOVIC, D. BOSKOVIC (YUG.)
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- 10.00–10.10 Athletics and the role of the diet supplements.  
(66)  
R.J. WOODWARD (HELLAS)
- 10.10–10.20 The effect of the modified training session on correction and prevention of deformities. (67)  
N. JOVANOVIC, D. BOSKOVIC, J. KOCIC, B. RADOVANOVIC (YUG.)
- 10.20–10.40 DISCUSSION
- 10.40–11.00 COFFEE BREAK

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**MORNING SESSION (II)**

CHAIRMEN: P. KONTOULAKOS (Hellas), D. DJURDJEN (Yugoslavjia)

- 11.00–11.45 Sport activities in adults from sport Medicine point of view.  
Prof. PAUL NOVACKI
- 11.45–12.00 COFFEE BREAK

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**MORNING SESSION (III)**

FREE ANNOUNCEMENTS

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CHAIRMEN: J. PAPAGEORGIOU (Hellas), T. TODOROV (Bulgary)

- 12.00–12.10 Adaptation of adults to systemic physical and sporting occupations. (68)  
S. SAVOV, A. HADZIKIRIAKOS, M. ARESTEROGLU, G. KACHIFIS,  
G. PISIS (BULG.)
- 12.10–12.20 The influence of precreational tennis on some morphofunctional characteristics of recreation tennis players. (69)  
V. BOSNJAK, Z. ZORIC, A. VUKOVIC (YUG.)



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- 12.20-12.30      Cardiovascular rehabilitation successes comparison in a group of former sportsmen and nonsport active persons after acute myocardial infarction. (70)  
L. MARKOVIC, D. UGARKOVIC, P. MARKOVIC (YUG.)
- 12.30-12.40      The contribution of computerized brain mapping to the diagnosis and prognosis of punch-drunk encephalopathy. (71)  
E. SKOUTELI, P. KONTOULAKOS, K. KRASSANAKIS, Z. VOLIKAS  
(HELLAS)
- 12.40-12.50      Age and involution regional changes in arteries. (72)  
V. GEORGIEV, K. BICHEV (BULG.)
- 12.50-13.00      The role of the sports recreation in the prevention of the work absenteeism and invalidity. (73)  
D. CARAPIC (YUG.)
- 13.00-13.10      The influence of game practices (Featherball and table tennis) on cardiorespiratory factors and motor skills of university students with health problems. (74)  
M. MAREKOV (BULG.)
- 13.10-13.20      Long remedial gymnastics for adults with chronic cardiopathy. (75)  
ST. SLAVOV, K. DIMOV (YUG.)
- 13.20-13.30      A system for control and comparative assessment of the results of kinesiotherapeutical models, applied in primary and secondary prophylaxis of University Students. (76)  
S. CHERNOGOROVA (BULG.)
- 13.30-13.40      Method of exercise therapy in secondary prophylaxis against scoliosis. (77)  
S. CHERNOGOROVA (BULG.)
- 13.40-14.00      DISCUSSION
- 14.00-16.00      LUNCH
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SATURDAY 14 NOVEMBER 1987

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**AFTERNOON SESSION (I)**

FREE ANNOUNCEMENTS \_\_\_\_\_ AUDITORIUM A

CHAIRMEN: AN. KOULOURIS, G. ZERVAS

- 16.00–16.10      The problem of muscle tightening of football players. (78)  
PH. SPINTHOURAKIS, SP. MILIGOS, G. TOURLAS, D. MICHAILIDES, H. KAFKAS (HELLAS)
- 16.10–16.20      Enterval anteroposterior instability of ankle joint. (79)  
G. PAPACHRISTOU, Z. AGOROPOULOS (HELLAS)
- 16.20–16.30      Diagnosis and surgical treatment of the external ankle joint ligament. (80)  
ST. KALOS, E. VELIVASAKIS, N. BEKAS, A. TSIATSIANA, J. PEGOS, A. RENIERIS (HELLAS)
- 16.30–16.40      Arthroscopic removal of meniscus. (81)  
A. MITSOU, P. PAPALOS, N. PISKOPAKIS, P. NIKOLAOU (HELLAS)
- 16.40–16.50      Dissecting knee osteochondritis. Review of twenty cases in athletes. (82)  
M. LIOUGAS, EL. KOUTRIS, N. MERKOURIS, K. PROYAS (HELLAS)
- 16.50–17.00      Osteochondritis of tibial tuberosity (OSGOOD–SCHLATTER disease) in relation to sport activities in children. (83)  
P. APOSTOLOPOULOS, J. KORNARAKIS, J. GORGOLIS, J. TIDONIS, N. SOLIDAKIS, N. NIKOLAKAKIS (HELLAS)
- 17.00–17.10      Chronic failure of the anterior cruciate ligament–Rehabilitative surgery. (84)  
A. MITSOU, N. PISKOPAKIS, S. MACHAERAS, O. EMMANOUILIDES, P. PAPALOS, P. VALLIANATOS (HELLAS)
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- 17.10-17.20      Significance of non invasive diagnostic procedures in preventin vessel damages in athletes. (85)  
SP. MILIGOS, P. SPINTHOURAKIS, D. MICHAILIDES, D. PANAGO-  
ULIS, G. TOURLAS (HELLAS)
- 17.20-17.40      Time of ischaemia compression in the postopevative quadriceps functions. (86)  
P. KATONIS, J. MARIS, A. ASIMAKOPOULOS, N. GOUMAS, N. LA-  
GOYANNIS, E. EXARCHOU (HELLAS)
- 17.30-17.40      Recurrent epicondylitis in relation to myositis ossificans. (87)  
P.KONTOULAKOS, X.MICHAEL, M.LIOUGAS,  
N.GOUMAS (HELLAS)
- 17.40-17.50      Attempt to increase the muscular strength by the ancient Israelites. (94)  
I. PAPAYANNOPOULOS (HELLAS)
- 17.50-18.10      **DISCUSSION**
- 18.10-18.30      **COFFEE BREAK**

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**AFTERNOON SESSION (II)**

**FREE ANNOUNCEMENTS**

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**CHAIRMEN: ST. ANTIPAS, N. MAVRIS**

- 18.30-18.40      Ski injuries. (88)  
K. STERGIOPOULOS, M. LIOUGAS, A. POLIZOU (HELLAS)
- 18.40-18.50      Epicondylitis of the elbow (tennis elbow) results of conservative treat-  
ment in 213 cases. (89)  
P. APOSTOLOPOULOS, N. SOLIDAKIS, J. KORNARAKIS, J. TIDO-  
NIS, J. GORGOLIS (HELLAS)



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- 18.50–19.00 Fractures of the face in athletes. (90)  
PH. KOUMOURA, E. KONSOLAKI (HELLAS)
- 19.00–19.10 Distribution of injuries in 1912 football matches in the Athens region.  
(91)  
D. RAMMOS, J. BIRES (HELLAS)
- 19.10–19.20 Wind-surfing and lumbago. (92)  
M. LIOUGAS, K. STERGIPOULOS, A. LIOUGAS (HELLAS)
- 19.20–19.30 DISCUSSION**
- 19.30–20.00 SUMMING UP. COCLUSIONS.**

