

IX INTERNATIONAL BALTIC SPORTS MEDICINE CONFERENCE

Preliminary program

20th August

10.00-12.00	Registration		
12.00-18.00	Sports trauma session (organized by European Federation of Sports Trauma EFSMA)		
12.00-14.30	I Session: Knee ligament		
12.00-12.30	Knee ligament injuries in children sport	Henrique Jones (Portugal)	
12.30-13.00	ACL injuries in high level athletes: how to treat	Artur P. Castro (Portugal)	
13.00-13.30	Management of antero-medial instability	Gian Luigi Canata (Italy)	
13.30-14.00	Diagnostic tools and intraoperative decision making in ALL ligament avulsions, combined with ACL injury	Burt Klos (Netherlands)	
14.00-14.30	Prevention of knee ligament injuries in sport	Mati Arend (Estonia)	
14.30-15.30	Lunch		
15.30-17.30	II Session: Shoulder and overhead sport		
15.30-16.00	Shoulder instability and overhead sport: diagnosis, treatment options	Madis Rahu (Estonia)	
16.00-16.30	Partial RC tear in volleyball	Grzegorz Adamczyk (Poland)	
16.30-17.00	Overuse syndromes with nerve lesions in overhead athletes	Grzegorz Adamczyk (Poland)	
17.00-17.30	How to prevent shoulder injuries in overhead sport	Kristi Pedak (Estonia)	
16.00-18.00	Workshop Partially unloaded ambulation (use of the Alter-G, practical demonstrations), a practical demonstration of KAATSU training	Jim-Stray-Gundersen (USA), Tauno Koovit (Estonia), Mihkel Luik (Estonia)	
18.00	Welcome reception		Main Hall, Dorpat

21th August

8.00-9.00	Registration		
9.00-9.20	Opening ceremony		
9.20-10.00	Plenary session I. The importance of exercise for medicine in modern western societies: Need for "Exercise is Medicine"	Jürgen Steinacker (Germany)	
10.00-13.00	Thematic session I. Sports in children and adolescents		
10.00-10.30	Physical activity, fitness and health in youth	Jonatan Ruiz (Spain)	
10.30-10.50	Physical activity and fitness trends in Estonian children	Jarek Mäestu (Estonia)	
10.50-11.20	Coffee break		
11.20-11.40	Preparticipation screening of young athletes in Estonia	Agnes Mägi (Estonia)	
11.40-12.10	Chronic joint pain in a young athlete: how to differentiate arthritis	Mart Kull (Estonia)	
12.10-12.40	Children injuries in sports	Henrique Jones (Portugal)	
12.40-13.00	Risk factors of lower limb injuries in Estonian young football and basketball players	Mati Arend (Estonia)	
13.00-14.00	Lunch		
13.30-14.30	Poster session		Main hall
14.30-15.40	Thematic session II. Sports in elderly		
14.30-14.50			
14.50-15.10	Ageing and sarcopenia	Mati Pääsuke (Estonia)	

15.10-15.40	Sport and cardiac risks in elderly		
15.40-16.00	Coffee break		
16.00-16.30	Arthrosis and sport	Mihkel Mardna (Estonia)	
16.30-16.50			
17.00-18.00	Short oral presentations		
19.00	Banquet		History museum of Univeristy of Tartu (Lossi 25)

22th August

8.00-9.00	Short oral presentations		
9.10-10.00	Plenary session II. Overview of Altitude Training: Live High, Train Low	Jim-Stray-Gundersen (USA)	
10.00-14.30	Thematic session III. Actual training and health issues in top-level sports		
10.00-10.30	Physiological determinants of physical performance in the heat	Vahur Ööpik (Estonia)	
10.30-11.00	Practical application of isokinetic dynamometry in the assessment of musculoskeletal system	Inese Pontaga (Latvia)	
11.00-11.30	Gene doping: risks versus its theoretical potential to increase physical performance	Simon Perikles (Germany)	
11.30-12.00	Coffee break		
12.00-12.30	Athlete support personnel in the context of the World Anti-Doping Code	Ieva Lukosiute-Stanikuniene (Lithuania)	
12.30-13.00	Use of Alter-G and KAATSU: As modalities to reduce impact and force on joints, while vigorously exercising heart and muscle	Jim-Stray-Gundersen (USA)	
13.00-13.30			
13.30-14.00			
14.00-15.00	Lunch		
14.30-15.30	Poster session		Main hall
15.00-16.30	Thematic session IV. Female athlete: problems and solutions		
15.00-15.30	Female athlete triad		
15.30-16.00	Regulation of energy balance by brown adipose tissue: Potential role for physical activity	Jonathan Ruiz (Spain)	
16.00-16.30	Specific sport injuries in female athletes: what is the reason?	Leho Rips (Estonia)	
16.30-17.00	Closing ceremony		

August, 23th - Pitch Side Sports First Aid with AED training for coaches and physios

8.30-9.00	Registration		at University of Tartu
9.00-15.00	Workshop, training. Supported by Haapsalu Neurological Rehabilitation Center Concussion in sport, recucitation (main target group: team physicians, team physiotherapists, coaches etc)	Andras Laugamets, Kaspar Rõivasepp, Mati Arend (Estonia)	
11.00-11.30	Coffee break		

Information: www.spordimeditsiin.ee

Contact

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Conference organizers and supporters:

University of Tartu, Sports Medicine and Rehabilitation Clinic, Tartu University Hospital, Estonian Sports Medicine Foundation, Estonian Sports Medicine Federation, Estonian Arthroscopy and Sports Traumatology Society, Estonian Olympic Committee



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