



# IOC WORLD CONFERENCE PREVENTION OF INJURY & ILLNESS IN SPORT



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## MONACO 16-18 MARCH 2017 Preliminary Programme Overview

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# Programme at a Glance

## Wednesday 15 March

- 16.00** Registrations
- 18.30** WELCOME RECEPTION

## Thursday 16 March

- 08.00** Registrations
- 09.00-09.30** OPENING CEREMONY  
*Room Prince Pierre*

### 09.30-10.30 **KEYNOTE 1**

*Room Prince Pierre*

**25 years after: The sequence of prevention revisited**

Speaker: Willem van Mechelen (Netherlands)

### 10.30-11.00 *Coffee Break*

#### 11.00-12.30

##### **SESSION A - Room Prince Pierre**

###### Symposium 1

**Hamstring injury prevention that works! - From basic mechanisms to international implementation**

Chairs: Roald Bahr (Norway), Kristian Thorborg (Denmark)

Speakers: David Opar (Australia), Nicol van Dyk (South Africa), Anthony Shield (Australia), Gustaaf Reurink (Netherlands)

#### 11.00-12.30

##### **SESSION B - Room Camille Blanc**

###### Symposium 2

**How to prevent secondary meniscal injuries after ACL injury in our youngest athletes; the skeletally immature?**

Chair: Lars Engebretsen (Norway)

Speakers: Guri Ekås (Norway), Romain Seil (Luxembourg), Håvard Moksnes (Norway), Hege Grindem (Norway), Kristian Samuelson (Sweden)

### 12.30-14.00 *Lunch*

#### 14.00-15.00

##### **SESSION A - Room Prince Pierre**

###### Head-to-head debate 1:

**Assessing where we are at after 20 years of research in sports injury prevention**

Chair : Karim Khan (Canada)

Speakers: Erik Witvrouw (Belgium), Evert Verhagen (Netherlands)

#### 14.00-15.00

##### **SESSION B - Room Camille Blanc**

###### Symposium 3

**Equipment designed to reduce risk of injuries in elite alpine skiing**

Chair: Erich Müller (Austria)

Speakers: Sophie Steenstrup (Norway), Matthias Gilgien (Norway/Switzerland), Josef Kröll (Austria), Jörg Spörri (Austria)

#### 15.00-16.00

##### **SESSION A - Room Prince Pierre**

###### Symposium 4

**Sports-specific ACL injury mechanisms and its implication for prevention**

Chairs: Takeshi Muneta (Japan), Roald Bahr (Norway)

Speakers: Markus Waldén (Sweden), Hideyuki Koga (Japan), Tone Bere (Norway/Qatar), Eiichi Tsuda (Japan)

#### 15.00-16.00

##### **SESSION B - Room Camille Blanc**

###### Symposium 5

**Citius, Altius, Fortius - Ensuring sports safety messages have maximal impact**

Chair: Caroline Finch (Australia)

Speakers: Ross Tucker (South Africa), Evert Verhagen (Netherlands), Jiri Dvorak (Switzerland)

### 16.00-16.30 *Coffee Break*

#### 16.30-17.30

##### **SESSION A - Room Prince Pierre**

###### Symposium 6

**The brain's role in ACL injury prevention**

Chair: Eva Ageberg (Sweden)

Speakers: Charles Buz Swanik (USA), Anne Benjaminse (Netherlands), Jochen Baumeister (Germany)

#### 16.30-17.30

##### **SESSION B - Room Camille Blanc**

###### Symposium 7

**Team Handball - Time to reduce the injuries!**

Chair: Grethe Myklebust (Norway)

Speakers: Martin Asker (Sweden), Stig H. Andersson (Norway), Merete Möller (Denmark)

#### 16.30-17.30

##### **SESSION C - Salle Auric**

###### Symposium 8

**Protecting the health and performance of the traveling athlete**

Chair: Sebastien Racinais (Qatar)

Speakers: Peter Fowler (Qatar), Martin Schwellnus (South Africa), Wayne Derman (South Africa)

#### 17.30-18.30

##### **SESSION A - Room Prince Pierre**

###### Symposium 9

**Tendon pain: How to direct prevention strategies by understanding the local and central contributions**

Chair: Jill Cook (Australia)

Speakers: Sean Docking (Australia), Michel Coppieters (Netherlands), Jeremy Lewis (United Kingdom), Ebonio Rio (Australia)

#### 17.30-18.30

##### **SESSION B - Room Camille Blanc**

###### Symposium 10

**Postcard from the Third World - Prevention of illness and injury in athletes from developing countries**

Chair: Robin Mitchell (Fiji)

Speakers: Jegathesan Manikavasagam Tan Sri (Malaysia), Chris Milne (New Zealand), Martin Schwellnus (South Africa)

#### 17.30-18.30

##### **SESSION C - Salle Auric**

###### Symposium 11

**Tweeting, liking, following, sharing: enhancing the protection of athletes' health now and in the future**

Chair: Evert Verhagen (Netherlands)

Speakers: Claire Bower (United Kingdom), Karim Khan (Canada), Osman Ahmed (United Kingdom)



## Programme at a Glance

### Friday 17 March

#### 08.30-09.15 **KEYNOTE 2**

*Room Prince Pierre*

**Why screening to predict injury does not work - and probably never will...**

**Speaker:** Roald Bahr (Norway/Qatar)

#### 09.30-11.00

##### **SESSION A - Room Prince Pierre**

###### **Symposium 12**

**Prevention of tendinopathy; how to play the game?**

**Chair:** Johannes Zwerver (Netherlands)

**Speakers:** Katja Heinemeier (Denmark), Sean Docking (Australia), Hazel Screen (United Kingdom), Ebonie Rio (Australia), Jill Cook (Australia)

#### 09.30-11.00

##### **SESSION B - Room Camille Blanc**

###### **Symposium 13**

**Injury prevention in youth sport: Time to "Get on with it!"**

**Chair:** Carolyn Emery (Canada)

**Speakers:** Carly McKay (United Kingdom), Grethe Myklebust (Norway), Brent Hagel (Canada), Evert Verhagen (Netherlands)

#### 09.30-11.00

##### **SESSION C - Salle Auric**

###### **Symposium 14**

**Go big or Go home: Is injury prevention among competitive and recreational snowboarders and freestyle skiers possible?**

**Chairs:** Erich Müller (Austria), Torbjørn Soligard (Norway/Switzerland)

**Speakers:** Sophie Steenstrup (Norway), Matthias Gilgien (Norway/Switzerland), Irving Scher (USA), James McNeil (USA)

#### 11.00-11.30 *Coffee Break*

#### 11.30-13.00

##### **SESSION A - Room Prince Pierre**

###### **Symposium 15**

**ACL injury prevention works - but not in the real world?**

**Chair:** Tron Krosshaug (Norway)

**Speakers:** Kati Pasanen (Finland), Kathrin Steffen (Norway), Kam-Ming Mok (Hong Kong), Jesper Bencke (Denmark), Mette Kreutzfeldt Zebis (Denmark)

#### 11.30-13.00

##### **SESSION B - Room Camille Blanc**

###### **Symposium 16**

**The end of collision and contact sports as we know it?  
The prevention of concussion in sport**

**Chair:** Cindy Chang (USA)

**Speakers:** Kimberly G. Harmon (USA), Margot Putukian (USA), Jon Patricios (South Africa), Laurence Gant (United Kingdom), Jiri Dvorak (Switzerland)

#### 13.00-14.30 *Lunch*

#### 14.30-15.15 **KEYNOTE 3**

*Room Prince Pierre*

**Protecting the health of the athlete - The IOC Injury & Illness Prevention Programme**

**Speaker:** To be announced

#### 15.30-16.30 **THEMATIC POSTER SESSION**

#### 16.30-17.00 *Coffee Break*

#### 17.00-18.00

##### **SESSION A - Room Prince Pierre**

###### **Symposium 17**

**Preventing groin injuries in football - beyond the "time-loss" approach**

**Chairs:** Per Hölmich (Denmark), Thor Einar Andersen (Norway)

**Speakers:** Kristian Thorborg (Denmark), Joar Harøy (Norway)

#### 17.00-18.00

##### **SESSION B - Room Camille Blanc**

###### **Symposium 18**

**Game over: time to blow the whistle on psychological injury in sport**

**Chair:** Margo Mountjoy (Canada)

**Speakers:** Tricia Leahy (Hong Kong), Kari Fasting (Norway), Kathy Martin (Australia/United Kingdom)

#### 17.00-18.00

##### **SESSION C - Room Auric**

###### **Symposium 19**

**Optimizing your Injury Surveillance system: Strategies to maximize prevention**

**Chair:** Ian Shrier (Canada)

**Speakers:** Evert Verhagen (Netherlands), Caroline Finch (Australia)

#### 18.00-19.00

##### **SESSION A - Room Prince Pierre**

###### **Head-to-head debate 2:**

**Enough is enough - or is it? Can we stop conducting RCTs and accept we have enough evidence to fully inform sports injury prevention?**

**Chair:** Ian Shrier (Canada)

**Speakers:** Carolyn Emery (Canada), Caroline Finch (Australia)

#### 18.00-19.00

##### **SESSION B - Room Camille Blanc**

###### **Symposium 20**

**Leadership: A vital ingredient in the recipe for implementing health protection and injury prevention interventions in sport**

**Chairs:** Alex Donaldson (Australia), Mario Bizzini (Switzerland)

**Speakers:** Margo Mountjoy (Canada), Wayne Viljoen (South Africa)

#### 18.00-19.00

##### **SESSION C - Salle Auric**

###### **Symposium 21**

**Bodies of gods, teeth of yobs - preventing poor oral health in sport**

**Chair:** Ian Needleman (United Kingdom)

**Speakers:** Adrian Lussi (Switzerland), Paul Ashley (United Kingdom), Julie Gallagher (United Kingdom)

#### 20.00 **SPORTS CELEBRATION NIGHT**



## Programme at a Glance

### Saturday 18 March

#### 08.30-09.15 **KEYNOTE 4**

Room Prince Pierre

**Monitoring training load in team sports: Should athletes be training smarter and harder? The training-injury prevention paradox**

Speaker: Tim Gabbett (Australia)

#### 09.30-11.00

**SESSION A - Room Prince Pierre**

Symposium 22

**How to prevent the painful shoulder among the overhead athletes**

Chair: Grethe Myklebust (Norway)

Speakers: Ann Cools (Belgium), Martin Asker (Sweden), Stig H. Andersson (Norway), Kevin E. Wilk (USA), Rod Whiteley (Qatar)

#### 09.30-11.00

**SESSION B - Room Camille Blanc**

Symposium 23

**Screening to prevent sudden cardiac death: Evidence, knowledge gaps, and new directions**

Chair: Jonathan Drezner (USA)

Speakers: Stephen Targett (Qatar), Kimberly G. Harmon (USA), Irfan Asif (USA), Sanjay Sharma (United Kingdom)

#### 09.30-11.00

**SESSION C - Salle Auric**

Symposium 24

**Overload in the elite youth athlete: Challenges and solutions**

Chairs: Roald Bahr (Norway), Michael F. Bergeron (USA)

Speakers: Christine Holm Moseid (Norway), Amanda Johnson (Qatar/United Kingdom), Neeru A. Jayanthi (USA), Babette Pluim (Netherlands), Håvard Visnes (Norway)

#### 11.00-11.30 *Coffee Break*

#### 11.30-13.00

**SESSION A - Room Prince Pierre**

Symposium 25

**From the research lab to the sporting pitch - efficacy to effectiveness of preventive interventions in team sports**

Chairs: Martin Hägglund (Sweden), Caroline Finch (Australia)

Speakers: Alex Donaldson (Australia), Grethe Myklebust (Norway), Mario Bizzini (Switzerland), Hanna Lindblom (Sweden)

#### 11.30-13.00

**SESSION B - Room Camille Blanc**

Symposium 26

**Preventing illness and injury in athletes - Is the periodic health examination (PHE) a valuable tool?**

Chairs: Stephen Targett (Qatar), Håvard Moksnes (Norway)

Speakers: Andrea Mosler (Qatar), Arnhild Bakken (Qatar), Ben Clarsen (Norway), Christopher Skazalski (Qatar)

#### 11.30-13.00

**SESSION C - Salle Auric**

Symposium 27

**Concussion prevention in child and adolescent sport: Are our children's brains different?**

Chair: Carolyn Emery (Canada)

Speakers: Michael Makdissi (Australia), Kevin Guskiewicz (USA), Andrew McIntosh (Australia), Kathryn Schneider (Canada)

#### 13.00-14.30 *Lunch*

#### 14.30-15.30

**SESSION A - Room Prince Pierre**

Symposium 28

**Preventing football injuries: Innovative approaches for getting the most from prospective injury data**

Chair: Caroline Finch (Australia)

Speakers: Martin Hägglund (Sweden), Tim Gabbett (Australia), Simon Kemp (United Kingdom)

#### 14.30-15.30

**SESSION B - Room Camille Blanc**

Symposium 29

**As the Vicar said to the Actress - "Anyone for tennis?" The impact of intense training on the adolescent, overhead athlete**

Chair: Michael Turner (United Kingdom)

Speakers: W. Ben Kibler (USA), Babette Pluim (Netherlands)

#### 14.30-15.30

**SESSION C - Room Auric**

Symposium 30

**Preventing exertional heat illness in youth, Paralympic and elite Olympic athletes**

Chair: Julien Périard (Qatar)

Speakers: Ollie Jay (Australia), Michael F. Bergeron (USA), Nick Webborn (United Kingdom)

#### 15.30-16.30

**SESSION A - Room Prince Pierre**

Symposium 31

**Evidence-based injury prevention in paralympic sport**

Chair: Wayne Derman (South Africa)

Speakers: Nick Webborn (United Kingdom), Cheri Blauwet (USA), Peter Van de Vliet (Germany)

#### 15.30-16.30

**SESSION B - Room Camille Blanc**

Symposium 32

**Proactive versus reactive: Monitoring athletes' health to optimise sport performance through prevention**

Chair: Evert Verhagen (Netherlands)

Speakers: Margo Mountjoy (Canada), Martin Schwelinius (South Africa), Ben Clarsen (Norway)

#### 15.30-16.30

**SESSION C - Salle Auric**

Symposium 33

**Implementing a national Injury Prevention Programme**

Chair: Mark Fulcher (New Zealand)

Speakers: Jiri Dvorak (Switzerland), Cam Mitchell (New Zealand), Isaac Carlson (New Zealand)

#### 16.30-17.00 *Coffee Break*

#### 17.00-17.45 **KEYNOTE 5**

Room Prince Pierre

**Preventing sudden cardiac death: The Good, the Bad, and the Ugly**

Speaker: Jonathan Drezner (USA)

#### 17.45-18.15 **CLOSING CEREMONY**

Room Prince Pierre

#### 20.00 **FACULTY EVENT (by invitation)**



33 symposia

5 keynote lectures

2 head-to-head debates

122 speakers

19 scientific committee members

24 countries

- |                     |                         |                       |
|---------------------|-------------------------|-----------------------|
| Eva Ageberg         | Brent Hagel             | Kati Pasanen          |
| Osman Ahmed         | Martin Hägglund         | Jon Patricios         |
| Thor Einar Andersen | Kimberly G. Harmon      | Julien Périard        |
| Stig H. Andersson   | Joar Harøy              | Babette Plum          |
| Paul Ashley         | Katja Heinemeier        | Margot Putukian       |
| Irfan Asif          | Per Hölmich             | Sebastien Racinais    |
| Martin Asker        | Ollie Jay               | Gustaaf Reurink       |
| Roald Bahr          | Neeru A. Jayanthi       | Ebonie Rio            |
| Arnhild Bakken      | Lewis Jeremy            | Kristian Samuelson    |
| Jochen Baumeister   | Amanda Johnson          | Irving Scher          |
| Jesper Bencke       | Simon Kemp              | Kathryn Schneider     |
| Anne Benjaminse     | Karim Khan              | Martin Schwellnus     |
| Tone Bere           | Ben Kibler              | Hazel Screen          |
| Michael F. Bergeron | Hideyuki Koga           | Romain Seil           |
| Mario Bizzini       | Mette Kreutzfeldt Zebis | Sanjay Sharma         |
| Cheri Blauwet       | Josef Kröll             | Anthony Shield        |
| Claire Bower        | Tron Krosshaug          | Ian Shrier            |
| Isaac Carlson       | Tricia Leahy            | Christopher Skazalski |
| Cindy Chang         | Hanna Lindblom          | Torbjørn Soligard     |
| Ben Clarsen         | Adrian Lussi            | Jörg Spörri           |
| Jill Cook           | Michael Makdissi        | Sophie Steenstrup     |
| Ann Cools           | Jegathesan              | Kathrin Steffen       |
| Michel Coppieters   | Manikavasagam Tan Sri   | Charles Buz Swanik    |
| Wayne Derman        | Kathy Martin            | Stephen Targett       |
| Sean Docking        | Andrew McIntosh         | Kristian Thorborg     |
| Alex Donaldson      | Carly McKay             | Eiichi Tsuda          |
| Jonathan Drezner    | James McNeil            | Ross Tucker           |
| Jiri Dvorak         | Chris Milne             | Michael Turner        |
| Guri Ekås           | Robin Mitchell          | Peter Van de Vliet    |
| Carolyn Emery       | Cam Mitchell            | Nicol van Dyk         |
| Lars Engebretsen    | Kam-Ming Mok            | Willem van Mechelen   |
| Kari Fasting        | Håvard Moksnes          | Evert Verhagen        |
| Caroline Finch      | Merete Möller           | Wayne Viljoen         |
| Peter Fowler        | Christine Holm Moseid   | Haavard Visnes        |
| Mark Fulcher        | Andrea Mosler           | Markus Waldén         |
| Tim Gabbett         | Margo Mountjoy          | Nick Webborn          |
| Julie Gallagher     | Erich Müller            | Rod Whiteley          |
| Laurence Gant       | Takeshi Muneta          | Kevin E. Wilk         |
| Matthias Gilgien    | Grethe Myklebust        | Erik Witvrouw         |
| Hege Grindem        | Ian Needleman           | Johannes Zwerver      |
| Kevin Guskiewicz    | David Opar              |                       |



Opening of the 2<sup>nd</sup> Call for Workshop & Call for Abstract

Conference Venue

Grimaldi Forum

22, Avenue Princesse Grace - 98000 - Monaco

Registrations, hotel bookings available on the website:

www.ioc-preventionconference.org





## Organising Committee

### President

**Fredrik S. BENDIKSEN, MD**  
*Norwegian Olympic Training Center, Oslo, Norway*

### Members

**Cherine TOUVET - FAHMY, Anti-Doping & Project Manager**  
*IOC Medical & Scientific Department*  
*Head of Logistics, Social Events*

**Benedetta BOARETTO-SARTORI, Account Manager**  
**Denise DAVIDE, Project Manager**  
*Organising Partner, Publi Créations SAM*

## Scientific Committee

### Chair

**Roald BAHR, MD PhD Professor**  
*Oslo Sports Trauma Research Center & Norwegian Olympic Training Center, Oslo, Norway*  
*& Aspetar Orthopaedic & Sports Medicine Hospital, Doha, Qatar*

### Members

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**Jiri DVORAK, Switzerland**  
**Lars ENGBRETSSEN, Norway/Switzerland**  
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**Evert VERHAGEN, Netherlands**  
**Markus WALDÉN, Sweden**

## International Olympic Committee Medical and Scientific Department

### Director in charge:

**Richard BUDGETT, MD**

### IOC Medical Commission Chair:

**Uğur ERDENER, Dr**

### Organising Partner



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74, Boulevard d'Italie - MC - 98000 Monaco - Tel.: +377 97 97 35 55 - Fax: +377 97 97 35 50  
[www.publiccreations.com](http://www.publiccreations.com) - E-mail: [info@ioc-preventionconference.org](mailto:info@ioc-preventionconference.org)