



International Symposium on Sports Medicine Israel 2006

**Israel Society of Sports Medicine and
22nd International Jerusalem Symposium on Sports Medicine**

In Memory of Prof. Oded Bar-Or

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 Wingate Institute

April 5-6, 2006
Sheraton City Tower Hotel
Ramat-Gan, Israel

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

The Congress thanks the **JDC** and the **Arthur Holstein Memorial Fund**,
The I.A.F.I and ASCOA, **The Israeli Physiotherapy Society**
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Marianne Bennison, UK

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Kenneth DeHaven, USA

Iris Elbaz, UK

Bareket Falk, Canada

Lennard Funk, UK

Michael Leitner, USA

Kurt Manal, USA

Tara Jo Manal, USA

Fabrizio Margheritini, Italy

Wolfgang Nebelung, Germany

Michael Ouaknine, France

John Richmond, USA

Nick Rowe, UK

Ian Shrier, Canada

Willem van Mechelen, Netherlands

Philip von Hauenschild, UK

Andreas Weiler, Germany

WORKSHOPS

1. *Fit Ball beyond the basic* - **Vilnai A.**
2. *PCL reconstruction* - **Weiler A.**
3. *Use of Electrical Stimulation for pain control and muscle strengthening - Part I and II* - **Manal J.**

CONGRESS OUTLINE

Wednesday, April 5, 2006

07:00-08:15	Workshops:	Koral A: Workshop Fit Ball beyond the basic - Vilnai A.	Koral B: Workshop PCL reconstruction - Weiler A.
07:30-08:30	Onsite reception & registration		
08:20-08:35	Opening ceremony		
08:35-09:35	SESSION I Bareket: Plenary: Keynote lectures		
09:35-09:55	Honorary Membership of the Israel Society of Sports Medicine to Prof. Ezra Sohar, for his life long contribution to Sports Medicine		
09:55-10:30	Ceremony in Memory of Prof. Oded Bar-Or		
10:30-11:00	Coffee Break and Exhibition		
11:00-12:30	SESSION II		
	Bareket: Knee: PFJ & Cartilage Injuries	Koral A: Physical activity in the young age I	Koral B: "Mid-Life is a good time to start" - I The Wingate Institute Perspective
12:30-13:30	Lunch Break		
13:30-15:00	SESSION III		
	Bareket: Knee - ACL	Koral A: Physical activity in the young age II	Koral B: "Mid-Life is a good time to start" -II
15:00-15:30	Coffee Break and Exhibition		
15:30-17:00	SESSION IV		
	Bareket: LBP & PCL Injuries	Koral A: Nutrition and Physical activity	Koral B: "Mid-Life is a good time to start" - III

Thursday, April 6, 2006

07:00-08:45	Registration		
07:00-08:30	SESSION V		
	Koral A: Foot & Ankle	Koral B: Knee - Meniscus	
08:30-08:45	Break		
08:45-09:45	SESSION VI Bareket: Plenary: Keynote lectures		
09:45-09:50	In memory of Dr. Arthur Holstein		
09:50-10:00	The story Of the JDC		
10:00-10:30	Best paper prize		
10:30-11:00	Coffee Break and Exhibition		
11:00-12:30	SESSION VII		
	Bareket: Hip Arthroscopy	Koral A: Cardiac Physiology	Koral B: General Aspects in Sports Medicine
12:30-13:30	Lunch Break		
13:30-15:00	SESSION VIII		
	Bareket: Upper limb - Part I	Koral A: Sports Cardiology	Koral B: Workshop Electrical Stimulation - Part I - Manal J.
15:00-15:30	Coffee Break and Exhibition		
15:30-17:00	SESSION IX		
	Bareket: Upper limb - Part II, ACL Occurence & diagnosis	Koral A: Cardiac Rehabilitation	Koral B: Workshop Electrical Stimulation - Part II - Manal J.
17:00	Bareket: Closing Ceremony		

PROGRAM

Wednesday, April 5, 2006

- 07:00-08:15 **Workshops (Koral A, Koral B)**
- 07:30-08:20 Onsite reception and registration
- 08:20-08:35 Opening ceremony
- 08:35-09:35 **SESSION I - Plenary: Keynote Lectures**
- 08:35-08:55 Can we affect physical activity & nutritional behavior of our children
Van Mechelen W.
- 08:55-09:15 Electrical stimulation: Current concepts and recent developments for muscle strengthening and recovery
Manal J.
- 09:15-09:35 Leisure and recreation for older adults
Leitner M.
- 09:35-09:55 **Honorary Membership of the Israel Society of Sports Medicine to Prof. Ezra Sohar, for his life long contribution to Sports Medicine**
Epstein Y.
- 09:55-10:10 **In Memory of Prof. Oded Bar-Or**
Pilz-Burstein R.
Inbar O.
- 10:10-10:30 **Hot and new under the sun - 4 decades of Pediatric Thermoregulatory Research**
Falk B.

10:30-11:00 Coffee Break and Exhibition

Parallel Sessions

- 11:00-12:30 **SESSION II**
Knee - PFJ & Cartilage Injuries
- 11:00-11:10 Hyaluronan injections in athletes
Funk L.
- 11:10-11:20 The influence of foot progression angle on the knee adduction moment during walking and stair climbing in pain free individuals with knee Osteoarthritis
Manal K.
- 11:20-11:30 Early (5 years) experience with Repicci II UKR
DeHaven K.
- 11:30-11:40 Patellar instability: Arthroscopic MPFL plasty
Canata GL.

- 11:40-11:50 The patello-femoral joint: Strategies of management
Manal J.
- 11:50-12:00 Bone scan in evaluation of PFJ pathology
Adar E., Loberboim M.
- 12:00-12:10 Kinematics of runners with and without patellofemoral pain during prolonged treadmill running
Manal K.
- 12:10-12:20 Osteopathy and knee pain
Elbaz I.
- 12:20-12:30 Discussion
- 12:30-13:30 Lunch Break
- 13:30-15:00 **SESSION III** **Bareket**
Knee - ACL
- 13:30-13:40 Soft-tissue ACL reconstruction: perspectives on the Tibial Tunnel (do we need Double-Bundle)
Richmond J.
- 13:40-13:50 Mini invasive medial plasty and ACL reconstruction in combined antero-medial knee instability
Canata GL.
- 13:50-14:00 ACL reconstruction with transverse femoral fixation
Margheritini F.
- 14:00-14:10 Management of ACL injuries in childhood and puberty
Weiler A.
- 14:10-14:20 Revision ACL reconstruction: how to avoid problems
Richmond J.
- 14:20-14:30 Functional sport related exercise after A.C.L. reconstruction
Diskin O.
- 14:30-14:40 The prenatal development of the Cruciate Ligaments of the knee
Adar E., Gam A., Halperin N., Rzetelny V., Hendel D.
- 14:40-14:50 Anterior Cruciate Ligament (A.C.L) injuries, what is the magnitude of the problem?
Finkelstein M.
- 14:50-15:00 Discussion
- 15:00-15:30 Coffee Break & Exhibition

15:30-17:00	SESSION IV LBP & PCL Injuries	Bareket
15:30-15:40	Osteopathy and the hamstring Von Houenschild P.	
15:40-15:50	Graded exercise, low back pain and return-to-work Van Mechelen W.	
15:50-16:00	Management of the PCL deficient knee Weiler A.	
16:00-16:10	PCL reconstruction with transtibial technique and Tran-septal approach Margheritini F.	
16:10-16:20	Back disorders rehab with strong evidence base Tene G.	
16:20-16:30	Revision PCL reconstruction Weiler A.	
16:30-16:40	Osteotomy as an alternative for revision of posterior cruciate unstable knees Nebelung W.	
16:40-16:50	Management of the multiple ligament injured knee Weiler A.	
16:50-17:00	Discussion	
07:00-08:15	Workshop Fit Ball beyond the basic Vilnai A.	Koral A
11:00-12:30	SESSION II Physical activity in the young age I	Koral A
11:00-11:15	Reduced exercise-associated response of the GH-IGF-I Axis and catecholamines in obese children and adolescents Nemet D., Cooper DM., Eliakim A.	
11:15-11:30	The effect of a brief sprint interval exercise on growth factors and inflammatory mediators Meckel Y., Eliakim A., Seraev M., Zaldivar F., Cooper DM., Sagiv M., Nemet D.	
11:30-11:45	Physical education in Israeli middle schools – A time for action! Mirochnik M., Nemet D., Eliakim A.	
11:45-12:00	Osteopenia of prematurity – The role of exercise in prevention and treatment Eliakim A., Nemet D.	
12:00-12:15	Assessment of posture in the 4 year old age group Pejovic V., Plavsic A., Vukomanovic A.	

12:15-12:30 Recovery from exercise in children vs. adults – Quantitative or qualitative difference?
Falk B.

12:30-13:30 Lunch Break

13:30-15:00 **SESSION III**
Physical activity in the young age II

Koral A

13:30-13:45 The effects of a nutritional-physical activity school-based intervention on fatness and fitness in pre-school children
Eliakim A., Nemet D., Balakirski Y., Epstein Y.

13:45-14:00 Nutrition and Physical activity knowledge and preferences in kindergarten children
Perez S., Nemet D., Reges O., Eliakim A.

14:00-14:15 A combined dietary - physical activity intervention affects bone strength in obese children and adolescents
Berger-Shemesh E., Nemet D., Wolach B., Eliakim A.

14:15-14:30 Training the elite child athlete: aspects of overtraining
Van Mechelen W.

14:30-14:45 Discussion

15:00-15:30 Coffee Break & Exhibition

15:30-17:00 **SESSION IV**
Exercise and nutrition role in prevention and treatment
In cooperation with The Sports Nutrition Committee - Israeli Dietetic Association ATID

Koral A

15:30-15:50 Adiponectin levels and expression - The role of exercise and diet
Madar Z.

15:50-16:05 Can Physical activity and nutrition prevent Colon cancer?
Gonen E.

16:05-16:20 Overexpression of TNF α in the muscle & fat tissue of diabetes prone psammomys obesus in response to physical exercise
Dror Y., Heled Y., Meyerovitch J.

16:20-16:35 Physical activity interventions: innovative interventions for people and places
Van Mechelen W.

16:35-16:50 Disordered eating in sportsmen - is it part of the sport?
Constantini N.

16:50-17:00 Discussion

07:00-08:15 **Workshop**
PCL Reconstruction
Weiler A.

Koral B

- 11:00-12:30 **SESSION II** **Koral B**
"Mid-Life is a Good Time to Start" - Part I
The Wingate Institute perspective
- 11:00-11:05 Greetings
Schaefer U., Director-General, Wingate Institute
- 11:05-11:30 Abdominal obesity in mid-life: Can physical activity help?
Dicker D.
- 11:30-11:55 Positive deviance and the treatment of obesity
Berry EM.
- 11:55-12:10 Personal "caloric scale" – special applications
Shargal E., Zigel L., Epstein M., Shtrik R., Raveh O., Amenuel I., Pilz-Burstein R.
- 12:10-12:30 Choice and balance – or, "Why did the cat grow a moustache?"
Lev B., Associate Director general, Ministry of Health
- 12:30-13:30 Lunch Break
- 13:30-15:00 **SESSION III** **Koral B**
Mid-Life is a Good Time to Start" - Part II
- 13:30-13:55 Osteoarthritis – Who says you need to hang 'em up?
Shrier L.
- 13:55-14:20 When you're 54 and still active – Social and economic aspects
Rowe N.
- 14:20-15:00 Walking for a healthy lifestyle
Buckshtein E.
- 15:00-15:30 Coffee Break & Exhibition
- 15:30-17:00 **SESSION IV** **Koral B**
"Mid-Life is a Good Time to Start" - Part III
- 15:30-15:45 Sport psychology breathing methods
Edwards S.
- 15:45-16:00 Psychological aspects of choosing physical activity
Eyal N.
- 16:00-16:20 Stretching the truth – when is it good and when is it not?
Shrier I.
- 16:20-17:00 Time to move: Prescription for health (interactive presentation)
Brezis M.
- 17:00 **Closing First Day**

Thursday, 6 April 2006

07:00-08:30 **Foot and Ankle - Koral A**
Knee - Meniscus - Koral B

07:00-08:45 Registration

08:45-09:45 **SESSION VI**
Plenary: Keynote Lectures

Bareket

08:45-09:05 Conservative treatment of ACL injuries
Manal J.

09:05-09:25 Thirty-five years follow-up of ACL-Deficient knees in high level athletes
Nebelung W.

09:25-09:45 Meniscus Repair – **Arthur Holstein Lecture**
DeHaven K.

09:45-09:50 **In Memory of Dr. Arthur Holstein**
Arbel R., President, Israel Society of Sports Medicine

09:50-10:00 The story of the JDC
Montbar A., Director General JDC, Israel

10:00-10:30 **Best paper prize**

10:30-11:00 Coffee Break & Exhibition

Parallel Sessions

11:00-12:30 **SESSION VII**
Hip Arthroscopy

Bareket

11:00-11:05 The next evolution in Sports Medicine
Benkovich V.

11:05-11:20 Anatomy of the hip, clinical evaluation of hip pain, indications and contraindications
Morgenstern D.

11:20-11:30 Clinical evaluation of the hip: Radiologic evaluation, CT and MRI
Flusser G.

11:30-11:45 Discussion

11:45-11:55 Surgical Technique
Ber Y.

11:55-12:05 Athletic hip injuries
Rath E.

12:05-12:15 Rehabilitation after hip arthroscopy
Ifergan A.

12:15-12:30 Discussion

12:30-13:30 Lunch Break

13:30-15:00 SESSION VIII
Upper Limb - Part I

Bareket

13:30-13:40 The "rugby shoulder"
Funk L.

13:40-13:50 Anatomic mini-invasive repair of distal biceps tendon ruptures
Canata GL.

13:50-14:00 Arthroscopic shoulder stabilization using the new knotless push-loc anchor
Nebelung W.

14:00-14:10 Arthroscopic treatment of shoulder instability
Ouaknine M.

14:10-14:20 Recurrent anterior shoulder instability: the engaging Hill-Sachs lesion
Richmond J.

14:20-14:30 Rationales of arthroscopic rotator cuff reconstruction
Nebelung W.

14:30-14:40 Rotator cuff repair using arthroscopy
Ouaknine M.

14:40-14:50 Arthroscopic Weaver-Dunn & Coraco-Clavicular reconstruction for ACJ dislocations
Funk L., Snow M.

14:50-15:00 Arthroscopic posterior shoulder stabilization
Richmond J.

15:00-15:30 Coffee Break & Exhibition

15:30-17:00 SESSION IX
Upper Limb – Part II, ACL Occurrence & Diagnosis

Bareket

15:30-15:40 Arthroscopic and imaging findings in patients with post traumatic anterior-inferior instability of the shoulder
Atoun U., Adar E.

15:40-15:50 Clinical and radiographic results of 3 part fractures of the proximal humerus following open reduction and internal fixation with a proximal humeral locked plate
Brin Y.S., Barchilon V., Kish B., Greenberg-Dotan S., Nyska M.

15:50-16:00 Shoulder dislocations in sport: Introducing the neuromuscular rehabilitation concept
Kaplan Y.

16:00-16:10 Efficacy of treating adhesive capsulitis and biceps tendonitis with radial shock wave therapy – A case study
Friedman I.

- 16:10-16:20 Shoulder instability repair – Individually tailored rehabilitation program
Adar E., Levi R.
- 16:20-16:30 Discussion
- 16:30-16:40 Mechanisms of knee injuries: Recognizing injury patterns for a more efficient workup, a successful diagnosis and a better treatment
Morgenstern D., Mann G., Dolev E., Nyska M.
- 16:40-16:50 Military medicine: Spect Bone Scintigraphy of anterior Cruciate Ligament tear. A prospective analysis of interpretation
Bloom S., Ifergan A., Adeniev R., Plotquin D., Atar D., Rath E.
- 16:50-17:00 Discussion
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- 07:00-08:30 **SESSION V** **Koral A**
Foot and Ankle
- 07:00-07:10 The clinical effects of dyadinamic current therapy and low level laser therapy in the treatment of ankle injury
Plavsic A., Vukomanovic A., Pejovic V., Nikcevic L.
- 07:10-07:20 Mini-invasive day surgery CFL plasty in ankle instability
Canata GL.
- 07:20-07:30 Osteopathy and Ankle/Foot injuries
Bennison M.
- 07:30-07:37 Arthroscopic finding in post traumatic ankle joint
Dekel A., Adar E.
- 07:37-07:44 Dynamic performance of the ankle rotators in patients following operative intervention for malleoli fractures
Steinfeld-Cohen Y., Shabat S., Nyska M., Peretz C., Dvir Z.
- 07:44-07:51 Functional analysis of ankle and foot motion after surgical treatment of ankle fractures
Salameh Y., Mann G., Nyska M., Ayalon M.
- 07:51-08:00 Effect of instructions on rehabilitation of postural control following lateral ankle sprain
Rotem-Lehrer N., Ronen Z., Khayutin G., Rozenberg I., Laufer Y.
- 08:00-08:07 Muller Weiss disease
Hetsroni I., Nyska M., Ayalon M.
- 08:07-08:14 The case of chronic, persistent Achilles Tendinosis in an Olympic Pole Vault jumper treated by combining Shock Wave therapy and Eccentric Exercise
Back Z., Mann G., Hetsroni I., Kots E., Glaser E., Morgenstern D., Galitskaya L., Nyska M.
- 08:14-08:22 Extensor digitorum longus tendonitis in windsurfing due to footstrap fixation
Hetsroni I., Mann G., Ayalon M., Frankl U., Nyska M.

08:22-08:30 The influence of sagittal plane block age of the 1st metatarsophalangeal joint on lower limb kinematics
Khamis S.

08:30-08:45 Break

11:00-12:30 **SESSION VII**
Cardiac Physiology

Koral A

11:00-11:15 Practical aspects of exercise and training for elders
Leitner M.

11:15-11:30 Improved ventilatory performance at submaximal effort following exercise training in severe CHF patients is independent of improvement in maximal aerobic capacity
Reuveny R., Pinchas A., Iakobishvili Z., Stein R., Battler A., Ben Gal T.

11:30-11:45 Cardiac adaptation to heat acclimation and exercise training: molecular-physiological linkage
Kodesh E.

11:45-12:00 Ventricular remodeling and increased electrical stability following prolonged aerobic exercise in rats
Dor-Haim H., Rosenheck S., Suissa M., Hellman Y., Pugatsch T., Danenberg H., Lotan C., Meiri H.

12:00-12:30 Discussion

12:30-13:30 Lunch Break

13:30-15:00 **SESSION VIII**
Sports Cardiology

Koral A

13:30-13:50 Inherited Cardiomyopathies
Arad M.

13:50-14:10 Guidelines for athletes with cardiovascular disease – new updates
Glikson M.

14:10-14:30 ECG interpretation
Frank A.

14:30-14:50 Preparticipation screening for non-competitive sports activities – update from the National Council for the prevention and Treatment of Cardiovascular Diseases and Israel Heart Society
Scheinowitz M.

14:50-15:00 Discussion

15:00-15:30 Coffee Break & Exhibition

- 15:30-17:00 **SESSION IX** **Cardiac Rehabilitation** **Koral A**
- 15:30-15:50 Exercise prescription for patients with risk factors for cardiovascular disease
Golan R.
- 15:50-16:10 Exercise prescription for the cardiac patient
TBA
- 16:10-16:30 Exercise therapy for patients with chronic congestive heart failure
Schwammenthal E.
- 16:30-16:50 Recommendations for exercise stress testing for cardiac patients – update from the National Council for the Prevention and Treatment of Cardiovascular Diseases and Israel Heart Society
Scheinowitz M.
- 16:50-17:00 Discussion

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- 07:00-08:30 **SESSION V** **Knee - Meniscus** **Koral B**
- 07:00-07:15 Collagen Meniscus Implant (US FDA trial)
DeHaven K.
- 07:15-07:30 Meniscal Repair: suggestion for position statement of the Israel Society of Knee Surgery and Arthroscopy, in presence of Prof. K. DeHaven
Adar E.
- 07:30-07:40 All inside meniscal suture
Margheritini F.
- 07:40-07:55 Skill of orthopaedic surgeon in the art of arthroscopy: suggestion for position statement of the Israel society of Knee Surgery and Arthroscopy, in presence of Prof. K. DeHaven
Adar E.
- 07:55-08:10 Shoulder ultrasound scanning by the surgeon – the "one-stop shop"
Funk L.
- 08:10-08:20 Biodegradable meniscal arrows for fixation of osteochondritis dissecans of the knee
Bloom S., Schwarzkopf R., Atar D., Rath E.
- 08:20-08:30 Discussion

08:30-08:45 Break

11:00-12:30	SESSION VII General Aspects in Sports Medicine	Koral B
11:00-11:10	Use of an EMG-Driven Biomechanical Model to study virtual injuries Manal K.	
11:10-11:20	Hypermobility syndrome: A not so benign orthopedic disorder Gofman A.	
11:20-11:30	Radial shock wave therapy – Clinical experience Levy N., Kersenti D.	
11:30-11:40	The treatment concept of shin splints revisited Livne D., Eilam Y.	
11:40-11:50	Discussion	
11:50-12:00	The efficiency of a training program in reducing the incidence of orthopedic problems in female border police recruits Dolev E., Constantini N., Even A., Mann G.	
12:00-12:10	Accident, fatality and personality characteristics in a population of mountain climbers in New Zealand Monasterio EM.	
12:10-12:20	Clay shoveler's fracture in a volleyball player Hetsroni I., Mann G., Dolev E., Morgenstern D., Meir N.	
12:20-12:30	Screening procedures for athletes Manal J.	
12:30-13:30	Lunch Break	
13:30-15:00	SESSION VIII Workshop Use of Electrical Stimulation for pain control and muscle strengthening, Part I – Manal J.	Koral B
15:00-15:30	Coffee Break and Exhibition	
15:30-17:00	SESSION IX Workshop Use of Electrical Stimulation for pain control and muscle strengthening, Part II - Manal J.	Koral B
17:00	Closing Ceremony	Bareket

**The Congress wishes to thank the following companies for
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1. מס' המחאה: _____ על סך _____ בנק _____ סניף _____
 2. מבקש לחייב את כרטיס האשראי על סך _____ סוג הכרטיס _____
 מספר כרטיס _____ תוקף כרטיס _____
 שם _____ ת.ז. _____
 חתימה _____