

38th FIMS World Congress
of Sports Medicine
DUBAI
2024

**PRELIMINARY PROGRAM*

SCIENTIFIC PROGRAM

FIMS - DAY 1

24th TO 27th OCTOBER, 2024

07:30 - 08:30 Registration

Session 1: Lectures

07:30 - 08:30 Sport Medicine & Physical Therapy Joint Track
Abdulla Al Rahoomi, Murat Dalkilinc, UAE

08:30 - 09:10 Emirates Physiotherapy Society | Emirates Society of Rehabilitation and Sport Medicine
Guest Speakers: TBA

09:10 - 10:00 Rehabilitation and Return to Sport after Hamstring Injury - Clinical Approach from 450 Athlete Injuries Managed at Aspetar
Rod Whiteley, Qatar

10:00 - 11:00 Opening Ceremony and Coffee Break

Session 2: Lectures

11:00 - 11:50 Physical Inactivity: Self-Regulation and Self-Responsibility or Nanny knows Best
Willem Van Mechelen, Netherland

Sport Medicine & Physical Therapy Joint Track

Theme: Teamwork at the Pitch-Side/ Sideline
Moderator/Chairperson: Demitry Constantinou, South Africa

11:50 - 12:10 Medical Care in Marathon
William Roberts, USA

12:10 - 12:30 Team Physician: Sideline Coverage and Traveling with Teams
Alan Kourie, UAE

12:30 - 12:50 Team Physiotherapist: Sideline Coverage and Traveling with Teams
Ryan Kehoe, UAE

Global Alliance Track

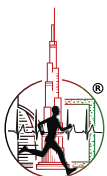
Theme: Physical Activity Promotion
Moderator/Chairperson: Fabio Pigozzi, Italy | Yannis Pitsiladis, Hong Kong

11:50 - 12:10 What Is The "Global Alliance" And Why Is It Urgently Needed?
Yannis Pitsiladis, Hong Kong

12:10 - 12:30 Physical Inactivity, a Global Public Health Problem and the Role of Sports Medicine
Fabio Pigozzi, Italy

12:30 - 12:50 From Intention to Change Lifestyle to Applied Policies - The Role of Sport and Medicine
Juergen Steinacker, Germany

13:00 - 15:00 Commission Lunch Meeting



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Session 3: Lectures

14:00 - 14:50

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Fiona Bull, Australia

Sports Sciences & Performance Track

Theme: Training Load And Recovery
Moderator/Chairperson: Ramzy Ross, UAE

14:50 - 15:10

Update on Genetic Testing for Athlete Performance Enhancement and Injury Risk Assessment.
Glen Hagemann, UAE

15:10 - 15:30

Optimal Recovery Strategies and Performance
Jimmy Wright, UAE

15:30 - 15:50

Identifying and Proactive Management of Burnout in Athletes
Kate Jordan, UAE

Global Alliance Track

Theme: Physical Activity Promotion
Moderator/Chairperson: Juergen Steinacker, Germany

14:50 - 15:10

Why Cycling Should Be Used To Promote Physical Activity For The Global Population
Xavier Bigard, France

15:10 - 15:30

Global Alliance Roundtable Discussion
Co-chair: Norbert Bachl, Austria
Global Alliance Speakers

15:50 - 16:10

Coffee Break

Workshops, E-Posters, Symposia, Discussions & Debates

Workshop 1

**Oral Abstract Presentation
Moderators:
Scientific Committee**

**Association/continent
session**

Workshop 2

**Present And Future In Athlete
Diagnostic Imaging**
Silvana Glannini, Italy

Abstract 1

Abstract 2

Abstract 3

Asian Federation Of Sport Medicine
Moderators: Patrick Yung, Hong Kong
Raymond So, Hong Kong

Para-Athlete Care In Paralympics Games
Moderators: Abdulla Al Rahooimi, UAE
Ana Cintron Rodriguez, Puerto Rico
Sandra Rozenstoka, Latvia

**GRIIP (International Research Group On
the Injections PRP**
Moderator: KAUX Jean-François, Belgium

Abstract 4

Abstract 5

Abstract 6

**Copamede / Brazilian Society Of Sports
And Exercise Medicine**

Emirates Society Of Physical Therapy

1. Post-procedure after PRP injections
Vincent Gremeaux
2. Clinico-sonographic criteria for successful PRP in tendons
Loïc Chimot
3. Strategies for stimulating tendon repair
Martin Lamontagne, Canada
4. Exosomes
Ghislaine Robert, USA

Abstract 7

Abstract 8

Abstract 9

The Role of Physical Exercise in the Cardiovascular Risk Reduction

Murat Dalkilinc, UAE | Murat Dalkilinc, UAE
Josef Pace, Malta | Mike Antoniadis, Malta

Abstract

Jose Kawazoe Lazzoli, Brazil

16:10 - 17:50

17:50 - 18:30

Welcome Reception in The Exhibition Space



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FIMS - DAY 2

24TH TO 27TH OCTOBER 2024

Session 1: Lectures

08:00 - 08:50 Pain in Athletes: in the Mind, in the Muscles, or in the Brain?

Jo Nijis, Belgium

Sport Medicine Track

Theme: Sports Ophthalmology, Dentistry & Pharmacology
Moderator/Chairperson: Abdullah Alrahooni, UAE

08:50 - 09:10	Sports Ophthalmology Turkish Sports Medical Association
09:10 - 09:30	Dental Screening in Sports Maher Zahar, Tunisia
09:30 - 09:50	Integrating Sports Pharmacy into Professional Education Somer Helvaci, Turkey
	Medication Safety and Sports Integrity: Adding a Sports Pharmacist to the Medical Team Ashley Anderson, USA

Physical Therapy Track

Theme: Brain & Spine in Sport
Moderator/Chairperson: Wasim Labban, UAE

08:50 - 09:10	Concussion-1: Clinical Perspective Thaer El Manaseer, Jordan
09:10 - 09:30	Concussion-2: Combat Athlete Perspective Reem Alhashmi, UAE
09:30 - 09:50	Low Back Pain in Athlete Mohamed AIRwaily, Jordan

09:50 - 10:20 Coffee Break & Exhibition Visit

Session 2: Lectures

10:20 - 11:10 Sport, Health and Fairness

Alan Vernec, Canada

Sports Sciences & Performance Track

Theme: Sports Nutrition & Supplements
Moderator/Chairperson: Bulent Ulker, UK | Edvardo De rose, Switzerland

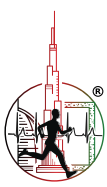
11:10 - 11:30	Athletic Diet Program for Performance Yuri Nemoto, UAE
11:30 - 11:50	UAE National Anti-Doping Agency (NADA) Mai al Jaber, UAE
11:50 - 12:10	Past, Present and Future of Ant-Doping Eduardo De Rose, Switzerland
12:10 - 13:00	Towards Clean Sport Andrea Petroczi, UK

Physical Therapy Track

Theme: Behavioral Change in Physiotherapy
Moderator/Chairperson: Andre Debruyne, Belgium

11:10 - 11:30	Behavior Change Strategies in Musculoskeletal Physiotherapy Ismail Saracoglu, Turkey
11:30 - 11:50	Sticking to the Plan: Effective Strategies to Improve Adherence in Physiotherapy Carel Hugo, UAE
11:50 - 12:10	Guest Speaker: Emirates Society of Physical Therapy Ashokan Arumugam, UAE

13:00 - 14:00 Exhibition visit & Lunch Break



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Workshops, E-Posters, Symposia, Discussions & Debates

	Workshop 3	Oral Abstract Presentation Moderators: Scientific Committee	Association/continent session	Workshop 4
14:00 - 15:50	Athlete with Concussion Thaer Manaseer, Jordan	Abstract 1	UAE NOC Glen Hagemann, UAE Ramzy Ross, UAE	Field Management of Athlete with Spine Injury Ali Ganai, UAE
		Abstract 2		
		Abstract 3		
		Abstract 4		
		Abstract 5		
		Abstract 6	Emirates Society of Physiotherapy-Interdisciplinary Session Ashokan Arumugam, UAE Wasim Labban, UAE	FIMS Scientific Commission: Collaborating Centers of Sports Medicine
		Abstract 7		
		Abstract 8		
		Abstract 9		
		Abstract 10		
	Improving The Standards of Medical Care for Elite International Football Players: The FIFA concept Moderators: Stephen Boyce, UK Marcelo Salazar, KSA			

15:50 - 16:30 Coffee Break & Closing

14:00 - 18:00 FIMS Executive Committee Meeting



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SCIENTIFIC PROGRAM

FIMS - DAY 3

24TH TO 27TH OCTOBER 2024

Session 1: Lectures

08:30 - 09:20 Protecting Young Athletes: Performance Progressions, Injury Prevention and Realistic Expectations
Marco Cardinale, Qatar

Sport Medicine & Sciences Joint Track

Theme: Extreme Environments
Moderator/Chairperson: Alan Kourie, UAE

- 09:20 - 09:30 Extreme Altitude-Role of Sports Medicine & Sciences in Mountaineering/Everst Expedition
Hashel Al Tunaiji, UAE
- 09:30 - 09:50 How to Protect the Health of Athletes Competing in the Heat
Yannis Pitsiladis, Hong Kong
- 09:50 - 10:10 How to Protect the Health of Athletes Competing in the Cold
Wolfgang Schobersberger, Austria
Dünnwald Tobias, Austria

Physical Therapy Track

Theme: Behavioral Change in Physiotherapy
Moderator/Chairperson: Andre Debruyne, Belgium

- 09:20 - 09:30 Updates on Tendinopathy Management
Conall Hoey, UAE
- 09:30 - 09:50 Biological Treatment for Rotator Cuff Injury
Ahlam Al Shamsi, UAE
- 09:50 - 10:10
Guest Speaker: Emirates Society of Physical Therapy

10:10 - 10:40 Coffee Break & Exhibition Visit

Session 2: Lectures

10:40 - 11:30
Kathryn Ackerman, USA

Sport Medicine Track

Theme: Female Athlete
Moderator/Chairperson: Glen Hagemann, UAE

- 11:30 - 11:50 Effects of Hormonal Cycle on Performance
Rahilla Bhatti, UAE
- 11:50 - 12:10 Menopause and the Female Athlete
Ellie Mccarthy, UAE
- 12:10 - 12:30 Exercise in Pregnancy: What's The Evidence
Kate Jordan, UAE

Physical Therapy Track

Theme: Behavioral Change in Physiotherapy
Moderator/Chairperson: Andre Debruyne, Belgium

- 11:30 - 11:50 The Incidence and Prevention of Injury in Bmx Racing World Championship and World Cup Events
Xavier Bigard, France
- 11:50 - 12:10 UAE Team Emirates-UCI No.1. Team: Insights from a 5 year Journey to the Top
Jeroen Swart, South Africa
- 12:10 - 12:30 Advances in Field Testing for Human Health and Performance
Raymond So, Hong Kong

12:30 - 13:00 Exhibitor's Interaction Award & Activity

13:00 - 14:00 Lunch Break

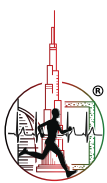


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Workshops, E-Posters, Symposia, Discussions & Debates

	Workshop 5	Oral Abstract Presentation Moderators: Scientific Committee	Association/continent session	Workshop 6
14:00 - 15:50	<p>Part-1: Athlete Heart Chairperson: Phil Strike, UAE Anna Jegier, Poland Gunther Neumayr, Austria</p> <p>1. The Athlete's ECG Dimitra Antonakaki, UK</p> <p>2. Coronary Calcium and Endurance Athletes: a Narrative Review Herbert Löllgen, Germany</p>	<p>Abstract 1</p> <p>Abstract 2</p> <p>Abstract 3</p> <p>Abstract 4</p> <p>Abstract 5</p> <p>Abstract 6</p> <p>Abstract 7</p> <p>Abstract 8</p> <p>Abstract 9</p> <p>Abstract 10</p>	<p>The Return to Sport: What Do We Know? What Do We Need?</p> <p>1. The Criteria for a Return to Sport are Essential Kaux Jean-Francois, Belgium</p> <p>2. From Injury to Return to Performance: The Athlete's Journey François Delvaux</p> <p>3. Managing The Return to Sport After Concussion Suzanne Leclerc</p> <p>4. Criteria-Based Rehabilitation and Testing for Return to Sport After ACL Reconstruction Enda King</p> <p>5. The World Cup ankle Pieter d'Hooghe</p> <p>FIMS Debate Topic-3 E-sports (20 min)</p> <p>FIMS Debate Topic-4 Transgender Athlete (20 min)</p>	<p>Taping Techniques for Ankle & Foot Problems Murat Dalkilinc, UAE</p> <p>Exercise Therapy for Musculoskeletal Pain Jo Nijjs, Belgium</p>
	<p>Part-2: Athlete Heart</p> <p>3. Heart Damage In Endurance Sport. Can Strenuous Endurance Exercise Damage a Healthy Heart? Günther Neumayr, Austria</p>			
15:50 - 16:30	Coffee Break & Closing		FIMS Council Delegate Meeting	
16:00 - 20:00				



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SCIENTIFIC PROGRAM

FIMS - DAY 4

24TH TO 27TH OCTOBER 2024

08:30 - 12:30 FIMS CCSM Meeting

Sport Medicine Track

Theme: Rehabilitation and Return to Play
Moderator/Chairperson: Kate Jordan, UAE

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|---------------|---|
| 08:30 - 08:50 | Getting Back in the Game: Navigating the Complexities of Return to Sport
Qasim Al Mueidi, KSA |
| 08:50 - 09:10 | Optiizing safe RTP Post Major Knee Surgery
Mark Hutchinson, USA |
| 09:10 - 09:30 | Return to Play versus Performance
Hay'dn Hill, UAE |
| 09:30 - 10:20 | Safeguarding and Sport
Eva M. Carneiro, Qatar |

Sports Sciences & Performance Track

Theme: Technology in Performance & Rehabilitation & Sports Sociology
Moderator/Chairperson: Reem Alhashmi, UAE

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|---------------|--|
| 08:30 - 08:50 | Wearable and Telemedicine Innovations for Olympic Events and Elite Sport
Borja Muniz, Spain |
| 08:50 - 09:10 | Technology in Gait and Motion Analysis
Ashokan Arumugam, UAE |
| 09:10 - 09:30 | Consent as a Central Feature of Healthy Sport – Some Consider Ations From an Ethnography of Visually Impaired and Guide Running
Marit Hiemstra, UK |

10:20 - 10:40 Coffee Break & Exhibition Visit

Sports Sciences & Performance Track

Theme: Talent Identification & Development
Moderator/Chairperson: Novert Bachl , Austria

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|---------------|--|
| 10:40 - 11:00 | UAE National Sports Strategy
Dean Kenneally, UAE |
| 11:00 - 11:20 | UAE Talent ID Framework
James Baker, UAE |
| 11:20 - 11:40 | Developing High Performance Teams and Teams of the Future
Stephan Jacolino, UAE |
| 11:40 - 12:30 | Leadership, a Critical but Undervalued Skill for Athlete Healthcare
Evert Verhagen, Netherland |

Physical Therapy Track

Theme: Functional Physiotherapy
Moderator/Chairperson: Ashokan Arumugam, UAE

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|---------------|---|
| 10:40 - 11:00 | Performance Measurement after ACLR
Wasim Laban, UAE |
| 11:00 - 11:20 | High Intensity Functional Pre-conditioning Program for Musculoskeletal Injuries
Zeljko Banicevic, UAE |
| 11:20 - 11:40 | Modern Manual Therapy and Functional Restoration Models
Hani Alabbad, KSA |

12:30-13:30 Young Investigator Awards (FIMS-UAE Scientific Committee)

13:30 Closing Ceremony