

BIENNIAL CONGRESS FOR SPORTS MEDICINE AND SPORTS SCIENCES

*Organised by the "Vlaamse Vereniging voor
Sportgeneeskunde en Sportwetenschappen"*

*In collaboration with **Brucosport** & **Limcosport***

Overuse in Sports Medicine: a Multidisciplinary Approach



Saturday, 20 March, 2010
KHBO, Brugge

FINAL PROGRAMME

VLAAMSE VERENIGING VOOR SPORTGENEESKUNDE EN SPORTWETENSCHAPPEN (VVS) BOARD

- President:** Prof. Dr. Jan Gielen
- Secretary:** Dhr. K. Scheerlinck
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CONGRESS ORGANISED IN COLLABORATION WITH BRUCOSPORT & LIMCOSPORT

CONGRESS ORGANISER & VVS SECRETARIAT

MEDICONGRESS

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WELCOME ADDRESS

The VVS congress will be a cornerstone of our society. A place to update knowledge but also a place to gather. The decision to organise a biennial congress was deliberated with and will be in cooperation with Bruco-sport, Limco-sport and the Flemish universities.

The first edition will be on 20th of March 2010 at the new facilities of KHBO, Brugge. We opted for a multidisciplinary approach with discussion of science, physiology, physiotherapy and sports medicine, orthopaedic surgery, revalidation, radiology, cardiology but also nutrition and mental aspects.

The first congress will give an update on OVERUSE in all its aspects i.e. from basic science to invasive therapy and from tendon to nutrition. The Flemish and Walloon societies of sports medicine and physiotherapy and Flemish and Walloon universities are involved. GRETHE MYKLEBUST of the famous OSLO TRAUMA CENTRE will present keynote lectures.

We are proud to announce an invited lecture of PHILIPPE MUYTERS, Flemish Minister of Sports.

We look forward to welcoming you to our congress in springtime.

Jan Gielen

On behalf of the VVS board



OVERUSE IN SPORTS MEDICINE: A MULTIDISCIPLINARY APPROACH

08.30 Registration

09.00 Opening of the Biennial Congress for Sports Medicine and Sports Sciences

UPDATE IN TENDON AND LIGAMENT OVERUSE – PART I

ROOM 1

Moderators: Koen Peers (KULeuven) & Johan Jespers (KRC Genk)

09.10 Tendon lesions and regeneration: Biomechanics - histology - pathophysiology - vascularisation - normal and abnormal regeneration

Peter Burssens (Gent)

09.30 Diagnosis in acute and chronic overuse: Medical imaging techniques

Peter Brys (KULeuven)

09.50 The TOPGAME study: Effectiveness of ESWT in jumping athletes with patellar tendinopathy

J. Zwerver (Groningen, The Netherlands)

10.00 Platelet-rich plasma (PRP) increases healing process of rat Achilles tendon

J.F. Kaux, P. Drion, F. Pascon, V. Libertiaux, C. Le Goff, A. Gothot, S. Cescotto, J.O. Defraigne, M. Rickert, J.M. Crielaard (Liège & Heidelberg, Germany)

10.10 Discussion

10.20 Coffee Break

UPDATE IN TENDON AND LIGAMENT OVERUSE – PART II

ROOM 1

Moderators: Koen Peers (KULeuven) & Johan Jespers (KRC Genk)

11.00 Treatment anno 2010 of tendon overuse: Medication, physical treatment, shock wave, platelet rich plasma

Koen Peers (KULeuven)

11.20 Rehabilitation and prevention of tendon injuries

Nele Mahieu (UGent)

11.40 Ultrasound screening of tendons of professional basketball players

J. Stappers, J. Gielen, A. Van der Stappen, R. Pasmans, P. Viroux, D. Mertens, E. Roelant (Antwerpen)

11.50 Positive effect of an autologous platelet concentrate in lateral epicondylitis

T. Gosens, J.C. Peerbooms, D.J. Bruijn, J. Sluimer (Tilburg, The Netherlands)

12.00 UTC, a novel approach for imaging of the Achilles tendon

H.T.M. van Schie, R.J. de Vos, S. de Jonge, H. Tol, M. Heijboer, H. Weinans (Rotterdam, Utrecht & Leidschendam, The Netherlands)

12.10 Discussion

12.30 Lunch Break and Poster Viewing

UPDATE IN PHYSICAL OVERUSE

ROOM 2

Moderator: Dirk Vissers (Artesis, UZAntwerpen)

- 09.10 Pathophysiology and treatment of Overtraining Syndrome
Romain Meeusen (VUBrussel)
- 09.30 Posturology: From a neurophysiologic model to a multidisciplinary approach in sports medicine
L. Janssens (Keerbergen)
- 09.40 Acute IGF-1, cortisol and creatine kinase responses to very short rest intervals between sets during resistance exercise to failure in men
R. Rahimi, M. Ghaderi, B. Mirzaei, H. Faraji (Mahabad, Rasht & Marivan, Iran)
- 09.50 Evaluation of a training program aiming to improve the physical fitness in dancers
N. Roussel, L. Daenen, D. Vissers, W. Mistiaen, S. Vanhove, S. Truijen, J. Nijs (Antwerpen & Brussel)
- 10.00 Discussion
- 10.10 Coffee Break

UPDATE IN MENTAL OVERUSE

ROOM 2

Moderator: Caroline Jannes (UZ Gent)

- 11.00 The psychology of overtraining, underrecovery and burn out: Concepts and determinants
C. Jannes (UZ Gent)
- 11.20 The straw that breaks the camel's back: How to assess, prevent and treat overtraining
G. Lefevere (AZ Brugge)

UPDATE IN DRUGS AND NUTRITION OVERUSE

ROOM 2

Moderators: Peter Eeno (UGent) & Henri Nielens (UCLouvain)

- 11.40 Working with professional cyclists, from theory to practice
Peter Res (Universiteit Maastricht, Nederland)
- 12.00 Toxic nephropathy and NSAID overuse in athletes
Marc De Broe (UAntwerpen)
- 12.20 Discussion
- 12.30 Lunch Break and Poster Viewing

KEYNOTE LECTURE

ROOM 1

- 13.40 Prevention of injuries in sport, from acute to overuse injuries
Grethe Myklebust, Oslo Trauma Centre, Norway

INVITED HONORARY LECTURE

ROOM 1

- 14.20 Perspectives of sports medicine in Flanders
Philippe Muyters, Vlaams Minister van Financiën, Begroting, Ruimtelijke Ordening, Werk en Sport / Minister of Budget, Employment, Sports, Town and Country Planning in the Flemish Government

UPDATE IN MUSCLE OVERUSE – PART I

ROOM 1

Moderators: Guy Vanderstraeten (UGent) and Jan De Neve (Brucosport)

- 15.00 Muscle lesions and regeneration: Biomechanics - histology - pathophysiology - normal and abnormal regeneration
Jan De Neve (Brucosport)
- 15.20 Diagnosis in acute and chronic overuse: Medical imaging and other techniques (compartment pressure measurement)
Adelheid Steyaert (UGent)
- 15.40 Successful non-operative treatment of a subtotal rupture of the adductor longus in a soccer player: A case report
B. Jennes, E. Van den Eede, J. Veryser, K. Peers (Leuven & Nijmegen, The Netherlands)
- 15.50 Discussion
- 16.00 Coffee Break and Poster Viewing

UPDATE IN MUSCLE OVERUSE – PART II

ROOM 1

Moderators: Guy Vanderstraeten (UGent) and Jan De Neve (Brucosport)

- 16.30 Treatment anno 2010 of muscle overuse: Medication, physical treatment, platelet rich plasma
Luc Vanden Bossche (UGent)
- 16.50 Rehabilitation and prevention of hamstring injuries
Jean-Louis Croisier (ULiège)
- 17.10 Chronic Exertional Compartment Syndrome of the forearm in motocross racers: Findings on MRI
J.L. Gielen, B. Peersman, G. Peersman, E. Roelant, P. Van Dyck, F. Vanhoenacker, J. Roeykens (Antwerpen)
- 17.20 Discussion
- 17.30 Farewell Reception

UPDATE IN CARTILAGE AND BONE OVERUSE - PART I

ROOM 2

Moderators: Jan Gielen (UA) and André Debruyne (Limcosport)

- 15.00 Pathophysiology in cartilage overuse - etiology - characteristics of cartilage lesions and degeneration-OA
Jan Gielen (UAntwerpen)
- 15.20 Diagnosis of cartilage overuse: Medical imaging - recent techniques - arthroscopy
Koen Verstraete, Wouter Huysse (UGent)
- 15.40 Cartilage overuse: Surgical interventions in osteoarthritis - Case reports in high-performance athletes
P. Klein, P. Schäferhoff, H. Dewitz (Köln, Germany)
- 15.50 Discussion
- 16.00 Coffee Break and Poster Viewing

UPDATE IN CARTILAGE AND BONE OVERUSE - PART II

ROOM 2

Moderators: Jan Gielen (UAntwerpen) and André Debruyne (Limcosport)

- 16.30 Treatment anno 2010 of cartilage overuse: From treatment - medication - infiltration - physical therapy - bracing - recent surgical procedures
Fredrik Almqvist (UGent)
- 16.50 Rehabilitation and prevention of cartilage & bone injuries
Dieter van Assche (KULeuven)
- 17.10 Case Report: Stress reaction of the tibia in recreational athletes - Is there a golden standard for the medical treatment?
P. Schäferhoff, O. Pütz, H. Dewitz (Köln, Germany)
- 17.20 A prospective study on gait-related intrinsic risk factors for lower leg overuse injuries
N. Ghani Zadeh Hesar, A. Van Ginckel, A. Cools, W. Peersman, P. Roosen, D. De Clercq, E. Witvrouw (Gent & Urmia, Iran)
- 17.30 Discussion
- 17.40 Farewell Reception

REGISTRATION

REGISTRATION FEES

	Until 31/01/2010	As of 01/02/2010
Members VVS	€ 60,00	€ 70,00
Non Members*	€ 100,00	€ 120,00
Students*	€ 70,00	€ 80,00

*Registration as a Non-Member or as a Student includes 2010 membership of the VVS

REGISTRATION FEE INCLUDES

The registration fee includes access to the scientific sessions and the exhibition, the coffee break & lunch.

HOW TO REGISTER

Register online at www.vvsport.be. The online registration form will be available in November. The registration and payment form is secured by COMORA CA Ltd. so that credit card information can be submitted safely.

CONFIRMATION

Immediately after submitting your online registration form, an automatic confirmation is sent by email. If you do not receive this automatic confirmation, your registration has not been made successfully. Medicongress will send a formal confirmation by email after receipt of payment.

PAYMENT

All payments are to be made in Euro, net of all bank charges and commissions for the receiver. Payment is to be made by:

- Bank transfer
Account Number: 123-6800554-17 - VVS CONGRES
Kloosterstraat 5 - 9960 ASSENEDE
BIC: BKCPBEBB - IBAN: BE61123680055417
Bank address: OBK Bank, Graaf Van Vlaanderenplein 19, 9000 Gent, Belgium
- Credit Card: All major credit cards are accepted.

CANCELLATIONS

Participants canceling their registration before January 31, 2010 will receive a 50% refund. There will be no refunds for cancellations received after this date. Registered participants not showing up at the Congress will NOT be reimbursed. Cancellations must be confirmed in writing to the Organising Secretariat. All refunds will be processed after the Congress.

GENERAL INFORMATION

CONGRESS VENUE

KHBO - Campus Brugge
Xaverianenstraat 10
8200 Brugge
www.khbo.be

ACCESS

On the E40, take exit nr 7 (Brugge - Loppem). At the end of the exit, on the roundabout, follow the direction "Brugge". At the next traffic lights, turn to the left, direction "Zeebrugge". Keep to the left, to enter the parallel road after the cinemacomplex "Kinopolis". Follow the parallel road and you arrive at the campus to your right. Attention: The congress venue is NOT accessible by car through the Xaverianenstraat. Please enter "Koningin Astridlaan" in your GPS system.

CAR PARK

There is a car park for 450 cars in front of the congress venue.

LANGUAGE

The official language is English. There is no simultaneous translation.

ACCREDITATION

A request for accreditation has been submitted by the organisers and participants will receive a Certificate of Attendance at the registration desk.

EXHIBITION

In conjunction with the congress, a technical exhibition highlighting technical equipment and pharmaceutical products will be held in the exhibition area of the Congress Centre. Access to the exhibition is free for all participants.

LIABILITY

Neither the organisers, nor the local committee accept liability for damages and/or losses of any kind which be incurred by participants during the congress. Participants are advised to take out insurance against loss, accidents or damage which could be incurred during the congress.

WIRELESS INTERNET

During the congress, wireless internet is available at certain locations within the Congress Centre. Check at the registration desk for details.



**Vlaamse Vereniging
voor Sportgeneeskunde
en Sportwetenschappen**

Contact: VVS Secretariat
Medicongress - VVS@medicongress.com

www.vvsport.be