23-26 September 2021, Athens, Greece

International Federation of Sports Medicine

Under the support of:
Sports Medicine Association of Greece

Under the auspices of H.E., the President of the Hellenic Republic

Athens 2020

36th

FIMS

World Congress of Sports Medicine

23 - 26 September 2021 | Athens, Greece

Divani Caravel Hotel

Final Program
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Dear Colleagues and Friends,

Despite the difficult conditions that we are facing due to COVID-19 pandemic, we would like to welcome you in the **XXXVI World Congress of Sports Medicine (FIMS 2020 Congress)** on **September 23rd - 26th**, at the Divani Caravel Hotel, in Athens, Greece.

We are continuing with intense enthusiasm for the upcoming 2021 FIMS Congress. A Congress with an exceptional scientific program composed of worldwide experts presenting the latest progress in the field of Sports Medicine. Over 200 distinguished speakers have confirmed their participation to this major event.

*“Sports Medicine promotes active lifestyle”* is the official motto of the Congress that will host a multidisciplinary perspective on Sports injury and disease, their epidemiological background and risk factors, their prevention, diagnosis and treatment on a wide variety of sports and exercise.

A special focus will be given on genetics, molecular biology and sports, as well as on wearable and other technologies in Sports Medicine.

Some of the Conference hot topics include:

- **Exercise Prescription for Health**
- **Pre-participation screening in sport and exercise**
- **Anti-Doping**
- **Sports Medicine in obesity and diabetes treatment**
- **Nutrition, metabolism and exercise**
- **Physical Activity and women, as well as physical activity and elderly**
- **Sports Cardiology**
- **Legal issues of Sports Medicine**
- **Sport equipment and health**
- **Sport and environment assessment and impact of COVID-19 pandemic on Sport and physical activity**

Athens, a bustling and cosmopolitan metropolis, is the center of the economic, financial, industrial, political and cultural life of Greece. Located at the crossroads of three continents, Athens is a modern and vibrant city, with great charm and strong links with the past and many future prospects. Athens is among the most beautiful, hospitable and exciting European cities. Thus, there is so much to discover and see in this magnificent and historical city!

Despite the distressing situation with the COVID-19 pandemic, I remain optimistic anticipating a successful Congress. As hosts and organizers, we will put all our efforts to make your participation scientifically rewarding and as meaningful as possible.

We are looking forward to your active participation.

Sincerely yours,

**Prof. Konstantinos Natsis**
Congress President
President of the Sports Medicine Association of Greece
2010 - 2020

Throughout the 10 years of our country’s financial recession, Athens Medical Group has contributed to:

**The Greek Economy**
- €810 M payroll expenses
- €307 M payments to insurance funds
- €230 M payments to the Greek Public Sector
- €245 M foreign currency inflow generated from international patients
- €595 M supplies from Greek companies
- €90 M investments

**The Greek Society**
- 7,3K citizens trusted their health to us
- 500 K residents of remote areas have used our telemedicine Vodafone services
- 6 K employees and healthcare professionals
- 8 K fellow citizens have received health services in special rates, or for free
- 40 NGO’s, institutions and medical adoption of border areas (e.g. Evros) were included in our CSR program
- 20 international accreditations according to the highest standards
COMMITTEES

CONGRESS PRESIDENTS
Fabio Pigozzi, Italy
Konstantinos Natsis, Greece

HONORARY PRESIDENT
Norbert Bachl, Austria

HONORARY COMMITTEE
Konstantinos Christodoulakis, Cyprus
Eduardo De Rose, Brazil
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Georgios Godolias, Germany
Vassilis Klissouras, Greece
Pantelis Nikolaou, Greece
Stergios Papastergiou, Greece
Charalampos Roussos, Greece

LOCAL ORGANIZING COMMITTEE
Chairman: Konstantinos Natsis, Greece
Secretary General: Maria Piagkou, Greece

Members:
Dimitrios Aftosmidis, Greece
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Yannis Pitsiladis, United Kingdom
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Andreas Tanos, Cyprus
Ioannis Terzidis, Greece
Maksim Tishukov, Russia
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Dimitrios Tsitsiropoulos, Greece
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Nikolaos Xylouri, Greece
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- Ana Virginia Cintron-Rodriguez, Puerto Rico
- Yung Shu-hang Patrick, Hong Kong SAR
- Andrew Jowett, Australia
- Wolfarth Bernd, Germany
- Jeroen Swart, South Africa
- Michiko Dohi, Japan
- Xie Minhao, China
- Konstantinos Natsis, Greece
- Boris Polyaev, Russia
- William O. Roberts, USA
- Maher Zahar, Tunisia

COMMISSION CHAIRS
Yannis Pitsiladis, United Kingdom
Demitri Constantinou, South Africa
Christian Schneider, Germany (AIOWF)
Maurizio Casasco, Italy

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Alain Lacoste, France (ASOIF)
Lars Engebretsen, Norway (IOC)
Alen Verne, Canada (WADA)

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SCIENTIFIC COMMISSION
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- James Bilzon, United Kingdom
- Viktoriya Badtieva, Russia
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- Luigi Di Luigi, Italy
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- Michiko Dohi, Japan
- Xie Minhao, China

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Chair: Demitri Constantinou, South Africa
Members:
- Raymond So, Hong Kong
- Pedro Manonelles, Spain
- Clea Papaellina, Cyprus
Corresponding Members:
- Upul Madahapola, Sri Lanka
- Marcelo Bichels Leitão, Brazil
COMMITTEES

FIMS COMMISSIONS
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Xavier Bigard, France
Corresponding Members: Gary Mak, Hong Kong

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Qassim Muaidi, Saudi Arabia
Corresponding Members: Daniel Zarrillo, Uruguay
Joo Han Oh, Korea

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2nd Vise President: Savvas Giakoumakis, Greece
Gen. Secretary: Christos Lyrtzis, Greece
Assist. Secretary: Markos Sgantzos, Greece
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Ioannis Terzidis, Greece
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Nikolaos Xylouris, Greece
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          Norbert Bachl, Austria
          Viktoria Badtieva, Russia
          Xavier Bigart, France
          James L. J. Bilzon, United Kingdom
          Mats Borjesson, Sweden
          Klaus-Michael Braumann, Germany
          Maurizio Casasco, Italy
          Demetri Constantiuou, South Africa
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          Michail Hantes, Greece
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          Jose Kawazoe Lazzoli, Brazil
          Vassilis Klissouras, Greece
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          Konstantinos Natsis, Greece
          Dimitrios Kouvelas, Greece
          Guo-Ping Li, China
          Herbert Löffgen, Germany
          Ulf Moebius, Germany
          Michael Papadakis, Greece
          Emmanouil Papakostas, Greece
          Efstatios Papatheodorou, Greece
          Yung Shu-hang Patrick, Hong Kong SAK
          Hara Spiliopoulou, Greece
          Maria Piakgou, Greece
          Fabio Pigozzi, Italy
          Boris Polyaev, Russia
          William O. Roberts, USA
          Rafael Augusto Robles Cabrera, Guatemala
          Constant Roux, Cote d’Ivoire
          Christian Schneider, Germany
          Bulent Ulkar, Turkey
          Vasileios Vasilikos, Greece
          Petra Zupet, Slovenia

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Members: Emmanouil Antonogiannakis, Greece
          Anastasios Beletsiotis, Greece
          Vasileios Hoularas, Greece
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          Nikolaos Geladas, Greece
          Christos Georgakopoulos, Greece
          Anastasios Georgoulis, Greece
          Ioannis Gigis, Greece
          Ioannis Gliatis, Greece
          Georgios Grougios, Greece
          Dimitrios Hatziemmanouil, Greece
          Michael Iosifidis, Greece
          Eleftherios Kellis, Greece
          Nikolaos Koukoulis, Greece
          Paraskevi Malliou, Greece
          Dimitrios Mastrokalos, Greece
          Katerina Mouratidou, Greece
          Michail Nikolaidis, Greece
          Georgios Noussios, Greece
          Periklis Papadopoulos, Greece
          Athanasios Papaioannou, Greece
          Odysseas Paxinos, Greece
          Xenofon Roussis, Greece
          Nikolaos Samaras, Greece
          Matthias Savvidis, Greece
          Markos Sgantzos, Greece
          Thomas Tegos, Greece
          Ioannis Terzidis, Greece
          Konstantinos Tsiofis, Greece
          Eleftherios Tsiroidis, Greece
          Ioannis Tsitouridis, Greece
          Georgios Tzetzis, Greece
          Athanasios Ververidis, Greece
          Konstantinos Vlasis, Greece
          Ioannis Vrampas, Greece
          Christos Yiannakopoulos, Greece
          Athanasios Zacharopoulos, Greece
          Aristidis Zibis, Greece
Επενδύουμε στην καινοτομία
που ανοίγει νέους δρόμους στη θεραπεία

Η φαρμακευτική καινοτομία ανοίγει κάθε μέρα νέους δρόμους στη θεραπεία. Όσο η επιστήμη θα παράγει νέα γνώση, τα όρια της υγείας θα διευρύνονται. Το αδύνατο θα γίνεται κάθε μέρα πιο δυνατό.

Γι’ αυτό, στην GENESIS Pharma, εστιάζουμε εκεί όλες μας τις δυνάμεις. Είμαστε η μόνη ελληνική φαρμακευτική εταιρεία με εξειδίκευση στη βιοτεχνολογία εδώ και δύο δεκαετίες, μέσω της αποκλειστικής μας συνεργασίας με πρωτοπόρες διεθνείς φαρμακευτικές εταιρείες που ανακαλύπτουν και αναπτύσσουν θεραπείες αιχμής.

Εργαζόμαστε καθημερινά για να διασφαλίσουμε στους ασθενείς στη χώρα μας, άμεση πρόσβαση σε υψηλής τεχνολογίας φάρμακα για χρόνιες, σπάνιες και σοβαρές παθήσεις, κυρίως στους τομείς της νευρολογίας, της αιματολογίας, της ογκολογίας, της δερματολογίας, της ρευματολογίας και της νεφρολογίας.

Επενδύουμε στην καινοτομία. Παραμένουμε προσπλημμένοι στον στόχο για μια καλύτερη ζωή.

Μάθετε περισσότερα στο www.genesispharma.com
## PROGRAM AT A GLANCE

### Tuesday, September 21st, 2021

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<tr>
<th>Time</th>
<th>Location</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>07:45-21:15</td>
<td>HORIZON (Hybrid Hall)</td>
<td>FIMS Team Physician Development Course Emergency and First Aid in Sports Medicine Hands on Training</td>
</tr>
</tbody>
</table>

### Wednesday, September 22nd, 2021

<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>Event Description</th>
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<tr>
<td>09:00-16:15</td>
<td>MACEDONIA B (Hybrid Hall)</td>
<td>FIMS - WADA Pre-Congress Course Antidoping in Sport</td>
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<td>13:00-21:00</td>
<td>KÖZANI (Virtual Hall)</td>
<td>FIMS Pre-Congress Course Sports Cardiology: ECG and Imaging</td>
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<td>18:00-20:00</td>
<td>MACEDONIA B (Hybrid Hall)</td>
<td>FIMS Commissions Meetings</td>
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## PROGRAM AT A GLANCE

### Thursday, September 23rd, 2021

<table>
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<th>Time</th>
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<tbody>
<tr>
<td>08:30</td>
<td>Registration</td>
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<tr>
<td>07:30-11:30</td>
<td>FIMS Executive Committee Meeting</td>
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<tr>
<td>09:30-10:30</td>
<td>1st SESSION PHYSICAL ORAL PRESENTATIONS</td>
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<td>10:30-11:30</td>
<td>2nd SESSION PHYSICAL ORAL PRESENTATIONS</td>
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<tr>
<td>11:30-12:30</td>
<td>3rd SESSION PHYSICAL ORAL PRESENTATIONS</td>
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<tr>
<td>11:30-12:30</td>
<td>SUPPORTED SYMPOSIUM FIMS COLLABORATING CENTER</td>
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<tr>
<td>11:30-12:30</td>
<td>THE TRAVELLING ATHLETE</td>
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<td>11:30-12:30</td>
<td>Chairs: Christa Janse van Rensburg (South Africa), Demitri Constantinou (South Africa)</td>
</tr>
<tr>
<td>11:30-12:30</td>
<td>Coping with travel fatigue and jet lag</td>
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<tr>
<td>11:30-12:30</td>
<td>Christa Janse van Rensburg (South Africa)</td>
</tr>
<tr>
<td>11:30-12:30</td>
<td>The influence of travel on fatigue. Biomarkers and monitoring tools in elite sports</td>
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<tr>
<td>11:30-12:30</td>
<td>Jeroen Swart (South Africa)</td>
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<tr>
<td>11:30-12:30</td>
<td>The role of the team physician</td>
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<tr>
<td>11:30-12:30</td>
<td>Demitri Constantinou (South Africa)</td>
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<tr>
<td>11:30-12:30</td>
<td>Screening and infection risk</td>
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<tr>
<td>11:30-12:30</td>
<td>Pierre Viviers (South Africa)</td>
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<tr>
<td>11:30-12:30</td>
<td>3rd SESSION PHYSICAL ORAL PRESENTATIONS</td>
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<tr>
<td>11:30-12:30</td>
<td>SUPPORTED SYMPOSIUM SPORTS MEDICINE PORTUGUESE SOCIETY</td>
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<tr>
<td>11:30-12:30</td>
<td>THE FEMALE ATHLETE ACROSS THE LIFE SPAN: FROM RECREATIONAL TO ELITE LEVEL</td>
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<tr>
<td>11:30-12:30</td>
<td>Chairs: João Pereira de Almeida (Portugal), Stergios Papastergiou (Greece)</td>
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<tr>
<td>11:30-12:30</td>
<td>Biological aspects of the young female maturation</td>
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<td>11:30-12:30</td>
<td>Marcos Miranda (Portugal)</td>
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<td>11:30-12:30</td>
<td>RED-S primary prevention is enough?</td>
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<td>11:30-12:30</td>
<td>Maria João Cascais (Portugal)</td>
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<tr>
<td>11:30-12:30</td>
<td>Hormonal regulation and injury risk in female athlete</td>
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<td>11:30-12:30</td>
<td>Beatriz Cardoso-Marinho (Portugal)</td>
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<td>11:30-12:30</td>
<td>ACL injuries in female athletes</td>
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<td>11:30-12:30</td>
<td>Artur Pereira de Castro (Portugal)</td>
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</tbody>
</table>
## PROGRAM AT A GLANCE

### Thursday, September 23rd, 2021

<table>
<thead>
<tr>
<th>Time</th>
<th>MACEDONIA B (Hybrid Hall)</th>
<th>MACEDONIA A (Hybrid Hall)</th>
<th>KOZANI (Virtual Hall)</th>
<th>NAOUSA (Virtual Hall)</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:30-14:30</td>
<td>WADA SYMPOSIUM FROM CODE CHANGES TO CLINICAL CASES</td>
<td>SUPPORTED SYMPOSIUM COPAMEDE EXERCISE AND SPORTS MEDICINE IN THE AMERICAS</td>
<td>SUPPORTED SYMPOSIUM HELLENIC ARTHROSCOPY ASSOCIATION</td>
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<td>Chairs: Alan Vernec (Canada), Yannis Pitsiladis (UK)</td>
<td>Chairs: José Kawazoe Lazzoli (Brazil), Ana Cintrón (Puerto Rico)</td>
<td>ADVANCED EVALUATION AND TREATMENT OF KNEE AND SHOULDER INJURIES IN ELITE ATHLETES</td>
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<td></td>
<td>Key changes to the code and ISTUE</td>
<td>Muscle injuries: evaluation and follow-up using new devices</td>
<td>Chairs: Christer Rolf (Sweden), Michael Iosifidis (Greece)</td>
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<td></td>
<td>Elizabeth Riley (UK)</td>
<td>Andrea Mattiozzi (Uruguay)</td>
<td>Quantitative evaluation of knee and shoulder dysfunction using inertial sensor technology</td>
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<td>Prohibited list - How to keep out of trouble</td>
<td>Julio Motta-Pensabene (Guatemala)</td>
<td>Christos K. Yiannakopoulos (Greece)</td>
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<td>Alan Vernec (Canada)</td>
<td>Santiago Return to Play test after anterior cruciate ligament surgery</td>
<td>Advanced cartilage restoration techniques</td>
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<tr>
<td></td>
<td>Interesting clinical cases:</td>
<td>Muscle injuries: evaluation and follow-up using new devices</td>
<td>Michael Iosifidis, Greece</td>
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<td>IV Infusion</td>
<td>Julio Motta-Pensabene (Guatemala)</td>
<td>Tailor made ACL surgery in sports</td>
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<td>Ola Rensen (Norway)</td>
<td>Sarcopenia: management and 360° vision for its prevention</td>
<td>Emmanouil Papakostas (Qatar)</td>
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<td>Medical marijuana: A global view and AD rules</td>
<td>Marcelo Sajuria (Chile)</td>
<td>Meniscus preservation and substitution in elite athletes</td>
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<td>James Kissick (Canada)</td>
<td>The use of wearable technologies for the screening of ECG patterns during sports practice</td>
<td>Vasilios Houliaras (Greece)</td>
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<td>ADHD: Diagnosing in the world of sport</td>
<td>Daniel Zarrillo (Uruguay)</td>
<td>Evaluation and management of recurrent patella instability in athletes</td>
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<td></td>
<td>Susan White (Australia)</td>
<td>Integrated methods for the evaluation of hydration in sports participants</td>
<td>Andreas Panagopoulos (Greece)</td>
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<td>Pain management: treatment approach in elite athletes</td>
<td>Marco Antonio Ojeda (Mexico)</td>
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<td>Young-Hee Lee (South Korea)</td>
<td>A novel hypoxic tolerance test to implement strategies to compete in altitude</td>
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<td>Mauricio Serrato (Colombia)</td>
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<tr>
<td>14:30-15:30</td>
<td>4th SESSION PHYSICAL ORAL PRESENTATIONS</td>
<td>5th SESSION PHYSICAL ORAL PRESENTATIONS</td>
<td>Break</td>
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<td>Break</td>
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</tbody>
</table>
## PROGRAM AT A GLANCE

### Thursday, September 23rd, 2021

<table>
<thead>
<tr>
<th>15:30-16:45</th>
<th>MACEDONIA B (Hybrid Hall)</th>
<th>MACEDONIA A (Hybrid Hall)</th>
<th>KÖZANI (Virtual Hall)</th>
<th>NÁOUSA (Virtual Hall)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SUPPORTED SYMPOSIUM EUROPEAN SOCIETY OF PHYSICAL AND REHABILITATION MEDICINE</strong>&lt;br&gt;Chairs: Jean-François Kaux (Belgium), Nicholas Christodoulou (Cyprus)&lt;br&gt;Prevention of shoulder injuries in volleyball players: the usefulness and efficiency of a warm-up routine&lt;br&gt;Camille Tooth (Belgium)&lt;br&gt;Virtual reality in sports injuries rehabilitation&lt;br&gt;Markos Sgantzos (Greece)&lt;br&gt;Rehabilitation and return-to-play after PRP injection for lower limb tendinopathy&lt;br&gt;François Delvaux (Belgium)&lt;br&gt;Return-to-play criteria following shoulder dislocation in overhead athletes&lt;br&gt;Amandine Gofflot (Belgium)&lt;br&gt;Common sports-related extremity fractures in children&lt;br&gt;Savvas Giakoumakis (Greece)</td>
<td><strong>6th SESSION PHYSICAL ORAL PRESENTATIONS</strong></td>
<td><strong>SUPPORTED SYMPOSIUM AFSM CURRENT ADVANCES IN SPORTS INJURY MANAGEMENT AND PREVENTION</strong>&lt;br&gt;Chair: Talia Alenabi (Iran), Chryssanthos Chryssanthou (Greece)&lt;br&gt;Shoulder rotator cuff injuries in throwing sports athletes &amp; injury prevention&lt;br&gt;Joo Han Oh (South Korea)&lt;br&gt;Hand and wrist injuries: management and prevention&lt;br&gt;Roshanak Moradi (Iran)&lt;br&gt;ACL injury management and its prevention&lt;br&gt;Razi Mohammad (Iran)&lt;br&gt;Current Evidence in treatment &amp; prevention of ankle ligament injuries&lt;br&gt;Samuel Ling (Hong Kong)</td>
<td><strong>ROUND TABLE INTERNAL MEDICINE IN SPORTS MEDICINE</strong>&lt;br&gt;Chairs: Triantafyllos Didaggelos (Greece), Thomas Tegos (Greece)&lt;br&gt;Exercise for a future without diabetes mellitus&lt;br&gt;Triantafyllos Didaggelos (Greece)&lt;br&gt;Exercise and cardiovascular system&lt;br&gt;Georgios Sofidis (Greece)&lt;br&gt;Long term sequelae of cerebral injuries in athletes&lt;br&gt;Thomas Tegos (Greece)</td>
<td></td>
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<tr>
<td>16:30-17:30</td>
<td>7th SESSION PHYSICAL ORAL PRESENTATIONS</td>
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<td>16:45-17:15</td>
<td><strong>LECTURE</strong>&lt;br&gt;Chair: Pantelis Nikolaou (Greece)&lt;br&gt;Robotic Sportsman Hernia Repair&lt;br&gt;Konstantinos Konstantinidis (Greece)</td>
<td></td>
<td><strong>LECTURE</strong>&lt;br&gt;Chair: Irina Zelenkova (Spain)&lt;br&gt;Innovation for sports selection. Complex testing methods&lt;br&gt;Andrei Kalinin (Russia)</td>
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<td>17:15-18:00</td>
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<td>Visit to the Exhibition &amp; the Poster Area</td>
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## PROGRAM AT A GLANCE

**Thursday, September 23rd, 2021**

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<th>Time</th>
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<th>SUPPORTED SYMPOSIUM</th>
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<tr>
<td>18:00</td>
<td>MACEDONIA B (Hybrid Hall)</td>
<td>SPORTS CARDIOLOGY</td>
<td>POLISH SOCIETY OF SPORTS MEDICINE</td>
<td>BASEM</td>
<td>HKASMS</td>
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<tr>
<td>19:15</td>
<td>MACEDONIA B (Hybrid Hall)</td>
<td>Chairs: Fabio Pigozzi (Italy), Christodoulos Stefanadis (Greece)</td>
<td>PHYSICAL ACTIVITY AND PREVENTION OF NONCOMMUNICABLE CHRONIC DISEASES</td>
<td>Chairs: Theodora Papadopoulou (UK), Roger Hawkes (UK)</td>
<td>INJURY PREVENTION PROGRAM AND RETURN TO PLAY CRITERIA AFTER SPORTS INJURIES</td>
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<td>Pre-participation cardiovascular screening in athletes</td>
<td>Chairs: Anna Jegier (Poland) Metin Ergun (Turkey)</td>
<td>Moving Medicine-Prescribing movement for people with physical impairments</td>
<td>Chairs: Patrick Yung (Hong Kong), Panagiotis Papagelopoulos (Greece)</td>
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<td>Domenico Corrado (Italy)</td>
<td>Molecular mechanisms underlying adaptation to exercise</td>
<td>Harriet Collins (UK)</td>
<td>Preseason cardiac screening in prevention of sudden cardiac death</td>
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<td>Evaluation of athletes with coronary artery disease</td>
<td>Agnieszka Zembro-Lacny (Poland), Ewa Brzezińska-Lasota (Poland)</td>
<td>Use it or lose it: maintaining muscle mass for health and disease prevention</td>
<td>Gary Mak (Hong Kong)</td>
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<td>Michael Papadakis (Greece)</td>
<td>Long-term effect of different physical activity levels in prevention of cardiovascular disease in men: a 30-years prospective study</td>
<td>James Bilzon (UK)</td>
<td>Injury prevention through training load monitoring &amp; management</td>
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<td>Evaluation of athletes with ventricular arrhythmias</td>
<td>Katarzyna Szmigielska (Poland), Magdalena Kwaśniewska (Poland)</td>
<td>Is it time to prioritise the biopsychosocial approach in sport and exercise medicine?</td>
<td>Kate Yung (Hong Kong)</td>
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<td>Alessandro Biffi (Italy)</td>
<td>Physical activity in prevention and treatment of cognitive disorders</td>
<td>How it works in practice</td>
<td>ACL injury prevention program: How does it work?</td>
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<td>Evaluation and management of athletes with cardiomyopathy</td>
<td>Andrzej Ziemba (Poland)</td>
<td>Theodora Papadopoulou (UK)</td>
<td>Mok Kam Ming (Hong Kong)</td>
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<td>Aris Anastasakis (Greece)</td>
<td>Sport in older adults</td>
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<td>Evidence based practice for return to play after ACL reconstruction</td>
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<td>19:15</td>
<td>MACEDONIA A (Hybrid Hall)</td>
<td>SUPPORTED SYMPOSIUM</td>
<td>SUMMER</td>
<td>SHORT LECTURE</td>
<td>SHORT LECTURE</td>
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<td>19:30</td>
<td>KOZANI (Virtual Hall)</td>
<td>SPORTS CARDIOLOGY</td>
<td>BASEM</td>
<td>Chair: Maria Piagkou (Greece)</td>
<td>Chair: Emmanouil Antonogiannakis (Greece)</td>
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<td>20:00</td>
<td>NAOUSA (Virtual Hall)</td>
<td>Chairs: Fabio Pigozzi (Italy)</td>
<td>Physical activity in prevention and treatment of the athletic painful shoulder</td>
<td>IGF-1Ec isoform regulation in skeletal muscle damage and regeneration</td>
<td>Evaluation and treatment of the athletic painful shoulder</td>
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<td>A united front against physical inactivity: The hamburg declaration</td>
<td>Chairs: Konstantinos Natsis (Greece)</td>
<td>Anastassios Philippou (Greece)</td>
<td>Christos Sinopidis (Greece)</td>
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<td>Juergen Steinacker (Germany)</td>
<td>Dealing with multi-ligament knee injuries - examples from the Olympic World</td>
<td>Lars Engebretsen (Norway)</td>
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### PROGRAM AT A GLANCE

**Friday, September 24th, 2021**

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<tr>
<th>Time</th>
<th>MACEDONIA B (Hybrid Hall)</th>
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<tr>
<td>08:00-09:00</td>
<td><strong>ROUND TABLE</strong>&lt;br&gt;INTEGRATING TRANSWOMEN AND FEMALE ATHLETES WITH DSD INTO ELITE COMPETITION: FUTURE RESEARCH CONSIDERATIONS&lt;br&gt;Chairs: Yannis Pitsiladis (UK), Juergen Steinacker (Germany)&lt;br&gt;Lessons from world rowing&lt;br&gt;Juergen Steinacker (Germany)&lt;br&gt;Lessons from polycystic ovary syndrome&lt;br&gt;Bulent Yildiz (Turkey)&lt;br&gt;Genetophysiological research required at the male-female eligibility boundary&lt;br&gt;Alun Williams (UK)&lt;br&gt;Integrating transwomen and female athletes with DSD&lt;br&gt;Blair Hamilton (UK)</td>
<td><strong>8th SESSION PHYSICAL ORAL PRESENTATIONS</strong></td>
<td><strong>4th SESSION VIRTUAL ORAL PRESENTATIONS</strong></td>
<td><strong>5th SESSION VIRTUAL ORAL PRESENTATIONS</strong></td>
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<td>09:00-10:15</td>
<td><strong>EFSMA SUPPORTED SYMPOSIUM</strong>&lt;br&gt;EXERCISE PERSCRIPITION FOR HEALTH&lt;br&gt;Chairs: Anca Ionescu (Romania), Yannis Pitsiladis (UK)&lt;br&gt;Exercise capacity and sarcopenia in cancer&lt;br&gt;Juergen Steinacker (Germany)&lt;br&gt;Exercise prescription in health and diseases: The EFSMA approach&lt;br&gt;Herbert Löllgen (Germany)&lt;br&gt;Exercise Prescription for health in practise&lt;br&gt;Petra Zupet (Slovenia)&lt;br&gt;Is sitting (sedentary life-style) the new smoking&lt;br&gt;Andre Debruyn (Belgium)</td>
<td><strong>SUPPORTED SYMPOSIUM</strong>&lt;br&gt;TEAM DENTIST FOR SAFE SMILE&lt;br&gt;Chairs: Maher Zahar (Tunisia), Ioannis Tzoutzas (Greece)&lt;br&gt;In the 21st century, sports dentistry can prevent muscles and joints’ injury&lt;br&gt;Maher Zahar (Tunisia)&lt;br&gt;How does nutrition and hydration impact athletes’ oral health? New findings and updates&lt;br&gt;Christos Rahiotis (Greece)&lt;br&gt;Preventing sports-related dental trauma. The key role of individualized mouthguards&lt;br&gt;Evangelos Loizos (Greece)&lt;br&gt;Dental injury in sports: Current evidence&lt;br&gt;Maria Piagkou (Greece)</td>
<td><strong>SUPPORTED SYMPOSIUM</strong>&lt;br&gt;HKASMS IMPROVING SPORTS PERFORMANCE &amp; RECOVERY FOR ELITE ATHLETES&lt;br&gt;Chair: Julio Motta-Pensabene (Guatemala)&lt;br&gt;Updates of recovery methods in elite sports training&lt;br&gt;Raymond So (Hong Kong)&lt;br&gt;Yoga medicine for sports recovery&lt;br&gt;Bryan Lau (Hong Kong)&lt;br&gt;Recovery Strategies in performance enhancement for sprint vs endurance sports&lt;br&gt;Ka Kay Lo (Hong Kong)&lt;br&gt;Application of velocity based monitoring on strength and power Training in elite sportsmen&lt;br&gt;Hardaway Chan (Hong Kong)</td>
<td><strong>SUPPORTED SYMPOSIUM</strong>&lt;br&gt;TURKISH SPORTS MEDICINE ASSOCIATION&lt;br&gt;SPORT AND ATHLETE SPECIFIC INJURY PREVENTION PROGRAMS&lt;br&gt;Chairs: Bülent Ulkar (Turkey), Ioannis Terzidis (Greece)&lt;br&gt;Football specific injury prevention programs&lt;br&gt;Gürhan Dönmez (Turkey)&lt;br&gt;Basketball specific injury prevention programs&lt;br&gt;Üğur Diliçık (Turkey)&lt;br&gt;Injury prevention strategies in running sports&lt;br&gt;Melda Pelin Yargič (Turkey)&lt;br&gt;Injury prevention strategies for female athletes&lt;br&gt;Sabriye Ercan (Turkey)</td>
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<td>10:15-10:45</td>
<td>Visit to the Exhibition &amp; the Poster Area</td>
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| 10:45-11:15 | **KEYNOTE LECTURE**  
Chair: Juergen Steinacker  
(Germany)  
Why the injury predictor screening does not work, while the prevention program does?  
Roald Bahr  
(Norway) |
| 10:45-11:30 | **9th SESSION PHYSICAL ORAL PRESENTATIONS**                                                   |
| 11:15-12:30 | **SUPPORTED SYMPOSIUM UCI**  
THE RISK REDUCTION IN CYCLING  
Chairs: Xavier Bigard  
(France), Michael Papadakis  
(United Kingdom)  
Sudden deaths in cycling. Origins and prevention strategies  
Alessandro Biffi  
(Italy)  
Cycling, a discipline at risk of relative energy deficiency in sports  
(Katharina Grimm  
(South Africa)  
The management of concussions in cycling  
Jeroen Swart  
(South Africa)  
Prevention of injurious falls in competitive cycling  
Xavier Bigard  
(France) |
| 11.30-12.30 | **1ST SESSION PHYSICAL POSTER PRESENTATIONS**                                               |
| 12:30-13:00 | **LECTURE**  
Chair: Fabio Pigozzi  
(Italy)  
Importance of ethical rules for the healthy practice of the International Panathlon sporting role  
Pierre Zappelli  
(Switzerland) |
| 12:30-13:30 | **2ND SESSION PHYSICAL POSTER PRESENTATIONS**                                               |
|            | **LECTURE**  
Chair: Konstantinos Natsis  
(Greece)  
Evidence based behind treatment of tendon injuries in athletes  
Christer Rolf  
(Sweden) |
|            | **SYMPOSIUM RELATIVE ENERGY DEFICIENCY IN SPORT (RED-S), HORMONES HEALTH & PERFORMANCE**  
Chairs: Luigi Di Luigi  
(Italy), Maria Piagkou  
(Greece)  
TTAS project and implications for relative energy deficiency in sport (RED-S) and the biological female athlete  
Fergus Guppy  
(United Kingdom)  
The female athlete's endocrinology: from physiology to hormonal imbalance  
Luigi Di Luigi  
(Italy)  
Female and male athlete triad and RED-S. Following their evolution  
Ana Virginia Cintrón  
(Puerto Rico) |
|            | **6TH SESSION VIRTUAL ORAL PRESENTATIONS**                                                 |
## PROGRAM AT A GLANCE

### Friday, September 24th, 2021

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<tr>
<th>Time</th>
<th>MACEDONIA B (Hybrid Hall)</th>
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<th>KOZANI (Virtual Hall)</th>
<th>NAOUS (Virtual Hall)</th>
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| 13:00-13:30 | **LECTURE**  
Chair: Maria Piagkou (Greece)  
Indications and efficacy of whole body cryotherapy (-110/-140 °C) and Localized cryotherapy in sports traumatology  
Silvana Giannini (Italy) |                                                                 |                                                                                         | LECTURE  
Chair: Chiara Fossati (Italy)  
Gene therapy, genetic enhancement: a dream or a nightmare?  
Giuseppe Novelli (Italy) |                                                                 |
| 13:30-14:00 | LECTURE  
Chair: Yannis Pitsiladis (UK)  
Concussion Consensus; certainty or confusion?  
Michael Turner (UK) |                                                                 |                                                                                         |                      |
| 14:00-15:00 | **ESAOTE IMAGING WORKSHOP**  
SPORT IS MOTION, IMAGE MOTION!  
Introduction by Fabio Pigozzi (Italy)  
Dynamic WB hip MRI in professional athletes  
Silvana Giannini (Italy)  
Dynamic MRI and US in Sport Medicine  
Paolo Minafra (Italy)  
Advanced echocardiography in athlete’s heart: from cardiovascular adaptations to the "grey zones"!  
Antonello D’Andrea (Italy) |                                                                 |                                                                                         |                      |
| 15:00-15:30 | **Visit to the Exhibition & the Poster Area** |                                                                 |                                                                                         |                      |
### PROGRAM AT A GLANCE

#### Friday, September 24th, 2021

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<th>Time</th>
<th>Session</th>
<th>Location</th>
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| 15:30-16:45   | SUPPORTED SYMPOSIUM FOOTBALL TEAM PHYSICIAN Chairs: George Godolias (Germany), Odysseas Paxinos (Greece)  
                Injuries of female football players Pantelis Nikolaou (Greece)  
                How to implement prevention injury program with your team? The role of team physician Christos Theos (Greece)  
                Team physician: the relationship between physician and team Emmanouil Papakostas (Qatar)  
                SUPPORTED SYMPOSIUM INTERNATIONAL PARALYMPIC COMMITTEE Chairs: Mike Miller (UK), Markos Sgantzos (Greece)  
                Concussion in para sport James Kissick (Canada)  
                Sports injuries in athletes with disabilities Dimitrios Metaxiotis (Greece)  
                Sports and paralympics as means of rehabilitation Alexandros Taxildaris (Greece)  
                Classification controversies in paralympic sport: the white, black and grey areas Sandra Rozenstoka (Latvia)  
                FILM SCREENING AT THE HEART OF GOLD. INSIDE THE USA GYMNASTICS SCANDAL  
                At the heart of gold, a powerful documentary directed by Erin Lee Carr, documents the failings of the organizations and adults who chose to believe and protect USA Gymnastics physician Larry Nassar over the safety of the children in their care. The film premiered on HBO in May 2019 and was also screened at the Tribeca film festival.  
                Break (10 min)  
                Panel discussion: THE DUTY OF CARE-SPORTS MEDICINE CLINICIANS AND ATHLETE ABUSE  
                Steven Ungerleider, Producer (USA); Trinea Gonczar, survivor and advocate (USA); Kimberly Hurst, Founder and CEO, Avalon Healing Centre Detroit (USA); Katharina Grimm (South Africa), Theodora Papadopoulou (UK) |
| 16:45-17:15   | 4th SESSION PHYSICAL POSTER PRESENTATIONS  
                3rd SESSION PHYSICAL POSTER PRESENTATIONS |
| 16:45-18:45   | LECTURE  
                Chair: Anna Jegier (Poland)  
                Clean sport needs more than fighting against drugs: the place of anti-doping in protecting sport integrity Andrea Petroczi (UK)  
                LECTURE  
                Chair: Raymond So (Hong Kong)  
                The value of physical exercise in preconception and early life Sergio Pecorelli (Italy) |
| 17:15-17:45   | LECTURE  
                Chair: Grigoris Bogdanis (Greece)  
                Physical activity for health: no pain - yes gain Labros Sidossis (USA) |
<p>| 18:15-18:30   | Break |
| 17:15-20:30   | FIMS Council of Delegates |</p>
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<th>Time</th>
<th>Session</th>
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<tr>
<td>08:00-10:30</td>
<td>FIMS Sports Medicine Collaborating Centers Directors Meeting</td>
<td>Hybrid Hall</td>
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<td>08:00-09:00</td>
<td>8th SESSION VIRTUAL ORAL PRESENTATIONS</td>
<td>Virtual Hall</td>
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<td>09:00-10:00</td>
<td>5th SESSION PHYSICAL POSTER PRESENTATIONS</td>
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<td>11th SESSION VIRTUAL ORAL PRESENTATIONS</td>
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<td>10:00-11:00</td>
<td>LECTURE</td>
<td>Hybrid Hall</td>
<td>George Godolias (Germany)</td>
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<td>Spine surgery and sports - New options with full-endoscopic techniques in disc herniation and spinal stenosis</td>
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<td>Sebastian Ruetten (Germany)</td>
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<td>10:30-11:00</td>
<td>LECTURES</td>
<td>Hybrid Hall</td>
<td>Yannis Pitsiladis (UK)</td>
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<td>James Bilzon (UK), Yannis Pitsiladis (UK)</td>
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<td>KAATSU, the past, present and future of blood flow restriction (BFR)</td>
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<td>Borja Muniz-Pardos (Spain)</td>
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<td>KAATSU the original BFR: an alternative form of exercise training for elite athletes, the military, the elderly and the general population</td>
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<td>Ifigeneia Giannopoulou (UK)</td>
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<td>The World Olympian Health Study</td>
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<td>Mike Miller (UK)</td>
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<td>11:00-12:00</td>
<td>LECTURES</td>
<td>Hybrid Hall</td>
<td>Mauricio Serrato (Colombia), Nikolaos Koukoulas (Greece)</td>
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<td>Christian Schneider (Germany)</td>
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<td>New data on new anti-doping study on OMDT</td>
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<td>Jeroen Swart (South Africa)</td>
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<td>Luigi Di Luigi (Italy)</td>
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<td>Peter Schober (Austria), Michiko Dohi (Japan)</td>
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<td>Vitamin D and the athlete: the science and practice</td>
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<td>Chiara Fossati (Italy)</td>
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<td>The role of physical exercise in neuroprotection and brain health</td>
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<td>Silvana Giannini (Italy)</td>
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<td>The bigger picture of athlete health</td>
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<td>Evert Verhagen (Holland)</td>
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<td>Achilles’ tendon rupture in athletes - Minimal approach and return to sports</td>
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<td>Konstantinos Manologlou (Greece)</td>
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<td>12:00-12:30</td>
<td>LECTURE</td>
<td>Hybrid Hall</td>
<td>Konstantinos Natsis (Greece)</td>
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<td>Ultrasound musculotaneous anatomy and sports injuries</td>
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<td>Marios Loukas (USA)</td>
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<td>12:00-12:30</td>
<td>11th SESSION VIRTUAL ORAL PRESENTATIONS</td>
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## Saturday, September 25th, 2021

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<th>Time</th>
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| 12:30-13:45   | **Supported Symposium Internbalkan Medical Center**<br>
                Chairs: Eleftherios Tsiridis (Greece), Konstantinos Natsis (Greece)<br>
                Stress fractures in children Nikolaos Laliotis (Greece)<br>
                Elbow sports injury Konstantinos Ditsios (Greece)<br>
                Current concepts in management of shoulder instability Chryssanthos Chryssanthou (Greece)<br>
                Femoroacetabular impingement (FAI) and sports Alexandros Tzaveas (Greece) | Macedonia B (Hybrid Hall) | Macedonia A (Hybrid Hall) |
| 13:45-15:30   | Aspetar Young Investigator winners presentations and awards          |                   |                   |
| 15:30-16:00   | **Lecture**<br>
                Chair: Christian Schneider (Germany)<br>
                Lessons learned from a very special biathlon world cup season Wolfarth Bernd (Germany) |                   |                   |
|               | **Supported Symposium Fims Ccsm Exercise-Based Rehabilitation in Patients with Single and Multiple Chronic Conditions: Comparing Various Approaches**<br>
                Chairs: Demitri Constantinou (South Africa), Nikiforos Galanis (Greece)<br>
                Arthritis: does exercise play a role in management? Christa Janse van Rensburg (South Africa)<br>
                Managing multiple conditions: community-based and private healthcare models Philippe Gradidge (South Africa)<br>
                Managing chronic conditions in autistic population Natalia Neophytou (South Africa)<br>
                The “simple 7" and its application to exercise prescription for multiple chronic conditions Georgia Torres (South Africa) | Kozani (Virtual Hall) | Nausa (Virtual Hall) |
## PROGRAM AT A GLANCE

### Saturday, September 25th, 2021

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<td></td>
<td>Chairs: Yannis Pitsiladis (UK), Sebastien Racinais (Qatar)</td>
<td>Chairs: Jacques Menetrey, Switzerland, Michael Hantes (Greece)</td>
<td>Chairs: Dejan Cubrilo (Serbia), Herbert Löllgen (Germany)</td>
<td>Chairs: Matej Drobnič (Slovenia), Konstantinos Natsis (Greece)</td>
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<td></td>
<td>Too Hot to Start: developing cancellation parameters for road racing</td>
<td>Return to sports after partial meniscectomy</td>
<td>Cardiovascular magnetic resonance as a key stone of the advanced heart imaging diagnosis</td>
<td>Articular cartilage and sports - Introduction (basics in cartilage biology, incidence of injuries, OA symptoms)</td>
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<td></td>
<td>William O. Roberts (USA)</td>
<td>Angelina Lukaszenko (Russia/Abu Dhabi)</td>
<td>Marija Zdravkovic (Serbia)</td>
<td>Nejc Planinc (Slovenia)</td>
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<td>Muscle Cramp, hyponatremia, and the psychology of overdrinking</td>
<td>Return to sports after meniscal repair</td>
<td>HUMEDS mobile ECG (session with modern technology)</td>
<td>Non-pharmacological management of hip and knee OA (activity modification, exercise, physiotherapy and orthotic braces)</td>
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<td></td>
<td>Kevin Miller (USA)</td>
<td>Jacques Menetrey (Switzerland)</td>
<td>Goran Vukomanovic (Serbia)</td>
<td>Petra Zupet (Slovenia)</td>
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<td>From prevention to treatment: the toolbox to train and compete safely in the heat</td>
<td>Return to sports after bucket handle meniscal repair</td>
<td>Human movement dysfunction and injury risk factors as a part of preventive program</td>
<td>Pharmacological management of hip and knee OA (topical, oral, injections and orthobiologics)</td>
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<td>Sebastien Racinais (Qatar)</td>
<td>Gian Luigi Canata (Italy)</td>
<td>Pedrag Bozic (Serbia)</td>
<td>Matej Drobnič (Slovenia)</td>
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<td>Individualisation of altitude training: a comparison of different approaches to quantify the hypoxic dose</td>
<td>Return to sports after meniscal transplantation: is it an option?</td>
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<td>Joint preserving surgery for hip and knee OA (debridement, osteotomies and cartilage repair)</td>
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<td>Irina Zelenkova (Spain)</td>
<td>Michael Hantes (Greece)</td>
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<td>Klemen Stražar (Slovenia)</td>
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<tr>
<th>Time</th>
<th>Keynote Lecture</th>
<th>Kozani (Virtual Hall)</th>
<th>Naousa (Virtual Hall)</th>
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<tr>
<td>17:15-17:45</td>
<td>Keynote Lecture: Artificial intelligence and sport medicine-Revolution or digital cage?</td>
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<td>Chairs: Fabio Pigozzi (Italy), Konstantinos Natsis (Greece)</td>
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<td>Norbert Bachl (Austria)</td>
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<td>17:45</td>
<td>LECTURES</td>
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<td>Chairs: Eduardo Henrique De Rose (Brazil), Nikolaos Raikos (Greece)</td>
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<td>Doping in sports Eduardo Henrique De Rose (Brazil)</td>
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<td>Problems and perspectives of sports medicine and science in Central America Rafael Robles (Guatemala)</td>
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<td>The role of physical exercise in the cardiovascular risk reduction - a clinician’s perspective José Kawazoe Lazzoli (Brazil)</td>
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<td>18:45</td>
<td>SUPPORTED SYMPOSIUM SPORTS MEDICINE ASSOCIATION OF GREECE HAMSTRINGS INJURIES IN ATHLETES</td>
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<td>Chairs: Andreas Tanos (Cyprus), Konstantinos Natsis (Greece)</td>
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<td>Hamstrings muscles anatomy, classification and mechanism injuries Trifon Totlis (Greece)</td>
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<td>Hamstring injuries prevention program Christos Lyrtzis (Greece)</td>
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<td>Hamstrings injuries: conservative or surgery treatment Konstantinos Natsis (Greece)</td>
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<td>Hamstrings injuries: Return to play Ioannis Terzidis (Greece)</td>
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<td>19:45</td>
<td>SUPPORTED SYMPOSIUM FIMS COLLABORATING CENTRE SYMPOSIUM WITH PARTICULAR FOCUS ON INTERNATIONAL COLLABORATION</td>
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<td>Chairs: Yannis Pitsiladis (UK), Fabio Pigozzi (Italy)</td>
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<td>International sport trauma training centre Demetri Constantinou, (South Africa)</td>
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<td>Let’s talk about global medicine Francisco Arroyo (Mexico)</td>
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<td>The FIMS CCSM strategy Yannis Pitsiladis (UK)</td>
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<td>Conclusions Fabio Pigozzi (Italy)</td>
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<td>20:45</td>
<td>ROUND TABLE WINTER SPORTS INJURIES, HOW DO WE HAVE TO DEAL WITH. AN EXPERIENCE FROM EUROPE</td>
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<td>Chairs: Christiane Kallweit (Germany), Savvas Giakoumakakis (Greece)</td>
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<td>Common fractures of the upper extremities admitted to the emergency room during winter sports activities Ioannis Seferlis (UK)</td>
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<td>Skiing acute sports injuries of the lower extremities in mature and immature skeleton. Trauma support Konstantinos Pantazis (Sweden)</td>
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<td>Common acute sports injuries during a bobsleigh competition Christiane Kallweit (Germany)</td>
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<td>Rehabilitation and return-to-play guidelines of the most common winter sports injuries Panagiotis Antzoulas (Greece)</td>
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<td>21:45</td>
<td>SUPPORTED SYMPOSIUM ATHENS MEDICAL GROUP DEALING WITH SPORTS INJURIES AND WITH COVID-19 ON ATHLETES</td>
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<td>Chairs: Mark Hutchinson (USA), Pantelis Nikolaou (Greece)</td>
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<td>Short and long-term effects of COVID-19 on football players Haris Lalos (Greece)</td>
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<td>Can hamstrings injuries be predicted by training load? Grigoris Bogdanis (Greece)</td>
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<td>Common Sports Injuries in Triathlon. How to avoid them Aristotelis Kourtis (Greece)</td>
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<td>The young arthritic knee. Following treatment returning to sports? Pantelis Nikolaou (Greece)</td>
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<td>09:00-10:00</td>
<td>2nd SESSION VIRTUAL POSTER PRESENTATIONS</td>
<td>3rd SESSION VIRTUAL POSTER PRESENTATIONS</td>
<td>4th SESSION VIRTUAL POSTER PRESENTATIONS</td>
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<tr>
<td>10:00-11:15</td>
<td>SUPPORTED SYMPOSIUM CYPRUS ASSOCIATION OF SPORTS MEDICINE TOPICS FROM THE CYPRUS SPORTS MEDICINE ASSOCIATION Chairs: Evagoras Nicolaides (Cyprus), Konstantinos Natsis (Greece) Allergic disease in sports Andreas Liveris (Cyprus) The principles of physical activity in patients with cardiovascular disease; what the non-cardiologist should know Evagoras Nicolaides (Cyprus) Sports and health enhancing measures in special community groups Michalis Michaelides (Cyprus) Peripheral vascular disease in athletes Nicos Angelides (Cyprus)</td>
<td>ROUND TABLE THE ART AND SCIENCE OF MONITORING AND EVALUATING ABUSE PREVENTION PROGRAMS IN INTERNATIONAL SPORT Chairs: Katharina Grimm (South Africa), Mike McNamee (Belgium) Athletes’ rights are human rights in safe sport, but what are the doctors duties? Mike McNamee (Belgium) The research context of safeguarding interventions in sport Gretchen Kerr (Canada) Disability and disenfranchisement: practical considerations for assessing harassment and abuse in vulnerable athlete populations Yetsa Tuakli-Wosornu (USA) First, do no harm: the role of the sports medicine physician in assessing athlete safety and building a safety net culture in clinical settings David Gerrard (New Zealand)</td>
<td>SUPPORTED SYMPOSIUM BASEM MENTAL HEALTH &amp; GOLF Chairs: Theodora Papadopoulou (UK), Roger Hawkes (UK) Injury profile in the professional game Tim Swan (UK) Golf on referral- Golf as a health enhancing physical activity Danny Glover (UK) Inclusive Golf. Golf for players with disability Roger Hawkes (UK)</td>
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<td>11:15-11:45</td>
<td>Visit to the Exhibition &amp; the Poster Area</td>
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# PROGRAM AT A GLANCE

## Sunday, September 26th, 2021

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<th>Time</th>
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<tr>
<td>11:45-13:00</td>
<td><strong>SUPPORTED SYMPOSIUM</strong>&lt;br&gt;Sports Medicine During COVID-19 (Lessons From Russia and Hungary)&lt;br&gt;Chairs: Éva Martos (Hungary), Petra Zupec (Slovenia)&lt;br&gt;Covid-19 and athletes, new experience and knowledge&lt;br&gt;Viktoriya Badtieva (Russia)&lt;br&gt;Introducing the Hungarian national sports medical service. Regular tasks and COVID-related experiences&lt;br&gt;Marianna Kiss, Anita Megyeriné Szabó (Hungary)&lt;br&gt;Sports cardiology registry of athletes recovered from COVID-19&lt;br&gt;Hajnalka Vágó (Hungary), Orsolya Kiss, Nóra Sydó, Béla Merkely</td>
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<td><strong>ROUND TABLE</strong>&lt;br&gt;Mental Health of Athletes: The Importance of Sports Psychology and Sports Psychiatry&lt;br&gt;Chairs: William O. Roberts (USA), Evangelos Pappas (Greece)&lt;br&gt;Challenges in conducting sports concussion research&lt;br&gt;David Baron (USA)&lt;br&gt;Mental health of athletes: the importance of depression screening&lt;br&gt;Evangelos Pappas (Greece)&lt;br&gt;Covid-19 pandemic and its physical, psychological and social impacts on older adults&lt;br&gt;Francesco Landi (Italy)&lt;br&gt;The role of combination of cognitive and body exercise in patients with mild cognitive Impairment and dementia during the pandemia of Covid-19&lt;br&gt;Magdalini Tsolaki (Greece)</td>
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<td><strong>SUPPORTED SYMPOSIUM</strong>&lt;br&gt;HAOST&lt;br&gt;Shoulder Dislocation / Shoulder Instability&lt;br&gt;Chairs: Klaus-Michael Braumann (Germany), Dimitris Tsoukas (Greece)&lt;br&gt;Conservative treatment for the management of the 1st time dislocation. Considerations, indications, methods, outcomes&lt;br&gt;Konstantinos Kateros (Greece)&lt;br&gt;Soft tissue procedures for the management of shoulder instability. Augmenting Bankart repair&lt;br&gt;Emmanouil Brilakis (Greece)&lt;br&gt;Bony procedures for the management of shoulder instability. When soft tissue procedures are not enough&lt;br&gt;Emmanouil Antonogiannakis (Greece)&lt;br&gt;Return to play after shoulder stabilization surgery (soft tissue or bony procedure). Current concepts and considerations&lt;br&gt;Efstathios Chronopoulos (Greece)</td>
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<td>13:00-14:00</td>
<td><strong>LECTURES</strong>&lt;br&gt;Chairs: Ioannis Vogiatzis (UK), Mike Miller (UK)&lt;br&gt;High Intensity exercise training&lt;br&gt;Grigoris Bogdanis (Greece)&lt;br&gt;Intermittent exercise training in COPD&lt;br&gt;Ioannis Vogiatzis (UK)&lt;br&gt;Return to sports after ACL reconstruction. Evidence-based approach&lt;br&gt;Nikolaos Koukoulas (Greece)&lt;br&gt;Internal and external stressors faced by the performance team&lt;br&gt;Stephen Boyce (Scotland)&lt;br&gt;Development, monitoring and analysis of performance health and wellbeing measurements&lt;br&gt;Stephen Mutch (Scotland)&lt;br&gt;Perceptual-cognitive abilities in competitive athletes&lt;br&gt;Klaus-Michael Braumann (Germany)&lt;br&gt;Facial injuries in athletes&lt;br&gt;Christos Perisanidis (Greece)&lt;br&gt;Osteoporosis and exercise-positive association&lt;br&gt;Christiana Zidrou (Greece)&lt;br&gt;Osteoporosis and exercise-negative association&lt;br&gt;Konstantinos Stathopoulos (Greece)&lt;br&gt;Optimal loading at exercise programs in Osteoporosis&lt;br&gt;Dimitrios Aftosmidis (Greece)&lt;br&gt;Sports medicine in Asia: Past, present &amp; future&lt;br&gt;Patrick Yung (Hong Kong)&lt;br&gt;Sports medicine in China national team&lt;br&gt;Zhan Hui (China)&lt;br&gt;Sports medicine in Kingdom of Saudi Arabia&lt;br&gt;Qassim Muaidi (Saudi Arabia)&lt;br&gt;Sports medicine in India&lt;br&gt;Jaspal Sandhu (India)</td>
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## PROGRAM AT A GLANCE

### Sunday, September 26th, 2021

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<td>14:00-15:15</td>
<td><strong>ROUND TABLE</strong>&lt;br&gt;<strong>HUMAN TELEMETRICS</strong>&lt;br&gt;Chairs: Mike Miller (UK), Iphigenia Keramitsoglou (Greece)&lt;br&gt;Innovative solutions to survive the Heat&lt;br&gt;Iphigenia Keramitsoglou (Greece)&lt;br&gt;The telemedicine musculoskeletal examination&lt;br&gt;Edward Laskowski (USA)&lt;br&gt;Establishing a global standard for wearable devices in sport and exercise medicine&lt;br&gt;Borja Muniz-Pardos (Spain)</td>
<td>MACEDONIA B (Hybrid Hall)</td>
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<td>KOZANI (Virtual Hall)</td>
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<td>09:30-10:30</td>
<td>1st SESSION PHYSICAL ORAL PRESENTATIONS</td>
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<td>Chairs: Demitri Constantinou (South Africa), Emmanouil Papakostas (Qatar)</td>
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<td>0002</td>
<td>LIMITED DIAGNOSTIC VALUE OF QUESTIONNAIRE-BASED PRE-PARTICIPATION SCREENING ALGORITHMS: A “RISK-EXPOSED” APPROACH TO SPORTS ACTIVITY</td>
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<td>Biffi A, Palermi S, Sirico F, Montagnani S, Fernando F</td>
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<td>0003</td>
<td>THE EFFECTS OF GENDER AFFIRMING TREATMENT ON SPORTING PERFORMANCE AND MUSCLE MEMORY OF TRANSGENDER ATHLETES: THE TAVISTOCK TRANSGENDER ATHLETE STUDY</td>
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<td>Hamilton B, Barrett J, Seal L, Kolliari-Turner A, Guppy F, Pitsiladis Y</td>
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<td>0013</td>
<td>REACTIVE STRENGTH AS A METRIC FOR INFORMING RETURN TO SPORTS DECISIONS</td>
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<td>0021</td>
<td>THE EFFECT OF ANABOLIC ANDROGENIC STEROIDS DOPING ON THE ENDOCRINE SYSTEM</td>
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<td>Oikonomou I, Surgical Department of Transplantation, Aristotle University of Thessaloniki, Thessaloniki, Greece</td>
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<td>0025</td>
<td>SKELETAL AGE AS A DETERMINANT OF BONE MASS IN ADOLESCENT MALES - A CROSS-SECTIONAL STUDY</td>
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<td>0026</td>
<td>THE IMPACT OF DIFFERENT SPORTS ON TOTAL AND REGIONAL BONE MINERAL DENSITY IN YOUNG PORTUGESE ATHLETES</td>
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**SCIENTIFIC PROGRAM**

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**NAOUSSA (Virtual Hall)**

**09.30-10.30  1st SESSION VIRTUAL ORAL PRESENTATIONS**

**Chairs:** James Bilzon (UK), Maria Piagkou (Greece)

**0005**  
**A COST - BENEFIT AND EFFECTIVENESS STUDY FOR ATHLETES’ PRE-PARTICIPATION SCREENING IN MUNICIPALITY OF THESSALONIKI, GREECE**  
Karavasileiadou S.,1,2, Koudi E.,1, Koutlianos N.,1, Deligiannis A.,1  
1Sports Medicine Laboratory, School of Physical Education & Sports Science, Aristotle University of Thessaloniki, Thessaloniki, GREECE, 2Community Health Department, College of Nursing, Princess Nourah Bint Abdulrahman University, Riyadh, Kingdom of Saudi Arabia

**0006**  
**SCREENING FOR ADOLESCENT IDIOPATHIC SCOLIOSIS IN PRE-PARTICIPATION SCREENING: PRELIMINARY RESULTS**  
Giombini A.,1, Turchetta M.,2, Fossati C.,1, Isaija A.,3, Pistone E.,4, De Salvatore S.,5, Oggiano L.,6  
1Department of Movement, Human and Health Sciences, University of Rome “Foro Italico”, Rome, Italy, Rome, Italy, 2Department of General Surgery and Medical Surgical Specialties, Section of Orthopaedics and Traumatology, P.O. Policlinico Gaspare Rodolico’, University of Catania, Catania, Italy, 3Department of Emergency, Policlinico Tor Vergata, Rome, Italy, 4Centre for Exercise Science and Sports Medicine, University of Rome ”Foro Italico”, Rome, Italy, 5Department of Orthopaedic and Trauma surgery, Campus Bio-Medico University of Rome, Rome, Italy, 6Pediatric Hospital “Bambino Gesù”, Rome, Italy

**0007**  
**ONLINE PHYSICAL ACTIVITY AND NUTRITIONAL SUPPLEMENTATION: EFFECTS ON STRENGTH AND FUNCTIONAL CAPACITY IN CHRONIC KIDNEY DISEASE PATIENTS**  
Murri A.,1, Grazioli E.,1, Marrone G.,2,3, Di Lauro M.,2, Urciuoli S.,4, Cerulli C.,1, Tranchita E.,1, Romani A.,4, Di Daniele N.,2, Parisi A.,1, Noce A.,2  
1Department of Exercise, Human and Health Sciences, Foro Italico University of Rome, Rome, Italy, 2UOC of Internal Medicine–Center of Hypertension and Nephrology Unit, Department of Systems Medicine, University of Rome Tor Vergata, Rome, Italy, 3PhD School of Applied Medical, Surgical Sciences, University of Rome Tor Vergata, Rome, Italy, 4PHYTOLAB (Pharmaceutical, Cosmetic, Food Supplement, Technology and Analysis), DiSIA, University of Florence, Florence, Italy

**0009**  
**IRON DEFICIENCY AMONG YOUNG FOOTBALL PLAYERS IN SLOVENIA**  
Planinic N., Zupet P.  
Sports Medicine, Institute for Medicine and Sports (IMS), Ljubljana, Slovenia

**0011**  
**OSTEOPOROSIS AFTER ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION**  
Archontakis B. G.,1, Kapsimalis J.,1, Koukos A.,2  
1Orthopedic Department, 417 Veterans’ Hospital, Athens, Greece, 2Orthopedic Department, Komotini General Hospital Sismanoglio, Komotini, Greece

**0015**  
**POST-COVID-19 RETURN-TO-PLAY: INFLUENCE OF COVID-19 INFECTION OF NEUROMUSCULAR CONTROL RAISES THE RISK OF ANTERIOR CRUCIATE LIGAMENT INJURY IN FEMALE PROFESSIONAL VOLLEYBALL PLAYERS**  
University “Magna Graecia” of Catanzaro, Catanzaro, Italy
MACEDONIA A (Hybrid Hall)

10.30-11.30  2nd SESSION PHYSICAL ORAL PRESENTATIONS

Chairs: Lambros Sidossis (USA), Konstantinos Stathopoulos (Greece)

0028  IRON DEFICIENCY IN PROFESSIONAL ATHLETES: MODERN ADVANCEMENTS IN MANAGEMENT AND TREATMENT

Oikonomou I.
Aristotle University of Thessaloniki, Thessaloniki, Greece

0030  SERUM NEUTROPHIL GELATINASE ASSOCIATED LIPOCALIN AND NEURON SPECIFIC ENOLASE ARE HIGHLY DISCRIMINATIVE FOR EXERTIONAL HEAT ILLNESS IN THE BIOMARKERS AFTER SPORTING INCAPACITATION STUDY (BASIS)

Hill N.1, Stacey M.1,2, Walter E.3, Gibson O.4, Parsons I.2,5, Brett S.1, Marshall A.6, Shah N.6, Taylor N.2, Wallace J., Sharpe H.7, Patten A.2, House C.8, Kipps C.6, Woods D.2,9
1Imperial College, London, United Kingdom, 2Royal Centre for Defence Medicine, Birmingham, United Kingdom, 3Royal Surrey County Hospital, Guildford, United Kingdom, 4Brunel University, London, United Kingdom, 5King’s College, London, London, 6University College, United Kingdom, 7Brighton and Sussex University Hospitals, Brighton, United Kingdom, 8University of Portsmouth, Portsmouth, United Kingdom, 9Leeds Beckett University, Leeds, United Kingdom

0033  CORONARY CALCIUM CONTRASTING LONGEVITY IN ENDURANCE ATHLETES: NO HARM TO THE HEART. A NARRATIVE REVIEW

Loellgen H.1,2, Bachl N.2, Zupet P.2,4, Debruyne A.2,5
1Practice for Sports Cardiology and JG, University of Main, Remscheid, Germany, 2EFSMA, European Federation of Sports Medicine Associations, Lausanne, Switzerland, 3Institute for Sports Science and Sports Medicine, Vienna, Austria, 4Institute for Medicine and Sports, Ljubljana, Slovenia, 5Hasselt University, Hasselt, Belgium

0041  A NATIONAL SURVEY OF THE FREQUENCY OF INJURY AND MOUTHGUARD USE IN ELITE GREEK FUTSAL PLAYERS

Rachiotis N.1, Oikonomopoulos G.2, Tzoutzas I.3, Natsis K.4, Piagkou M.1, Rahiotis C.3
1Medical School, National and Kapodistrian University of Athens, Athens, Greece, 2Dentist, Athens, Greece, 3Dental School of Athens, National and Kapodistrian University of Athens, Athens, Greece, 4Medical School, Faculty of Health Sciences, Aristotle University of Thessaloniki, Thessaloniki, Greece

0042  RAMP LESIONS MIGHT BE MORE COMMON IN ACL-DEFICIENT KNEES IN CHILDREN AND ADOLESCENTS

Intzoglou K.1, Ntoussis D.1, Papagiannopoulos P.1, Kaimenakis D.2
1Orthopaedic Dpt, Metropolitan General Hospital, Athens, Greece, 2Radiology Dpt, Metropolitan General Hospital, Athens, Greece

0044  UNDERSTANDING AND ENHANCING ELITE RUNNING PERFORMANCE – KENYATHLON: A MULTIDISCIPLINARY APPROACH

Knopp M.1,2, Miles H.1, Fritz J.1, Alcaniz A.1, Fleiter M.1, Schweizer F.1, Luckfiel T.1, Körger H.1, Scheurer H.1, Schlarb H.1, Muniz-Pardos B.2, Wackerhage H.3, Schönfelder M.3, Pitsiladis Y.4, Ruiz D.1
1adidas AG, Herzogenaurach, Germany, 2GENUD Research group, Faculty of Health and Sport Sciences, University of Zaragoza, Zaragoza, Spain, 3Exercise Biology Group, Department of Sport and Health Sciences, Technische Universität München, Munich, Germany, 4Centre for Stress and Age Related Disease, University of Brighton, Brighton, United Kingdom
2nd SESSION VIRTUAL ORAL PRESENTATIONS

Chairs: Borja Muniz-Pardos (Spain), Markos Sgantzos (Greece)

0016 A NEW TRICK FOR FASTER RETURN TO PLAY? INTERMITTENT HYPOBARIC HYPOXIA ACCELERATES MORPHOFUNCTIONAL MUSCLE RECOVERY

Santocildes G., Viscor G., Pagès T., Torrella J.
University of Barcelona, Barcelona, Spain

0017 RETURN TO PLAY AND LONG-TERM PARTICIPATION IN ELITE HANDBALL PLAYERS FOLLOWING ACL RECONSTRUCTION

Papasoulis E.1, Terzidis I.1, Karavelis A.1, Totlis T.1,2, Hatzimanouil D.3, Sideridis A.1
1Thessaloniki Minimally Invasive Surgery (The-MIS) Orthopaedic Center, Thessaloniki, Greece, 2Department of Anatomy and Surgical Anatomy, School of Medicine, Faculty of Health Sciences, Aristotle University of Thessaloniki, Thessaloniki, Greece, 3Laboratory of Evaluation of Human Biological Performance, Faculty of Physical Education and Sports Sciences, School of Physical Education and Sports Sciences, Aristotle University of Thessaloniki, Thessaloniki, Greece

0020 EFFICIENCY IN CONDUCTING OF ANTI-DOPING CONTROLS IN SERBIA

Vukasinovic Vesic M., Andjelkovic M.
Anti-doping Agency of Serbia, Belgrade, Serbia

0023 UNDERSTOOD OR OVERLOOKED: ELITE ATHLETES’ INTERPRETATION OF THEIR RIGHT TO SAFE SPORT

Grimm K.1, Tuakli-Wosornu Y.2, Goutos D.3, Bekker S.4, Galea N.5, Mountjoy M.6
1Shepower Sport, Parktown, South Africa, 2Yale School of Public Health, New Haven, United States, 3Yale School of Medicine, New Haven, United States, 4University of Bath, Bath, United Kingdom, 5University of New South Wales, Sydney, Australia, 6McMaster University, Hamilton, Canada

0027 EFFECTS OF MAXIMAL STRENGTH TRAINING ON BONE MINERAL DENSITY IN PEOPLE LIVING WITH HIV AND RECEIVING ANTI-RETROVIRAL THERAPY: A RANDOMISED CONTROLLED TRIAL

Chisati E.1,2, Constantinou D.3, Lampiao F.4,5
1Department of Physiotherapy, College of Medicine, University of Malawi., Blantyre, Malawi, 2Consortium for Advanced Research Training in Africa (CARTA), Nairobi, Kenya, 3Center for Exercise Science and Sports Medicine, FIMS Collaborating Center of Sports Medicine, Johannesburg, South Africa, 4Department of Biomedical Sciences, College of Medicine, University of Malawi., Blantyre, Malawi, 5Africa Centre of Excellence in Public Health and Herbal Medicine (ACEPHEM), Blantyre, Malawi

0029 DENTAL EROSION ASSOCIATED WITH INTENSIVE AND RECREATIONAL SWIMMING IN CHLORINATED SWIMMING POOLS: A SYSTEMATIC REVIEW

Kakouris V.1, Piagkou M.2, Pxiimada C.1, Natsis K.3, Rahiotis C.1
1Dental School University of Athens, Athens, Greece, 2Department of Anatomy, School of Medicine, National and Kapodistrian University of Athens, Athens, Greece, 3Department of Anatomy and Surgical Anatomy, School of Medicine, Aristotle University of Thessaloniki, Thessaloniki, Greece
MACEDONIA B (Hybrid Hall)

11:30-12:30 SUPPORTED SYMPOSIUM

FIMS COLLABORATING CENTER THE TRAVELLING ATHLETE

Chairs: Christa Janse van Rensburg (South Africa), Demitri Constantinou (South Africa)

Coping with travel fatigue and jet lag
Christa Janse van Rensburg (South Africa)

The influence of travel on fatigue. Biomarkers and monitoring tools in elite sports
Jeroen Swart (South Africa)

The role of the team physician
Demitri Constantinou (South Africa)

Screening and infection risk
Pierre Viviers (South Africa)
11:30-12:30  3rd SESSION PHYSICAL ORAL PRESENTATIONS

Chairs: Alexandros Tzaveas (Greece), George Tsakotos (Greece)

0046  OVERALL AND SPECIFIC BURDEN OF INJURIES ACCORDING TO MATURITY STATUS AND TIMING: A TWO-DECADE STUDY WITH 110 GROWTH CURVES IN AN ELITE FOOTBALL ACADEMY

Monasterio X.,1,2 Gil S.,1 Bidaurrazaga-Letona I.,1 Lekue J.,1,2 Antaristeban J.,1,2 Diaz-Beitia G.,1,2 Lee D.,3 Zumeta-Olaskoaga L.,3 Martin-Garetxana I.,1,2 Bikandi E.,2 Larruskain J.,2

1Department of Physiology, Faculty of Medicine and Nursing, University of The Basque Country (UPV/EHU), Leioa, Spain, 2Medical Services, Athletic Club, Lezama, Spain, 3Basque Center for Applied Mathematics (BCAM), Bilbao, Spain

0047  INJURY BURDEN IN PLAYERS WITH FAST, AVERAGE AND SLOW PEAK HEIGHT VELOCITY: A TWO-DECADE STUDY WITH 124 GROWTH CURVES IN AN ELITE FOOTBALL ACADEMY

Monasterio X.,1,2 Gil S.,1 Bidaurrazaga-Letona I.,1 Lekue J.,1,2 Antaristeban J.,1,2 Diaz-Beitia G.,1,2 Lee D.,3 Zumeta-Olaskoaga L.,3 Martin-Garetxana I.,1,2 Bikandi E.,2 Larruskain J.,2

1Department of Physiology, Faculty of Medicine and Nursing, University of The Basque Country (UPV/EHU), Leioa, Spain, 2Medical Services, Athletic Club, Lezama, Spain, 3Basque Center for Applied Mathematics (BCAM), Bilbao, Spain

0048  INJURY BURDEN ACCORDING TO SKELETAL MATURITY STATUS IN U14 ELITE ACADEMY FOOTBALL PLAYERS: A 9-SEASON PROSPECTIVE STUDY

Monasterio X.,1,2 Larruskain J.,2 Bidaurrazaga-Letona I.,1 Lekue J.,1,2 Diaz-Beitia G.,1,2 Antaristeban J.,1,2 Martin-Garetxana I.,1,2 Bikandi E.,2 Lee D.,3 Zumeta-Olaskoaga L.,3 Gil S.,1

1Department of Physiology, Faculty of Medicine and Nursing, University of The Basque Country (UPV/EHU), Leioa, Spain, 2Medical Services, Athletic Club, Lezama, Spain, 3Basque Center for Applied Mathematics (BCAM), Bilbao, Spain

0051  PHYSICAL ACTIVITY AS A PROTECTIVE FACTOR IN ARTERIAL STIFFNESS IN MIDDLE AGED FEMALE TEACHERS

Uvacsek M., Petrekanits M., Török L., Boda-Ujlaky J.
University of Physical Education, Budapest, Hungary

0054  FUTSAL INJURIES: A SYSTEMATIC REVIEW

Rachiotis N.,1 Natsis K.,2 Piagkou M.,3 Rahiotis C.,4

1Medical School of Athens, National and Kapodistrian University Of Athens, Athens, Greece, 2Department of Anatomy and Surgical Anatomy, Medical School, Faculty of Health Sciences, Aristotle University of Thessaloniki, Thessaloniki, Greece, 3Department of Anatomy, Medical School of Athens, National and Kapodistrian University of Athens, Athens, Greece, 4Dental School of Athens, National and Kapodistrian University of Athens, Athens, Greece

0055  EFFECTIVENESS OF VIDEO INSTRUCTIONS AND REAL-TIME BIOFEEDBACK IN ADDITION TO VERBAL INSTRUCTIONS TO IMPROVE JUMP AND BALANCE PERFORMANCES IN ACTIVE HEALTHY SUBJECTS: AN ASSESSOR-BLINDED, THREE-ARMS, RANDOMIZED CLINICAL TRIAL

Palermi S.,1 Biffi A.,2 Fernando F.,2 Gambardella F.,1 Nuccio F.,1 Loiacono C.,1 Massa B.,1 Zottola D.,2 Montagnani S.,1 Sirico F.,1,2

1Public Health Department, Human Anatomy and Sport Medicine division, University of Naples – Federico II, Naples, Italy, 2Med-Ex, Medicine & Exercise, Medical Partner Scuderia Ferrari, Rome, Italy
KOZANI (Virtual Hall)

11:30-12:30 SUPPORTED SYMPOSIUM

SPORTS MEDICINE PORTUGUESE SOCIETY THE FEMALE ATHLETE ACROSS THE LIFE SPAN: FROM RECREATIONAL TO ELITE LEVEL

Chairs: João Pereira de Almeida (Portugal), Stergios Papastergiou (Greece)

- Biological aspects of the young female maturation
  Marcos Miranda (Portugal)
- RED-S primary prevention is enough?
  Maria João Cascais (Portugal)
- Hormonal regulation and injury risk in female athlete
  Beatriz Cardoso-Marinho (Portugal)
- ACL injuries in female athletes
  Artur Pereira de Castro (Portugal)
### SCIENTIFIC PROGRAM

**NAOUSA (Virtual Hall)**

**11.30-12.30 3rd SESSION VIRTUAL ORAL PRESENTATIONS**

**Chairs:** Christer Rolf (Sweden), Savvas Giakoumakis (Greece)

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<td>Madahapola U. (District General Hospital Kurunegala, Kurunegala, Sri Lanka)</td>
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<td>EPIDEMIOLOGICAL AND RADIOLOGICAL STUDY OF ADOLESCENT ATHLETES WITH SPONDYLOLYSIS</td>
<td>Katsimentzas T.¹, Samoladas E.², Pitsilos C.³, Chitas K.¹, Kapinas A.¹, Papadopoulos P.¹ (1-B Orthopaedic Department Aristotle University of Thessaloniki, G. Gennimatas Hospital, Thessaloniki, Greece, 2-A Orthopaedic Department Aristotle University of Thessaloniki, Papanikolaou Hospital, Thessaloniki, Greece)</td>
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<td>PLAYGROUND FRACTURES OF THE PAEDIATRIC DISTAL HUMERUS: IS OUR NON-DOMINANT EXTREMITY LESS RESISTANT TO ACUTE FALL-INDUCED INJURIES?</td>
<td>Giakoumakis S.¹, Antzoulas P.¹, Vasilagkos G.², Sperelakis J.¹, Stavropoulos T.², Tsoumpos P.¹ (1-General Paediatric Hospital Patras, Patras, Greece, 2-Medical School, University of Patras, Patras, Greece)</td>
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MACEDONIA B (Hybrid Hall)

12:30-14:30

WADA SYMPOSIUM FROM CODE CHANGES TO CLINICAL CASES

Chairs: Alan Vernec (Canada), Yannis Pitsiladis (UK)

Key changes to the code and ISTUE
Elizabeth Riley (UK)

Prohibited list - How to keep out of trouble
Alan Vernec (Canada)

Interesting clinical cases: IV Infusion
Ola Rønsen (Norway)

Medical marijuana: A global view and AD rules
James Kissick (Canada)

ADHD: Diagnosing in the world of sport
Susan White (Australia)

Pain management: treatment approach in elite athletes
Young-Hee Lee (South Korea)

MACEDONIA A (Hybrid Hall)

12:30-14:30

SUPPORTED SYMPOSIUM

COPAMEDE EXERCISE AND SPORTS MEDICINE IN THE AMERICAS

Chairs: José Kawazoe Lazzoli (Brazil), Ana Cintrón (Puerto Rico)

Muscle injuries: evaluation and follow-up using new devices
Andrea Mattiozzi (Uruguay)

Sarcopenia: management and 360º vision for its prevention
Julio Motta-Pensabene (Guatemala)

Santiago Return to Play test after anterior cruciate ligament surgery
Marcelo Sajuria (Chile)

The use of wearable technologies for the screening of ECG patterns during sports practice
Daniel Zarrillo (Uruguay)

Integrated methods for the evaluation of hydration in sports participants
Marco Antonio Ojeda (Mexico)

A novel hypoxic tolerance test to implement strategies to compete in altitude
Mauricio Serrato (Colombia)
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<td><strong>Chairs:</strong> Christer Rolf (Sweden), Michael Iosifidis (Greece)</td>
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- Quantitative evaluation of knee and shoulder dysfunction using inertial sensor technology  
  **Christos K. Yiannakopoulos (Greece)**  

- Advanced cartilage restoration techniques  
  **Michael Iossifidis, Greece**  

- Tailor made ACL surgery in sports  
  **Emmanouil Papakostas (Qatar)**  

- Meniscus preservation and substitution in elite athletes  
  **Vasilios Houliaras (Greece)**  

- Evaluation and management of recurrent patella instability in athletes  
  **Andreas Panagopoulos (Greece)**
MACEDONIA B (Hybrid Hall)

14.30-15.30 4th SESSION PHYSICAL ORAL PRESENTATIONS
Chairs: Giuseppe Novelli (Italy), Ioannis Terzidis (Greece)

0056  EFFECTS OF RE-WARM UP PRACTICE ON HEART RATE VARIABILITY DURING HALF-TIME IN MALE PROFESSIONAL SOCCER PLAYERS
Stafylidis C.1, Mantzouranis N.1, Ispirlidis I.1, Mitrotasios M.2, Antonellis P.3
1Department of Physical Educaton and Sports Science, Democritus University of Thrace, Komotini, Greece, 2Department of Physical Educaton & Sports Science, National and Kapodistrian University of Athens, Athens, Greece, 3Department of Biomechanics and Center for Research in Human Movement Variability, University of Nebraska at Omaha, Omaha, USA

0057  COMBINED PHYSICAL AND HYPOXIC EXERCISES – A PERSPECTIVE NON-MEDICINAL METHOD FOR INCREASING THE PHYSICAL WORKING CAPACITY
Kuzmin A.
Federal Research and Clinical Centre of Sports Medicine and Rehabilitation of the Federal Medical and Biological Agency / Professional cycling team Gazprom-Rusvelo, Saint-Petersburg, Russian Federation

0063  ISOKINETIC ASSESSMENT OF KNEE MUSCLE IMBALANCES AND ISOKINETIC CHARACTERISTICS OF THE KNEE DURING FATIGUE AFTER ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION
Stefas E.1, Kouvelioti V.1,2, Amoiridis I.2, Kellis E.2
1Physical Medicine and Rehabilitation Department, Rehabilitation Center EVEXIA, Thessaloniki, Greece, 2Laboratory of Neuromechanics, Department of Physical Education and Sport Sciences, Serres, Greece

0064  THE IMPACT OF ANTERIOR CRUCIATE LIGAMENT (ACL) RECONSTRUCTION IN PATIENTS’ QUALITY OF LIFE. A STUDY WITH MINIMUM 10 YEARS FOLLOW-UP
Chalatsis G., Mitrousias V., Siouras A., Bakagiannis G., Konstantinou E., Panteliadou F., Hantes M.
Department of Orthopaedic Surgery, General University Hospital Of Larissa, Greece, Larissa, Greece

0065  LATERAL QUARTET FOLLOWING ANTERIOR CRUCIATE LIGAMENT TEARS IN ATHLETES
Achlatis V.1, Terzidis I.1, Papasoulis E.1, Sideridis A.1, Totlis T.1,2, Natsis K.2
1Thessaloniki Minimally Invasive Surgery (TheMIS) Orthopaedic Center, St. Luke’s Hospital, Thessaloniki, Greece, 2Department of Anatomy and Surgical Anatomy, School of Medicine, Faculty of Health and Sciences, Aristotle University of Thessaloniki, Thessaloniki, Greece

0066  COMPLICATIONS AFTER RECONSTRUCTION OF ISOLATED ACL INJURIES: A PROSPECTIVE STUDY OF 958 CASES WITH 2 YEARS FOLLOW-UP
Makridis K.1,2, Zourntou S.1, Georgoussis M.1, Rousseau R.2, Djian P.2
1Iaso Thessalias, Larisa, Greece, 2Cabinet Goethe-Clinique Nollet, Paris, France
14.30-15.30 5th SESSION PHYSICAL ORAL PRESENTATIONS

Chairs: Juergen Steinacker (Germany), Savvas Giakoumakis (Greece)

0070 SPECIFIC EXERCISE-PROGRAM APPLIED EASILY AT HOME IMPROVES GAIT SPEED AND PREVENTS PRIMARY SARCO-OSTEOPENIA IN ELDERLY PEOPLE

Antzoulas P.1, Giakoumakis S.1, Vasilakos G.2, Sperelakis J.1, Stavropoulos T.2, Panagopoulos A.3

1Department of Paediatric Orthopaedics & Traumatology, General Paediatric Hospital Patras, Patras, Greece, 2Medical School, University of Patras, Patras, Greece, 3Department of Orthopaedics & Traumatology, University Hospital of Patras, Patras, Greece

0071 DO SKELETAL MUSCLE QUALITY AND ACUTE EXERCISE-INDUCED SERUM ADAPTATIONS IN OLDER ADULTS DEPEND ON FITNESS STATUS?

Bizjak D.1, Zügel M.1, Schumann U.1, Tully M.2, Dallmeier D.3, Denkinger M.3, Steinacker J.1

1Department of Sports and Rehabilitation Medicine, University Hospital Ulm, Ulm, Germany, 2Institute of Mental Health Sciences, School of Health Sciences, Ulster University, Newtownabbey, United Kingdom, 3Agaplesion Bethesda Hospital, Geriatric Medicine Ulm University, Ulm, Germany

0080 VARIATION IN NEURO-BIOMARKERS WITH MARATHON RUNNING: ASSOCIATION OF NEURON SPECIFIC ENOLASE WITH SODIUM LOWERING AND HYponatraemia IN THE BIOMARKERS AFTER SPORTING INCAPACITATION STUDY (BASIS)

Stacey M.1,2, Hill N.1,2, Woods D.2,3, Parsons I.4,5

1Imperial College London, London, United Kingdom, 2Royal Centre for Defence Medicine, Birmingham, United Kingdom, 3Leeds Beckett University, Leeds, United Kingdom, 4King’s College London, London, United Kingdom, 5Defence Medical Services, Birmingham, United Kingdom

0081 CASE REPORT: POST-COVID-19 SYMPTOM EXACERBATION AFTER VACCINATION


Department of Sports and Rehabilitation Medicine, University Hospital Ulm, Ulm, Germany

0082 OLDER AND RECENT HYPOTHESES ABOUT THE CAUSES AND TRIGGER MECHANISMS OF EXERCISE-INDUCED BRONCHOCONSTRICTION

Achlatis V., Chatzichristodoulou N., Mountzouris M.

Sports and Health Master of Sciences Program, Aristotle University of Thessaloniki, Thessaloniki, Greece

0083 THE EFFECT OF WEARING A SURGICAL MASK DURING MAXIMAL EXERCISE TEST ON CARDIOPULMONARY EXERCISE TEST PARAMETERS

Yakal S.1, Tasdemir E.1, Dincer S.1, Devran S.1, Sahinkaya T.1, Ererel M.2, Metin G.1

1Department of Sports Medicine, Istanbul Faculty of Medicine, Istanbul University, Istanbul, Turkey, 2Pulmonary Department, Istanbul Faculty of Medicine, Istanbul University, Istanbul, Turkey
MACEDONIA B (Hybrid Hall)

15:30-16:45 SUPPORTED SYMPOSIUM

EUROPEAN SOCIETY OF PHYSICAL AND REHABILITATION MEDICINE
Chairs: Jean-François Kaux (Belgium), Nicholas Christodoulou (Cyprus)

Prevention of shoulder injuries in volleyball players: the usefulness and efficiency of a warm-up routine
Camille Tooth (Belgium)

Virtual reality in sports injuries Rehabilitation
Markos Sgantzos (Greece)

Rehabilitation and return-to-play after PRP injection for lower limb tendinopathy
François Delvaux (Belgium)

Return-to-play criteria following shoulder dislocation in overhead athletes
Amandine Gofflot (Belgium)

Common sports-related extremity fractures in children
Savvas Giakoumakis (Greece)
SCIENTIFIC PROGRAM

MACEDONIA A (Hybrid Hall)

15.30-16.30 6th SESSION PHYSICAL ORAL PRESENTATIONS
Chairs: Evagoras Nikolaidis (Cyprus), Emmanouil Papakostas (Qatar)

0091 TREATMENT OF ACUTE TRAUMATIC ACHILLES TENDON RUPTURE IN ATHLETES: A REVIEW OF LITERATURE
Achlatis V., Chatzichristodoulou N., Mountzouris M.
Sports and Health Master of Sciences Program, Aristotle University of Thessaloniki, Thessaloniki, Greece

0092 WHAT ARE THE MAIN RISK FACTORS FOR LOWER-EXTREMITY RUNNING-RELATED INJURIES? A RETROSPECTIVE SURVEY BASED ON 3669 RESPONDENTS
Kaux J., Sanfilippo D.
Physical Medicine and Sports Traumatology Department, SportS2, FIFA Medical Centre of Excellence, ReFORM IOC Research Centre for Prevention of Injury and Protection of Athlete Health, FIMS Collaborative Centre of Sports Medicine, University of Liège and University Hospital of Liège, Liège, Belgium

0093 ARTHROSCOPIC REPAIR OR RECONSTRUCTION OF ANTERIOR TALO FIBULAR AND CALCANEO FIBULAR LIGAMENTS
Olory B., D’Hooghe P., Papakostas E., Alkhelaifi K., Cruz F., Zikria B.
Aspetar Orthopaedic and Sports Medicine Hospital, Doha, Qatar

0104 ULTRASOUND GUIDED PLATELETS RICH PLASMA APPLICATION VERSUS CORTICOSTEROID INJECTIONS FOR THE TREATMENT OF LATERAL EPICONDYLITIS IN AMATEUR MALE TENNIS PLAYERS: A PROSPECTIVE CONTROLLED RANDOMIZED COMPARATIVE CLINICAL STUDY
Begkas D., Chatzopoulos S., Papadakou E., Balanika A., Georgiadis G., Rachi M., Pastroudis A.
16th Orthopaedic Department, General Hospital Asklepieio Voulas, Athens, Greece, 2Department of Sports Injuries, General Hospital of Attica KAT, Athens, Greece, 3Department of Computerized Tomography and Ultrasonography, General Hospital Asklepieio Voulas, Athens, Greece, 44th Orthopaedic Department, General Hospital Asklepieio Voulas, Athens, Greece, 5Department of Anesthesiology, General Hospital Asklepieio Voulas, Athens, Greece

0107 EFFECTS OF BLOOD FLOW RESTRICTION DURING RESISTANCE EXERCISE ON MUSCLE STRENGTH AND METABOLIC, HORMONAL AND PERCEPTUAL RESPONSES IN HEALTHY ADULTS: A SYSTEMATIC REVIEW AND META-ANALYSIS
Kotopoulea-Nikolaidi M., Guppy F., Muniz-Pardos B., Pitsiladis Y., Giannopoulou I.
1University of Brighton, Brighton, United Kingdom, 2University of Zaragoza, Zaragoza, Spain

0110 DYNAMIC KNEE VALGUS SCREENING WITH KINECT CAMERA DURING PHYSICAL ACTIVITY - A CORRIGIBLE PREDISPOSING FACTOR FOR ACL RUPTURE
Uhlár Á., Ambrus M., Lacza Z.
Research Center for Sports Physiology, Institute for Sport and Health Sciences, University of Physical Education, Budapest, Hungary
### KOZANI (Virtual Hall)

#### SUPPORTED SYMPOSIUM

**AFSM CURRENT ADVANCES IN SPORTS INJURY MANAGEMENT AND PREVENTION**

Chairs: Talia Alenabi (Iran), Chryssanthos Chrysanthou (Greece)

- Shoulder rotator cuff injuries in throwing sports athletes & injury prevention  
  **Joo Han Oh (South Korea)**

- Hand and wrist injuries: management and prevention  
  **Roshanak Moradi (Iran)**

- ACL injury management and its prevention  
  **Razi Mohammad (Iran)**

- Current Evidence in treatment & prevention of ankle ligament injuries  
  **Samuel Ling (Hong Kong)**

#### NAOUSA (Virtual Hall)

#### ROUND TABLE

**INTERNAL MEDICINE IN SPORTS MEDICINE**

Chairs: Triantafyllos Didaggelos (Greece), Thomas Tegos (Greece)

- Exercise for a future without diabetes mellitus  
  **Triantafyllos Didaggelos (Greece)**

- Exercise and cardiovascular system  
  **Georgios Sofidis (Greece)**

- Long term sequelae of cerebral injuries in athletes  
  **Thomas Tegos (Greece)**
MACEDONIA B (Hybrid Hall)

16:45-17:15 LECTURE
Chair: Pantelis Nikolaou (Greece)

Robotic sportsman hernia repair
Konstantinos Konstantinidis (Greece)

MACEDONIA A (Hybrid Hall)

16.30-17.30 7th SESSION PHYSICAL ORAL PRESENTATIONS
Chairs: Nikolaos Laliotis (Greece), Anastasios Philippou (Greece)

0111 DIFFERENCES IN MUSCLE STRENGTH AND CONTRACTILE RESPONSE OF KNEE FLEXION AND EXTENSION MUSCLES IN COMPETITIVE SWIMMERS
Kaneda K.1, Urabe Y.1, Suzuki Y.1,2, Maeda N.1
1Graduate School of Biomedical and Health Sciences, Hiroshima University, Hiroshima, Japan,
2Matterhorn Rehabilitation Hospital, Kure, Japan

0113 RECTUS FEMORIS’ DEGLOVING AT FOOTBALL: IS THERE A SYMPTOM?
Dias D., Marinho B., Puga N.
Oporto Sports Medicine Center, Santo Tirso, Portugal

0120 THE RELATIONSHIP OF VO2 PEAK AND THE BLOOD LACTATE TRANSITION THRESHOLD WITH METABOLIC SYNDROME AND ITS COMPONENT DISORDERS
Torres G.
Centre for Exercise Science and Sports Medicine, University of the Witwatersrand, Parktown, South Africa

0122 THE EFFECT OF HIGH-INTENSITY INTERVAL TRAINING ON MITOCHONDRIAL FUNCTION IN OBESE/OVERWEIGHT ADULTS: A SYSTEMATIC REVIEW AND META-ANALYSIS
Hadjispyrou S.1, Delitheos S.1, Kapetanios I.1, Koumprentziotis I.1, Vrygionaki E.1, Chryssanthopoulos C.1, Dinas P.2, Philippou A.1
1Department of Physiology, Medical School, National and Kapodistrian University of Athens, Athens, Greece,
2FAME Laboratory, Department of Physical Education and Sport Science, University of Thessaly, Trikala, Greece

0124 SKELETAL MATURATION IS ASSOCIATED WITH OBESITY IN MALE ADOLESCENTS: RESULTS FROM A PORTUGUESE CROSS-SECTIONAL STUDY
Pinheiro J.1, Ribeiro L.2, Coelho e Silva M.1
1Universidade de Coimbra, Sao Bras De Alportel, Portugal,
2Universidade do Algarve, Faro, Portugal

0125 DIFFERENTIAL RESPONSES OF MITOCHONDRIAL BIOGENESIS AND VASCULAR ANGIOGENESIS FACTORS TO A SINGLE BOUT OF EXERCISE IN THE MYOCARDIUM OF DIABETIC AND NON-DIABETIC RATS
Al-horani R., Al-Trad B., Salaimeh B., Haifawi S.
Yarmouk University, Irbid, Jordan
### KOZANI (Virtual Hall)

**16:45-17:15** LECTURE  
Chair: **Irina Zelenkova (Spain)**  
Innovation for sports selection. Complex testing methods  
**Andrei Kalinin (Russia)**

**17:15-18:00** Visit to the Exhibition & the Poster Area

### MACEDONIA B (Hybrid Hall)

**18:00-19:15** SUPPORTED SYMPOSIUM

**SPORTS CARDIOLOGY**  
Chairs: **Fabio Pigozzi (Italy), Christodoulos Stefanadis (Greece)**

- Pre-participation cardiovascular screening in athletes  
  **Domenico Corrado (Italy)**
- Evaluation of athletes with coronary artery disease  
  **Michael Papadakis (Greece)**
- Evaluation of athletes with ventricular arrhythmias  
  **Alessandro Biffi (Italy)**
- Evaluation and management of athletes with cardiomyopathy  
  **Aris Anastasakis (Greece)**
MACEDONIA A (Hybrid Hall)

18:00-19:15

SUPPORTED SYMPOSIUM

POLISH SOCIETY OF SPORTS MEDICINE

PHYSICAL ACTIVITY AND PREVENTION OF NONCOMMUNICABLE CHRONIC DISEASES

Chairs: Anna Jegier (Poland), Metin Ergun (Turkey)

- Molecular mechanisms underlying adaptation to exercise
  Agnieszka Zembro -Łacny (Poland), Ewa Brzeziańska-Lasota (Poland)

- Long-term effect of different physical activity levels in prevention of cardiovascular disease in men: a 30-years prospective study
  Katarzyna Szmigielska (Poland), Magdalena Kwaśniewska (Poland)

- Physical activity in prevention and treatment of cognitive disorders
  Andrzej Ziemba (Poland)

- Sport in older adults
  Tomasz Kostka (Poland)

KOZANI (Virtual Hall)

18:00-19:15

SUPPORTED SYMPOSIUM

BASEM

Chairs: Theodora Papadopoulou (UK), Roger Hawkes (UK)

- Moving Medicine-Prescribing movement for people with physical impairments
  Harriet Collins (UK)

- Use it or lose it: maintaining muscle mass for health and disease prevention
  James Bilzon (UK)

- Is it time to prioritise the biopsychosocial approach in sport and exercise medicine? How it works in practice
  Theodora Papadopoulou (UK)
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<td>HKASMSS INJURY PREVENTION PROGRAM AND RETURN TO PLAY CRITERIA AFTER SPORTS INJURIES</td>
<td>Patrick Yung (Hong Kong), Panagiotis Papagelopoulos (Greece)</td>
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<td>Preseason cardiac screening in prevention of sudden cardiac death</td>
<td>Gary Mak (Hong Kong)</td>
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<td>Injury prevention through training load monitoring &amp; management</td>
<td>Kate Yung (Hong Kong)</td>
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<td>ACL injury prevention program: How does it work?</td>
<td>Mok Kam Ming (Hong Kong)</td>
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<td>Evidence based practice for return to play after ACL reconstruction</td>
<td>George Law (Hong Kong)</td>
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<td>19:15-19:30</td>
<td>MACEDONIA B (Hybrid Hall)</td>
<td>SHORT LECTURE</td>
<td>A united front against physical inactivity: The hamburg declaration</td>
<td>Fabio Pigozzi (Italy)</td>
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<td>Juergen Steinacker (Germany)</td>
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<td>19:15-19:30</td>
<td>KOZANI (Virtual Hall)</td>
<td>SHORT LECTURE</td>
<td>IGF-1Ec isoform regulation in skeletal muscle damage and regeneration</td>
<td>Maria Piagkou (Greece)</td>
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<td>Anastassios Philippou (Greece)</td>
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NAOUSA (Virtual Hall)

19:15-19:30 SHORT LECTURE
Chair: Emmanouil Antonogiannakis (Greece)
Evaluation and treatment of the athletic painful shoulder
Christos Sinopidis (Greece)

MACEDONIA B (Hybrid Hall)

19:30-20:00 KEYNOTE LECTURE
Chair: Konstantinos Natsis (Greece)
Dealing with multi-ligament knee injuries - examples from the Olympic World
Lars Engebretsen (Norway)
## MACEDONIA B (Hybrid Hall)

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<td>OPENING CEREMONY</td>
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<td>20:00-20:05</td>
<td>WELCOME ADDRESSES</td>
<td>Emmanouil Kalambokas&lt;br&gt;Municipal Counselor &amp; 1st Deputy Mayor of Athens</td>
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<td>Athanasios Meletios Dimopoulos&lt;br&gt;Rector of the National and Kapodistian University of Athens</td>
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<td>20:00-20:15</td>
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<td>Nikolaos Papaioannou&lt;br&gt;Rector of the Aristotle University of Thessaloniki</td>
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<td>20:15-20:20</td>
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<td>Athanasios Exadaktylos&lt;br&gt;President of the Panhellenic Medical Association</td>
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<td>20:20-20:25</td>
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<td>Stelios Aggelousis&lt;br&gt;Vice President of Hellenic Olympic Committee</td>
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<td>20:25-20:30</td>
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<td>Isidoros Kouvelos&lt;br&gt;President of the International Olympic Academy</td>
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<td>20:30-20:35</td>
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<td>Mike Miller&lt;br&gt;CEO of the World Olympians</td>
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<td>20:35-20:40</td>
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<td>Lefteris Avgenakis&lt;br&gt;Deputy Minister of Culture and Sports</td>
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<td>20:40-20:45</td>
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<td>Athanasios Plevris&lt;br&gt;Minister of Health</td>
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<td>20:45-20:50</td>
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<td>Fabio Pigozzi&lt;br&gt;President of International Federation of Sports Medicine</td>
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### OPENING LECTURE

The importance of sports medicine specialty for a country

Nicolas Christodoulou (Cyprus)<br>*Active member of European Academy of Sciences and Arts,*<br>*UEMS Gold Decoration of Honour Laureate,*<br>*President of the European Society of Physical and Rehabilitation Medicine,*<br>*President of the UEMS MJC on Sports Medicine,*<br>*Member of the Ex. Com. of European Federation of Sports Medicine Assoc*<br>*Immediate Past President of the UEMS Section of PRM,*<br>*Head of CyMA delegation to the UEMS,*<br>*Outcoming President of the Cyprus Association of Sports Medicine,*<br>*President of the Cyprus Society of PRM,*<br>*Honorary president of the Limassol Medical Association,*<br>*Emeritus Professor of European University Cyprus,*<br>*Director of Limassol PRM Centre: MOVEMED*
### MACEDONIA B (Hybrid Hall)

#### 08:00-09:00  
**ROUND TABLE**

**INTEGRATING TRANSWOMEN AND FEMALE ATHLETES WITH DSD INTO ELITE COMPETITION: FUTURE RESEARCH CONSIDERATIONS**  
Chairs: Yannis Pitsiladis (UK), Juergen Steinacker (Germany)

- Lessons from world rowing  
  **Juergen Steinacker (Germany)**
- Lessons from polycystic ovary syndrome  
  **Bulent Yildiz (Turkey)**
- Genetophysiological research required at the male-female eligibility boundary  
  **Alun Williams (UK)**
- Integrating transwomen and female athletes with DSD  
  **Blair Hamilton (UK)**
08.00-09.00  8th SESSION PHYSICAL ORAL PRESENTATIONS

MACEDONIA A (Hybrid Hall)

Chairs: Luigi di Luigi (Italy), Evagoras Nikolaidis (Cyprus)

0130  A WITHIN-SUBJECT DESIGN STUDY INVESTIGATING THE EFFECT OF ISOMETRIC TRAINING ON LOWER LIMB POWER OUTPUT
Armonis P.
University College London, London, United Kingdom

0131  DECLINE IN VIGOROUS PHYSICAL ACTIVITY IN YOUNG ADULTS DURING THE SECOND LOCKDOWN CAUSED BY COVID-19 PANDEMIC: RESULTS OF CRO-PALS FOLLOW-UP STUDY
Karuc J., Martinko A., Mišigoj-Duraković M., Sorić M.
Faculty of Kinesiology, University of Zagreb, Zagreb, Croatia

0136  OVER-HYDRATION AND ASSOCIATED MUSCLE DAMAGE MAY EXPLAIN ACUTE KIDNEY INJURY FROM MARATHON RUNNING IN THE BIOMARKERS AFTER SPORTING INCAPACITATION STUDY (BASIS)
Stacey M., Hill N., O’Hara J., Brett S., Woods D.
1Imperial College London, London, United Kingdom, 2Royal Centre for Defense Medicine, Birmingham, United Kingdom, 3Leeds Beckett University, Leeds, United Kingdom

0139  IMPLEMENTATION OF WEARABLE TECHNOLOGIES AT THE TOKYO OLYMPICS
Angeloudis K., Muniz-Pardos B., Kotopoulea Nikolaidi M., Pitsiladis Y.
1Centre for Stress and Age Related Disease, University of Brighton, Huxley Building, Lewes Road, Brighton, United Kingdom, 2GENUD Research group, Faculty of Health and Sport Sciences, University of Zaragoza, Zaragoza, Spain

0141  WHERE DO WE STAND WITH SPORT-RELATED CONCUSSION (SRC) PREVENTION AND MANAGEMENT? AN INTERNATIONAL SURVEY AMONG FIELD STAKEHOLDERS
Réseau Francophone Olympique de la Recherche en Médecine du Sport (ReFORM)

0146  INTEGRATING TRAINING AND OFF-TRAINING ACTIVITIES SUBSTANTIALLY ALTERS TRAINING VOLUME AND LOAD ANALYSIS IN ELITE ROWERS
1University of Ulm, Ulm, Germany, 2University of Wuerzburg, Wuerzburg, Germany
KOZANI (Virtual Hall)

08.00-09.00  4th SESSION VIRTUAL ORAL PRESENTATIONS

Chairs: Matthaios Didangelos (Greece), Evangelos Pappas (Greece)

0040  CONTRIBUTION OF THE BRACHIORADIALIS MUSCLE TO THE RADIAL DEVIATION OF S-H II DISTAL RADIUS FRACTURES IN SCHOOL-AGED CHILDREN. PRONATED OR SUPINATED FOREARM IMMobilIZATION SHOULD BE ADVISED AFTER CLOSED REDUCTION?

Giakoumakis S.1, Antzoulas P.1, Vasilakos G.2, Liapis G.1, Konstantopoulou A.2, Sperelakis J.1, Stavropoulos T.2, Tsoumpos P.1, Tagaris G.1
1Department of Paediatric Orthopaedics & Traumatology, General Paediatric Hospital Patras, Patras, Greece, 2Medical School, University of Patras, Patras, Greece

0043  PHYSIOLOGICAL RESPONSES IN GYMNASTICS COMPETITION UNDER SOCIALLY PRESCRIBED PERFECTIONISM

Pineda-Espejel H., Trejo M., Cutti L., Galarraga E.
Universidad Autónoma de Baja California, Mexicali, Mexico

0049  THE RELATIONSHIP BETWEEN ANTIMULLERIAN HORMONE LEVELS AND MENSTRUAL FUNCTION IN WOMEN DOING SPORTS

Şenışık S.1, Bilgi A.2, Köygaşioğlu O.1, Bilgi P.4, Medine I.5, Terek C.3
1Sports Medicine Department, Faculty Of Medicine, Ege University, Izmir, Turkey, 2Gynecology Obstetrics and Reproductive Department, Faculty Of Medicine, Selcuk University, Konya, Turkey, 3Gynecology Obstetrics and Reproductive Department, Faculty of Medicine, Ege University, Izmir, Turkey, 4Mersin City Hospital, Mersin, Turkey, 5Institute of Nuclear Sciences, Ege University, Izmir, Turkey

0053  RETROSPECTIVE ANALYSIS OF IRON SCREENING IN ELITE WELSH ATHLETES

James C.1, Martin R.2, Busby O.2, Hares F.2
1Cardiff University, Cardiff, United Kingdom, 2Sport Wales Institute, Cardiff, United Kingdom

0058  IMPACT OF VISUAL INPUT ON KNEE STABILIZER MUSCLES ELECTROMYOGRAPHIC PRE-ACTIVATION IN TENNIS PLAYERS: A PILOT STUDY

University of Catanzaro “Magna Graecia”, Catanzaro, Italy

0059  THREE- AND TWO-DIMENSIONAL FOOT ANALYSIS BY DIGITAL PEMATOGRAM (DPG) IN ATHLETES WITH PLANTAR FAT PAD ATROPHY

Didagelos M.1, Piagkou M.2, Oountzidis N.4, Koutsonikola P.3, Koutsonikolas D.3, Natsis K.4
11st Cardiology Department, AHEPA General Hospital, Aristotle University of Thessaloniki, Thessaloniki, Greece, 2Department of Anatomy, School of Medicine, National and Kapodistrian University of Athens, Athens, Greece, 3Department of Physiology, School of Medicine, Faculty of Health Sciences, Aristotle University of Thessaloniki, Thessaloniki, Greece, 4Department of Anatomy and Surgical Anatomy, School of Medicine, Faculty of Health Sciences, Aristotle University of Thessaloniki, Thessaloniki, Greece
08.00-09.00 5th SESSION VIRTUAL ORAL PRESENTATIONS

Chairs: Evagoras Nikolaidis (Cyprus), Aristidis Zibis (Greece)

0060 POSTURAL AND GAIT ABNORMALITIES DIAGNOSED BY DIGITAL PELMATOGRAM (DPG) IN ATHLETES
Piagkou M.2, Lyrtzis C.3, Koutsonikolas D.4, Otsountzidis N.3, Koutsonikola P.4, Didagelos M.1, Natsis K.3
1st Cardiology Department, AHEPA General Hospital, Aristotle University of Thessaloniki, Thessaloniki, Greece, 2Department of Anatomy, School of Medicine, National and Kapodistrian University of Athens, Athens, Greece, 3Department of Anatomy and Surgical Anatomy, School of Medicine, Faculty of Health Sciences, Aristotle University of Thessaloniki, Thessaloniki, Greece, 4Department of Physiology, School of Medicine, Faculty of Health Sciences, Aristotle University of Thessaloniki, Thessaloniki, Greece

0062 ASSESSMENT OF THE ACTIVITY LEVELS OF PATIENTS WITH ANTERIOR CRUCIATE LIGAMENT (ACL) RECONSTRUCTION: A STUDY WITH A 13.2 YEARS FOLLOW-UP
Mitrousias V., Chalatsis G., Siouras A., Baltas C., Komnos G., Panteliadou F., Hantes M.
Department of Orthopedic Surgery, General University Hospital of Larissa, Thessaly, Greece

0068 IMPLANT FAILURE IN MODULAR TOTAL HIP REPLACEMENT (THR) PROSTHESIS: TWO CASES OF AN UNCOMMON COMPLICATION
Dentsas I., Kazamias K., Pellios S., Georgiannos D., Bisbinas I.
1st Orthopaedic and Trauma Department, 424 Army General Training Hospital, Thessaloniki, Greece

0069 INTRAOPERATIVE LOCAL INFILTRATION OF TRANEXAMIC ACID IN TOTAL KNEE ARTHROPLASTY: A COMPARATIVE STUDY IN A TERTIARY HOSPITAL
Kazamias K., Dentsas I., Georgiannos D., Lampridis V., Bisbinas I.
1st Orthopaedic and Trauma Department, 424 Army General Training Hospital, Thessaloniki, Greece

0072 RESEARCH ON THE GUIDANCE OF EXERCISE PRESCRIPTION TO IMPROVE THE ADOLESCENTS’ SPINAL HEALTH PROBLEMS
Dong J., Yu S., Zhou G., Zhou Y.
Department of Physical Education, Tongji University, Shanghai, China

0075 INCIDENCE AND TYPES OF INJURIES OF LEGS, CLINICAL TORSION PROFILE AND ISOkinetic CHARACTERISTICS OF KNEES AND ANKLES IN YOUNG FEMALE HANDBALL PLAYERS
Handjiiski Z., Handjiska E.
PZU Kineticus Sportmed, Skopje, North Macedonia
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<td>EFSMA SUPPORTED SYMPOSIUM</td>
<td><strong>EXERCISE PERScription FOR HEALTH</strong></td>
<td><strong>Anca Ionescu (Romania), Yannis Pitisiladis (UK)</strong></td>
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<td>Exercise capacity and sarkopenia in cancer</td>
<td>Juergen Steinacker (Germany)</td>
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<td>Exercise prescription in health and diseases: The EFSMA approach</td>
<td>Herbert Löllgen (Germany)</td>
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<td>Exercise Prescription for health in practise</td>
<td>Petra Zupet (Slovenia)</td>
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<td>Is sitting (sedentary life-style) the new smoking</td>
<td>Andre Debruyne (Belgium)</td>
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<td><strong>TEAM DENTIST FOR SAFE SMILE</strong></td>
<td><strong>Maher Zahar (Tunisia), Ioannis Tzoutzas (Greece)</strong></td>
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<td>In the 21&lt;sup&gt;th&lt;/sup&gt; century, sports dentistry can prevent muscles and joints' injury</td>
<td>Maher Zahar (Tunisia)</td>
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<td>How does nutrition and hydration impact athletes' oral health? New findings and updates</td>
<td>Christos Rahiotis (Greece)</td>
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<td>Preventing sports-related dental trauma. The key role of individualized mouthguards</td>
<td>Evangelos Loizos (Greece)</td>
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<td>Dental injury in sports: Current evidence</td>
<td>Maria Piagkou (Greece)</td>
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## SCIENTIFIC PROGRAM

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<td>Chair: Julio Motta-Pensabene (Guatemala)</td>
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<td>Updates of recovery methods in elite sports training</td>
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<td>Raymond So (Hong Kong)</td>
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<td>Yoga medicine for sports recovery</td>
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<td>Bryan Lau (Hong Kong)</td>
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<td>Recovery Strategies in performance enhancement for sprint vs endurance sports</td>
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<td>Ka Kay Lo (Hong Kong)</td>
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<td>Application of velocity based monitoring on strength and power Training in elite sportsmen</td>
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<td>Hardaway Chan (Hong Kong)</td>
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<td>TURKISH SPORTS MEDICINE ASSOCIATION SPORT AND ATHLETE SPECIFIC INJURY PREVENTION PROGRAMS</td>
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<td>Gürhan Dönmez (Turkey)</td>
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<td>Basketball specific injury prevention programs</td>
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<td>Injury prevention strategies in running sports</td>
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<td>Melda Pelin Yargiç (Turkey)</td>
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<td>Injury prevention strategies for female athletes</td>
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<td>Sabriye Ercan (Turkey)</td>
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### MACEDONIA B (Hybrid Hall)

#### 10:45-11:15 KEYNOTE LECTURE

**Chair:** Juergen Steinacker (Germany)

*Why the injury predictor screening does not work, while the prevention program does?*

**Roald Bahr (Norway)**

### MACEDONIA A (Hybrid Hall)

#### 10.45-11.30 9th SESSION PHYSICAL ORAL PRESENTATIONS

**Chair:** Grigoris Bogdanis (Greece), Theodora Papadopoulou (UK)

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<td>0147</td>
<td><strong>THE IMPORTANCE OF THE COVID-19 PROTOCOL AT INTERNATIONAL WRESTLING COMPETITIONS</strong></td>
<td>Ambrus M. 1, Lacza Z. 1, Mensch K. 2,3, Molnár S. 2,4,5</td>
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<tr>
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<td>1University Of Physical Education, Budapest, Hungary, 2Medical, Prevention and Anti-Doping Committee of the Hungarian Wrestling Association, Budapest, Hungary, 3Semmelweis University, Faculty of Dentistry, Department of Oral Diagnostics, Budapest, Hungary, 4Hungarian Army Health Center, Department of Traumatology, Budapest, Hungary, 5International Wrestling Federation, Medical, Prevention and Anti-Doping Commission, Budapest, Hungary</td>
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<tr>
<td>0152</td>
<td><strong>THE RESULTS OF THE SURGICAL TREATMENT FOR DISASTROUS DORSAL &amp; VOLAR PERILUNATE DISLOCATIONS IN ELITE WEIGHTLIFTERS OF HELLENIC NATIONAL WEIGHTLIFTING TEAM, AFTER HEAVYWEIGHTS IMPACTION ON THEIR WRIST: 20 YEARS STUDY</strong></td>
<td>Tsikouris G. 1, Dedousi G. 1, Papadakis T. 1, Samolis A. 2, Menegos D. 2, Chrysikos D. 2, Psychoyios V. 2, Troupis T. 3</td>
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<td>1Athens Kolonaki Orthopaedic &amp; Sports Medicine Center (AKOSMC), Athens, Greece, 25th Orthopaedic Clinic, General Hospital Asklipieio, Athens, Greece, 3Anatomy Department, School of Medicine, National and Kapodistrian University of Athens, Athens, Greece</td>
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<td>0154</td>
<td><strong>ENDOSCOPIC CURETTAGE AND ALLOGRAFTING OF UNICAMERAL BONE CYSTS OF THE CALCANEUS IN YOUNG SOCCER PLAYERS</strong></td>
<td>Terzidis I. 1, Theodorakis M. 2, Papasoulis E. 1, Totlis T. 1, Papakostas E. 3, Sideridis A. 1</td>
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<td>1TheMIS Orthopaedic Center, Thessaloniki, Greece, 2Department of Traumatology, Hospital Periferico de Coche, Caracas, Venezuela, 3Aspetar Orthopedic and Sports Medicine Hospital, Doha, Qatar</td>
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<td>0010</td>
<td><strong>DISORDERED EATING, BODY IMAGE DISTURBANCES AND MINDFULNESS IN EATING IN ELITE SYNCHRONISED SWIMMERS</strong></td>
<td>Randall E. 1, Kotopoulea Nikolaidi M. 1, Daskou S. 2, Giannopoulou I. 1</td>
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<td>1University of Brighton, Brighton, United Kingdom, 2Neapolis University, Pafos, Cyprus</td>
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<td>0018</td>
<td><strong>THE EFFECTS OF EXERCISE WITH BLOOD FLOW RESTRICTION (BFR) IN POST-SURGERY REHABILITATION OF ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION PATIENTS</strong></td>
<td>Karampampa C. 1, Karavelis A. 1, Ditsiopoulou E. 1, Gioftsidou A. 2, Malliou P. 2, Terzidis I. 1</td>
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<td>1Thessaloniki Minimally Invasive Surgery (The-MIS) Orthopaedic Center, St. Luke’s Hospital, Thessaloniki, Greece 2Department of Physical Education and Sports Science, Democritus University of Thrace</td>
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SCIENTIFIC PROGRAM

MACEDONIA B (Hybrid Hall)

11:15–12:30 SUPPORTED SYMPOSIUM

UCI
THE RISK REDUCTION IN CYCLING
Chairs: Xavier Bigard (France), Michael Papadakis (UK)

Sudden deaths in cycling. Origins and prevention strategies
Alessandro Biffi (Italy)

Cycling, a discipline at risk of relative energy deficiency in sports (RED-S)
Katharina Grimm (South Africa)

The management of concussions in cycling
Jeroen Swart (South Africa)

Prevention of injurious falls in competitive cycling
Xavier Bigard (France)

MACEDONIA A (Hybrid Hall)

11.30–12.30 1ST SESSION PHYSICAL POSTER PRESENTATIONS

Chairs: Nikolaos Angelides (Cyprus), Efstahtios Papatheodorou (Greece)

P006  A DIFFICULT PATH: ANOMALOUS AORTIC ORIGIN OF A CORONARY ARTERY AND SPORTS PARTICIPATION
Dias D.1, Cardoso-Marinho B.1, Quintas F.2, Oliveira M.1
1Oporto Sports Medicine Center, Santo Tirso, Portugal, 2Portuguese Cycling Federation, Portugal

P008  CASE REPORT: EFFICACY OF AEROBIC EXERCISE AFTER EVALUATION WITH CARDIOPULMONARY TEST IN PATIENTS WITH PREVIOUS SEVERE SARS COV2 PNEUMONIA
Fugazzotto D., Tripodi R., Altieri T., Marino N., D’Arrigo G., Torrisi C. Carina A., Vasta S.
COT Multi-specialty Clinical Institute, Messina, Italy

P019  THE MODIFICATION OF RED BLOOD CELLS SURFACE MOLECULES EXPRESSION FOLLOWING ERYTHROPOIESIS STIMULATING AGENTS ADMINISTRATION
Borrione P.1, D’Amico A.1, Mangino G.2, Fossati C.1, Cosolo C.3, Sfregola P.4, Carnevale R.2,5
1Department of Movement, Human and Health Sciences, University of Rome “Foro Italico”, Rome, Italy,
2Department of Medico-Surgical Sciences and Biotechnologies, Sapienza University of Rome, Latina, Italy,
3University of Rome “Foro Italico”, , Italy, 4Unit of Nephrology Dyalisis, Madonna delle Grazie Hospital, Velletri, Italy, 5Mediterranea Cardiocentro, Naples, Italy

P020  BIOMARKERS FOR MONITORING RECOVERY STRATEGIES IN PROFESSIONAL FOOTBALL PLAYERS
Molina A., Moya H., Berral-Aguilar A., Rojano D., Berral F.
University Pablo Olavide of Seville, Seville, Spain
P022  PLYOMETRICS EXERCISES REDUCE THE INCIDENCE OF ANTERIOR CRUCIATE LIGAMENT (ACL) INJURY: A META-ANALYSIS
1Department of Physical Therapy, Faculty of Applied Medical Science, Umm Al Qura University, Makkah, Saudi Arabia, 2Discipline of Exercise and Sport Science, Faculty of Medicine and Health Sciences, The University of Sydney, Sydney, Australia, 3Department of Sport, Exercise and Health, Faculty of Medicine, University of Basel, Basel, Switzerland, 4Department of Physical Therapy, King Abdullah Medical City, Makkah, Saudi Arabia, 5Department of Physical Therapy, Faculty of Applied Medical Sciences, Najran University, Najran, Saudi Arabia

P023  DOUBLE AND SINGLE LEG BALANCE TEST IN HEALTHY AND ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTED INDIVIDUALS
**Stefas E.**, Kouvelioti  **V.**, Amoiridis  **I.**, Kellis  **E.**
1Evexia, Thessaloniki, Greece, 2Laboratory of Neuromechanics, Department of Physical Education and Sport Sciences, Serres, Greece

P025  TREATMENT OF CHRONIC PATELLAR TENDINOPATHY IN ATHLETES WITH MULTIPLE PLATELET RICH PLASMA INJECTIONS: A FIVE-YEAR EXPERIENCE
16th Orthopaedic Department, General Hospital Asklepieio Voulas, Athens, Greece, 2Department of Sport Injuries, General Hospital of Attica KAT, Athens, Greece, 34th Orthopaedic Department, General Hospital Asklepieio Voulas, Athens, Greece, 4Department of Computerized Tomography and Ultrasonography, General Hospital Asklepieio Voulas, Athens, Greece, 5Department of Anesthesiology, General Hospital Asklepieio Voulas, Athens, Greece

P026  NEUROVASCULAR ANATOMIC RELATIONSHIPS TO ARTHROSCOPIC POSTERIOR AND TRANS-SEPTAL PORTALS IN DIFFERENT KNEE POSITIONS
**Makridis K.**, Zourntou  **S.**, Georgoussis  **M.**, Djian  **P.**
1Iaso Thessalias, Larisa, Greece, 2Clinique Goethe-Clinique Nollet, Paris, France

P027  ARTHROSCOPIC TREATMENT OF LOCALIZED PIGMENTED VILLONODULAR SYNOVITIS OF THE KNEE
**Zourntou S.**, Makridis  **K.**, Georgoussis  **M.**, Djian  **P.**
1Iaso Thessalias, Larisa, Greece, 2Cabinet Goethe-Clinique Nollet, Paris, France

P028  ARTHROSCOPIC POSTERIOR CRUCIATE LIGAMENT (PCL) RECONSTRUCTION USING AUTOGRAPHS AND ALLOGRAPHS, FOLLOW UP 7-14 YEARS
**Giankou G.**, Ioannidis  **C.**, Tsakonas  **N.**, Saloupis  **P.**
General Hospital Of Edessa, Edessa, Greece

P037  THE PREVALENCE AND ACCOMPANYING RISK FACTORS OF LOWER EXTREMITY INJURIES IN NETBALL: A LITERATURE REVIEW
**Hammill H.**, Kamffer  **L.**
Physical Activity, Sport and Recreation (PhASRec), North West University (NWU), Potchefstroom, South Africa

P041  MEDIAN NERVE COMPRESSION DUE TO INTRAPERINEURUM HEMATOMA AFTER A CYCLIST’S FALL ON HIS WRIST
**Lyrtzis C.**, Piagkou  **M.**, Mariorakis  **C.**, Natsis  **K.**
1Department of Anatomy and Surgical Anatomy, Medical School, Aristotle University of Thessaloniki, Thessaloniki, Greece, 2Department of Anatomy, Kapodistrian University of Athens, Athens, Greece
### Kozani (Virtual Hall)

**11:15-12:30**

**Supported Symposium**

**HKASMSS**

**Brazilian Society of Sports and Exercise Medicine**

**Exercise and Sports Medicine in Brazil**

Chairs: *Fernando Torres (Brazil), Rafael Robles, (Guatemala)*

- Delayed onset muscle soreness (DOMS) and dos
  - *Roberto Lohn Nahon (Brazil)*

- Can we prevent osteoarthritis with ACL surgery?
  - *Ivan Pacheco (Brazil)*

- Physical exercise and myocardial ischemic preconditioning
  - *Daniel Arkader Kopiler (Brazil)*

- Updated Brazilian recommendations for return to play at the post COVID-19 era
  - *Marcelo Bichels Leitão (Brazil)*

### Naoussa (Virtual Hall)

**11:15-12:30**

**Supported Symposium**

**Relative Energy Deficiency in Sport (RED-S), Hormones Health & Performance**

Chairs: *Luigi Di Luigi (Italy), Maria Piagkou (Greece)*

- TTAS project and implications for relative energy deficiency in sport (RED-S) and the biological female athlete
  - *Fergus Guppy (UK)*

- The female athlete's endocrinology: from physiology to hormonal imbalance
  - *Luigi Di Luigi (Italy)*

- Female and male athlete triad and RED-S. Following their evolution
  - *Ana Virginia Cintrón (Puerto Rico)*
SCIENTIFIC PROGRAM

MACEDONIA B (Hybrid Hall)

12:30-13:00 LECTURE
Chair: Fabio Pigozzi (Italy)
Importance of ethical rules for the healthy practice of the International panathlon sporting role
Pierre Zappelli (Switzerland)

NAOUSA (Virtual Hall)

12.30-13.30 6th SESSION VIRTUAL ORAL PRESENTATIONS
Chairs: Anna Jegier (Poland), Konstantinos Ditsios (Greece)

O076 STRENGTH DEFICITS AND OPTIMAL TIME FOR RETURN TO PLAY IN ACL RECONSTRUCTION WITH HAMSTRINGS' AUTOGRAPHS: A PROSPECTIVE, RANDOMIZED, COMPARATIVE STUDY BETWEEN SUSPENSORY AND EXPANDABLE ANATOMICAL FEMORAL FIXATION
Department of Sports Medicine, Patras University Hospital, Patras, Greece

O077 SYSTEMATIC REVIEW OF DISTAL BICEPS TENDON RUPTURE IN ATHLETES: TREATMENT AND REHABILITATION
Pitsilos C., Chitas K., Ligas I., Papadopoulos P., Ditsios K.
2nd Orthopaedic Department, Aristotle University of Thessaloniki, Greece “G. Gennimatas” General Hospital Thessaloniki, Thessaloniki, Greece

O079 WHAT SHOULD KNOW INTERNAL MEDICINE PRACTITIONERS ABOUT FORMER ATHLETES?
Venevtseva Y., Melnikov A., Nizhnik L., Balko A.
Medical Institute, Tula State University, Tula, Russian Federation

O085 TRANS-THORACIC ECHOCARDIOGRAPHIC EVALUATION OF YOUNG ATHLETES DURING PRE-PARTICIPATION SCREENING: PRELIMINARY RESULTS
Quaranta E.1, Fossati C.1, Borrione P.1, Delre D.2, Infusino M.3, Lazarevic Z.3, Cavarretta E.4,5, Pingitore A.4
1Department of Movement, Human and Health Sciences, University of Rome “Foro Italico”, Rome, Italy, 2Sports Medicine Residency Program, Sapienza University of Rome, Rome, Italy, 3Centre for Exercise Science and Sports Medicine, University of Rome “Foro Italico”, Rome, Italy, 4Department of Medico-Surgical Sciences and Biotechnologies, Sapienza University of Rome, Latina, Italy, 5Mediterranea Cardiocentro, Italy

O086 THE CARDIOVASCULAR RISK FACTORS PREVALENCE AMONG ADULT MALE AMATEUR ATHLETES
Szadkowska L., Salata B., Rzepecki B., Jegier A.
1Department of Sports Medicine, Medical University of Lodz, Lodz, Poland, 2Medical University of Lodz, Lodz, Poland

O087 TRAINING-RELATED SYMPTOMS OF CARDIOVASCULAR SYSTEM IN AMATEUR ATHLETES
Szadkowska L., Salata B., Rzepecki B., Jegier A.
1Department of Sports Medicine, Medical University of Lodz, Lodz, Poland, 2Medical University of Lodz, Lodz, Poland
**MACEDONIA A (Hybrid Hall)**

**12:30-13:30  2nd SESSION PHYSICAL POSTER PRESENTATIONS**

**Chairs:** George Dedousis (Greece), Nikolaos Raikos (Greece)

**P011**

A CLINICAL REPORT OF BACK PAIN THAT ENDED IN A PNEUMOTHORAX AFTER ACUPUNCTURE

Liberal M.1, Carvalho F.1, Veloso J.1, Borges F.1, Matos J.1, Silva Vaz M.2, Carneiro J.3

1Family Health Unit São Miguel-O-Anjo, Vila Nova de Famalicão, Portugal, Vila Nova de Famalicão, Portugal, 2Sport Medicine Center of Guimarães, Guimarães, Portugal, 3Department of Pneumology, Hospital Center Médio Ave, E.P.E, Vila Nova de Famalicão, Portugal

**P044**

INTROPERATIVE CORRELATION OF MAGNETIC RESONANCE IMAGING (MRI) FINDINGS WITH ARTROSCOPIC FINDINGS IN SHOULDER LABRAL TEARS

Abdi A., Antonogiannakis E., Kalinterakis G., Petrides G., Demetriades G., Galanopoulos I., Ziogas M.

1st Orthopaedic Department, 401 General Military Hospital of Athens, Athens, Greece

**P047**

BALANCE EXERCISES REDUCE THE INCIDENCE OF ANKLE INJURY AMONG SOCCER PLAYERS: A META-ANALYSIS

Al Attar W.1,2,3, Bakhsh J.1, Khaledi E.1,4, Faude O.2, Ghulam H.5, Sanders R.3

1Department of Physical Therapy, Faculty of Applied Medical Science, Umm Al Qura University, Makkah, Saudi Arabia, 2Department of Sport, Exercise and Health, Faculty of Medicine, University of Basel, Basel, Switzerland, 3Discipline of Exercise and Sport Science, Faculty of Medicine and Health Sciences, The University of Sydney, Sydney, Australia, 4Department of Physical Therapy, King Abdullah Medical City, Makkah, Saudi Arabia, 5Department of Physical Therapy, Faculty of Applied Medical Sciences, Najran University, Najran, Saudi Arabia

**P048**

THE EFFECT OF WEEKLY TRAINING VOLUME ON MUSCULOSKELETAL INJURIES IN LONG DISTANCE RUNNERS

Triantafyllidis A.1, Achlatis V.4, Chatzichristodoulou N.1, Koutlianos N.2, Terzidis I.3, Totlis T.3,4

1Sports and Health Master of Sciences Program, Aristotle University of Thessaloniki, Thessaloniki, Greece, 2Sports Medicine Laboratory, Department of Physical Education & Sport Sciences, Aristotle University of Thessaloniki, Thessaloniki, Greece, 3Thessaloniki Minimally Invasive Surgery (TheMIS) Orthopaedic Center, St. Luke’s Hospital, Thessaloniki, Greece, 4Department of Anatomy and Surgical Anatomy, School of Medicine, Faculty of Health and Sciences, Aristotle University of Thessaloniki, Thessaloniki, Greece

**P050**

CHRONIC POSTERIOR KNEE LAXITY IN A POPULATION OF OVER 100 PATIENTS: INJURY CHARACTERISTICS, DIAGNOSIS AND TREATMENT ALGORITHM

Makridis K.1, Zourntou S.1, Georgoussis M.1, Rousseau R.2, Djian P.2

1Iaso Thessalias, Larisa, Greece, 2Cabinet Goethe-Clinique Nollet, Paris, France

**P053**

THE SURVEY ON AN ANKLE SPRAIN FOR CHUGOKU AND SHIKOKU COLLEGIATE AMERICAN FOOTBALL PLAYER IN JAPAN

Komiya M.1, Urabe Y.1, Maeda N.1, Takeuchi T.1, Terahana S.2, Ishii Y.2, Akutagawa T.2

1Graduate School of Biomedical and Health Sciences, Hiroshima University, Japan, Hiroshima, Japan, 2Chugoku and Shikoku Collegiate American Football Association, Japan, Hiroshima, Japan

**P059**

ARTHROSCOPIC RETROGRADE OSTEOCHONDRAL AUTOGRRAFT TRANSPLANTATION FOR CARTILAGE LESIONS OF THE TIBIAL PLATEAU: A PROSPECTIVE STUDY

Zourntou S.1, Makridis K.1,2, Georgoussis M.1, Djian P.2

1Iaso Thessalias, Larisa, Greece, 2Cabinet Goethe-Clinique Nollet, Paris, France
P061  THE SUPRASCAPULAR NERVE ARTHROSCOPIC ANTERIOR AND ENDOSCOPIC POSTERIOR RELEASE IN ELITE VOLLEYBALL PLAYERS
Tsikouris G.1, Dedoussi G.1, Papadakis T.1, Antonopoulos I.3, Psychogios V.2, Troupis T.3
1Athens Kolonaki Orthopaedic & Sports Medicine Center (AKOSMC), Athens, Greece, 25th Orthopaedic Clinic, General Hospital Asklepieio, Athens, Greece, 3Medical School, National and Kapodistrian University of Athens, Athens, Greece

P062  WRIST DENERVATION IN COMBINATION WITH WRIST ARTHROSCOPY IS THE IDEAL MANAGEMENT OF THE POST-TRAUMATIC WRIST ARTHRITIS IN ATHLETES
Tsikouris G.1, Dimou L.2, Dedoussi G.2, Papadakis T.1, Psychogios V.2, Troupis T.1
1Athens Kolonaki Orthopaedic & Sports Medicine Center (AKOSMC), Athens, Greece, 25th Orthopaedic Clinic, Asklepieio General Hospital, Athens, Greece

P063  THE APPLICATION OF ULTRASOUND GUIDED KNEE ARTHROSCOPY FOR CALCIFIED PATELLAR TENDINITIS IN ELITE WEIGHT LIFTERS
Tsikouris G.1,2, Gravvanis N.1, Dedoussi G.1, Antonopoulos I.4, Papadakis T.1, Tsikouris D.5, Psychoyios V.3, Troupis T.4
1Athens Kolonaki Orthopaedic & Sports Medicine Center (AKOSMC), Athens, Greece, 2World Weightlifting Federation, Lausanne, Switzerland, 35th Orthopaedic Clinic General Hospital Asklepieio, Athens, Greece, 4Anatomy Department, School of Medicine, National and Kapodistrian University of Athens, Athens, Greece, 5Physiokinisis Rehabilitation Centre, Kalamata, Greece

P079  FACTORS RELATED WITH HAMSTRAINS MUSCLES STRENGTH IN SOCCER PLAYERS
Emfietzis P.1, Skalidou S.1, Kanaras V.2, Alexopoulos E.2, Totlis T.3
1School of Medicine, Aristotle University of Thessaloniki, Thessaloniki, Greece, 2Technical Staff, PAOK FC, Thessaloniki, Greece, 3Thessaloniki Minimally Invasive Surgery (TheMIS) Orthopaedic Center, St. Luke’s Hospital, Thessaloniki, Greece

P087  ACUTE EFFECTS OF WHOLE-BODY VIBRATION ON UPPER QUARTER Y BALANCE TEST AND SHOULDER GIRDLE MUSCLE ACTIVITY
Yoshimi M., Urabe Y., Kotoshiba S., Morikawa M., Maeda N.
Department of Sport Rehabilitation, Graduate School of Biomedical and Health Science, Hiroshima University, Hiroshima, Japan

P088  THE RELATIONSHIP BETWEEN THE PERFORMANCE IN SINGLE-LEG STANCE BALANCE TESTS AND THE MORPHOLOGY AND HARDNESS OF THE INTRINSIC FOOT MUSCLES
Hirota A., Urabe Y., Morikawa M., Maeda N.
Graduate School of Biomedical and Health Sciences, Hiroshima University, Hiroshima, Japan

KOZANI (Virtual Hall)
12:30-13:00 LECTURE
Chair: Konstantinos Natsis (Greece)
Evidence based behind treatment of tendon injuries in athletes
Christer Rolf (Sweden)
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<th>Time</th>
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<th>Speaker</th>
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<td>13:00-13:30</td>
<td>MACEDONIA B (Hybrid Hall)</td>
<td>LECTURE</td>
<td>Maria Piagkou (Greece)</td>
<td>Indications and efficacy of whole body cryotherapy (-110 / -140 °C) and Localized cryotherapy in sports traumatology Silvana Giannini (Italy)</td>
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<td>13:00-13:30</td>
<td>KOZANI (Virtual Hall)</td>
<td>LECTURE</td>
<td>Chiara Fossati (Italy)</td>
<td>Gene therapy, genetic enhancement: a dream or a nightmare? Giuseppe Novelli (Italy)</td>
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<td>13:30-14:00</td>
<td>MACEDONIA B (Hybrid Hall)</td>
<td>LECTURE</td>
<td>Yannis Pitsiladis (UK)</td>
<td>Concussion Consensus; certainty or confusion? Michael Turner (UK)</td>
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### MACEDONIA B (Hybrid Hall)

#### 14.00-15.00

**ESAOTE IMAGING WORKSHOP**

**SPORT IS MOTION, IMAGE MOTION!**

- Introduction by **Fabio Pigozzi (Italy)**
- Dynamic WB hip MRI in professional athletes **Silvana Giannini (Italy)**
- Dynamic MRI and US in Sport Medicine **Paolo Minafra (Italy)**
- Advanced echocardiography in athlete’s heart: from cardiovascular adaptations to the “grey zones”...! **Antonello D’Andrea (Italy)**

#### 15:00-15:30

**Visit to the Exhibition & the Poster Area**

#### 15:30-16:45

**SUPPORTED SYMPOSIUM**

**FOOTBALL TEAM PHYSICIAN**

Chairs: **George Godolias (Germany), Odysseas Paxinos (Greece)**

- National team doctor - sports medicine on the run **Odysseas Paxinos (Greece)**
- Injuries of female football players **Pantelis Nikolaou (Greece)**
- How to implement prevention injury program with your team? The role of team physician **Christos Theos (Greece)**
- Team physician: the relationship between physician and team **Emmanouil Papakostas (Qatar)**
### MACEDONIA A (Hybrid Hall)

**15:30-16:45 SUPPORTED SYMPOSIUM**

**INTERNATIONAL PARALYMPIC COMMITTEE**

**Chairs:** Mike Miller (UK), Markos Sgantzos (Greece)

- Concussion in para sport
  - James Kissick (Canada)

- Sports injuries in athletes with disabilities
  - Dimitrios Metaxiotis (Greece)

- Sports and paralympics as means of rehabilitation
  - Alexandros Taxildaris (Greece)

- Classification controversies in paralympic sport: the white, black and grey areas
  - Sandra Rozenstoka (Latvia)

### KOZANI (Virtual Hall)

**15:30-16:45 FILM SCREENING AT THE HEART OF GOLD. INSIDE THE USA GYMNASTICS SCANDAL**

At the heart of gold, a powerful documentary directed by Erin Lee Carr, documents the failings of the organizations and adults who chose to believe and protect USA Gymnastics physician Larry Nassar over the safety of the children in their care. The film premiered on HBO in May 2019 and was also screened at the Tribeca film festival.

- Break (10 min)

- Panel discussion: **THE DUTY OF CARE—SPORTS MEDICINE CLINICIANS AND ATHLETE ABUSE**

  - Steven Ungerleider, Producer (USA); Trinea Gonczar, survivor and advocate (USA); Kimberly Hurst, Founder and CEO, Avalon Healing Centre Detroit (USA); Katharina Grimm (South Africa), Theodora Papadopoulou (UK)
MACEDONIA A (Hybrid Hall)

16:45-17:15  3rd SESSION PHYSICAL POSTER PRESENTATIONS

Chairs: Christos Sinopidis (Greece), Mara Piagkou (Greece)

P089  EFFECTIVENESS OF INSTRUMENT ASSISTED SOFT TISSUE MOBILIZATION OF THE POSTERIOR FUNCTIONAL LINE ON ROUNDED SHOULDERS POSTURE AND SHOULDERS RANGE OF MOTION AND STRENGTH
Nalmpantis D.¹, Achlatis V.¹, Mountzouris M.¹, Fousekis K.², Anastasopoulos N.³, Totlis T.³,⁴  
¹Aristotle University of Thessaloniki, Thessaloniki, Greece, ²Department of Physical Therapy, School of Health Rehabilitation Science, University of Patra, Patra, Greece, ³Department of Anatomy and Surgical Anatomy, School of Medicine, Faculty of Health and Sciences, Aristotle University of Thessaloniki, Thessaloniki, Greece, ⁴Thessaloniki Minimally Invasive Surgery (TheMIS) Orthopaedic Center, St Luke’s Hospital, Thessaloniki, Greece

P090  A CASE REPORT OF TROCHLEOPLASTY: THICK FLAP TECHNIQUE. A RELIABLE PROCEDURE TO RESTORE NORMAL PATELLOFEMORAL JOINT BIOMECHANICS
Intzoglou K., Ntoussis D., Papagiannopoulos P.  
Metropolitan General Hospital – Orthopaedic, Athens, Greece

P093  EVALUATION OF TRUNK ASYMMETRY IN SCHOOL CHILDREN AND ADOLESCENT
Tasdemir E., Dincer S., Bayraktar B.  
Istanbul University, Istanbul Faculty of Medicine, Department of Sports Medicine, Istanbul, Turkey

P096  THE FIFA 11+ SHOULDER INJURY PREVENTION PROGRAM WAS EFFECTIVE IN REDUCING UPPER EXTREMITY INJURIES AMONG SOCCER GOALKEEPERS: A RANDOMIZED CONTROLLED TRIAL
Al Attar W.¹,²,³, Faude O.², Bizzini M.⁴, Alzahrani H.⁵, Alarifi S.⁶, Raed S. Almalki R.¹, Banjar R.¹, Sanders R.³  
¹Department of Physical Therapy, Faculty of Applied Medical Sciences, Umm Al Qura University, Makkah, Saudi Arabia, ²Department of Sport, Exercise and Health, Faculty of Medicine, University of Basel, Basel, Switzerland, ³Discipline of Exercise and Sport Science, Faculty of Medicine and Health Sciences, The University of Sydney, Sydney, Australia, ⁴Human Performance Lab, Schulthess Clinic, Zurich, Switzerland, ⁵Department of Physical Therapy, Faculty of Applied Medical Sciences, Taif University, Taif, Saudi Arabia, ⁶Department of Physical Therapy, King Abdulaziz Medical City, Riyadh, Saudi Arabia

P097  EFFECTIVENESS OF THE FIFA 11+ REFEREES INJURY PREVENTION PROGRAM IN REDUCING INJURY RATES IN MALE AMATEUR SOCCER REFEREES: A RANDOMIZED CONTROLLED TRIAL
Al Attar W.¹,²,³, Bizzini M.⁴, Alarifi S.⁵, Alzahrani H.⁶, Ghulam H.⁷, Alkabkabi F.¹, Alshamrani N.¹, Aljedaani E.¹, Sanders R.H.²  
¹Department of Physiotherapy, Faculty of Applied Medical Science, Umm Al Qura University, Makkah, Saudi Arabia, ²Discipline of Exercise and Sport Science, Faculty of Medicine and Health Sciences, The University of Sydney, Sydney, Australia, ³Department of Sport, Exercise and Health, Faculty of Medicine, University of Basel, Basel, Switzerland, ⁴Human Performance Lab, Schulthess Clinic, Zürich, Switzerland, ⁵Department of Physical Therapy, Faculty of Applied Medical Sciences, Taif University, Taif, Saudi Arabia, ⁶Department of Physiotherapy, King Abdulaziz Medical City, Riyadh, Saudi Arabia, ⁷Department of Physiotherapy, Faculty of Applied Medical Sciences, Najran University, Najran, Saudi Arabia

P098  THE INFLUENCE OF THE TRUNK TILT AND LUMBAR LORDOSIS ANGLE ON CHOICE REACTION TIME IN SITTING VOLLEYBALL
Arima S., Yukio U., Yuta S., Kazuki F., Tsubasa T., Noriaki M.  
Graduate School of Biomedical & Health Sciences, Hiroshima University, Hiroshima, Japan
16:45-17:15  4th SESSION PHYSICAL POSTER PRESENTATIONS

Chairs: Bruno Olory (Qatar), Vasilios Houliaras (Greece)

P099  DO WE THINK ENOUGH ABOUT NEUROMUSCULAR DISEASES IN ATHLETES WITH RESPIRATORY SYMPTOMS?
Cvejic J., Stjepanovic M., Bojic Z.
University Clinic for Pulmonology, Clinical Centre of Serbia, Belgrade, Serbia

P100  THEORY OF CHANGE WORKSHOP: STAKEHOLDER ENGAGEMENT IN THE EVALUATION OF POLICY IMPLEMENTATION
Wendt J., Scheller D., Müller-Stierlin A., Steinacker J.
1Department Of Internal Medicine II, Division Of Sports And Rehabilitation Medicine, University Hospital Ulm, Ulm, Germany, 2Department of Psychiatry and Psychotherapy II, Division of Health Economics and Health Services Research, University Ulm, Ulm, Germany

P103  EVOLUTION OF THE PHASE ANGLE FROM SEASON TO HALF SEASON IN PROFESSIONAL SOCCER PLAYERS
Moya H., Molina A., Berral-Aguilar A.J., Del Campo A., Berral F.
1University Pablo Olavide, Seville, Spain, 2Medical Department, Udinese Calcio SpA, Udine, Italy

P104  KINBIA SOFTWARE AS AN ANTHROPOMETRIC MONITORING AND EVALUATION METHOD FOR HIGH PERFORMANCE ATHLETES
Berral-Aguilar A., Martin-Bermudo F., Naranjo J., Rojano D., Berral F.
University Pablo Olavide of Seville, Seville, Spain

P105  THE COMBINATION OF LOCAL MUSCLE ENDOTERMIA INDUCED BY HUMAN TECAR® WITH WHOLE BODY CRYOTHERAPY IMPROVES DAILY PERCEPTUAL MUSCLE PAIN AFTER REPEATED SPRINTS
Revault A., Filliard J., Leprêtre P.
1INSEP, Paris, France, 2University of Picardie, Amiens, France, 3Hospital Center of Corbie, Corbie, France

P107  MODULATION OF NEURAL AND KINEMATIC PATTERNS OF WALKING ACROSS GRADIENTS AND DIRECTIONS
Angeloudis K.
Centre for Stress and Age Related Disease, University of Brighton, Huxley Building, Lewes Road, Brighton, United Kingdom
16.45-18.45  7th SESSION VIRTUAL ORAL PRESENTATIONS

Chairs: Mark Hutchinson (USA), Christiana Zidrou (Greece)

0088  HOLTER MONITORING IN YOUNG MEN HAVING ELEVATED OFFICE BLOOD PRESSURE AND DIFFERENT HISTORY OF LEISURE TIME PHYSICAL ACTIVITY
Putilin L.
Tula State University Institute of Medicine, Tula, Russian Federation

0089  CARDIORESPIRATORY FITNESS, HEART RATE VARIABILITY AND COGNITIVE FUNCTION IN THE MIDDLE OF THE LEARNING IN MEDICAL SCHOOL
Putilin L.
Institute of Medicine, Tula State University, Tula, Russian Federation

0090  PHYSICAL ACTIVITY IN THE YOUTH AND WOMEN’ CARDIOVASCULAR HEALTH IN THE MIDDLE AGE
Venevtseva Y., Melnikov A., Balko A.
Tula State University, Tula, Russian Federation

0098  ANXIETY, DEPRESSION, ATTITUDE, AND SELF-PERCEPTION OF HEALTH ACCORDING TO DECLARED PHYSICAL ACTIVITY LEVELS IN CHILEANS DURING CONFINEMENT DUE TO COVID-19 PANDEMIC
Gallardo-Rodríguez R.¹, Gallardo-Rodríguez K.², Gallardo-Green O.³
¹Department of Sports Science and Physical Conditioning, Catholic University of the Most Holy Conception, Concepción, Chile, ²University of the Americas, Concepción, Chile, ³Department of Physical Education, Faculty of Education, University of Concepción, Concepción, Chile

0099  PHYSICAL ACTIVITY LEVEL, MOTIVATION & KNOWLEDGE AMIDST MOVEMENT RESTRICTION FOR COVID-19 PANDEMIC AMONG MALAYSIAN ADULTS
Choong A.¹, Phang K.², Lim Z.³, Jaafar Z.¹
¹Sports Medicine Unit, Faculty of Medicine, University of Malaya, Kuala Lumpur, Malaysia, ²Faculty of Medicine, University of Malaya, Kuala Lumpur, Malaysia, ³Orthopedic Department, Tengku Ampuan Afzan Hospital, Kuantan, Malaysia

0100  PHYSICAL ACTIVITY AS PREDICTOR OF THE LEVEL OF STRESS AND QUALITY OF SLEEP DURING COVID-19 LOCKDOWN
Lipert A., Kozłowski R., Timler D., Marczak M., Musiał K., Rasmus P., Kamecka K., Jegier A.
Department of Sports Medicine, Medical University of Lodz, Poland, Lodz, Poland

0101  A MULTICOMPONENT WORKPLACE WELLNESS PROGRAM IN SEDENTARY OFFICE WORKERS (HEALPWORKERS): EXERCISE AND HEALTHY HABITS
Karatrantou K., Gerodimos V.
Department of Physical Education & Sport Science, University of Thessaly, Trikala, Greece

0102  CHAIR-BASED WORKPLACE TRAINING PROGRAM, IN A HOSPITAL ENVIRONMENT, FOR PROMOTION OF WORKERS PHYSICAL AND MENTAL HEALTH
Gerodimos V., Papazeti K., Karatrantou K.
Department of Physical Education & Sport Science, University of Thessaly, Trikala, Greece

0103  MID-TERM FOLLOW-UP OF PLATELETS-RICH PLASMA INJECTIONS FOR REFRACTORY EPICONDYLITIS
James C.¹, Matthews T.²
¹Cardiff University, United Kingdom, ²Cardiff & Vale University Health Board, United Kingdom
**0105** PLASMA-RICH PLATELETS (PRP) INJECTIONS AND REFRACTORY ACHILLES TENDINOPATHY
*Zidrou C.*, Abouchamdan M., Beletsiotis A.
2nd Orthopaedic Department, G.Papageorgiou General Hospital, Thessaloniki, Greece

**0106** SPORTS MEDICINE CHALLENGES AS AN IMPACT OF COVID 19 PANDEMIC: AN EXTREMELY RARE INJURY IN RESPONSE TO NEW TRAINING HABITS DURING HOME CONFINEMENT/ISOLATION
*Lianou I.*, Ntourantonis D., Ampariotou A., Daskalopoulos V.
1. University of Patras, Patras, Greece, 2. Emergency Department, University Hospital of Patras, Patras, Greece, 3. Orthopedic Clinic, University Hospital of Patras, Patras, Greece

**0109** A COMPARISON IN STRENGTH AND PLYOMETRIC ABILITY IN THE LOWER LIMB OF ATHLETES HAVING ACLR WITH LATERAL EXTRA-ARTICULAR ILIOTIBIAL BAND TENODESIS WHEN COMPARED WITH ISOLATED ACLR SURGERY. A BIOMECHANICAL STUDY
*Brady B.*, Vioreanu M., Crosbie S.
Sports Surgery Clinic, Northwood Avenue, Santry, Ireland

**MACEDONIA A (Hybrid Hall)**

**17:15-17:45 LECTURE**
Chair: **Anna Jegier (Poland)**

Clean sport needs more than fighting against drugs: the place of anti-doping in protecting sport integrity
*Andrea Petroczi (UK)*

**KOZANI (Virtual Hall)**

**17:15-17:45 LECTURE**
Chair: **Raymond So (Hong Kong)**

EThe value of physical exercise in preconception and early life
*Sergio Pecorelli (Italy)*

**MACEDONIA A (Hybrid Hall)**

**17:45-18:15 LECTURE**
Chair: **Grigoris Bogdanis (Greece)**

Physical activity for health: no pain - yes gain
*Labros Sidossis (USA)*

**18:15-18:30 Break**

**MACEDONIA B (Hybrid Hall)**

**17:15-20:30** FIMS Council of Delegates
MACEDONIA B (Hybrid Hall)

08:00–10:30 FIMS Sports Medicine Collaborating Centers Directors Meeting

NAOUS A (Virtual Hall)

08.00–09.00 8th SESSION VIRTUAL ORAL PRESENTATIONS
Chairs: Patrick Yung (Hong Kong), Maria Piagkou (Greece)

0112 CHARACTERISTICS OF COMPLEX SYSTEMS IN SPORTS INJURY REHABILITATION: EXAMPLES AND IMPLICATIONS FOR PRACTICE
Yung K.1,2, Ardern C.3,4, Serpiello F.1, Robertson S.1
1Institute for Health and Sport, Victoria University, Melbourne, Australia, 2Department of Orthopaedics & Traumatology, The Chinese University of Hong Kong, Hong Kong, Hong Kong, 3Musculoskeletal & Sports Injury Epidemiology Centre, Department of Health Promotion Science, Sophiahemmet University, Stockholm, Sweden, 4Sport and Exercise Medicine Research Centre, La Trobe University, Australia

0115 THE EFFECT OF REGULAR EXERCISE ON LIFE QUALITY AND COGNITIVE FUNCTION IN PATIENTS WITH MULTIPLE SCLEROSIS
Açık M.1, Şenişik S.1, Taşkıran D.3, Aksit T.4, Aydınoğlu R.6, Yüceyar A.2
1Sports Medicine Department, Faculty of Medicine, Ege University, Izmir, Turkey, 2Neurology Department, Faculty of Medicine, Ege University, Izmir, Turkey, 3Physiology Department, Faculty of Medicine, Ege University, Izmir, Turkey, 4Faculty of Sports Sciences, Ege University, Izmir, Turkey

0116 THYROIDOPATHIES AND PARTICIPATION IN PHYSICAL ACTIVITY
1Physiology Department, Faculty of Veterinary Medicine, Aristotle University of Thessaloniki, Thessaloniki, Greece, 2FAME Laboratory, Department of Physical Education and Exercise Science, University of Thessaly, Trikala, Greece, 31st Medical Propaedeutic Surgery Department, AHEPA University General Hospital, Thessaloniki, Greece, 4General Hospital of Grevena, Grevena, Greece, 51st Internal Medicine Department, AHEPA University General Hospital, Thessaloniki, Greece

0121 EFFECT OF SCHOOL-BASED ADOLESCENT OBESITY INTERVENTION ON PHYSICAL FITNESS: THE MYBFF®SCHOOL
Choong A., Kamarudin M., Mokhtar A.
Sports Medicine Unit, Faculty of Medicine, University of Malaya, Kuala Lumpur, Malaysia

0123 INTEGRATED CONCURRENT AEROBIC AND STRENGTH TRAINING IS AN EFFECTIVE STRATEGY FOR THE IMPROVEMENT OF OBESE INDIVIDUAL’S OVERALL HEALTH
Karatrantou K., Melissopoulou A., Gerodimos V.
Department of Physical Education & Sport Science, University of Thessaly, Trikala, Greece

0126 EXERCISE PROMOTES ENDOTHELIAL PROGENITOR CELL MOBILIZATION IN PATIENTS WITH CARDIOVASCULAR DISEASE: A SYSTEMATIC REVIEW AND META-ANALYSIS
Mitsiou G.1,3, Dinas P.2, Smilios I.1, Nanas S.3, Tokmakidis S.1,3
1S.P.E.S.S., Laboratory of Clinical Ergophysiology and Exercise Physiology, Democritus University of Thrace, Komotini, Greece, 2FAME Laboratory, Department of Physical Education and Exercise Science, University of Thessaly, Trikala, Greece, 3National & Kapodistrian University of Athens, School of Medicine
5th SESSION PHYSICAL POSTER PRESENTATIONS

Chairs: Andreas Liveris (Cyprus), Christos Lyrtzis (Greece)

**P119**
POST-COVID-19: DECREASED MAXIMUM OXYGEN UPTAKE AND OXYGEN PULSE AS INDICATORS OF SEVERITY DISEASE

Department of Sports- And Rehabilitation Medicine, University Hospital Ulm, Ulm, Germany

**P123**
BETWEEN GAME VARIATION OF RUNNING PERFORMANCE IN AN ELITE GREEK SOCCER TEAM

Manthou E., Kalapotharakos V., Gkaros A., Tsitsimbikou E.
1School of Physical Education & Sport Science, Komotini, Greece, 2Metropolitan College, Athens, Greece

**P124**
ASSOCIATIONS BETWEEN VOLLEYBALL PERFORMANCE CHARACTERISTICS AND PROPERTIES OF KNEE REFLEX AND HOFFMANN REFLEX OF LOWER EXTREMITY MUSCLES

Livanou M., Pechlivanidou E., Papadopetraiki A., Zambelis T., Philippou A.
1Department of Physiology, Faculty of Medicine, National and Kapodistrian University of Athens, Athens, Greece, 2Department of Hygiene, Epidemiology and Medical Statistics, Faculty of Medicine, National and Kapodistrian University of Athens, Athens, Greece, 3Laboratory of Electromyography and Clinical Neurophysiology, 1st Department of Neurology, Eginition University Hospital, National and Kapodistrian University of Athens, Athens, Greece

**P127**
REPRODUCIBILITY OF A VISUAL PERFORMANCE ASSESSMENT AND INFLUENCE OF SPECIFIC VISUAL TRAINING

Renson A., Andris C., Heine S., Bauvir P., Forthomme B., Kaux J.
1Department of Sport and Rehabilitation Sciences, University of Liège, Liege, Belgium, 2Department of Otorhinolaryngology, University Hospital of Liège, Liege, Belgium, 3Physical Medicine and Sports Traumatology Department, SportS2, FIFA Medical Centre of Excellence, ReFORM IOC Research Centre for Prevention of Injury and Protection of Athlete Health, FIMS Collaborative Centre of Sports Medicine, University of Liège and University Hospital of Liège, Liege, Belgium, 4AQuiTy Consulting, Liège, Belgium

**P128**
THE EFFECTS OF TRANSCRANIAL DIRECT CURRENT STIMULATION (TDCS) ON ENDURANCE PARAMETERS IN CONFIRMED ATHLETES

Kaux J., Bornheim S., Croisier J.
Physical Medicine and Sports Traumatology Department, SportS2, FIFA Medical Centre of Excellence, ReFORM IOC Research Centre for Prevention of Injury and Protection of Athlete Health, FIMS Collaborative Centre of Sports Medicine, University of Liège and University Hospital of Liège, Liege, Belgium

**P139**
A CASE OF A RUNNER ATHLETE SUFFERING FROM NONUNION OF HALLUX SESAMOID FRACTURE TREATED WITH PLATELET RICH PLASMA (PRP)

Rossas C., Pafilas D., Koliatzakis S., Zisis I., Stylianopoulou L.
Agrinion General Hospital, Agrinion, Greece
P143  TRANSIENT OSTEOPOROSIS OF THE HIP IN LONG-DISTANCE RUNNERS. RAPID RECOVERY AFTER TREATMENT WITH ALENDRONATE
Begkas D. 1, Papadakou E. 2, Chatzopoulos S. 3, Georgiadis G. 3, Balanika A. 3, Giannakopoulos A. 3, Panoudakis D. 3
16th Orthopaedic Department, Asclepieion Voulas General Hospital, Athens, Greece, 2Department of Sport Injuries, KAT Hospital, Athens, Greece, 3Department of Orthopaedic Department, Asclepieion Voulas General Hospital, Athens, Greece, 4Department of Ultrasonography and Computerized Tomography, Asclepieion Voulas General Hospital, Athens, Greece

P145  THE RELATIONSHIP BETWEEN SPORTS ACTIVITY LOAD AND SKELETAL ROBUSTICITY IN YOUNG ELITE ATHLETES
Kalabiska I. 1, Annár D. 2, Zsákai A. 3, Malina R. 3, Szabó T. 1
1University of Physical Education, Research Center for Sport Physiology, Budapest, Hungary, 2Department of Biological Anthropology, Eotvos Lorand University, Budapest, Hungary, 3University of Texas at Austin, Texas, United States

P147  COVID POSITIVE TESTING IN MINNESOTA HIGH SCHOOL FALL AND WINTER SPORTS
Roberts W.
University of Minnesota, Minneapolis, USA

P150  POSTTRAUMATIC CLINICAL OUTCOME DIFFERENCES BETWEEN SURGICAL AND CONSERVATIVE TREATMENT OF DISPLACED TIBIAL EMINENCE FRACTURES IN SCHOOL-AGED ADOLESCENTS
General Paediatric Hospital Patras, Greece, Patras, Greece

P151  AN UNCOMMON SKATEBOARD KNEE INJURY IN A TEENAGER
Sperelakis J. 1, Antzoulas P. 1, Vasilagkos G. 2, Stavropoulos T. 3, Giakoumakis S. 1
1General Paediatric Hospital Patras, Department of Paediatric Orthopaedics & Traumatology, Patras, Greece, 2Medical School, University of Patras, Patras, Greece

NAOUSA (Virtual Hall)
09.00-10.00 9th SESSION VIRTUAL ORAL PRESENTATIONS
Chairs: Christian Schneider (Germany), Trifon Totlis (Greece)

0127  THE EFFECT OF SWIMMING EXERCISE ON AN ADULT PATIENT WITH ATTENTION DEFICIT AND HYPERACTIVITY DISORDER (ADHD)
Skalidou S., Skalidis E., Anestis A.
Aristotle University of Thessaloniki, Thessaloniki, Greece

0128  EFFECTIVENESS OF SUPERVISED AND HOME-BASED EXERCISES ON RADIOGRAPHIC AND BAROPODOMETRIC PARAMETERS, AND LIFE QUALITY IN IDIOPATHIC SCOLIOSIS ADOLESCENTS
Ergün M. 1, Öztürk A. 2, Yörük İ. 1, Köyğasıoğlu O. 1, Bayraktar D. 2
1Department of Sports Medicine, Faculty of Medicine, Ege University, Izmir, Turkey, 2Department of Orthopaedics and Traumatology, Faculty of Medicine, Ege University, Izmir, Turkey

0129  EXERCISE INTERVENTION FOR PREVENTION OF SARCOPENIA IN THE ELDERLY
Liu J., Liu Y., Hou X., Tang Z., Cheng X.
Division of Sport Science and Physical Education, Tsinghua University, Beijing, China
0134  SPORTS AND EXERCISE MEDICINE IN EUROPE AND THE ADVANCES IN THE LAST DECADE
Neunhaeuserer D.1,2, Vecchiato M.1,2, Niebauer J.3,4, Degano G.1,2, Bajoccatto V.1,2, Borjesson M.5,6, Casasco M.7,8, Bachl N.8,9,10, Christodoulou N.11,12, Steinacker J.13,14, Papadopoulou T.8,10,15, Pigozzi F.10,16, Ermolao A.1,2

1Sports and Exercise Medicine Division, Department of Medicine, University of Padova, Padova, Italy, 
2Clinical Network of Sports and Exercise Medicine of the Veneto Region, Veneto, Italy, 
3University Institute of Sports Medicine, Prevention and Rehabilitation, Paracelsus Medical University of Salzburg, Salzburg, Austria, 
4Ludwig Boltzmann Institute for Digital Health and Prevention, Salzburg, Austria, 
5Department of Molecular and Clinical Medicine, Sahlgrenska Academy, Center for Health and Performance, Gothenburg University, Gothenburg, Sweden, 
6Sahlgrenska University Hospital, Region of Västra Götaland, Gothenburg, Sweden, 
7Italian Federation of Sports Medicine (FMSI), Rome, Italy, 
8European Federation of Sports Medicine Associations (EFSMA), Lausanne, Switzerland, 
9Austrian Institute of Sports Medicine, Vienna, Austria, 
10International Federation of Sports Medicine (FIMS), Lausanne, Switzerland, 
11School of Sciences, European University Cyprus, Nicosia, Cyprus, 
12UEMS Multidisciplinary Joint Committees on Sports Medicine, 
13Division of Sports and Rehabilitation Medicine, Department of Internal Medicine, Ulm University Hospital, Ulm, Germany, 
14European Initiative for Exercise in Medicine (EIEIM), Ulm, Germany, 
15Defence Medical Rehabilitation Centre, Stanford Hall, Loughborough, United Kingdom, 
16Department of Movement, Human and Health Sciences, University of Rome “Foro Italico”, Rome, Italy

0135  CHARACTERISTIC OF DIFFERENT LOADS ON OXYGEN CONSUMPTION OF WALKING UPHILL
Division of Sport Science and Physical Education, Tsinghua University, Beijing, China

0137  MEDIAL TIBIAL STRESS SYNDROME INVESTIGATED BY DIGITAL PELMATOGRAM (DPG) IN ATHLETES
Natsis K.2,3, Sofidis G.1, Koutsonikola P.4, Totalis T.2, Piagkou M.5, Didagelos M.1
11st Cardiology Department, AHEPA General Hospital, Aristotle University of Thessaloniki, Thessaloniki, Greece, 
2Department of Anatomy and Surgical Anatomy, School of Medicine, Faculty of Health Sciences, Aristotle University of Thessaloniki, Thessaloniki, Greece, 
3Intebalkan Medical Centre, FIMS Collaborating Centre of Sports Medicine, Thessaloniki, Greece, 
4Department of Physiology, School of Medicine, Faculty of Health Sciences, Aristotle University of Thessaloniki, Thessaloniki, Greece, 
5Department of Anatomy, School of Medicine, National and Kapodistrian University of Athens, Athens, Greece
10.00-11.00  10th SESSION VIRTUAL ORAL PRESENTATIONS

**Chairs:** Maria Piagkou (Greece), Ioannis Terzidis (Greece)

**O138  PLANTAR FASCIITIS IN ATHLETES: THE DETECTION BY DIGITAL PELMATOGRAM (DPG)**
Natsis K.², Mouratidis P.², Koutsonikolas D.³, Otountzidis N.², Terzidis I.², Didagelos M.¹
¹1st Cardiology Department, AHEPA General Hospital, Aristotle University of Thessaloniki, Thessaloniki, Greece, ²Department of Anatomy and Surgical Anatomy, School of Medicine, Faculty of Health Sciences, Aristotle University of Thessaloniki, Thessaloniki, Greece, ³Department of Physiology, School of Medicine, Faculty of Health Sciences, Aristotle University of Thessaloniki, Thessaloniki, Greece

**O140  LIMITS OF AGREEMENT WHEN ASSESSING BICEPS FEMORIS LONG HEAD MUSCLE ARCHITECTURE USING LONG AND SHORT ULTRASOUND PROBES**
Basmatzoglou T.¹², Allen S.¹, Behan F.³, Blenkinsop G.³
¹Loughborough University, Loughborough, Greece, ²Onassis Foundation, Athens, Greece, ³Imperial College London, London, United Kingdom

**O142  NUTRITION IN MEDICAL STUDENTS: IMPACT OF PHYSICAL ACTIVITY**
Putin L.,
Institute of Medicine, Tula State University, Tula, Russian Federation

**O143  ASSOCIATION OF EVENING PHYSICAL ACTIVITY WITH QUALITY AND QUANTITY OF SLEEP IN ADOLESCENTS: MODERATING EFFECT OF SPORT PARTICIPATION**
Jurić P., Karuc J., Sorić M.
Faculty of Kinesiology, University of Zagreb, Zagreb, Croatia

**O144  THE LIFESTYLE BEHAVIOURS AND MOTIVATION AMONG MALAYSIAN PROFESSIONAL FOOTBALLER DURING COVID-19 PANDEMIC**
Mohamed M., Abdul Gani M., Choong A.
Sports Medicine Unit, Faculty of Medicine, University of Malaya, Kuala Lumpur, Malaysia

**O148  THERMOGRAPHY AND HEART RATE VARIABILITY IN MARATHON RUNNERS AS PREDICTORS OF THERMOREGULATION AND RISK OF MALIGNANT HYPERTHERMIA**
Sierra A.¹, Gomes G.², Aldred A.³, Zocoler de Sousa C.4, de Oliveira L.⁴, de Souza D.⁴, Vieira R.⁵, Cury-Boaventura M.⁴
¹School of Physical Education and Sport, University of São Paulo, São Paulo, Brazil, ²Department of Physics and Interdisciplinary Sciences, University of São Paulo, São Paulo, Brazil, ³Thermax Institute, São Paulo, Brazil, ⁴Institute of Physical Activity and Sports Sciences, Cruzeiro do Sul University, São Paulo, Brazil, ⁵Post-graduation Program in Sciences of Human Movement and Rehabilitation, Federal University of Sao Paulo, Post-graduation Program in Bioengineering, University of Brazil and Brazilian Institute of Teaching and Research in Pulmonary and Exercise Immunology (IBEPIPE), Sao Paulo, Brazil
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<td>10:30-11:00</td>
<td>MACEDONIA B (Hybrid Hall)</td>
<td>LECTURE</td>
<td>George Godolias (Germany)</td>
<td>Spine surgery and sports - New options with full-endoscopic techniques in disc herniation and spinal stenosis Sebastian Ruetten (Germany)</td>
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<td>10:30-11:00</td>
<td>MACEDONIA A (Hybrid Hall)</td>
<td>LECTURE</td>
<td>Yannis Pitsiladis (UK)</td>
<td>New data on new anti-doping study on OMDT Jeroen Swart (South Africa)</td>
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<td>10:30-11:00</td>
<td>KOZANI (Virtual Hall)</td>
<td>LECTURE</td>
<td>Christian Schneider (Germany)</td>
<td>The health impact of life-long participation in Olympic sport: Lessons from Tokyo 1964 Michiko Dohi (Japan)</td>
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| 11:00-12:00  | MACEDONIA B (Hybrid Hall) | LECTURES     | James Bilzon (UK), Yannis Pitsiladis (UK) | KAATSU, the past, present and future of blood flow restriction (BFR) Borja Muniz-Pardos (Spain)  
KAATSU the original BFR: an alternative form of exercise training for elite athletes, the military, the elderly and the general population Ifigeneia Giannopoulou (UK)  
The World Olympian Health Study Mike Miller (UK) |
**Macedonia A (Hybrid Hall)**

11:00-12:00 LECTURES

Chairs: Mauricio Serrato (Colombia), Nikolaos Koukoulias (Greece)

- Vitamin D and the athlete: the science and practice
  Luigi Di Luigi (Italy)
- The role of physical exercise in neuroprotection and brain health
  Chiara Fossati (Italy)
- Weight-Bearing MRI: an innovative imaging technique for the assessment of functional pathologies of the hip in athletes
  Silvana Giannini (Italy)

**Kozani (Virtual Hall)**

11:00-12:00 LECTURES

Chairs: Peter Schober (Austria), Michiko Dohi (Japan)

- The problem of overtraining in young competitive athletes
  Peter Schober (Austria)
- Muscle injuries: from classification to treatment strategies
  Christian Schneider (Germany)
- Covid-19 and athletes, new experience and knowledge
  Viktoriya Badtieva (Russia)

**Naousa (Virtual Hall)**

11:00-12:00 LECTURES

Chairs: Mats Borjesson (Sweden), Konstantinos Ditsios (Greece)

- Advances in the treatment of chronic exertional compartment syndrome
  Panagiotis Symeonidis (Greece)
- How to predict and prevent serious medical encounters in endurance competitions
  Mats Borjesson (Sweden)
- Hot topics in the treatment of Athletic leg pain
  Mark Hutchinson (USA)
## Scientific Program

**Macedonia B (Hybrid Hall)**

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<td>Chair: <strong>Yannis Pitsiladis (UK)</strong></td>
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<td>The bigger picture of athlete health</td>
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<td><strong>Evert Verhagen (Holland)</strong></td>
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**Macedonia A (Hybrid Hall)**

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<td>Chair: <strong>Anastasios Beletsiotis (Greece)</strong></td>
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<td>Achilles’ tendon rupture in athletes-Minimal approach and return to sports</td>
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<td><strong>Konstantinos Manologlou (Greece)</strong></td>
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**Kozani (Virtual Hall)**

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<td>Chair: <strong>Konstantinos Natsis (Greece)</strong></td>
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<td>Ultrasound musculotaneous anatomy and sports injuries</td>
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<td><strong>Marios Loukas (USA)</strong></td>
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**NAOUSA (Virtual Hall)**

**12.00-12.30**  **11th SESSION VIRTUAL ORAL PRESENTATIONS**

**Chairs:** Andreas Liveris (Cyprus), Ioannis Vogiatzis (UK)

**0149 ARTHROSCOPICALLY ASSISTED ELMSLIE-TRILLAT SURGERY FOR THE TREATMENT OF SEVERE CHRONIC LATERAL PATELLAR INSTABILITY: LONG TERM RESULTS**

Angelidis I., Kazamias K., Pellios S., Markopoulos G., Bisbinas I.

1st Orthopaedic and Trauma Department, 424 Army General Training Hospital, Thessaloniki, Greece

**0150 TWO CASES OF REVERSE HILL-SACHS LESIONS AFTER POSTERIOR DISLOCATION OF THE SHOULDER TREATED WITH MODIFIED MCLAUGHLIN AND POSTERIOR BANKART REPAIR**

Kazamias K., Angelidis I., Pellios S., Markopoulos G., Bisbinas I.

1st Orthopaedic and Trauma Department, 424 Army General Training Hospital, Thessaloniki, Greece

**0151 MENISCAL ROOT TEAR REPAIR: PRELIMINARY RESULTS OF TRANSTIBIAL PULL-OUT REPAIR**

Karachalios G., Krinas G., Tamviskos A., Rogdaki I.

Athens Medical Center - P. Faliro Clinic, Athens, Greece

**0153 STEROID INJECTIONS DURING COVID 19 PANDEMIC: AN OBSERVATIONAL STUDY FROM MUSCULOSKELETAL CLINIC**

Baltsezak S.1,2

1North East Essex Musculoskeletal Service, Colchester Hospital, Colchester, United Kingdom, 2Basinghall Clinic, London, United Kingdom

**MACEDONIA B (Hybrid Hall)**

**12:30-13:45**  **SUPPORTED SYMPOSIUM**

**INTERBALKAN MEDICAL CENTER**

**Chairs:** Eleftherios Tsiridis (Greece), Konstantinos Natsis (Greece)

Stress fractures in children

Nikolaos Laliotis (Greece)

Elbow sports injury

Konstantinos Ditsios (Greece)

Current concepts in management of shoulder instability

Chryssanthos Chryssanthou (Greece)

Femoroacetabular impingement (FAI) and sports

Alexandros Tzaveas (Greece)
MACEDONIA A (Hybrid Hall)

**12:30-13:45 SUPPORTED SYMPOSIUM**

**FIMS CCSM EXERCISE-BASED REHABILITATION IN PATIENTS WITH SINGLE AND MULTIPLE CHRONIC CONDITIONS: COMPARING VARIOUS APPROACHES**

Chairs: Demetri Constantinou (South Africa), Nikiforos Galanis (Greece)

Arthritis: does exercise play a role in management?
**Christa Janse van Rensburg (South Africa)**

Managing multiple conditions: community-based and private healthcare models
**Philippe Gradidge (South Africa)**

Managing chronic conditions in autistic population
**Natalia Neophytou (South Africa)**

The “simple 7” and its application to exercise prescription for multiple chronic conditions
**Georgia Torres (South Africa)**

KOZANI (Virtual Hall)

**12:30-13:45 SUPPORTED SYMPOSIUM**

**RUSSIAN ASSOCIATION OF SPORTS MEDICINE AND REHABILITATION OF PATIENTS AND THE DISABLED RUSSIAN EXPERIENCE IN THE MEDICAL SUPPORT OF SPORTS RESERVE**

Chairs: Vladimir Kurashvili (Russia), Viktorya Badtieva (Russia)

Cardioprotection in young athletes
**Larisa Balykova (Russia)**

Features of medical support organization of sports reserve
**Vladimir Kurashvili (Russia)**

Experience in organization the medical support for major competitions of young athletes
**Igor Vykhodets (Russia)**
12.30-13.45 1st SESSION VIRTUAL POSTER PRESENTATIONS
Chairs: Michael Iosifidis (Greece), Chrysanthos Chrysanthou (Greece)

P003 THE VALUE OF THE ELECTROCARDIOGRAM (ECG) IN THE PRE-ATHLETIC TEST IN SCHOOL TEENAGERS OF KOZANI
Vasilakopoulos V., Theodoridou S., Roditis P., Kipirtidou E., Tso umis C., Papagoras G., Lampropoulos S.
Cardiology Department, General Hospital of Kozani, Kozani, Greece

P013 THE IMPACT OF COL3A1, ACE AND MB GENETIC VARIANTS ON ATHLETIC PERFORMANCE AND INJURY
Gineviciene V., Utkus A.
Faculty of Medicine, Vilnius University, Vilnius, Lithuania

P014 ACE AND ACTN3 GENETIC VARIANTS IN EUROPEAN ELITE STRENGTH AND POWER ATHLETES
Gineviciene V., Utkus A., Aksenov M.2, Andruschenko L.2
1Vilnius University, Vilnius, Lithuania, 2Plekhanov Russian University of Economics, Moscow, Russia, 3Banzarov Buryat State University, Ulan-Ude, Russia

P016 RELATIONSHIP BETWEEN CANDIDATE GENE WITH PAIN (5-HTTLPR & COMT) AND MOODS AMONG BALLET DANCERS
1Department of Sports Medicine, St. Marianna University School of Medicine, Kawasaki, Japan, 2Department of Orthopaedic Surgery, St. Marianna University School of Medicine, Kawasaki, Japan, 3Faculty of Health and Sports Science, Juntendo University, Inzai, Japan, 4Department of Frontier Medicine, Institute of Medical Science, St. Marianna University School of Medicine, Kawasaki, Japan, 5Department of Cognitive and Information Sciences, Faculty of Letters, Chiba University, Chiba, Japan

P017 CREATINE AND CAFFEINE CO-ADMINISTRATION AS ERGOGENIC AID IN ATHLETES: A SYSTEMATIC REVIEW OF THE CURRENT LITERATURE
Kotsapas M., Naoum S., Vasiliadis A., Eleftheropoulos A.
1General Hospital of Naousa, Naousa, Greece, 2Orthopedic Department, 251 Air Force General Hospital, Athens, Greece, 3School of Medicine, Aristotle University of Thessaloniki, Thessaloniki, Greece

P018 NONCODING RNAs-ASSOCIATED CERNA NETWORKS INVOLVED IN THE AMELIORATION OF SKELETAL MUSCLE AGING AFTER WHEY PROTEIN SUPPLEMENTATION
Department of Nutrition and Food Hygiene, School of Public Health, Tongji Medical College, Huazhong University of Science and Technology, Wuhan, China

P021 KNEE PAIN AND BRIEF MUSIC INTERVENTIONS IN AMATEUR LONG-DISTANCE RUNNERS
Giannouli V., Syrmos N.
1Bulgarian Academy of Sciences, Sofia, Bulgaria, Sofia, Bulgaria, 2Aristotle University of Thessaloniki, Thessaloniki, Greece

P024 KNEE INFECTION AFTER ANTERIOR CRUCIATE LIGAMENT (ACL) RECONSTRUCTION: A DISTINCTIVE SERRATIA MARCESCENS CASE
Kakridonis F., Bourganos N., Trantos I., Kokoroghiannis C., Evangelopoulos D.
5th Orthopaedic Department, General Hospital of Attica KAT, Athens, Greece
P031  
**BONE CONTUSION ON THE MEDIAL COMPARTMENT IS A PREDICTIVE FACTOR FOR MORE ASSOCIATED INJURIES AFTER ACL RUPTURE**  
Mouzopoulos G., Soumpasis K., Sourilas P., Skarmpounis D., Koumiotis I., Tsembeli A.  
Sparti General Hospital, Sparta, Greece

P032  
**PREDICTORS OF HIGH ENERGY KNEE INJURY IN PATIENTS WITH ANTERIOR CRUCIATE LIGAMENT (ACL) RUPTURE**  
Mouzopoulos G., Soumpasis K., Skarmpounis D., Sourilas P., Koumiotis I., Karapetsa A.  
Sparti General Hospital, Sparta, Greece

P034  
**A CASE REPORT OF SIMULTANEOUS BILATERAL SHOULDER DISLOCATION DURING PILATES REFORMER EXERCISE**  
Ergün M., Yörük I., Koyagasioglu O.  
Sports Medicine Department, Faculty of Medicine, Ege University, Izmir, Turkey

P036  
**PSEUDARTHROSIS AFTER AN ISOLATED FIBULAR FRACTURE IN AN AMATEUR FOOTBALL PLAYER – MANAGEMENT WITH PERCUTANEOUS OSTEOSYNTHESIS**  
Konstantinidis C., Kotsias C., Giotis D., Panagiopoulos V., Skaltsas P., Vardakas D., Plakoutsis S.  
Orthopaedic Department, General Hospital of Ioannina, Greece, Ioannina, Greece

P038  
**AN ACUTE ACHILLES TENDON RUPTURE CASE STUDY**  
Maris A., Maslaris A., Tsamados S.  
1Department of Trauma and Orthopaedics, Royal Free London NHS Foundation Trust, London, United Kingdom, 2Department of Health, University of Bath, London, United Kingdom, 3Department of Orthopaedics, Eisenberg Hospital (Waldkliniken Eisenberg), Eisenberg, Germany, 4Jena University Hospital, Jena, Germany

P039  
**MULTIPLE INJURIES DURING TRAINING IN A CYCLING ATHLETE**  
Natsis K., Antonitsis P., Sofidis G., Didagelos M.  
11th Cardiology Department, AHEPA General Hospital, Aristotle University of Thessaloniki, Thessaloniki, Greece, 2Department of Anatomy and Surgical Anatomy, School of Medicine, Faculty of Health Sciences, Aristotle University of Thessaloniki, Thessaloniki, Greece, 3Intebalkan Medical Centre, FIMS Collaborating Centre of Sports Medicine, Thessaloniki, Greece, 4Cardiothoracic Department, School of Medicine, Faculty of Health Sciences, Aristotle University of Thessaloniki, Thessaloniki, Greece

P040  
**POSTTRAUMATIC SUPERFICIAL VEIN THROMBOPHLEBITIS OF THE LOWER LIMB: A REPORT OF TWO CASES**  
Natsis K., Didagelos M., Otountzidis N., Totlis T., Anastasopoulos N., Piagkou M.  
11th Cardiology Department, AHEPA General Hospital, Aristotle University of Thessaloniki, Thessaloniki, Greece, 2Department of Anatomy and Surgical Anatomy, School of Medicine, Faculty of Health Sciences, Aristotle University of Thessaloniki, Thessaloniki, Greece, 3Intebalkan Medical Centre, FIMS Collaborating Centre of Sports Medicine, Thessaloniki, Greece, 4Department of Anatomy, School of Medicine, National and Kapodistrian University of Athens, Athens, Greece

P042  
**A CASE OF A SNOWBOARDER’S FRACTURE MISDIAGNOSIS MIMICKING ANKLE SPRAIN**  
Papaioannou I., Pantazidou G., Repantis T., Baikousis A., Korovessis P.  
General Hospital of Patras, Patras, Greece
**SCIENTIFIC PROGRAM**

**P045**  
**JUMPER’S KNEE: A CASE REPORT ON MULTIFACTORIAL APPROACH**  
Botelho M.¹,3, Beckert J.²,4  
¹Prof. Dr. Fernando Fonseca Hospital, Amadora, Portugal, ²High Performance Centre, Jamor, Portugal, ³Portuguese Football Federation, Lisbon, Portugal, ⁴Biomedicine, Nova Medical School, Universidade Nova de Lisboa, Lisbon, Portugal

**P046**  
**DIASTASIS OF PUBIC SYMPHYSIS WITHOUT INJURY IN A MAN AFTER HORSEBACK RIDING – A RARE CASE PRESENTATION**  
Konstantinidis C., Panagiotopoulos V., Giotis D., Kotsias C., Skaltsas P., Vardakas D., Plakoutsis S.  
Orthopaedic Department, General Hospital of Ioannina, Ioannina, Greece

**MACEDONIA B (Hybrid Hall)**

**13:45-15:30**  
Aspetar Young Investigator Winners Presentations and Awards

**15:30-16:00**  
**LECTURE**  
Chair: Christian Schneider (UK)  
Lessons learned from a very special biathlon world cup season  
Wolfarth Bernd (Germany)

**MACEDONIA B (Hybrid Hall)**

**16:00-17:15**  
**SUPPORTED SYMPOSIUM**  
**HEAT, COLD, ALTITUDE: SPORTS UNDER EXTREME CONDITIONS**  
Chairs: Yannis Pitsiladis (UK), Sebastien Racinais (Qatar)

Too Hot to Start: developing cancellation parameters for road racing  
William O. Roberts (USA)

Muscle Cramp, hyponatremia, and the psychology of overdrinking  
Kevin Miller (USA)

From prevention to treatment: the toolbox to train and compete safely in the heat  
Sebastien Racinais (Qatar)

Individualisation of altitude training: a comparison of different approaches to quantify the hypoxic dose  
Irina Zelenkova (Spain)
### MACEDONIA A (Hybrid Hall)

**16:00-17:15 SUPPORTED SYMPOSIUM**

**ESSKA**

**RETURN TO SPORTS AFTER MENISCAL SURGERY**

Chairs: Jacques Menetrey, Switzerland, Michael Hantes (Greece)

Return to sports after partial meniscectomy  
**Angelina Lukaszenko** (Russia/Abu Dhabi)

Return to sports after meniscal repair  
**Jacques Menetrey** (Switzerland)

Return to sports after bucket handle meniscal repair  
**Gian Luigi Canata** (Italy)

Return to sports after meniscal transplantation: is it an option?  
**Michael Hantes** (Greece)

### KOZANI (Virtual Hall)

**16:00-17:15 SUPPORTED SYMPOSIUM**

**SISSM**

**NEW DIMENSION & APPROACH IN EXAMINATION SERBIAN ATHLETES / ALL NECESSARY LINKS THAT CREATE WINNERS**

Chairs: Dejan Cubrilo (Serbia), Herbert Löllgen (Germany)

Cardiovascular magnetic resonance as a key stone of the advanced heart imaging diagnosis  
**Marija Zdravkovic** (Serbia)

HUMEDS mobile ECG (session with modern technology)  
**Goran Vukomanovic** (Serbia)

Human movement dysfunction and injury risk factors as a part of preventive program  
**Pedrag Bozic** (Serbia)
NAOUSA (Virtual Hall)

16:00-17:15 SUPPORTED SYMPOSIUM

SLOVENIAN SPORTS MEDICINE ASSOCIATION SPORTS WITH HIP AND KNEE OSTEOARTHRITIS

Chairs: Matej Drobnič (Slovenia), Konstantinos Natsis (Greece)

Articular cartilage and sports - Introduction (basics in cartilage biology, incidence of injuries, OA symptoms)
*Nejc Planinc (Slovenia)*

Non-pharmacological management of hip and knee OA (activity modification, exercise, physiotherapy and orthotic braces)
*Petra Zupet (Slovenia)*

Pharmacological management of hip and knee OA (topical, oral, injections and orthobiologics)
*Matej Drobnič (Slovenia)*

Joint preserving surgery for hip and knee OA (debridement, osteotomies and cartilage repair)
*Klemen Stražar (Slovenia)*

MACEDONIA B (Hybrid Hall)

17:15-17:45 KEYNOTE LECTURE

Chairs: Fabio Pigozzi (Italy), Konstantinos Natsis (Greece)

Artificial intelligence and sport medicine-Revolution or digital cage?
*Norbert Bachl (Austria)*
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<th>Chairs: Eduardo Henrique De Rose (Brazil), Nikolaos Raikos (Greece)</th>
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<td>17:45-18:45 LECTURES</td>
<td>Doping in sports</td>
<td>Eduardo Henrique De Rose (Brazil)</td>
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<td>Problems and perspectives of sports medicine and science in Central America</td>
<td>Rafael Robles (Guatemala)</td>
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<td>The role of physical exercise in the cardiovascular risk reduction - a clinician's perspective</td>
<td>José Kawazoe Lazzoli (Brazil)</td>
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<td>17:45-18:45 LECTURES</td>
<td>Eye injuries in athletes</td>
<td>Konstantinos Boboridis (Greece)</td>
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<td>Demystifying groin pain terminology: how common terms are used and why anatomy is the key</td>
<td>Aristidis Zibis (Greece)</td>
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<td>Non-operative treatment and interventional pain therapy in degenerative spinal disorder of athletes</td>
<td>Martin Komp (Germany), Sebastian Ruetten (Germany)</td>
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<td>LECTURES</td>
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| 17:45-18:45| KOZANI (Virtual Hall) | Importance of the evaluation of the specific sport risk for the emergency organization on sport fields: FMSI PSS-D  
Vincenzo Maria Ieracitano (Italy)  
Exercise prescription for the healthy elderly: the importance of a multidomain approach (NESTORE Project)  
Simone Porcelli (Italy)  
Sports and cancer: sports coaching in prevention and treatment  
Andrea Pietrabissa (Italy) |
| 17:45-18:45| NAOUSA (Virtual Hall)   | Sports after common foot and ankle surgeries  
Matej Drobnič (Slovenia)  
Mesenchymal stem cells in cartilage tissue engineering: from bench to sports medicine  
Eleftherios Tsiridis (Greece) |
## MACEDONIA B (Hybrid Hall)

### 18:45-20:00 SUPPORTED SYMPOSIUM

**SPORTS MEDICINE ASSOCIATION OF GREECE HAMSTRINGS INJURIES IN ATHLETES**

Chairs: Andreas Tanos (Cyprus), Konstantinos Natsis (Greece)

- Hamstrings muscles anatomy, classification and mechanism injuries
  Trifon Totlis (Greece)
- Hamstring injuries prevention program
  Christos Lyrtzis (Greece)
- Hamstrings injuries: conservative or surgery treatment
  Konstantinos Natsis (Greece)
- Hamstrings injuries: Return to play
  Ioannis Terzidis (Greece)

## MACEDONIA A (Hybrid Hall)

### 18:45-20:00 SUPPORTED SYMPOSIUM

**FIMS COLLABORATING CENTRE SYMPOSIUM WITH PARTICULAR FOCUS ON INTERNATIONAL COLLABORATION**

Chairs: Yannis Pitsiladis (UK), Fabio Pigozzi (Italy)

- International sport trauma training centre
  Demitri Constantinou, (South Africa)
- Let’s talk about global medicine
  Francisco Arroyo (Mexico)
- The FIMS CCSM strategy
  Yannis Pitsiladis (UK)
- Conclusions
  Fabio Pigozzi (Italy)
**KOZANI (Virtual Hall)**

**18:45-20:00**

**ROUND TABLE**

**WINTER SPORTS INJURIES, HOW DO WE HAVE TO DEAL WITH.**
**AN EXPERIENCE FROM EUROPE**

Chairs: Christiane Kallweit (Germany), Savvas Giakoumakis (Greece)

- Common fractures of the upper extremities admitted to the emergency room during winter sports activities
  - Ioannis Seferlis (UK)
- Skiing acute sports injuries of the lower extremities in mature and immature skeleton. Trauma support
  - Konstantinos Pantazis (Sweden)
- Common acute sports injuries during a bobsleigh competition
  - Christiane Kallweit (Germany)
- Rehabilitation and return-to-play guidelines of the most common winter sports injuries
  - Panagiotis Antzoulas (Greece)

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**NAOUSA (Virtual Hall)**

**18:45-20:00**

**SUPPORTED SYMPOSIUM**

**ATHENS MEDICAL GROUP DEALING WITH SPORTS INJURIES AND WITH COVID-19 ON ATHLETES**

Chairs: Mark Hutchinson (USA), Pantelis Nikolaou (Greece)

- Short and long-term effects of COVID-19 on football players
  - Haris Lalos (Greece)
- Can hamstrings injuries be predicted by training load?
  - Grigoris Bogdanis (Greece)
- Common Sports Injuries in Triathlon. How to avoid them
  - Aristotelis Kourtis (Greece)
- The young arthritic knee. Following treatment returning to sports?
  - Pantelis Nikolaou (Greece)
KOZANI (Virtual Hall)

09.00-10.00  2nd SESSION VIRTUAL POSTER PRESENTATIONS

Chairs: Sandra Rozenstoka (Latvia), Maria Piagkou (Greece)

P051  PROGNOSIS OF ELITE BASKETBALL PLAYERS AFTER AN ACHILLES TENDON RUPTURE

Ling S., Siu R., Fung N., Pak N., Yung P.
CUHK, Hong Kong, HKSAR China

P057  THE IMPORTANCE OF THE FLOUNCE SIGN FOR THE MEDIAL MENISCUS INJURY PREDICTION

Mouzopoulou G., Soumpasis K., Sourilas P., Kourniotis I., Skarpounis D., Tsembeli A.
Sparti General Hospital, Sparta, Greece

P058  USEFULNESS OF ARTHRO WEIGHT-BEARING MAGNETIC RESONANCE IMAGING (MRI) IN THE HIP DISORDERS DIAGNOSIS: A CLINICAL CASE OF A PROFESSIONAL SOCCER PLAYER

Giannini S.¹, Fossati C.², Giombini A.², Bravi M.²
¹Villa Stuart Sport Clinic, FIFA Medical Centre of Excellence, Rome, Italy, ²Department of Movement, Human and Health Sciences, University of Rome "Foro Italico", Rome, Italy

P060  ANKLE CHRONIC INSTABILITY IN COLLEGE FOOTBALL PLAYERS: PREVALENCE AND ASSESSMENT OF RISK FACTORS

Blasio T.¹,², Anton A.³, Clara Altamirano M.⁴, Gomez Mont Landerreche J.¹,³
¹Spanish Hospital Of Mexico, Mexico City, Mexico, ²National Autonomous University of Mexico, Mexico city, Mexico, ³Mexican College of Orthopedic Surgeons, Mexico City, Mexico, ⁴The National Cancer Institute, Mexico City, Mexico

P065  INJURY EPIDEMIOLOGY OF ULTIMATE FRISBEE IN HONG KONG

Ling S., Pang F., Man G., Yung P.
The Chinese University of Hong Kong (CUHK), Hong Kong, China

P069  ELITE FEMALE ATHLETES: TO TAKE CARE OF THE MENSTRUAL DISORDERS TO PREVENT THE STRESS FRACTURES ESPECIALLY IN CERTAIN SPORTS

Maitre C.
National Institute of Sport, Expertise and Performance (INSEP), Paris, France

P074  ATYPICAL HIP FRACTURES BILATERALLY AFTER LONG-TERM BISPHOSPHONATE TREATMENT. A CASE-REPORT

Angelidis I., Dentsas I., Lampridis V., Kazamias K., Georgiannos D., Bisbinas I.
1st Orthopaedic and Trauma Department, 424 Army General Training Hospital, Thessaloniki, Greece

P075  A COMPARISON BETWEEN PHYSICAL ACTIVITY PROGRAM AND ROWING ERGOMETER EXERCISE PROGRAM ON PHYSICAL FITNESS AMONG ELDERLY

Rachnavy P., Khaothin T.
School of Sports Science, Suranaree University of Technology, Nakhon Ratchasima, Thailand

P076  GLOMERULAR FILTRATION RATE ON THE ELDER AFTER MAXIMAL AND SUBMAXIMAL EXERCISE CALCULATED WITH CREATININE AND Cystatin-C

Romero-Garcia T.¹,², Trejo-Trejo M.¹, Villalobos R.², Vázquez-Jiménez J.¹, Ramos A.³, Robles G.⁴, Pineda-Espejel H.¹
¹Universidad Autonoma De Baja California, Mexicali, Mexico, ²FES Iztacala, UNAM, Mexico, ³Universidad Autonoma De Ciudad Juarez, Mexico, ⁴Universidad Autonoma De Chihuahua, Mexico
P078  THE INFLUENCE OF CONTACT TIME INSTRUCTIONS ON DROP JUMP PERFORMANCE IN PREPUBESCENT AND ADULT FEMALES
Metaxiotis D.1, Sfyriou E.2, Xenofondos A.3, Bassa E.2, Papavasileiou A.2, Patikas D.2
12nd Orthopaedic Department, Papageorgiou Hospital, Thessaloniki, Greece, 2Laboratory of Biological Evaluation of Human Performance, Faculty of Physical Education and Sports Science, Aristotle University of Thessaloniki, Thessaloniki, Greece, 3School of Public Health, Li Ka Shing Faculty of Medicine, The University of Hong Kong, Pokfulam, Hong Kong

P081  NEUROMUSCULAR PATTERN ALTERATION IN QUADRICEPS IN THE RISK OF KNEE INJURIES IN FEMALE VOLLEYBALL ATHLETES
Demeco A., Marotta N., Moggio L., Pino I., Isabella L., Ammendolia A.
University “Magna Graecia” of Catanzaro, Catanzaro, Italy

P083  PHYSICAL THERAPY IN THE MANAGEMENT OF ATHLETES WITH QUADRICEPS MUSCLE CONTUSIONS
Kotsapas M.1, Naoum S.2, Vasiliadis A.3, Eleftheropoulos A.1
1General Hospital of Naousa, Naousa, Greece, 2Orthopedic Department, 251 Air Force General Hospital Department, Athens, Greece, 3School of Medicine, Aristotle University of Thessaloniki, Thessaloniki, Greece

P084  A COMPARISON OF HAMSTRINGS FLEXIBILITY BETWEEN DOMINANT AND NON-DOMINANT LEG IN ELITE WOMEN SOCCER PLAYERS
Gatidou C.1, Anastasopoulos N.1, Gatidou A.2, Natsis K.1
1School of Medicine, Faculty of Health Sciences, Aristotle University of Thessaloniki, Thessaloniki, Greece, 2Department of Physiotherapy, International Hellenic University, Thessaloniki, Greece

P085  INTRAMUSCULAR DEGLOVING INJURY OF THE RECTUS FEMORIS MUSCLE: MANAGEMENT OF AN UNIQUE LESION PATTERN – CASE REPORT OF A YOUTH FOOTBALL PLAYER
Amorim E.1,4, Rodrigues-Gomes D.2,4, Rodrigues-Gomes S.3
1Physical and Rehabilitation Medicine Department - Hospital of Braga, Braga, Portugal, 2Espregueira Mendes Sports Centre, Porto, Portugal, 3SMIC–Serviço Médico de Imagem Computorizada, Porto, Portugal, 4Famalicão FC Medical Department, Portugal

P091  PRE-PARTICIPATION ANTHROPOMETRIC PARAMETERS OF U13 AND U16 FOOTBALLERS DURING COVID 19 PANDEMIC
Tahirbegolli B.1,2, Shabani A.1, Halimi A.1, Murseli G.1, Isufi I.1, Bayraktar B.3
1National Sports Medicine Center, Prishtina, Kosovo, 2Management of Health Institutions and Services Department, Heimerer College, Prishtina, Kosovo, 3Sports Medicine Department, Istanbul Faculty of Medicine, Istanbul University, Istanbul, Turkey

P092  EXERCISE PRESCRIPTION FOR BETTER HEALTH FOR WOMAN OVER 50
Pluncevic Gligoroska J., Manchevsk S. Dejanova B., Petrovska S.
Institute of Physiology, Medical Faculty, Medical Faculty, Ss Cyril and Methodius University in Skopje, Skopje, North Macedonia
P094  ASYMMETRY IN TRUNK MUSCLE THICKNESS: NOT THE KEY TO A CRICKET FAST BOWLER'S PERFORMANCE
Olivier B., Olivier F., Mnguni N., Obiora O.
Department of Physiotherapy, Faculty of Health Sciences, University of the Witwatersrand, Johannesburg, South Africa

P095  OSTEOPOROTIC CERVICAL AND THORACIC SPINE FRACTURES IN PATIENTS WITH AMATEUR ATHLETIC ACTIVITY: RADIOLOGICAL EVALUATION
Syrmos N.1, Gavridakis G.1, Giannouli V.2, Mylonas A.2
1General Hospital Venizeleio, Heraklion, Greece, 2Aristotle University of Thessaloniki, Thessaloniki, Greece

P102  A FUNCTIONAL AND BIOMECHANICAL ANALYSIS OF THE LONG JUMP
Maris A.1,2, Maslaris A.3,4, Tsamados S.2
1Department of Health, University of Bath, Bath, United Kingdom, 2Department of Trauma and Orthopaedics, Royal Free London NHS Foundation Trust, London, United Kingdom,
3Department of Orthopaedics, Eisenberg Hospital (Waldkliniken Eisenberg), Eisenberg, Germany, 4Jena University Hospital, Jena, Germany

P106  SOMATOTYPE’S MESOMORPHIC COMPONENT IS RELATED WITH JUMP PEAK POWER IN PROFESSIONAL SOCCER PLAYERS
Androulakis N.1,2, Plesitis V.1, Tsiakiris C.1, Koundourakis N.2
1Ergotelis 88 F.C. Medical and Technical Team, Heraklion, Greece, 2Apollon Limassol FC Technical Team, Limassol, Cyprus

P110  EIGHT ANSWERS ABOUT SPORTS MEDICINE IN ANCIENT GREECE
Mitrousias V.1,2, Chalatsis G.2, Raoulis V.1,2, Fyllos A.1, Karachalios T.2, Zibis A.1
1University of Thessaly, Faculty of Medicine, Department of Anatomy, Larissa, Greece, 2University of Thessaly, Faculty of Medicine, Department of Orthopaedic Surgery, Larissa, Greece

P112  DETERMINING SPEED AND STRIDE LENGTH OF RUNNERS USING AN ULTRAWIDE BANDWIDTH LOCAL POSITIONING SYSTEM EQUIPPED WITH AN INERTIAL MEASUREMENT UNIT
Singh P.1, Esposito M.1, Barrons Z.2, Clermont C.2, Wannop J.2, Stefanyshyn D.1,2
1Schulich School of Engineering, University of Calgary, Calgary, Canada, 2Faculty of Kinesiology, University of Calgary, Calgary, Canada

P113  INCREASING INCLUSIVITY OF PARA SPORT CATEGORISATION SYSTEMS DOES NOT DISADVANTAGE ELIGIBLE IPC COMPETITORS IN NON-ELITE SETTINGS
Blamey H.
University of Oxford Clinical Academic Graduate School, John Radcliffe Hospital, Oxford, United Kingdom

P114  PLYOMETRICS TRAINING ON ROWING PERFORMANCE IN PARA-ROWER: CASE REPORT
Thawichai K.1, Pornthep R.2
1School of Sport Science, Institute of Science, Suranaree University of Technology, Muang District, Thailand, 2School of Sport Science, Institute of Science, Suranaree University of Technology, Muang District, Thailand
### MACEDONIA B (Hybrid Hall)

#### 10:00-11:15 SUPPORTED SYMPOSIUM

**CYPRUS ASSOCIATION OF SPORTS MEDICINE TOPICS FROM THE CYPRUS SPORTS MEDICINE ASSOCIATION**  
Chairs: Evagoras Nicolaides (Cyprus), Konstantinos Natsis (Greece)

- Allergic disease in sports  
  *Andreas Liveris (Cyprus)*
- The principles of physical activity in patients with cardiovascular disease; what the non-cardiologist should know  
  *Evagoras Nicolaides (Cyprus)*
- Sports and health enhancing measures in special community groups  
  *Michalis Michaelides (Cyprus)*
- Peripheral vascular disease in athletes  
  *Nicos Angelides (Cyprus)*

### MACEDONIA A (Hybrid Hall)

#### 10:00-11:15 ROUND TABLE

**THE ART AND SCIENCE OF MONITORING AND EVALUATING ABUSE PREVENTION PROGRAMS IN INTERNATIONAL SPORT**  
Chairs: Katharina Grimm (South Africa), Mike McNamee (Belgium)

- Athletes’ rights are human rights in safe sport, but what are the doctors duties?  
  *Mike McNamee (Belgium)*
- The research context of safeguarding interventions in sport  
  *Gretchen Kerr (Canada)*
- Disability and disenfranchisement: practical considerations for assessing harassment and abuse in vulnerable athlete populations  
  *Yetsa Tuakli-Wosornu (USA)*
- First, do no harm: the role of the sports medicine physician in assessing athlete safety and building a safety net culture in clinical settings  
  *David Gerrard (New Zealand)*
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<td>10:00-11:15</td>
<td>Kozani (Virtual Hall)</td>
<td><strong>Supported Symposium</strong>&lt;br&gt;<strong>BASEM</strong>  &lt;br&gt;<strong>Mental Health &amp; Golf</strong>&lt;br&gt;Chairs: Theodora Papadopoulou (UK), Roger Hawkes (UK)&lt;br&gt;&lt;br&gt;Injury profile in the professional game&lt;br&gt;<strong>Tim Swan (UK)</strong>&lt;br&gt;&lt;br&gt;Golf on referral- Golf as a health enhancing physical activity&lt;br&gt;<strong>Danny Glover (UK)</strong>&lt;br&gt;&lt;br&gt;Inclusive Golf. Golf for players with disability&lt;br&gt;<strong>Roger Hawkes (UK)</strong></td>
</tr>
<tr>
<td>10.00-11.15</td>
<td>Naousa (Virtual Hall)</td>
<td><strong>4th Session Virtual Poster Presentations</strong>&lt;br&gt;Chairs: Sandra Rozenstoka (Latvia), Alexandros Taxildaris (Greece)&lt;br&gt;&lt;br&gt;P115  <strong>Comparison of Integrated Periodized and Traditional Periodized Program on 2,000 m Rowing Ergometer Performance in Para Rowers</strong>&lt;br&gt;Rachnavy P., Khaothin T.&lt;br&gt;School of Sports Science, Suranaree University Of Technology, Nakhon Ratchasima, Thailand&lt;br&gt;&lt;br&gt;P116  <strong>Gender Differences in Approach Speed and Accuracy of Class T61–64 Paralympic Long Jumpers With Lower Extremity Amputation</strong>&lt;br&gt;Metaxiotis D., García-Fresneda A., Theodorou A., Panoutsakopoulos V., Torralba Jordán M., Padullés J., Padullés X.&lt;br&gt;12th orthopaedic department, Papageorgiou hospital, Thessaloniki, Greece, 2TecnoCampus, College of Health Sciences, University of Pompeu Fabra, Mataró Maresme, Spain, 3School of Physical Education and Sport Science – SEFAA, National and Kapodistrian University of Athens, Athens, Greece, 4Biomechanics Laboratory, Department of Physical Education and Sports Sciences at Thessaloniki, Aristotle University of Thessaloniki, Thessaloniki, Greece, 5Department of Applied Didactics, University of Barcelona, Barcelona, Spain, 6National Institute of Physical Education of Catalonia, Barcelona, Spain, 7Chrononojump Bscosystem, Barcelona, Spain&lt;br&gt;&lt;br&gt;P120  <strong>Leisure Time Physical Activity in Young Men - Undergraduate Medical Students</strong>&lt;br&gt;Prokhorov P.&lt;br&gt;Medical Institute, Tula State University, Tula, Russian Federation</td>
</tr>
</tbody>
</table>
P121  A LONGITUDINAL PROSPECTIVE STUDY ON THE INFLUENCE OF LIFE STYLE BEHAVIOURS ON SELECTED CARDIOMETABOLIC PARAMETERS IN MEN
Kamińska S.1, Nowak M.1, Drygas W.1, Szmigielska K.2, Jegier A.2, Szadkowska I.2, Rębowska E.1, Polakowski G.2, Łęgocki S.1, Dziankowska-Zaborszczyk E.3, Kwaśniewska M.1
1Department of Preventive Medicine, Medical University of Lodz, Lodz, Poland, 2Department of Sports Medicine, Medical University of Lodz, Lodz, Poland, 3Department of Epidemiology and Biostatistics, Medical University of Lodz, Lodz, Poland

P125  ACUTE AND CHRONIC EXERCISE-INDUCED CHANGES OF SELECTED HEMATOLOGICAL BLOOD PARAMETERS IN ELITE SOCCER PLAYERS
Androulakis N.1,2, Nioti E.1, Spatharaki P.1, Dilintas A.1, Tsiakiris C.2, Notas G.1
1Heraklion University Hospital, Heraklion, Greece, 2Ergotelis 88 F.C. Medical and Technical Team, Heraklion, Greece

P132  KNEE OSTEOARTHRITIS (KOA) AND HISTOPATHOLOGICAL CHANGES OF CRUCIATE LIGAMENTS
Naoum S.1, Kotsapas M.2, Gantsos A.2, Vasiliadis A.3, Eleftheropoulos A.2
1Orthopedic Department, 251 Air Force General Hospital, Athens, Greece, 2General Hospital of Naousa, Naousa, Greece, 3School of Medicine, Aristotle University of Thessaloniki, Thessaloniki, Greece

P134  EPIDEMIOLOGY OF PATIENTS PRESENTING WITH GOUT TO LARGE COUNTY HOSPITAL, 2016-2018

P136  FACING THE GROIN PAIN CHALLENGE AN ANATOMICAL DICTIONARY FACILITATING INTERPROFESSIONAL COLLABORATION
Mitrousias V.1,2, Baxevenidou K.1, Fyllos A.1, Raoulis V.1, Chalatsis G.2, Zibis A.1
1University of Thessaly, Faculty of Medicine, Department of Anatomy, Larissa, Greece, 2University of Thessaly, Faculty of Medicine, Department of Orthopaedic Surgery, Larissa, Greece

P137  ACUTE LOW BACK PAIN IN YOUNG PROFESSIONAL MALE ATHLETES. RESOLUTION AND TREATMENT
Syrmos N.2, Giannouli V.2, Gavridakis G.1, Mylonas A.2
1General Hospital Venizeleio, Heraklion, Greece, 2Aristotle University of Thessaloniki, Thessaloniki, Greece

P138  CRANIO-MAXILLO-FACIAL INJURIES IN PROFESSIONAL JOCKEYS
Baldini N.
Department of Maxillofacial Surgery, Angers University Hospital Center, Angers, France

P144  MOTOR COMPETENCE ESTIMATION AND IDENTIFICATION OF MOTOR DIFFICULTIES OF SCHOOL-AGE CHILDREN
Šeflová I.
Department of Physical Education and Sport, Faculty of Science, Humanities and Education, Technical University of Liberec, Liberec, Czech Republic

P146  EFFECT OF ARTISTIC SPORTS ON PHYSICAL BEAUTY IMPROVEMENT OF COLLEGE GIRLS IN CHINA
Cheng X.1,2, Wang Y.1, Liu J.1
1Tsinghua University, Beijing, China, 2Qingdao University of Technology, Qingdao, China
P148  TIBIAL TUBEROSITY FRACTURE ALONG WITH PATELLAR TENDON RUPTURE IN ADOLESCENTS: A RARE INJURY THAT SHOULD NOT BE OVERLOOKED
Repantsis T., Filippopoulos A., Mousafeiris V., Papaioannou I., Baikousis A.
General Hospital of Patras “Agios Andreas”, Patras, Greece

P149  RELATIONSHIP BETWEEN BIOELECTRICAL IMPEDANCE PHASE ANGLE AND JUMP PERFORMANCE IN JUNIOR ATHLETES
Obayashi H.,1,2 Ikuta Y.,1,3 Fujishita HL.,1,2, Fukuhara K.,1,2, Shimada M.,1,2, Sakamitsu T.,1,2, Ushio K.,1,2, Adachi N.,1,3
1Hiroshima University Hospital Sports Medical Center, Kasumi, Hiroshima City, Japan, 2Hiroshima University Hospital Department of Rehabilitation, Kasumi, Hiroshima City, Japan, 3Department of Orthopaedic Surgery, Graduate School of Biomedical and Health Sciences, Hiroshima University, Kasumi, Hiroshima City, Japan

P152  EXTREME SPORTS INJURIES (ESI) IN ADOLESCENTS
Metaxiotis D., Tsioulas P., Kazas C., Beletsiotis A.
2nd Orthopaedic Department, Papageorgiou Hospital, Thessaloniki, Greece

P153  PREVENTION OF EXERTIONAL HEAT ILLNESS IN CHILDREN ATHLETES USING KNOWLEDGE OF NEUROLOGICAL RESPONSE
Upite S.,1,2, Upite J.,3
1Riga Stradins University, Riga, Latvia, 2Sports Medicine, Sports Traumatology and Rehabilitation Centre “Sports laboratory”, Latvia, 3Department of Pharmacology, Faculty of Medicine, University of Latvia, Riga, Latvia

P154  INTERVAL TRAINING TO EXHAUSTION AND BLOOD COAGULATION IN ELITE ADOLESCENT SOCCER PLAYERS
Androulakis N.,1,2 Nioti E.,1, Spatharaki P.,1 Dilintas A.,1, Tsiakiris C.,2 Notas G.,1
1Heraklion University Hospital, Heraklion, Greece, 2Ergotelis 88 F.C. Medical and Technical Team, Heraklion, Greece

P155  HIGHER PYRUVATE LEVELS INDUCED BY CHRONIC HIGH DOSE OF LEUCINE SUPPLEMENTATION MIGHT BE ASSOCIATED WITH GUT MICROBIOTA FOR MUSCLE AGING AMELIORATION
Liao Y.,1 Li D.,1 Zhou X.,1 Peng Z.,1 Liu S.,2 Meng Z.,1 Rong S.,3 Nüssler A.,4 Ding W.,5 Yang X.,1 Hao L.,1 Liu R.,6 Liu L.,1 Yang W.,1
1Department of Nutrition and Food Hygiene, School of Public Health, Tongji Medical College, Huazhong University of Science and Technology, Wuhan, China, 2Hubei Center for Disease Control and Prevention, Wuhan, China, 3Department of Nutrition and Food Hygiene, School of Public Health, Medical College, Wuhan University of Science and Technology, Wuhan, China, 4Department of Traumatology, BG Trauma center, University of Tübingen, Tübingen, Germany, 5Department of Diagnostic Ultrasound, Wuhan Women and Children Medical Care Center, Wuhan, China, 6Department of Preventive Medicine, School of Medicine, Jianghan University, Wuhan, China

P156  DIETARY PATTERN IN UNDERGRADUATE PHYSICAL EDUCATION STUDENTS
Prokhorov P.
Tulu Medical Institute, Tula, Russian Federation

P159  PROTEIN SUPPLEMENT PRODUCTS CONTAIN LOWER ACTUAL PROTEIN-CONTENT THAN DECLARED ON LABELS
Sithole M., Gabriels G.
Department of Pharmacy and Pharmacology, Faculty of Health Sciences, University of the Witwatersrand, Johannesburg, South Africa
P160  CONSUMPTION AND SIDE EFFECTS OF NUTRITIONAL SUPPLEMENTS IN ATHLETES
Tomassi G.1, Quaranta F.1, Delre D.2, Sapegno L.2, Fagnani F.1, Minganti C.2, Fossati C.1
1Department of Movement, Human and Health Sciences, University of Rome “Foro Italico”, Rome, Italy,
2Sports Medicine Residency Program, Sapienza University of Rome, Rome, Italy

P162  THE EFFECT OF EXERCISE ON GLUCOSE METABOLISM AND QUALITY OF LIFE IN PATIENTS AFTER
RESECTION OF THE PANCREAS
Katsourakis A.1, Chytas D.2, Komsis G.3, Vrabas I.3, Noussios G.3
1Department of Surgery, Agios Dimitrios General Hospital, Thessaloniki, Greece, 2Department of
Physiotherapy, University of Peloponnese, Sparta, Greece, 3School of Physical Education and Sports
Sciences at Serres, “Aristotle” University, Serres, Greece

P165  ZOLEDRONIC ACID TREATMENT IN BONE MARROW EDEMA SYNDROME
Zidrou C., Vasiliadis A., Beletsiotis A.
2nd Orthopaedic Department, Papageorgiou General Hospital, Thessaloniki, Greece

11:15-11:45  Visit to the Exhibition & the Poster Area

11:45-13:00  SUPPORTED SYMPOSIUM
SPORTS MEDICINE DURING COVID-19 (LESSONS FROM RUSSIA AND HUNGARY)
Chairs: Éva Martos (Hungary), Petra Zupet (Slovenia)

Introducing the Hungarian national sports medical service.
Regular tasks and COVID-related experiences
Marianna Kiss, Anita Megyeriné Szabó (Hungary)

Covid strategy and prevention activity of the national medical service for elite athletes
József Tomán (Hungary)

Sports cardiology registry of athletes recovered from COVID-19
Hajnalka Vágó (Hungary), Orsolya Kiss, Nóra Sydó, Béla Merkely
MACEDONIA A (Hybrid Hall)

11:45-13:00  
ROUND TABLE

MENTAL HEALTH OF ATHLETES: THE IMPORTANCE OF SPORTS PSYCHOLOGY AND SPORTS PSYCHIATRY  
Chairs: William O. Roberts (USA), Evangelos Pappas (Greece)

Challenges in conducting sports concussion research  
David Baron (USA)

Mental health of athletes: the importance of depression screening  
Evangelos Pappas (Greece)

Covid-19 pandemic and its physical, psychological and social impacts on older adults  
Francesco Landi (Italy)

The role of combination of cognitive and body exercise in patients with mild cognitive Impairment and dementia during the pandemic of Covid-19  
Magdalini Tsolaki (Greece)

KOZANI (Virtual Hall)

11:45-13:00  
SUPPORTED SYMPOSIUM

HAOST  
SHOULDER DISLOCATION / SHOULDER INSTABILITY  
Chairs: Klaus-Michael Braumann (Germany), Dimitris Tsoukas (Greece)

Conservative treatment for the management of the 1st time dislocation.  
Considerations, indications, methods, outcomes  
Konstantinos Kateros (Greece)

Soft tissue procedures for the management of shoulder instability.  
Augmenting Bankart repair  
Emmanouil Brilakis (Greece)

Bony procedures for the management of shoulder instability.  
When soft tissue procedures are not enough  
Emmanouil Antonogiannakis (Greece)

Return to play after shoulder stabilization surgery (soft tissue or bony procedure).  
Current concepts and considerations  
Efstathios Chronopoulos (Greece)
### NAOUSA (Virtual Hall)

#### 11:45-13:00 SUPPORTED SYMPOSIUM

**AFSM**
**WHEN THE EAST MEET THE WEST IN SPORTS MEDICINE**
Chair: *Patrick Yung (Hong Kong)*

- Sports medicine in Asia: Past, present & future
  *Patrick Yung (Hong Kong)*
- Sports medicine in China national team
  *Zhan Hui (China)*
- Sports medicine in Kingdom of Saudi Arabia
  *Qassim Muaidi (Saudi Arabia)*
- Sports medicine in India
  *Jaspal Sandhu (India)*

### MACEDONIA B (Hybrid Hall)

#### 13:00-14:00 LECTURES

Chairs: *Ioannis Vogiatzis (UK), Mike Miller (UK)*

- High Intensity exercise training
  *Grigoris Bogdanis (Greece)*
- Intermittent exercise training in COPD
  *Ioannis Vogiatzis (UK)*

### MACEDONIA A (Hybrid Hall)

#### 13:00-14:00 LECTURES

Chairs: *Theodora Papadopoulou (UK), Vasileios Houliaras (Greece)*

- Return to sports after ACL reconstruction. Evidence-based approach
  *Nikolaos Koukoulias (Greece)*
- Internal and external stressors faced by the performance team
  *Stephen Boyce (Scotland)*
- Development, monitoring and analysis of performance health and wellbeing measurements
  *Stephen Mutch (Scotland)*
<table>
<thead>
<tr>
<th>TIME</th>
<th>LOCATION</th>
<th>SESSION</th>
<th>CHAIRS</th>
<th>SPEAKERS</th>
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<tbody>
<tr>
<td>13:00-14:00</td>
<td>KOZANI (Virtual Hall)</td>
<td>LECTURES</td>
<td>Chairs: Minhao Xie (China), Daniel Arkader Kopiler (Brazil)</td>
<td>Perceptual-cognitive abilities in competitive athletes Klaus-Michael Braumann (Germany) Facial injuries in athletes Christos Perisanidis (Greece)</td>
</tr>
<tr>
<td>13:00-14:00</td>
<td>NAOUSA (Virtual Hall)</td>
<td>LECTURES</td>
<td>Chairs: Muaidi Qassim, (Soudi Arabia), Christos Lyrtzis (Greece)</td>
<td>Osteoporosis and exercise-positive association Christiana Zidrou (Greece) Osteoporosis and exercise-negative association Konstantinos Stathopoulos (Greece) Optimal loading at exercise programs in Osteoporosis Dimitrios Aftosmidis (Greece)</td>
</tr>
<tr>
<td>14:00-15:15</td>
<td>MACEDONIA B (Hybrid Hall)</td>
<td>ROUND TABLE</td>
<td>Chairs: Yannis Pitsiladis (UK), Iphigenia Keramitsoglou (Greece)</td>
<td>Wearable and telemedicine innovations for Olympic events and elite sport Yannis Pitsiladis (UK) Innovative solutions to survive the Heat Iphigenia Keramitsoglou (Greece) The telemedicine musculoskeletal examination Edward Laskowski (USA) Establishing a global standard for wearable devices in sport and exercise medicine Borja Muniz-Pardos (Spain)</td>
</tr>
</tbody>
</table>
SCIENTIFIC PROGRAM

MACEDONIA A (Hybrid Hall)

14:00-15:15 SUPPORTED SYMPOSIUM

ATHLOME
Chairs: Yannis Pitsiladis (UK), Vassilis Klissouras (Greece)

The genetics of sex testing in sport
Alun Williams (UK)

Challenges and opportunities in the application of whole genome sequencing in sports and exercise medicine: lessons from the 1000 Athlomes Project
Kumpei Tanisawa (Japan)

Next generation “omics” approach in the fight against doping
Giscard Lima (Italy)

Nutritional genomics and direct-to-consumer genetic testing
George Dedousis (Greece)

KOZANI (Virtual Hall)

14:00-15:15 SUPPORTED SYMPOSIUM

ATHLETIA
SPORTS MEDICINE IN COVID-19 ERA
Chairs: Xenofon Roussis (Greece), Dimitrios Tsitsiropoulos (Greece)

Professional soccer during the CoVid-19 pandemic - The Greek superleague experience
Yanni Levakos (Greece)

Sports medicine practice during Covid-19 pandemic
Georgios Papadopoulis (Greece)

Cardiovascular effect in young athletes recovering from COVID-19 infection
Eleftherios M. Protopapas (Greece)

Retraining after COVID - key areas for rebuilding performance
Georgios Ziogas (Greece)
## NAOUSA (Virtual Hall)

### 14:45-15:15 SUPPORTED SYMPOSIUM

**FIMS COLLABORATING CENTRE RESEARCH**  
Chairs: **Francisco Arroyo** (Mexico), **Sandra Rozenstoka** (Latvia)

- The sport physician and athlete relationship for performance and health benefit  
  **Sandra Rozenstoka** (Latvia)

- Update on stem cells and cartilage  
  **Francisco Arroyo** (Mexico)

- Physical activity lifestyle before and during pandemic in Greece  
  **Konstantinos Natsis** (Greece)

## MACEDONIA B (Hybrid Hall)

### 15:15 Closing Ceremony
<table>
<thead>
<tr>
<th>Abbreviation</th>
<th>Description</th>
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<tbody>
<tr>
<td>AFSM</td>
<td>ASIAN FEDERATION OF SPORTS MEDICINE</td>
</tr>
<tr>
<td>BASEM</td>
<td>BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE</td>
</tr>
<tr>
<td>COPAMEDE</td>
<td>PANAMERICAN CONFEDERATION OF SPORTS MEDICINE</td>
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<tr>
<td>ESSKA</td>
<td>EUROPEAN SOCIETY FOR SPORTS TRAUMATOLOGY, KNEE SURGERY AND ARTHROSCOPY</td>
</tr>
<tr>
<td>HAOST</td>
<td>HELLENIC ASSOCIATION OF ORTHOPAEDIC SURGERY AND TRAUMATOLOGY</td>
</tr>
<tr>
<td>HKASMSS</td>
<td>HONG KONG ASSOCIATION OF SPORTS MEDICINE AND SPORTS SCIENCE</td>
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<tr>
<td>SISSM</td>
<td>SERBIAN INSTITUTE OF SPORT AND SPORTS MEDICINE</td>
</tr>
<tr>
<td>UCI</td>
<td>UNION CYCLISTE INTERNATIONALE</td>
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<td>WADA</td>
<td>WORLD ANTI-DOPING AGENCY</td>
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Ζωή με επιλογές...

για κάθε ιδιαίτερότητα!

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PRE-CONGRESS COURSES

For more information about the Pre-Congress Courses visit the link below:
https://www.fims2020.com/pre-congress-courses
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**ON-LINE REGISTRATION**

- The congress will be held in hybrid form featuring in person physical attendance or online participation.
- The number of in person participants will be determined occurring to the Greek Government Health Protocols which will be in effect during the congress period.
- First-come-first-served basis will apply to all in person participants.
- For online attendance, participants will receive their login details by e-mail 2 days prior to the commencement of the congress.

**REGISTRATION INFORMATION**

### Registration Fees

<table>
<thead>
<tr>
<th>Registration Type</th>
<th>Live attendance</th>
<th>Virtual Attendance</th>
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<tbody>
<tr>
<td></td>
<td>Late (from June 16th, 2021 &amp; on site)</td>
<td></td>
</tr>
<tr>
<td>Regular Full Fee</td>
<td>600€</td>
<td>350€</td>
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<tr>
<td>FIMS Members**</td>
<td>500€</td>
<td>300€</td>
</tr>
<tr>
<td>Members SMAG (Sports Medicine Association of Greece)</td>
<td>400€</td>
<td>300€</td>
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<tr>
<td>Members ATHLETIA</td>
<td>450€</td>
<td>350€</td>
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<tr>
<td>Nurses, Other Health Professionals</td>
<td>450€</td>
<td>250€</td>
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<tr>
<td>Residency in Sports Medicine*</td>
<td>350€</td>
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<td>Postgraduate Students*</td>
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<td>Undergraduate Students*</td>
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<td>One day Registration ***</td>
<td>250 €</td>
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* The identity should be proved by an official documentation. There is no possibility of covering the cost by pharmaceutical companies. Each student covers the participation fees himself.

** The identity should be proved by an official documentation.

*** Available only for live attendance

### Special Course Fees with Congress Registration

<table>
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<tr>
<th>Courses</th>
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<tbody>
<tr>
<td>Emergency &amp; First Aid in Sports Medicine Course</td>
<td>100 €</td>
<td>70 €</td>
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<tr>
<td>Antidoping in Sport Course</td>
<td>100 €</td>
<td>70 €</td>
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<tr>
<td>Sports Cardiology Course</td>
<td>-</td>
<td>70 €</td>
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### Course Fees without Congress Registration

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<th>Virtual Attendance</th>
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<tbody>
<tr>
<td>Emergency &amp; First Aid in Sports Medicine Course</td>
<td>200 €</td>
<td>150 €</td>
</tr>
<tr>
<td>Antidoping in Sport Course</td>
<td>200 €</td>
<td>150 €</td>
</tr>
<tr>
<td>Sports Cardiology Course</td>
<td>-</td>
<td>150 €</td>
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</table>

*Registration fees for in person physical attendance include:* Admission to the scientific sessions | Admission to the exhibition area | e-Certificate of attendance

*Registration fees for online attendance include:* Admission to all sessions on the e-platform | e-Certificate of attendance

24% VAT is included in the above registration rates
NEW INVESTIGATORS AWARDS

New Investigators Awards for Oral and Poster presentations:

2 **Prizes for Oral Presentation**: Euro 500 each
2 **Prizes for Poster Presentations**: Euro 500 each

The new investigators awards will be awarded by **ASPETAR**

Award requirements include: Being the main author of an accepted abstract for presentation at the **36th World Congress of Sports Medicine, FIMS 2020**.

Applicant must be within six years of completing a research degree or within six years of completing medical residency, and must not hold a level higher than assistant professor.
GENERAL INFORMATION

CME ACCREDITATION
The Congress has been accredited by the European Accreditation Council for Continuing Medical Education (EACCME®) for a maximum of **27** European CME credits (ECMEC®s).

*Each medical specialist should claim only those credits that he/she actually spent in the educational activity*

CERTIFICATE OF ATTENDANCE
According to the European Accreditation Council for Continuing Medical Education (EACCME®), each medical specialist should claim only those credits that he/she actually spent in the educational activity. Certificates will be provided after the completion of the Scientific Program.

THE CITY
Athens, the cosmopolitan metropolis where the Olympic Games were born, is the host city of the **36th FIMS World Congress of Sports Medicine** delegates.

Athens is the capital and largest city of Greece, it dominates the Attica region and is one of the world’s oldest cities, with its recorded history spanning over 3,400 years. Modern Athens is a vibrant metropolis and Greece principal centre for business and foreign trade. Regenerated and transformed to hold the highly successful 2004 Olympic Games, Athens demonstrated it has the facilities, services and infrastructure to host the most demanding global event. Easily accessible to global destinations through Athens International Airport, the capital of Greece has a long history of hosting international conferences and arts events.

The Organizing Committee will make every effort for a scientifically fruitful meeting since worldwide known experts will have the opportunity to share their knowledge and experience upon the latest developments in Sports Medicine, as well as to have a socially rich and memorable stay in Greece.

THE VENUE
The Congress will be held at the Divani Caravel Hotel.

Divani Caravel Hotel was chosen by the Organizing Committee, being a unique venue, in a unique city, offering a unique experience. With its ideal location and world-class amenities less than 30 minutes drive combining a stunning environment, elegance, and the latest in technological amenities.

ACCESSIBILITY
Divani Caravel Hotel is on a direct metro line to the award winning Athens International Airport «Eleftherios Venizelos», journey time 50 minutes, making it extremely accessible for international delegates travelling from and to global destinations. Easily accessible by:

**Metro service**
There is direct access from the airport and the city center to Divani Caravel Hotel from the metro station “Evangelismos” on metro line 3 (blue line)

Please visit the Athens Metro website for detailed information at www.stasy.gr and www.oasa.gr
ACCESSIBILITY

Bus service
The following buses, express and trolley buses pass stop near the Divani Caravel Hotel.
Buses: 550, A5
Express Buses: X95 (direct airport line), E14
For more information about the public transportation network in Athens please visit: www.oasa.gr

Car
Access by car is estimate approximately 28 minutes without traffic. Toll roads are included.

If you wish to access the Divani Caravel Hotel directly from the «Eleftherios Venizelos» Airport:
Athens International Airport “Eleftherios Venizelos” is located in Spata, 33 km southeast of Athens and serves all international and domestic flights. An average journey by taxi from the airport to the city center should take approximately 40-50 minutes, depending on traffic, costing around €25-30. The express bus line X95 (direction Syntagma) serves Athens city center. A ticket for the airport express line costs €5,00. It allows unlimited travel by all public transport means (incl.bus and metro) for 24 hours from the time of validation. The metro line 3 runs every 10 minutes from the airport and the trip to the city center takes approximately 30 minutes and costs €6.

ATHENS METRO (CURRENT MAP)
OFFICIAL LANGUAGE
The official language of the Congress is English.

HEALTH PROTOCOLS FOR PHYSICAL ATTENDANCE
In accordance with the existing health protocols in Greece, kindly please note that participants who wish to enter the congress area and attend the congress physically, must present a certificate of full vaccination or a certificate of recovery from COVID-19 (valid not more than 180 days from the date of the first positive swab) to the congress secretariat upon their arrival. Concerning the COVID-safety protocols for travelers, please see details at the following link: https://travel.gov.gr/

E-PLATFORM FOR ONLINE ATTENDANCE
All online participation delegates will have at their disposal an e-platform offering the maximum possible interactivity which will facilitate participation to the congress and communication with other delegates as well as exhibitors.

CONGRESS E-BADGE
It is mandatory for the delegates to show their congress e-badge at the entrance of the Congress halls in order to have their attendance time for each session registered. Delegates registered for on line participation will receive their e-badge and their log in details by e-mail.

Check updates in the official congress website:
www.fims2020.com
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