Final Programme

STOP SPORTS INJURIES – BACK TO SPORTS

3-4 November 2017
Munich, Germany

www.esma-conference.org

Under the patronage of

ESSKA
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DAH

Supported by

European Sports Medicine Associates
A successor of ESSKA
Welcome

Dear Colleagues and Friends,

In May 2016, the ESMA (European Sports Medicine Associates) was established as a new section of ESSKA (European Society of Sports Traumatology, Knee Surgery and Arthroscopy). The aim of the section is to bring together the various disciplines of sports medicine including surgeons, sports-doctors, physical therapists, sports scientists, coaches and others.

On 3-4 November 2017, the first ESMA Open Meeting will take place in Munich, Germany. We are proud to announce that many leading figures from the world of sports medicine will take part in the Meeting and will present their experience in specific sports. For each topic we have invited an international expert to give a keynote lecture: Henrique Jones (Portugal), Daryl C. Osbahr (USA), Karl-Peter Benedetto (Austria), Stefano Della Villa (Italy), Lars Engebretsen (Norway).

Dr. Osbahr, the chair of the AOSSM STOP outreach committee will present the “STOP Sports Injuries” programme which has been successfully established in the US. In addition to the outstanding quality in presentations of international experts, there is a workshop about “Innovative Treatment Options in Sports Medicine”.

In line with the ESMA spirit, the Meeting is especially designed for all disciplines of sports medicine: Physicians, sport traumatologists, physiotherapists, sport scientists, coaches and sports managers are all welcome to this pioneering Meeting and the programme will address topics relevant, and of interest, to all of these disciplines and professions.

We look forward to welcoming you to Munich on occasion of this international Meeting in sports medicine.

Warm regards,

Hermann Mayr
ESMA Chairman

Mirco Herbort
ESMA Secretary

Karl-Peter Benedetto
ESMA Deputy Chairman

Werner Krutsch
ESMA Education Secretary
Scientific Programme

Friday, 3 November 2017

09:30-10:15  Registration, Welcome coffee
10:15-10:30  Opening
                   10’ Welcome by ESSKA President (Romain Seil)
                   5’ Welcome by ESMA Chairman (Hermann Mayr)
10:30-12:00  Health aspects of sports
                   Chair: Karl-Peter Benedetto, Hermann Mayr
                   14’ Keynote lecture: Common aspects of health in sports (Henrique Jones)
                   8’ Football (Stefano Della Villa)
                   8’ Triathlon (Casper Grim)
                   8’ Cycling (Jacques Menetrey)
                   8’ Dancing (Patricia Thoreux)
                   8’ Alpine Skiing (Hubert Hörterer)
                   8’ Tennis (Emilio Lopez Vidriero)
                   8’ Athletics (Emmanuel Papacostas)
                   20’ Discussion
12:00-13:30  Break & visit of exhibition
12:15-13:15  Company workshop
13:30-15:30  Stop sports injuries – Prevention in sports
                   Chair: Romain Seil, Jacques Menetrey
                   20’ Keynote lecture: STOP Sports Injuries Program – Keeping kids in the Game for Life
                                      (Daryl C. Osbahr)
                   10’ Football (Henrique Jones)
                   10’ Handball (Kai Fehske)
                   10’ Basketball (Baris Kocaoglu)
                   10’ Ice Hockey (Gernot Felmet)
                   10’ Tennis (Michael Najfeld)
                   10’ Athletics (Gian Luigi Canata)
                   10’ Rugby (Michael Carmont)
                   10’ Alpine Skiing (Karlheinz Waibel)
                   20’ Discussion
15:30-17:00  Break & visit of exhibition
15:45-16:45  Winglet Partner Event: Live from MUC
17:00-19:00  Therapy of sports injuries
                   10’ Keynote lecture: Management of severe sports accidents (Karl-Peter Benedetto)
17:10-17:30  Round table: Sideline Management of sports injuries
                   Moderator: Stefano Della Villa
                   Faculty: Michael Carmont, José Huylebroek, Hubert Hörterer, Henrique Jones, Matteo Denti,
                             Jacques Menetrey, Werner Krutsch, Emilio Lopez-Vidriero
                   - Therapy of overuse syndroms
                   - Therapy of ligament injuries
                   - Therapy of muscle injuries
17:30-17:50  Round table: Sports specific ACL reconstruction
                   Moderator: Hermann Mayr
                   Faculty: Patricia Thoreux, Ralph Akoto, Werner Krutsch, Kaywan Izadpanah, Andrey Korolev,
                             Mirco Herbert, Matteo Denti, Karl-Peter Benedetto, Romain Seil, Helmut Hoffmann
Friday, 3 November 2017

17:50-18:10  
Round table: Therapy of ankle injuries (Ligament/Achilles tendon)  
Moderator: Michael Carmont  
Faculty: Anja Hirschmüller, Gian Luigi Canata, Henrique Jones, Patricia Thoreux

18:10-18:30  
Round table: Therapy of shoulder dislocations in athletes  
Moderator: Andreas Imhoff  
Faculty: Kai Fehske, Emilio Lopez-Vidriero, Lior Laver, Florian Haasters

18:30-19:00  
Symposium: Cartilage and Muscle  
Chair: Gian Luigi Canata, Gernot Felmet  
10’  
• Osteochondral repair in athletes (Peter Angele)  
10’  
• Cell-based cartilage repair in athletes (Philipp Niemeyer)  
10’  
• Therapy of muscle injuries / avulsions (Peter Ueblacker)

Saturday, 4 November 2017

09:00-10:30  
Back to sports 1  
Chair: Werner Krutsch, Jose Huylebroek  
15’  
Keynote lecture: Evidence in back to sports in football (Stefano Della Villa)  
9’  
• Football (Andrey Korolev)  
9’  
• Competitive Sports (Helmut Hoffmann)  
9’  
• Alpine Skiing (Karlheinz Waibel)  
9’  
• Extreme Sports (Sepp Braun)  
9’  
• Handball (Romain Seil)  
9’  
• Sport specific and mental aspects in back to sports (Hannes Wallner)  
21’  
• Discussion

10:30-11:00  
Break & visit of exhibition

11:00-12:30  
Back to sports 2  
Chair: Mirco Herbort, Henrique Jones  
14’  
Keynote lecture: Criteria for the future algorithm in back to sports (Lars Engebretsen)  
8’  
• Rugby (Michael Carmont)  
8’  
• Athletics (Gian Luigi Canata)  
8’  
• Tennis (Radu Prejbeanu)  
8’  
• Triathlon (Casper Grim)  
8’  
• Aspects of GOTS (Thomas Tischer)  
8’  
• After Shoulder Injury (Andreas Imhoff)  
8’  
• After Ankle Injury (Niek van Dijk)  
20’  
• Discussion

12:30-13:30  
ESMA General Assembly

as of 10 October 2017
ESMA Faculty

Akoto, Ralph, Hamburg, Germany
Angele, Peter, Regensburg, Germany
Benedetto, Karl-Peter, Rum, Austria
Braun, Sepp, Munich, Germany
Brzoska, Roman, Bielsko-Biała, Poland
Canata, Gian Luigi, Turin, Italy
Carmont, Michael, Bovingale/Wolverhampton, United Kingdom
Della Villa, Stefano, Bologna, Italy
Denti, Matteo, Gravesano, Switzerland / Monza, Italy
Engebretsen, Lars, Oslo, Norway
Fehske, Kai, Würzburg, Germany
Felmet, Gernot, Villingen-Schwenningen, Germany
Grim, Casper, Osnabrück, Germany
Haasters, Florian, Munich, Germany
Herbort, Mirco, Münster, Germany
Hirschmüller, Anja, Freiburg, Germany
Hoffmann, Helmut, Donaustauf, Germany
Hörterer, Hubert, Rottach-Egern, Germany
Huylebroek, Jose, Brussels, Belgium
Imhoff, Andreas B., Munich, Germany
Izadpanah, Kaywan, Freiburg, Germany
Jones, Henrique, Montijo, Portugal
Kocaoglu, Baris, Istanbul, Turkey
Korolev, Andrey, Moscow, Russian Federation
Krutsch, Werner, Regensburg, Germany
Laver, Lior, Tel-Aviv, Israel
Lopez Vidriero, Emilio, Seville, Spain
Mayr, Hermann, Munich, Germany
Menetrey, Jacques, Geneva, Switzerland
Najfeld, Michael, Munich, Germany
Niemeyer, Philipp, Munich, Germany
Osbahr, Daryl C., Orlando, United States of America
Papacostas, Emanuel, Thessaloniki, Greece
Prejbeanu, Radu, Timisoara, Romania
Seil, Romain, Luxembourg, Luxembourg
Thoreux, Patricia, Bobigny, France
Tischer, Thomas, Rostock, Germany
Ueblacker, Peter, Munich, Germany
van Dijk, C. Niek, Amsterdam, The Netherlands
Waibel, Karlheinz, Planegg, Germany
Wallner, Hannes, Saalfelden, Austria
Industry

Workshop
Friday, 3 November 2017, 12:15-13:15

Innovative Treatment Options in Sports Medicine
- Osteotomy Options in Knee Treatment (Karl-Peter Benedetto)
- Individual ACL Surgery (Robbert van Dijck)
- Biology of Tendon Injuries and the Treatment Options (Gerald Zimmermann)

Exhibitors
We thank all exhibitors for their extraordinary support!

Company
Arthrex GmbH
DJO Global/Ormed GmbH
ESSKA a.s.b.l.
Geistlich Biomaterials Vertriebsgesellschaft mbH
Human Kinetics Europe Ltd
Kanzlsperger GmbH
Medacta International SA
medi GmbH & Co. KG
Medivid GmbH
MTS Medical UG
novel GmbH
OPED GmbH
Ormosys Firma Langmeier
REV-MED International GmbH
STORZ MEDICAL AG
Stryker GmbH & Co. KG
TRB Chemedica AG
Zimmer Biomet Deutschland GmbH

City, Country
- Arthrex GmbH: 81249 Munich, Germany
- DOJO Global/Ormed GmbH: 79100 Freiburg, Germany
- ESSKA a.s.b.l.: 1460 Luxembourg, Luxembourg
- Geistlich Biomaterials Vertriebsgesellschaft mbH: 76534 Baden-Baden, Germany
- Human Kinetics Europe Ltd: LS28 6AT Stanningley, Leeds, United Kingdom
- Kanzlsperger GmbH: 92361 Berngau, Germany
- Medacta International SA: 6874 Castel San Pietro, Switzerland
- medi GmbH & Co. KG: 95448 Bayreuth, Germany
- Medivid GmbH: 22145 Stapelfeld, Germany
- MTS Medical UG: 78467 Konstanz, Germany
- novel GmbH: 81676 Munich, Germany
- OPED GmbH: 83626 Valley/Oberlaindern, Germany
- Ormosys Firma Langmeier: 83064 Raubling, Germany
- REV-MED International GmbH: 81677 Munich, Germany
- STORZ MEDICAL AG: 8274 Tägerwil, Switzerland
- Stryker GmbH & Co. KG: 47228 Duisburg, Germany
- TRB Chemedica AG: 85622 Feldkirchen, Germany
- Zimmer Biomet Deutschland GmbH: 79100 Freiburg, Germany

Booth-No.
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Date: 9 October 2017
Information
Organised by
Hermann Mayr (Germany)
Mirco Herbort (Germany)
Karl-Peter Benedetto (Austria)
Werner Krutsch (Germany)

Venue and hotel
Holiday Inn Munich – City Centre
Hochstraße 3
81669 Munich
Germany

Fiscal organiser, congress and exhibition management
Intercongress GmbH
Wilhelmstr. 7
65185 Wiesbaden
Germany
esma-conference@intercongress.de
www.intercongress.de

www.esma-conference.org

Language
The congress language is English. No translation.

CME accreditation
The meeting has been awarded with the following credits by the Bavarian Doctor’s Chamber in category B:
Friday morning: 3 credits
Friday afternoon: 3 credits
Saturday morning: 3 credits

Important: Doctors need to validate their participation by signing an attendance list at the registration desk on Friday in the morning as well as in the afternoon and on Saturday in the morning.

Opening hours of registration desk
Friday, 3 November 2017 09:00 – 19:30
Saturday, 4 November 2017 08:30 – 13:00

Opening hours of the exhibition
Friday, 3 November 2017 09:30 – 21:00
Saturday, 4 November 2017 08:30 – 13:00

Important note
It is only allowed to film and/or photograph for private use of the material.

Registration
Please register online at
www.esma-conference.org/registration

30 June 2017 Deadline early registration
30 September 2017 Deadline regular registration
from 1 October 2017 Beginning late registration

Registration fees

<table>
<thead>
<tr>
<th></th>
<th>ESMA member</th>
<th>ESSKA member</th>
<th>Reduced fee*</th>
<th>Non member</th>
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<tbody>
<tr>
<td>Early registration</td>
<td>EUR 190</td>
<td>EUR 210</td>
<td>EUR 90</td>
<td>EUR 250</td>
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<tr>
<td>Regular registration</td>
<td>EUR 230</td>
<td>EUR 260</td>
<td>EUR 120</td>
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<tr>
<td>Late registration</td>
<td>EUR 250</td>
<td>EUR 280</td>
<td>EUR 180</td>
<td>EUR 310</td>
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*Non-physician, resident, trainee, student, physiotherapist, coach

Accommodation
Convenient, comfortably, cost-effective:
Book your overnight stay directly at the congress venue – the Holiday Inn Munich – City Centre hotel.

Holiday Inn Munich – City Centre
Hochstraße 3, 81669 Munich, Germany

postoffice@muchb.holidayinn.com

Booking Code: ESSKA ESMA Open Meeting

Please check room availability and prices online at
www.holidayinn.com
See You in Scotland!

18th ESSKA Congress
9 – 12 May 2018
Glasgow, UK

PROGRAMME OUTLINE
Surgical Pre-Courses, Instructional Courses, Invited Lectures, Symposia, Debates, Keynote Lectures, Live Surgical Demonstrations, Free Papers and Electronic Posters, PT Programme, Comprehensive Sports Medicine Review Course

PRELIMINARY SCHEDULE

<table>
<thead>
<tr>
<th>Time</th>
<th>7 May 2018 Monday</th>
<th>8 May 2018 Tuesday</th>
<th>9 May 2018 Wednesday</th>
<th>10 May 2018 Thursday</th>
<th>11 May 2018 Friday</th>
<th>12 May 2018 Saturday</th>
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<tr>
<td>07:30 - 09:00</td>
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<td>09:00 - 12:00</td>
<td>Morning sessions</td>
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<td>12:00 - 14:00</td>
<td>Lunch break, lunch symposia, industrial exhibition</td>
<td>Adjourned</td>
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<td>14:00 - 18:00</td>
<td>Afternoon sessions</td>
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<td>Evening</td>
<td>Welcome Reception</td>
<td>ESSKA Dinner &amp; Party</td>
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For details, registration and accommodation booking please consult: www.esska-congress.org

Organiser & Contact
Intercongress GmbH
esska@intercongress.de

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