



The Combined Symposium on Sports Medicine

THE ANNUAL MEETING
OF THE ISRAEL SOCIETY
OF SPORTS MEDICINE



THE 28TH INTERNATIONAL
JERUSALEM SYMPOSIUM
ON SPORTS MEDICINE

SCIENTIFIC PROGRAM



*Ramat Gan, Israel, Kfar Hamaccabiah Hotel
Thursday and Friday, November 3 - 4, 2011*

In conjunction with:

ISUMA –
IDF Special
Units Medical
Administration



The Israel
Football
Association



The Israeli
Physiotherapy
Society



The Israel
Orthopedic
Foot and Ankle
Society



The Israel
Society
of Knee
Surgery and
Arthroscopy



the European
Federation of
National Associations
of Orthopaedic
Sports Traumatology



European
Society of Sports
Traumatology
Knee Surgery and
Arthroscopy



International Society
of Arthroscopy,
Knee Surgery and
Orthopedic Sports
Medicine.



Chairmen: Prof. Gideon Mann, MD and Dr. Ehud Rath, MD

Scientific Committee: Dr. Gal Dubnov-Raz, MD, MSc
Mr. Liran Lifshitz, MSc, PT
Dr. Ishay Ostfeld, MD, MAH
Prof. Mickey Scheinowitz, PhD
Dr. Moshe Yaniv, MD

Organizing Committee: Dr. Nassim Alkrinawi, MD
Ms. Hadas Jacobi, MSc

Invited Faculty: Dr. Mario Bizzini, MD, Switzerland
Dr. Pavel Bolkhovitin, MD, Ukraine
Mr. Stefano Casadei, PT, Italy
Dr. Kevin deWeber, MD, FAAFP, FACSM USA
Prof. Jan Ekstrand, Sweden
Dr. Gernot Felmet, MD, Germany
Prof. Alberto Gobbi, MD, Italy
Prof. Abraham Katz, Sweden
Dr. Marek Krochmalski, Poland
Dr. Heinz Laprell, MD, Germany
Prof. Michael Leitner, USA
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Dr. Ralph Rogers, MD, United Kingdom
Dr. Antonio Stecco, MD, Italy
Dr. Angus Strover, MD, United Kingdom
Prof. Niek van Dijk, MD, Netherlands



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Thursday, November 3, 2011

Location: The Maccabiah Village, Ramat-Gan

07:00-08:00 Registration

08:00-09:30 **SESSION I**

Hall A: Cartilage Injuries and the Patello-Femoral Joint I

Moderator: Dr. Ronen Debbi

08:00-08:10 The use of Bone Marrow Aspirate Concentrate and Collagen Scaffold Cartilage Repair in a One-Step Procedure.

A. Gobbi

08:10-08:20 The Intra-Articular Soft Tissues Anomalies of Knee Joint (Arthroscopic Visualization).

P. Bolkhovitin

08:20-08:30 Haemopoetic Stem Cells in the Sport Traumatology.

M. Krochmalski

08:30-08:40 Is PRP Effective in Patients with Symptomatic Knee Osteoarthritis?

A. Gobbi

08:40-08:50 Non Operative Treatment of Arthrosis with Stem Cells.

M. Krochmalski

08:50-08:57 A Non-Invasive Biomechanical Therapy Improves Objective and Subjective Measurements of Pain and Function in Patients with Knee Osteoarthritis.

R. Lador

08:57-09:04 Reduction in Knee Adduction Moment Via Non-Invasive Biomechanical Intervention. A longitudinal Gait Analysis Study.

A. Haim

09:04-09:11 Characteristic Shape of the Lateral Femoral Condyle in Patients with Osteochondritis Dissecans Accompanied with a Discoid Lateral Meniscus.

K. Goki

09:11-09:18 Anterior Cruciate Ligament (ACL) vascularity as seen by Arthroscopy and the Occurrence of Osteoarthritis, a Prospective Study.

E. Palmanovich

09:18-09:30 Discussion

Hall B: Military Sports Medicine

Moderators: Ishay Ostfeld & Arie Efergan, IDF Medical Corps

08:00-08:05 Opening Address.

Col. Dr. David Dagan, IDF Dep. Surgeon General

08:05-08:20 The 5th Military World Games in Brazil, July 2011.

K. deWeber

08:20-08:40 The Ranger Athlete Warrior Program: Optimizing Human Performance.

T. Harvey & N. Barringer

- 08:40-09:00 Introduction to German Special Forces Selection.
C. Neitzel & A. Schattenberg
- 09:00-09:15 The Special Operations Physical Readiness Assessment (SOPRA) Process.
M. Strock
- 09:15-09:30 Sensory Integration Training and Performance - Integration of Auditory, Visual, Proprioceptive and Vestibular Systems in Performance Training.
G. Evans-Christopher

Hall C: Football: Medical Staffs Forum

Football: Interactive Round Table

Moderator: Dr. Uri Frankl

Medical Examination for a Player Candidate to Join The Team: Practice and Dilemmas.

Open discussion with physicians and physiotherapists, from israel and other countries around the world.

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

10:00-12:00 **SESSION II**

Hall A: Plenary: Keynote Lectures

Moderators: Prof. Sevi Roger & Prof. Gershon Volpin

10:00-10:20 **OPENING CEREMONY**

10:00-10:05 Opening Ceremony – **Dr. Ehud Rath**, chairman Israel society of sports Medicine.

10:05-10:10 In Memory of Prof. Haim Weinberg – **Prof. Gideon Mann**

10:10-10:15 Welcome – Israel Football Association

10:15-10:25 **Honorary Membership of the Israel Society of Sports Medicine to Prof. Alex Finsterbush and Mr. Uri Baharav**

10:25-10:45 Football Injuries, Epidemiology and Prevention.
J. Ekstrand

10:45-11:05 Cartilage Repair Using Novel Techniques.
M. Ochi

11:05-11:25 Important Role of Reactive Oxygen Species in Muscle Function.
A. Katz

11:25-11:45 Meniscal Allograft Transplantation with Arthroscopically Assisted Technique without Bone Plug: Two Years follow-up Results and Technical Consideration.
C. Zorzi & V. Condello

11:45-12:05 Talar OCD: The Rational for Diagnosis & Treatment.
N. Van Dijk

12:05-12:15 ISSM's Business Meeting.

12:00-13:00 **Lunch and Exhibition**

13:00-15:00 **SESSION III**

Hall A: The Patello-Femoral Joint II & Meniscus

Moderator: Dr. Mauricio Finkelstein

- 13:00-13:12 The Pathomechanics, Symptomatology and Rapid Recovery from Correction of the Unstable Patella with Patella Alta.
A. Strover
- 13:12-13:24 Arthroscopy for Joint Fibrosis.
M. Krochmalski
- 13:24-13:36 Operative Treatment of Patello-Femoral Problems in Sports.
V. Condello & C. Zorzi
- 13:36-13:46 Small Medial Meniscocapsular Separations.
I. Hetsroni
- 13:46-13:56 Clinical and Arthroscopic Findings in Meniscal Injury and in Knee Instability, a Prospective Study.
A. Manor
- 13:56-14:06 The Outcomes of "All-Inside" Meniscal Repair at Three Years follow-up.
S. Sadia
- 14:06-14:16 The Overlap between Diagnosis of Patello-Femoral Joint Pain and Damage of Lateral Compartment of the Knee, a Prospective Study.
E. Palmanovich
- 14:16-14:28 MRI Versus SPECT Scintigraphy in Diagnosing Meniscal Injuries.
A. Finestone
- 14:28-15:00 Symposium: What's New in the Patello-Femoral Joint?

Hall B: Physiology

Moderators: Prof. Mickey Scheinowitz & Dr. Ron Golan

- 13:00-13:15 An Innovative Program for Empowering Primary Care Staff to Motivate Individuals and Communities in Promoting Physical Activity and Healthy Lifestyles.
D. Levine
- 13:15-13:30 Physical Activity after Myocardial Infarction: Benefits and Barriers behalf the Israel Study Group on First Acute Myocardial Infarction.
V. Myers
- 13:30-13:45 Physical Activity Habits Prior to CABG Surgery and in 1-year follow-up of more than 1000 Israeli Cardiac Patients.
R. Dankner
- 13:45-14:00 Exercise-Induced Cardiac Protection.
M. Scheinowitz
- 14:00-14:15 What Limits Patients with Mild to Severe Cystic Fibrosis during Exercise.
R. Reuveny

14:15-14:30 Physiological and Morphological Differences between Israeli Ethiopian and Caucasian Long Distance Runners - Do they Explain their Superior Running Ability.

O. Inbar

14:30-14:45 Exercise Induced Analgesia, Facts or Fiction?

E. Kodesh

Hall C: Physiotherapy

FIFA Workshop: The Official FIFA "F-MARC" Workshop to Prevent Football Injuries – the 11+, part 1

M. Bizzini, PhD, PT, FIFA

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

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

Hall A: Ligament Injuries of the Knee

Moderator: Dr. Mazen Falah

15:30-15:40 Traumatic Posterior Capsular Lesions in the Knee: Description of Pathology and Treatment.

H. Laprell

15:40-15:50 Single vs. Double-Bundle ACL Reconstruction: a Prospective Randomised Study.

A. Gobbi

15:50-16:00 ACL Augmentation – 20 years experience.

M. Ochi

16:00-16:10 Why some Athletes don't Go Back to Sport after Successful ACL Reconstruction?

A. Gobbi

16:10-16:20 ACL Revision in Single Step Procedure – My Way.

G. Felmet

16:20-16:30 Novel Anterior Cruciate Ligament Prosthesis.

Y. Litwin

16:30-16:40 Double Bundle ACL Reconstruction with Bone Plugs – 4 years results.

G. Felmet

16:40-16:50 Effect of the Platelet Rich Plasma on the Biomechanical Strength of Medial Collateral Ligament Repair in a Rat Model.

N. Snir

16:50-17:00 Discussion

Hall B: Military Sports Medicine

Moderators: Uriel Dreyfuss & Arnon Gam, IDF Medical Corps

15:30-15:45 Can Physical Exercise be Associated with Mental Resilience? Animal Model Research.

I. Ostfeld & H. Cohen

- 15:45-16:00 Pro-Inflammatory Therapy Overview.
K. deWeber
- 16:00-16:15 Heat Acclimation as a Possible Preconditioning Tool to Preserve Performance in Hypoxic Conditions.
Y. Heled
- 16:15-16:30 Monitoring Recruit Ambulation to Understand Overuse Injuries: Are we there yet?
A. Finestone
- 16:30-16:45 Musculoskeletal Ultrasound: Clinical Office Applications.
J. Lynch
- 16:45-17:00 Skin Infections among Elite Warriors and Athletes.
N. Astman

Hall C: Physiotherapy

FIFA Workshop: The Official FIFA "F-MARC" Workshop to Prevent Football Injuries – the 11+, part 2
M. Bizzini, PhD, PT, FIFA

Friday, November 4, 2011

Location: The Maccabiah Village, Ramat-Gan

08:00-10:00 SESSION V

Hall A: Foot, Ankle and Subjects of Interest

Moderator: Prof. Meir Niska

- 08:00-08:12 Ankle Instability: State of the Art.
N. Van-Dijk
- 08:12-08:24 Exercise: The Fountain of Youth.
M. Leitner
- 08:24-08:36 Hindfoot Endoscopy.
N. Van-Dijk
- 08:36-08:48 The Athletic Spine.
Y. Annekstein
- 08:48-09:00 Hand Prosthesis – Return to Sport.
A. Strover
- 09:00-09:10 MT 5 Fractures and other Stress Fractures.
J. Ekstrand
- 09:10-09:20 Muscle Injuries and their Mechanisms.
J. Ekstrand
- 09:20-09:28 The "Stable/Unstable" Chronic Isolated Anterior Syndesmotomic Injury.
L. Laver

- 09:28-09:36 Identifying Individuals with an Anterior Cruciate Ligament Deficient Knee as Copers and Non-Copers.
Y. Kaplan
- 09:36-09:44 Toward London 2012: Is She a Man or a Woman?
O. Goldstick
- 09:44-09:52 Entrapment of the External Iliac Artery in a Competitive Cyclist.
D. Lindner
- 09:52-10:00 A prospective Case Series of soft Tissue Conditions Treated with Graston Technique.
S. Perle

Hall B: Military Sports Medicine
Nutrition and Food Supplements - Workshop

Moderator: Yuval Heled, IDF Medical Corps

Overview: R. Arieli, Hadassah Medical Center, Jerusalem

Experts on panel: K. deWeber, N. Barringer

Hall C: Physiotherapy Workshop

Workshops: The Fascial Manipulation Practical Workshop

By **A. Stecco, MD, University of Padua**
& **S. Casadei, Pt, Cesenatico, Italy**

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

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

Hall A: The Shoulder, Hip and Upper Limb

Moderator: Dr. Eran Maman

- 10:30-10:45 Treatment Strategies to Bone Loss in Shoulder Instability.
G. Mozes
- 10:45-10:55 Multilayer Reconstruction in Rotator Cuff Lesions.
H. Laprell
- 10:55-11:03 Repair of Isolated Labral Tears of the Hip without Bony Dysmorphism.
B. Haviv
- 11:03-11:10 The Apprehension Sign as a Prognostic Indicator for Recurrent Dislocation of the Shoulder.
O. Safran
- 11:10-11:17 Hip Arthroscopy: Correlation of MR Arthrogram with Operative Findings.
H. Sherman
- 11:17-11:25 Heterotopic Ossification after Hip Arthroscopy: Incidence and Clinical Relevance.
E. Amar
- 11:25-11:33 Arthroscopic Decompression of the Anterior Inferior Iliac Spine Leading.
I. Hetsroni

- 11:33-11:40 Specific Elbow Injuries in Young Wrestlers.
V. F. Kuksov
- 11:40-11:47 Effect of COX-2 Receptor Inhibitors on the Biomechanical Strength of Repaired Rotator Cuff Tendon in a Rat Model.
O. Chechik
- 11:47-11:55 The Early Effect of Platelet-Rich Plasma on Healing of Repaired Rotator Cuff in a Rat Model. An Histological Study.
E. Maman
- 11:55-12:02 Modified Milch versus Stimson for Awake Reduction of Anterior Shoulder Dislocation.
E. Amar
- 12:02-12:10 Arthroscopic Stabilization of Acromioclavicular Joint Dislocation using the Cable Device.
R. Yarom
- 12:10-12:18 Manipulative Therapy for Lower Extremity Conditions: Update of a Stematic Review.
S. Perle
- 12:18-12:25 Musculoskeletal Ultrasound: Clinical Office Applications.
J. Lynch
- 12:25-12:30 Discussion

Hall B: Military Sports Medicine

Recent TTPs - per invitations only

Moderator: Ishay Ostfeld, IDF Medical Corps

Hall C: Physiotherapy Workshop

The Fascial Manipulation Practical Workshop

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