



**23rd International Jerusalem Symposium on
Sports Medicine
In Memory of Prof. Haim Weinberg**

Endorsed by FIMS
International Federation of Sports Medicine

Approved by ISAKOS
International Society of Arthroscopy, Knee Surgery and Orthopaedic
Sports Medicine

In conjunction with
The Israel Society of Knee Surgery and Arthroscopy
The Israel Shoulder and Elbow Society
The Israel Orthopaedic Foot and Ankle Society
The Israeli Physiotherapy Society



March 13, 2007 – Pre-Congress Course & Workshop
March 14-15, 2007 – Scientific Sessions
March 16, 2007 – Post-Congress Workshop
Kibbutz Ma'ale Hachamisah Resort,
Jerusalem, Israel

www.sportsmedicine.co.il
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2nd Announcement and Preliminary Program

The Congress thanks the *American Joint Distribution Committee (JDC)* and
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Yonathan Kaplan, MSc Med – Physiotherapy

Omri Inbar, PhD – Physiology and Stress Testing

Meir Nyska, MD – Foot and Ankle

Vidal Barchilon, MD – Shoulder and Elbow

VISITING LECTURERS (not final)

Kim Bennell, *Australia*

Antonio Del Monte, *Italy*

Matteo Denti, *Italy*

Mahmut Nedim Doral, *Turkey*

Calogero Foti, *Italy*

Anthony Galea, *Canada*

Noel Goodstat, *USA*

Burt Klos, *Netherlands*

Ofer Levy, *UK*

Hans Paessler, *Germany*

Lamberto Perugia, *Italy*

Aleksandra Plavsic, *Serbia*

Jonathan Reich, *USA*

Per Renström, *Sweden*

Glen Ross, *USA*

Bruno Toussaint, *France*

Karl Wasserman, *USA*

Brian Whipp, *UK*

Rick Zarnett, *Canada*

PRELIMINARY PROGRAM

Tuesday, 13 March 2007

Pre-Congress Course

Cardio-pulmonary Exercise Testing (CPET)

In Health and Disease - Hall A

08:00-09:00 **Registration**

09:00-10:45 **SESSION I**

09:00-09:15 Wasserman K: Introduction

09:15-10:00 Whipp BJ: The physiological basis of exercise testing

10:00-10:45 Wasserman K: Pathophysiology limiting exercise

10:45-11:15 **Coffee break and exhibition**

11:15-12:45 **SESSION II**

11:15-12:00 Inbar O: Normal values in exercise testing

12:00-12:45 Whipp BJ: Patterns of CPET abnormalities in patients with pulmonary Disease

12:45-14:00 **Lunch Break and Exhibition**

14:00-15:30 **SESSION III**

14:00-14:45 Wasserman K: CPET interpretation in the Face of cardiac disease

14:45-15:30 DelMonte A: Testing and monitoring elite athletes

15:30-16:00 **Coffee Break and Exhibition**

16:00-18:00 **SESSION IV**

16:00-17:30 Practical Session – Cardiopulmonary exercise testing: Patient testing

17:30-18:00 Wasserman K, Whipp BJ, Del Monte A, Inbar O, Klainman E, Ben-Dov I - Round Table and questions from the audience

18:00 **Seminar Closing**

Day I - Wednesday, 14 March 2007

07:00-08:00 Onsite Reception & Registration

08:00-09:30 **SESSION I – Plenary: Keynote Lectures I**

* Wasserman K: Hydrogen Ion Regulation and the Mechanism of Ventilatory Control during exercise.

* Renström P – The Arthur Holstein Memorial Lecture: Anterior Cruciate

Ligament (ACL) tear – what factors can affect the outcome?

* Whipp BJ: Limits of Human Power.

09:30-10:00 **Coffee Break and Exhibition**

10:00-10:15 Opening Ceremony –

Mr. Uri Lupolianski, Mayor of Jerusalem

10:15-10:30 Ceremony In memory of Prof. Haim

Weinberg - Prof. Perugia L

10:30-10:40 The JDC – Pines D

10:40-10:45 In Memory of Dr. Arthur Holstein –

Mann G

10:45-10:55 The IAFI and the Academic Boycott on

Israel – Leshnick D

10:55-11:00 In Memory of Dr. AV Hill – Mann G

11:00-12:30 **SESSION II**

Hall A: Military Medicine & Exercise

Physiology I

* Personal Cooling Systems in Military Activity.

* Cooling by Hand Immersion.

* Work-Rest Regime under Environmental Stress in the Sea.

* Bennell K: Risk Factors for Stress Fractures

* FREE PAPERS.

Hall B: Ligaments of the Knee I

* Paessler H: Double Bundle ACLR – double trouble?

* Doral MN: Double Bundle ACL Reconstruction: Where will it lead us in the next few years?

* Klos B: Computer assisted stress radiography in anterior cruciate ligament reconstruction.

* Denti M: Combined ACL and PCL reconstruction: technique and results.

* Ross G: PCL Repair and Double Bundle Reconstruction.

* FREE PAPERS.

Hall C: Panel Discussion: Physician, Physiotherapist & Coach

12:30-13:30 **Lunch Break**

13:30-14:30 **SESSION III - Plenary: Keynote Lectures II**

* Denti M: Autologous Chondrocytes Implantation with MACI Technique:

Clinical, arthroscopic 2nd look and histological evaluation after 2-4 years follow-up.

- * Del Monte A: Testing and Monitoring of Elite Athletes.

14:30-15:00 **Coffee Break and Exhibition**

15:00-17:00 **SESSION IV**

Hall A: Military Medicine & Exercise

Physiology II

- * PQCT: Normal Values and Gender Differences.
- * Biomarkers for Stress Fractures and Over-use Injuries.
- * Stress Fractures in Female fighters in Police and Military Duties.
- * FREE PAPERS.

Hall B: Ligaments of the Knee II

- * Paessler H: ACL revision surgery: failure evaluation, technical steps and results.
- * Zarnett R: Update on ACL Injury.
- * Ross G: Acute Posterolateral corner Injuries of the Knee.
- * Zarnett R: Graft selection in ACL reconstruction.
- * Doral MN: Arthroscopic Arthrolysis and alternative approaches: When and How?
- * Denti M: Indications for surgical treatment in knee arthritis: from arthroscopy to knee replacement.
- * FREE PAPERS.

Hall C: Deep Water Diving in Children

Moderators: Weisman D & Gal N.

- * Halperin P: Medical Examinations in Children before Diving.
- * Avni N: Preparing Children for Diving - practical aspects.
- * Bar-Ishai E: Change in Pulmonary Function in Children due to Change in Pressure.
- * Grossman D: Is there a Long-Term Health Risk in Deep Water Diving? Possible Molecular Mechanism.
- * Youngster I: Diving Accidents in Children – Survey.

- * Round Table: Should Deep Water Diving be Permitted for Children?

Day II - Thursday, 15 March 2007

07:00-08:00 Onsite Reception & Registration

08:00-09:45 **SESSION V – Plenary: Keynote Lectures**

- * Levy O: Where are we in the treatment of Rotator Cuff Pathology and Rotator Cuff Tears? Is Arthroscopic Rotator Cuff Repair better than decompression alone?
- * Bennell K: The role of exercise in promoting bone health.
- * Klos B: Quality Control and Evidence Based Surgery: ACL reconstruction with use of 2D/3D navigation.
- * Galea A: Drugs in Sports.

09:45-10:00 Ceremony in honor of Prof. Lamberto Perugia – Prof. A Finsterbush.

10:00-10:30 **Coffee Break and Exhibition**

10:30-12:15 **SESSION VI**

Hall A: Military Medicine & Exercise Physiology III

- * Overweight in the Israeli Army.
- * Physical Therapy during Basic Training.
- * Bennell K: Slowing disease progression in knee osteoarthritis
- * FREE PAPERS.

Hall B: PCL, Meniscal & Cartilage Injuries

- * Goodstat N: Meniscal rehabilitation.
- * Paessler H: Changes of knee temperature under different thermic conditions in sports: An in-vivo study of jogging and alpine skiing.
- * Renström P: MCL injury in football.
- * Paessler H: Treatment of full thickness cartilage defects of the knee with the HemiCAP™: Technique and first results.
- * FREE PAPERS.

Hall C: Sports Psychology Interest Group

Moderator: Lahak O.

12:15-13:15 Lunch Break

13:15-15:15 **SESSION VII**

Hall A: Foot, Ankle, Tendon & Sport

- * Doral MN: OCD of the Talar Dome and Viscosupplementation.
- * Renström P: Tendon Injury – treatment and healing.
- * Galea A: Overuse Injuries around the Knee.
- * Renström P: Treatment of First-Time Ankle Sprains – A prospective, randomized clinical investigation.
- * FREE PAPERS.

Hall B: Founding the Tissue Engineering

Interest Group

Salai M

Hershon S

Hall C: General Aspects in Sports I

Moderator: Issurin V

- * Endurance Sports.
- * Power Sports.

Hall D: Workshop

- * Goodstat N: The stiff knee.
- * Goodstat N: Perturbation for ACL rehabilitation.

15:15-15:30 **Coffee Break and Exhibition**

15:30-17:00 **SESSION VIII**

Hall A: Shoulder Surgery I

- * Toussaint B: The Suture Bridge Technique for Rotator Cuff Repair.
- * Ross G: Partial Rotator Cuff Tears.
- * Levy O: Surgical Treatment of Anterior Shoulder Instability.
- * Ross G: Elbow Dislocation: Treatment with immediate Range of Motion.
- * Goodstat N: Shoulder post operative rehabilitation.
- * FREE PAPERS.

Hall B: Other Aspects of Sports & Injury I

- * Foti C: Muscular Evaluation in Sports Medicine.
- * Paessler H: Influence of preoperative cryo-therapy on post-operative morbidity after arthroscopically assisted ACL reconstruction.

- * Plavsic A: Effectiveness of Hydrotherapy, Therapeutic Exercises and Low Level Laser Therapy in the Treatment of Partial ACL Injury.
- * Foti C: Vibration Energy in Rehabilitation Medicine.
- * Bennell K: Knee taping for knee osteoarthritis.
- * Goodstat N: Noxious E-stim for pain control.
- * FREE PAPERS.

Hall C: General Aspects in sports II

Moderator: Issurin V

- * Ball Games.
- * Combat Sports.

Hall D: Workshop

- * Kaplan Y: The use of a new Weight-Bearing Measuring Device for accurate assessment and biofeedback in rehabilitation following ACL reconstruction surgery.

17:00-17:15 **Coffee Break and Exhibition**

17:15-18:45 **SESSION IX**

Hall A: Shoulder Surgery II

- * Levy O: Surgical Treatment of SLAP Lesions.
- * Ross G: Distal Biceps Tendon rupture and the Boyd-Anderson Repair.
- * Zarnett R: Arthroscopic Shoulder Stabilization.
- * Levy O: 19 years experience with the Copeland Surface Replacement Arthroplasty, for young (and sporty) patients of less than 50 years of age with shoulder arthritis.
- * FREE PAPERS.

Hall B: Other Aspects of Sports &

Injury II

- * Bennell K: Management of knee osteoarthritis.
- * Goodstat N: Arthrofibrosis "the stiff knee".
- * FREE PAPERS.

Hall C: Workshop

* Galea A: Physical Examination of Sportsmen during the Pre Season Examination.

* Reich J: Screening Athletes for Heart Disease.

18:45-19:00 **Coffee Break and Exhibition**

19:00 **Closing Ceremony**

Post-Congress Workshop

Friday 16 March 2007

08:30-13:00 **Hall A: Workshop**

* Bennell K: Patellofemoral pain syndrome – Diagnosis and treatment – Evidence-based practice.