ESSKA-ESMA
1ST OPEN
MEETING

European Society of Sports Traumatology, Knee Surgery & Arthroscopy
ESMA
European Sports Medicine Associates
A section of ESSKA

Final Programme

STOP SPORTS INJURIES – BACK TO SPORTS

3-4 November 2017
Munich, Germany

www.esma-conference.org

Under the patronage of

ESSKA

GOTS

DKG
Deutsche Kniegesellschaft

Bayerischer Sportärzte-verband e.V.

DSV
DEUTSCHER SKIVERBAND

FIS

Supported by

Deutsche Arthrose-Hilfe e.V.
DAH

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)*

7′ • Football *(Stefano Della Villa)*

7′ • Triathlon *(Casper Grim)*

7′ • Cycling *(Jacques Menetrey)*

7′ • Dancing *(Patricia Thoreux)*

7′ • Alpine Skiing *(Hubert Hörterer)*

7′ • Tennis *(Emilio Lopez Vidriero)*

7′ • Athletics *(Emmanuel Papacostas)*

7′ • Handball *(Lior Laver)*

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, Lior Laver, Werner Krutsch, Emilio Lopez-Vidriero

o Therapy of overuse syndroms

o Therapy of ligament injuries

o 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 Herbort, 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-Biala, Poland
Canata, Gian Luigi, Turin, Italy
Carmont, Michael, Boningale/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

Arthrex

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	City, Country	Booth-No.
Arthrex GmbH	81249 Munich, Germany	10
DJO Global/Ormed GmbH	79100 Freiburg, Germany	7
ESSKA a.s.b.l.	1460 Luxembourg, Luxembourg	11
Geistlich Biomaterials Vertriebsgesellschaft mbH	76534 Baden-Baden, Germany	3
Human Kinetics Europe Ltd	LS28 6AT Stanningley, Leeds, United Kingdom	16
Kanzlsperger GmbH	92361 Berngau, Germany	18
Medacta International SA	6874 Castel San Pietro, Switzerland	14
medi GmbH & Co. KG	95448 Bayreuth, Germany	1
Medivid GmbH	22145 Stapelfeld, Germany	13
MTS Medical UG	78467 Konstanz, Germany	15
novel GmbH	81675 Munich, Germany	8
OPED GmbH	83626 Valley/Oberlaindern, Germany	2
Ormosys Firma Langmeier	83064 Raubling, Germany	4
REV-MED International GmbH	81677 Munich, Germany	5
STORZ MEDICAL AG	8274 Tägerwilen, Switzerland	9
Stryker GmbH & Co. KG	47228 Duisburg, Germany	17
TRB Chemedica AG	85622 Feldkirchen, Germany	6
Zimmer Biomet Deutschland GmbH	79100 Freiburg, Germany	12



Date: 9 October 2017

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ESMA

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

INTERCONGRESS

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 – 13:30

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

ESSKA-ESMA membership

Become an ESSKA-ESMA member and take advantage of reduced Congress registration fees and many more benefits! Further information online at *www.esma-conference.org*

Registration fees

	ESMA member	ESSKA member	Reduced fee*	Non member
Early registration	EUR 190	EUR 210	EUR 90	EUR 250
Regular registration	EUR 230	EUR 260	EUR 120	EUR 280
Late registration	EUR 250	EUR 280	EUR 180	EUR 310

**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





REGISTER NOW

Reduced fees
available before
25 February 2018

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

Time	7 May 2018 Monday	8 May 2018 Tuesday	9 May 2018 Wednesday	10 May 2018 Thursday	11 May 2018 Friday	12 May 2018 Saturday
07:30 - 09:00				ICL	ICL	ICL
09:00 - 12:00	Surgical Pre-Course Shoulder Arthroscopy	Surgical Pre-Course Knee Arthroscopy	Morning sessions	Morning sessions	Morning sessions	Morning sessions
12:00 - 14:00			Lunch break, lunch symposia, industrial exhibition			Adjourn
14:00 - 18:00			Afternoon sessions	Afternoon sessions	Afternoon sessions	
Evening			Welcome Reception		ESSKA Dinner & Party	

For details, registration and accommodation booking please consult:
www.esska-congress.org

Organiser & Contact
Intercongress GmbH
esska@intercongress.de

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