



THE ANNUAL MEETING
OF THE ISRAEL SOCIETY
OF SPORTS MEDICINE

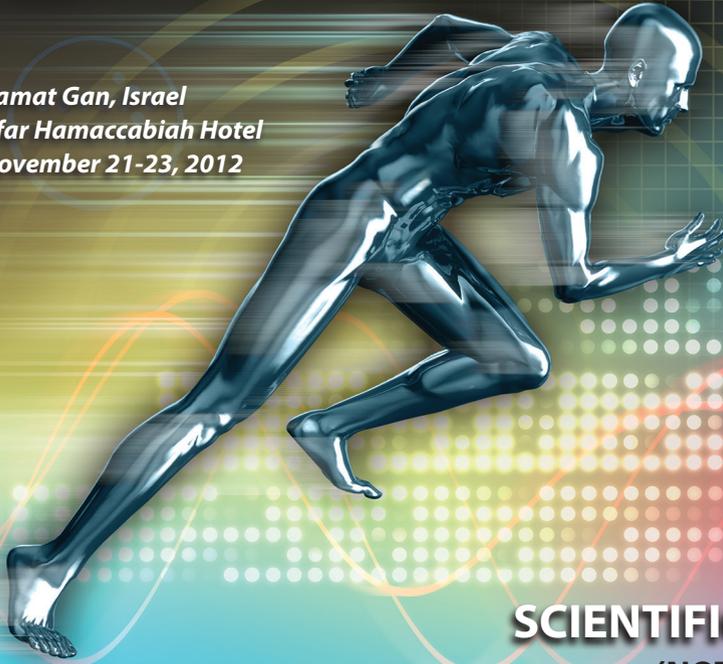


THE 29TH INTERNATIONAL
JERUSALEM SYMPOSIUM
ON SPORTS MEDICINE

In Memory of Prof. Weinberg



Ramat Gan, Israel
Kfar Hamaccabiah Hotel
November 21-23, 2012



SCIENTIFIC PROGRAM (NOT FINAL)

In Conjunction with:

- ISUMA – IDF Special Units Medical Administration
- The Israeli Physiotherapy Society
- The Israel Society of Knee Surgery and Arthroscopy
- The Israel Orthopedic Foot and Ankle Society
- The Israel Shoulder and Elbow Society
- The Israel Society of Surgery of the Hand
- The Israel Society of Musculoskeletal Medicine
- The Israel Olympic Committee

ISUMA –
IDF Special
Units Medical
Administration



The Israel
Orthopedic
Foot and Ankle
Society



The Israel of
Shoulder and
Elbow Society



The Israel
Society of Knee
Surgery and
Arthroscopy



The Israeli
Physiotherapy
Society



The Israel Society
of Musculoskeletal
Medicine



The Israel
Society of
Surgery of the
Hand



The Israel
Medical
Association



The American
Jewish Joint
Distribution
Committee



Chairmen:

Ehud Rath and **Gideon Mann**

Scientific Committee:

Golan Ron
Lifshitz Liran
Ostfeld Ishay
Yaniv Moshe
Ehud Atoun
Yiftach Beer
Yiftach Hetsroni
Ronen Debbi

Organizing Committee:

Hadas Jacobi
Lifshitz Liran
Yaniv Moshe
Gideon Mann

Invited Faculty:

Brien Cole, U.S.A
Gian Luigi Canata, Italy
Wayne Diesel, UK.
Elizaveta Kon, Italy
Francesco Iacono, Italy
Ofer Levy, UK.
Nicola Phillips, UK.
Andre Morawe, Germany
Daniel Herschkowitz, Switzerland



Wednesday, 21 November, 2012

07:30-08:30 Registration

08:30-10:00 **SESSION I**

Hall A: Shoulder

Chairmen: E. Atoun

Moderator: M. Perry, O. Safran

08:30-08:50 Complications of bio absorbable sutures and Non-arthroplasty management of young patients with GH arthritis. B. Cole

08:50-09:05 Non-operative treatment of shoulder instability in athletes. A. Rabin

09:05-09:20 Surgical management of shoulder instability in athletes – Soft tissue procedures. O. Levy

09:20-09:35 Surgical management of shoulder instability in athletes – Bony procedures. G. Mozes

09:35-10:00 Case presentation and Panel discussion. O. Levy, E. Maman, O. Safran, Physiotherapist

Hall B: Military Sports Medicine

08:30-08:45 Opening Address

Colonel Oren Gil, Head IDF Combat Fitness Department

Colonel Ishay Ostfeld, Military meeting chairman

Physiology and fitness in soldiers

Moderator: R. Golan, I. Ostfeld

08:45-09:00 The "Effort Graduation Scale" of the IDF - D. Ben Dov

09:00-09:15 What is new in the approach to heat stroke in the military? - I. Ostfeld

09:15-09:30 Exertional rhabdomyolysis in warfighters - Y. Heled

09:30-10:00 Physical training in the Swiss army and Special Forces - D. Herschkowitz

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

10:30-12:30 **SESSION II**

Hall A: The American Joint Distribution Committee (JDC) and the Arthur Holstein Memorial Fund

Plenary Keynote lectures

Moderators: A. Finsterbusch, Y. Yarom

10:30-10:35 Opening Ceremony – Ehud Rath, Chairman Israel society of sports Medicine

10:35-10:40 In memory of Arthur Holstein. G. Mann

10:40-10:45 On the JDC. Galit Sagi, Director of Planning Development, JDC-Israel

10:45-10:50 In Memory of Haim Weinberg. G. Mann

- 10:50-10:55 Honorary membership of the Israel Society of Sports Yair Shapiro. Y. Epstein
10:55-11:15 Cartilage Restoration: Evaluation and Decision-Making. B. Cole
11:15-11:35 Biomaterials for cartilage and osteochondral regeneration. E. Kon
11:35-11:55 Eccentrics: Cornerstone in prevention and Rehabilitation of Soft Tissue injuries. W. Diesel
11:55-12:30 ISSM's Business Meeting
12:30-13:30 **Lunch and Exhibition**

13:30-15:00 SESSION III

Hall A: Cartilage / OA - Sponsored by Sanofi Biosurgery

Moderator: R. Debbi, E. Kon

- 13:30-13:45 Managing failure of cartilage repair. B. Cole
13:45-13:57 Platelet Rich Plasma: Application in knee articular degenerative pathology. E. Kon
13:57-14:09 OA following knee injury - can we minimise progression or do we manage symptoms? N. Phillips
14:09-14:21 Sport as contributing factor to OA. N. Gal
14:21-15:00 Discussion

Hall B: Military Sports Medicine

Combat medicine and sport

Moderator: U. Dreyfuss, N. Fink

- 13:30-14:00 Combat medicine and sport, from past to future - Y. Shapiro
14:00-14:20 The scientific basis for medial screening of athletes - G. Dubnov-Raz
14:20-14:40 Should the military use athletes' cardiac testing for screening? - N. Fink
14:40-15:00 Mental toughness in sport and in the battlefield - I. Orbach

15:00-15:30 Coffee Break and Exhibition

15:30-17:00 SESSION IV

Hall A: Recovery of athletes: Multi-disciplinary approach

Moderator: M. Cale-Benzoor

- 15:30-15:40 Nutritional aspects in exercise recovery - Y. Dror
15:40-15:50 The use of ice bath in football - L. Lifshitz
15:50-16:00 Managing recovery options in a Major Games environment - N. Phillips
16:00-16:10 Prevention of overtraining - A. Eliakim
16:10-16:20 The road to gold-lessons from an olympic campaign - O. Yanilov-Eden
16:20-17:00 Discussion

Hall B: Cardiovascular Sports Medicine Mini-Symposium

Moderators: M. Arad, R. Golan

Athletes with heart disease – How far can we let them go?

Mini-symposium of the Israeli Society of Sports Medicine, and working groups on Cardiomyopathies and Cardiac Rehabilitation of the Israeli Heart Society

Part A

- 15:30-16:00 Hemodynamic responses to different types of exercise in cardiac patients
- 16:00-16:30 Can stable coronary patients run a marathon, or should we limit their exercise intensity?
- 16:30-17:00 Evidence vs. clinical judgment in exercise recommendations for cardiomyopathy patients
- 17:00-17:30 Exercise limitations and recommendations for patients with cardiac arrhythmias
- 17:30-18:00 **Coffee Break**

Hall C: Military Sports Medicine

Orthopedic and overuse injuries in soldiers

Moderator: U. Frankl, I. Malka

- 15:30-15:45 Overuse injuries in military: a hidden epidemic - O. Schwartz
- 15:45-16:00 Upper limb Injuries in IDF warriors - U. Dreyfuss
- 16:00-16:15 Median nerve palsy in five SF IDF soldiers - I. Ostfeld
- 16:15-16:30 Brachial plexus traction injury the IDF - A. Gam
- 16:30-16:45 The myofascial explanation for common complaints of training soldiers - A. Finestone
- 16:45-17:00 Can posture-analyzer test predict lower limb injuries in IDF recruits - U. Moran
- 17:00-17:30 Closing Remarks
- 17:30-18:00 **Coffee Break**

18:00-19:30 SESSION V

Hall C: Military Sports Medicine

Moderator: I. Ostfeld

**Injuries from "Hand-to-hand" combat
Short presentations and panel discussion**

- 19:20-19:30 Closing Remarks

Hall D: Athletes with heart disease – how far can we let them go?

Moderators:

18:00-19:30 Case studies: Each case will be discussed by a cardiologist, a sports physician, and exercise physiologist.

- 1) A middle-age athlete with Hypertrophic Cardiomyopathy
- 2) A middle-age active man with a dilated cardiomyopathy
- 3) An athlete with a dilated aortic root
- 4) An athlete with a pacemaker or an ICD
- 5) To QT or not to QT? Exercise with borderline long/short QT

Thursday, 22 November, 2012

07:30-08:30 Registration

08:30-10:00 SESSION VI

Hall A: Groin pain – from anterior to posterior

Moderator: M. Yaniv, D. Morgenstern

08:30-08:40 We know what we treat. M. Dudai

08:40-08:50 We are not sure what we are treating. E. Avinoah

08:50-09:00 It is the hip? E. Amar

09:00-09:10 PT approach to groin pain

09:10-09:20 Discussion

09:20-09:30 Hip arthroscopy in children and adolescent. R. Gigi

09:30-09:40 Deep gluteal syndrome. A. Shapira

09:40-09:47 Surgical repair of chronic hamstrings avulsion. N. Marom

09:47-09:54 Labral repair in patients over 50. E. Amar

09:54-10:00 Discussion

10:00-10:30 Coffee Break

10:30-12:30 SESSION VII

Hall A: Free papers

Moderator: A. Gold, A. Efergan

10:30-10:45 Arthroscopic Meniscal Allograft Transplantation: A Prospective Minimum 3-Year FU Study. F. Iacono

10:45-11:00 Hyaluronan in patellar tendinopathies. G.L. Canata

11:00-12:30 Free Papers

Hall B: Exercise Physiology

Moderator: Y. Baron, R. Golan

- 10:30-11:00 Clinical Aspects of the Cardiopulmonary Exercise Testing
- 11:00-11:15 HAST test for COPD patients
- 11:15-11:30 Prognostic value of heart rate recovery: Science or fictions
- 11:30-12:00 Strength training in cardiac patients: To whom, when and how much?

Hall C: Physiotherapy: practical workshop

Moderators:

Prescribing Eccentrics - W. Diesel

Session will start with theory and principles related to the use of Eccentrics in Prevention and Rehabilitation of sports-related soft tissue injuries in the lower limb

Second half of the session will be practical demonstration of key eccentric exercises

12:30-13:30 **Lunch and Exhibition**

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

Hall A: Knee

Moderators: Y. Beer, Y. Hetsroni

- 13:30-13:45 Management of medial knee pain in over 50 sportsmen. G.L. Canata
- 13:45-14:00 A Non-Anatomic Over-The-Top ACL Reconstruction: From Kinematics To Clinic. F. Iacono
- 14:00-14:30 Multi ligamentary Knee Injury - case presentation and discussion. Y. Hetsroni
- 14:30-15:00 Middle age ACL tear - Case presentation. Y. Beer

Hall B: Sports Medicine

**Public debate - The New Israeli Sports' Law
Are these timely or peer-pressure changes?**

Moderators: R. Golan, Y. Shapiro

Hall C: Physiotherapy - Practical Workshop

N. Phillip

Functional Rehabilitation for returning to sport – part 1

- Theoretical principles of enhancing rehabilitation using motor control principles
- Choosing the right exercises
- Coaching good form during functional movement
Using feedback

- Facilitating retention and accessibility of good movement patterns
- Progressing movement skill level alongside strength and range of movement

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

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

Hall A: Other Subjects of Interest

Moderators: G.Mann, E. Luger

- 15:30-15:42 Cannulated minimally invasive screw fixation of the Jones Fracture in elite athletes: Indications, technique and results. A. Morawe
- 15:42-15:54 Distal Tibio-Fibular Disruption, or the "High Ankle Sprain": A missed injury. J. Lowe
- 15:54-16:06 Proximal Tibio-Fibular Joint Injury: A missed knee pathology. N. Marom
- 16:06-16:18 The Listfranc Dislocation, or the "Mid Foot Sprain": Surgical treatment using the "Tite-Rope" System. M. Nyska
- 16:18-16:30 Percutaneous repair of Acute Achilles Tendon ruptures in elite athletes: Indications, technique and results. A. Morawe
- 16:30-16:42 Novel Osteochondral Scaffold for Cartilage Regeneration: Preclinical Study. E. Kon
- 16:42-16:54 Avascular Necrosis (AVN), Spontaneous Osteonecrosis of the Knee (SONK), Transient Osteoporosis and Migratory Osteoporosis: Could they be differentiated by imaging? E. Kotz (Not final)
- 16:54-17:00 Discussion

Hall B: Physiotherapy: Physiotherapy - Practical Workshop

N. Phillip

Functional Rehabilitation for returning to sport – part 2

- Practical application of principles
- Lower limb examples
- Upper limb examples
- Final stage and return to sport - How do you decide when it is safe?

Friday, 23 November, 2012

THE 1ST BASIC SHOULDER ULTRASOUND COURSE FOR ORTHOPEDIC SURGEONS. 23.11.12

- 08:00 Registration
- 08:30 Welcome and History of ultrasound: E. Rath
- 08:35 Sonographic oriented shoulder anatomy: E. Maman
- 08:45 Physics of ultrasound and normal sonographic findings of the shoulder:
E. Glazer
- 09:00 Pathological sonographic findings of the shoulder: A. Blankstein
- 09:15 Shoulder Ultrasound vs MRI for rotator cuff pathology: C. Milgrom
- 09:25 Supine Technique Demonstration: O. Levy
- 09:40 Sitting Technique Demonstration: Y. Kots
- 09:55 **Coffee break**
- 10:15 Hands on scanning - Normal Anatomy and pathologies - Practical Session:
Six stations each with one faculty member
- 12:15 One stop clinic and Adjourn: E. Atoun

FACULTY:

- C. Milgrom
O. Levy
E. Atoun
Y. Kots
A. Blankstein
E. Maman
E. Rath
E. Glaser
P. Snopik