



**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    *Keynote Speaker*  
Towards clean sport  
**Andrea Petroczi, UK**

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

**Session 2: Lectures**

- 11:00 - 11:50    *Keynote Speaker*  
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: Demitri Constantinou, South Africa	
11:50 - 12:10	Medical Care in Marathon <b>William Roberts, USA</b>
12:10 - 12:30	Team Physician: Sideline Coverage and Traveling with Teams <b>Alan Kourie, UAE</b>
12:30 - 12:50	Patellofemoral Joint: Pain and Biomechanics <b>Ryan Kehoe, UAE</b>

**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? <b>Yannis Pitsiladis, Hong Kong</b>
12:10 - 12:30	Physical Inactivity, a Global Public Health Problem and the Role of Sports Medicine <b>Fabio Pigozzi, Italy</b>
12:30 - 12:50	Rom Intention to Change Lifestyle to Applied Policies - The Role of Sport and Medicine <b>Juergen Steinacker, Germany</b>

**13:00 - 17:00    Commission Lunch Meeting**

Session 3: Lectures

14:00 - 14:50	<i>Keynote Speaker</i> TBA <b>Fiona Bull, Australia</b>
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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. <b>Glen Hagemann, UAE</b>
15:10 - 15:30	Optimal Recovery Strategies and Performance <b>Jimmy Wright, UAE</b>
15:30 - 15:50	Identifying and Proactive Management of Burnout in Athletes <b>Kate Jordan, UAE</b>

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 <b>Xavier Bigard, France</b>
15:10 - 15:30	The Role of Physical Exercise in the Cardiovascular Risk Reduction <b>Jose Kawazoe Lazzoli, Brazil</b>
15:30 - 15:50	Global Alliance Roundtable Discussion <b>Co-chair: Norbert Bachl, Austria</b> <b>Global Alliance Speakers</b>

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
16:10 - 17:50	New trends in sports rehabilitation and imaging-detected sports injuries in athletes Chairperson: Fabio Pigozzi, Italy	Abstract 1	Asian Federation Of Sport Medicine Moderators: Patrick Yung, Hong Kong Raymond So, Hong Kong	Para-Athlete Care In Paralympics Games Moderatotr: Abdulla Al Rahoomi, UAE Ana Cintron Rodriguez, Puerto Rico Sandra Rozenstoka, Latvia
		Abstract 2		
		Abstract 3		
		Abstract 4		
		Abstract 5		
	GRIIP (International Research Group On the Injections PRP) Moderator: KAUX Jean-François, Belgium	Abstract 6	Pan American Confederation of Sports Medicine (COPAMEDE) Symposium Moderator: José Kawazoe Lazzoli – Brazil Brazilian Society of Sports and Exercise Medicine Symposium Moderator: Fernando Carmelo Torres, Brazil Eduardo Henrique de Rose, Brazil	Emirates Society Of Physical Therapy Murat Dalkilinc, UAE   Josef Pace, Malta   Mike Antoniadis, Malta
		Abstract 7		
		Abstract 8		
		Abstract 9		
		Abstract 10		

17:50 - 18:30 Welcome Reception in The Exhibition Space

Session 1: Lectures

08:00 - 08:50	<i>Keynote Speaker</i> Pain in Athletes: in the Mind, in the Muscles, or in the Brain? <b>Jo Nijs, Belgium</b>
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Sport Medicine Track	
Theme: Sports Ophthalmology, Denstistry & Pharmacology Moderator/Chairperson: Abdullah Alrahoomi, UAE	
08:50 - 09:10	Sports Ophthalmolgy <b>Hayyam Kiratli, Turkey</b>
09:10 - 09:30	Dental Screening in Sports <b>Maher Zahar, Tunisia</b>
09:30 - 09:50	Integrating Sports Pharmacy into Professional Education <b>Somer Helvaci, Turkey</b>
	Medication Safety and Sports Integrity: Adding a Sports Pharmacist to the Medical Team <b>TBA</b>

Physical Therapy Track	
Theme: Brain & Spine in Sport Moderator/Chairperson: Wasim Labban, UAE	
08:50 - 09:10	Concussion-1: Clinical Perspective <b>Thaer El Manaseer, Jordan</b>
09:10 - 09:30	Concussion-2: Combat Athlete Perspective <b>Reem Alhashmi, UAE</b>
09:30 - 09:50	Low Back Pain in Athlete <b>Mohamed AlRwaily, Jordan</b>

09:50 - 10:20	Coffee Break & Exhibition Visit
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Session 2: Lectures

10:20 - 11:10	<i>Keynote Speaker</i> Sport, Health and Fairness <b>Alan Vernec, Canada</b>
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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 <b>Yuri Nemoto, UAE</b>
11:30 - 11:50	UAE National Anti-Doping Agency (NADA) <b>Mai al Jaber, UAE</b>
11:50 - 12:10	Past, Present and Future of Ant-Doping <b>Eduardo De Rose, Switzerland</b>
12:10 - 13:00	Rehabilitation and Return to Sport after Hamstring Injury - Clinical Approach from 450 Athlete Injuries Managed at Aspetar <b>Rod Whiteley, Qatar</b>

Physical Therapy Track	
Theme: Behavioral Change in Physiotherapy Moderator/Chairperson: Andre Debruyne, Belgium	
11:10 - 11:30	Behavior Change Strategies in Musculoskeletal Physiotherapy <b>Ismail Saracoglu, Turkey</b>
11:30 - 11:50	Sticking to the Plan: Effective Strategies to Improve Adherence in Physiotherapy <b>Carel Hugo, UAE</b>
11:50 - 12:10	Clinical Perspective on Functional Rehabilitation <b>Hannah Wilkinson, UAE</b>

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   Codi Isaac, Canada					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														
	Improving The Standards of Medical Care for Elite International Football Players: The FIFA concept Moderators: Stephen Boyce, UK Marcelo Salazar, KSA					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														
15:50 - 16:30 Coffee Break & Closing																				
14:00 - 18:00 FIMS Executive Committee Meeting																				

**Session 1: Lectures**

08:30 - 09:20 *Keynote Speaker*  
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  
**Tobias Dünwald, Austria**

**Physical Therapy Track**

**Theme: Muscle, Tendon and Nerve**  
**Moderator/Chairperson: Metin Ergun**

- 09:20 - 09:30 Updates on Tendinopathy Management  
**Hayd'n Hill, UAE**
- 09:30 - 09:50 Biological Treatment for Rotator Cuff Injury  
**Ahlam Al Shamsi, UAE**
- 09:50 - 10:10 Optimizing Athletic Performance: The Hidden effect of Vertebral Subluxation Complex  
**Ibrahim Moustafa, UAE**

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

**Session 2: Lectures**

10:40 - 11:30 *Keynote Speaker*  
TBA  
**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: High Performance**  
**Moderator/Chairperson: Raymond So, Hong Kong**

- 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**

Workshops, E-Posters, Symposia, Discussions & Debates

Workshops, E-Posters, Symposia, Discussions & Debates				
	Workshop 5	Oral Abstract Presentation Moderators: Scientific Committee	Association/continent session	Workshop 6
14:00 - 15:50	<b>Part-1: Athlete Heart</b> Chairperson: Phil Strike, UAE   Anna Jegier, Poland   Gunther Neumayr, Austria	Abstract 1	<b>The Return to Sport: What Do We Know? What Do We Need?</b> Moderator: Kaux Jean-Francois, Belgium	<b>Taping Techniques for Ankle &amp; Foot Problems</b> Murat Dalkilinc, UAE
		Abstract 2		
		Abstract 3		
		Abstract 4		
		Abstract 5		
		Abstract 6	<b>FIMS Debate Topic E-sports (20 min)</b> <b>FIMS Debate Topic Transgender Athlete (20 min)</b>	<b>Exercise Therapy in the Paradigm Shift from a Tissue- and Disease-Based Pain Management Approach Towards Multimodal Lifestyle Interventions for Musculoskeletal Pain</b> Jo Nijis, Belgium
	<b>Part-2: Athlete Heart</b> Chairperson: Phil Strike, UAE   Anna Jegier, Poland   Gunther Neumayr, Austria	Abstract 7		
		Abstract 8		
		Abstract 9		
		Abstract 10		
15:50 - 16:30	Coffee Break & Closing		16:00 - 20:00	FIMS Council Delegate Meeting



<b>08:30 - 12:30 FIMS CCSM Meeting</b>	
<b>Sport Medicine Track</b>	
<b>Theme: Rehabilitation and Return to Play</b> <b>Moderator/Chairperson: Kate Jordan, UAE</b>	
08:30 - 08:50	Blood Flow Restriction <b>Emrah Korkmaz, UAE</b>
08:50 - 09:10	Optiizing safe RTP Post Major Knee Surgery <b>Mark Hutchinson, USA</b>
09:10 - 09:30	Return to Play versus Performance <b>Conall Hoey, UAE</b>
09:30 - 10:20	<i>Keynote Speaker</i> Safeguarding and Sport <b>Eva M. Carneiro, Qatar</b>
<b>10:20 - 10:40 Coffee Break &amp; Exhibition Visit</b>	
<b>Sports Sciences &amp; Performance Track</b>	
<b>Theme: Talent Identification &amp; Development</b> <b>Moderator/Chairperson: Novert Bachl , Austria</b>	
10:40 - 11:00	UAE National Sports Strategy <b>Dean Kenneally, UAE</b>
11:00 - 11:20	UAE Talent ID Framework <b>James Baker, UAE</b>
11:20 - 11:40	Lessons From Africa <b>Vincent Onywera, Kenya</b>
11:40 - 12:30	<i>Keynote Speaker</i> Leadership, a Critical but Undervalued Skill for Athlete Healthcare <b>Evert Verhagen, Netherland</b>
<b>12:30-13:30 Young Investigator Awards (FIMS-UAE Scientific Committee)</b>	
<b>13:30 Closing Ceremony</b>	
<b>Sports Sciences &amp; Performance Track</b>	
<b>Theme: Technology in Performance &amp; Rehabilitation &amp; Sports Sociology</b> <b>Moderator/Chairperson: Reem Alhashmi, UAE</b>	
08:30 - 08:50	Wearable and Telemedicine Innovations for Olympic Events and Elite Sport <b>Borja Muniz, Spain</b>
08:50 - 09:10	Consent as a Central Feature of Healthy Sport – Some Consider Ations From an Ethnography of Visually Impaired and Guide Running <b>Marit Hiemstra, UK</b>
09:10 - 09:30	Digital Technology for Physical Activity Assessment and Promotion: a Boon or a Bane? <b>Ashokan Arumugam, UAE</b>
<b>Physical Therapy Track</b>	
<b>Theme: Functional Physiotherapy</b> <b>Moderator/Chairperson: Ashokan Arumugam, UAE</b>	
10:40 - 11:00	Performance Measurement after ACLR <b>Wasim Laban, UAE</b>
11:00 - 11:20	High Intensity Functional Pre-conditioning Program for Musculoskeletal Injuries <b>Zeljko Banicevic, UAE</b>
11:20 - 11:40	Modern Manual Therapy and Functional Restoration Models <b>Hani Alabbad, KSA</b>