



EUROPEAN FEDERATION OF SPORTS MEDICINE ASSOCIATIONS
9th European Congress on Sports Medicine

EFSMA 2015 CONGRESS

September 10 - 12, 2015
Antwerp, Belgium



FINAL PROGRAMME

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Vlaamse Vereniging voor
Sportgeneeskunde vzw

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Committees

Organising Committee

Jan Gielen, Chair
Stijn Bogaerts
André Debruyne
Sophie Lambrecht
Frank Pauwels
Koen Scheerlinck
Kris Vandecasteele
Luc Vanden Bossche

Scientific Committee

Guy Vanderstraeten, Chair
Hans Cooman
André Debruyne
Wim Derave
Jan Gielen
Ed Hendriks
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Welcome Address

Dear Colleagues,

It is my pleasure to welcome you to the biennial **Congress of the European Federation of Sports Medicine Associations**, taking place in **Antwerp, Belgium** on **September 10 - 12, 2015**.

This congress is organised by the VVS (Flemish Society for Sports Medicine) in collaboration with EFSMA.

The congress consists of state-of-the-art lectures by an international faculty of renowned experts comprising members of the society and eminent invited guest speakers.

Apart from the invited lectures, there will also be scientific sessions for selected proffered papers. The congress focus is multidisciplinary innovation organised in three parallel tracks with indexed and published papers focused on comprehensive education and short scientific papers, posters and workshops. Participants can move freely between these three tracks to tailor the congress to their individual needs and learning requirements.

The codes (I1, O1, P1,..) you will find in the programme refer to the abstracts of the talks and poster presentations. These abstracts – with the same codes - are published online in a supplement of the European Journal of Sports Medicine (see www.EUJSM.com).

The sessions will deal with the following topics:

- Management, economics and coaching
- Art, performance and sports
- Exertion physiology, biomechanics, gait and motion analysis
- Nutrition, antidoping and medication
- Brain and cognitive function, sports psychology
- Paralympics, orthopaedics, tendon
- Preparticipation examination with focus on children and elderly
- Physiotherapy, return to play
- Cardiology, radiology and nuclear imaging
- VASO protocol

Hands-on workshops will be organised on dry needling and injection techniques, bike adjustment, injury prevention, ESWT, risk martial arts and diagnostic ultrasound. Furthermore a sports cook and nutrition expert will give a cooking demonstration. Kindly note that the number of seats for these hands-on workshops is limited. Please contact the registration desk to check availability.

I sincerely hope that you will enjoy the 9th European Congress on Sports Medicine.
Welcome to Antwerp!

Jan Gielen
Chair EFSMA Congress 2015
Treasurer VVS

Programme - Thursday, September 10

- 11.00 - 12.30 **EFSMA 4th Scientific & Education Commission Meeting (Room 3)**
Closed Meeting - On invitation only
- 13.00 **EFSMA 44th Executive Committee Meeting (Room 3)**
Closed Meeting - On invitation only

Parallel Oral Presentations

Theater 2 Art, Performance and Sports Chair: Jan Gielen

- 14.00 **The performer of the 21st century: Jan Fabre's acting exercises**
I1
Edith Cassiers & Ann Halleman, Antwerp, Belgium
- 14.40 **Training elite athletes: a scientific approach and insights for practical application**
I2
Jan Bourgois & Jan Boone, Ghent, Belgium
- 15.10 **Prevention of low back pain in dancers**
I3
Nathalie Roussel, Antwerp, Belgium

Theater 4 Paralympics Chair: Bülent Ülkar

- 14.00 **Parantee, Flemish part of the Belgian Paralympic Committee**
I4
Annick Viaene, Ghent, Belgium
- 14.30 **Powerchair Hockey, a new sport for the very severe disabled: The challenge of classification**
I5
Denis Jaeken, Lanaken, Belgium
- 15.00 **Evidence based classification in para alpine skiing**
I6
Sandra Titulaer, Rotterdam, The Netherlands

15.30 Coffee Break in the Exhibition Hall

Plenary Opening Session - Theater 4

- 16.00 **Welcome Addresses**
Jan Gielen, President of the EFSMA 2015 Congress
Luc Vanden Bossche, President of VVS
André Debruyne, President of EFSMA
Fabio Pigozzi, President of FIMS
- 16.45 **Keynote Lecture**
I7
Sport medicine and genetics: Present situation and future challenges
Norbert Bachl, Vienna, Austria
- 19.00 **Welcome Reception at the Town Hall offered by the Mayor of Antwerp (see page 19)**
All registered participants are invited to this reception. Please wear your badge.

I = Invited Lecture
O = Oral Presentation of a Selected Abstract
P = Poster Presentation of a Selected Abstract

The abstracts are available online in a supplement of the European Journal of Sports Medicine: www.EUJSM.com.

Programme - Friday, September 11

Parallel Oral Presentations

Theater 2 Nutrition Chairs: Peter Schober & Filip Struyf

- 09.00 **Beetroot juice and sports performance: What's the latest**
I8
Andrew Jones, Exeter, UK
- 09.30 **The role of whey protein hydrolysates in performance nutrition**
I9
Will McCormack, Limerick, UK
- 09.50 **Exercise and diet to reduce ectopic fat mass in people with overweight**
I10
Wendy Hens, Antwerp, Belgium
- 10.05 **Effect of supplemental milk protein intake on lean tissue mass in healthy adults aged 50 to 70 years**
I11
Will McCormack, Limerick, UK
- 10.20 **Ultra-distance running, nutrition and the Female Athlete Triad**
O1
Lindy-Lee Folscher, Pretoria, South Africa

10.30 Coffee Break in the Exhibition Hall

Parallel Oral Presentations

Theater 2 PPE & Exercise Prescription for Health Chairs: Luk Buysse & Arsenio Veicsteinas

- 11.00 **Preparticipation examination: The European approach with ECG mandatory**
I14
Herbert Löllgen, Remscheid, Germany
- 11.30 **Development of an eHealth program to improve health behavior in adults through general practice**
I15
Jolien Plaete, Ghent, Belgium
- 11.50 **Is the time to introduce the "Limited-Echo" in the PPE?**
O5
Vincenzo Biasini, Scoppito, Italy
- 12.00 **Ten minutes echocardiography as a sustainable strategy to prevent sudden cardiac death**
O6
Alessia Nardecchia, Rome, Italy
- 12.10 **Pre-participation screening: Cost and yield of three different ECG interpretation criteria**
O7
Geza Halasz, L'Aquila, Italy
- 12.20 **Athletes ECG interpretation: Refined criteria against Seattle and European criteria**
O8
Luca Fallavollita, Fermo, Italy

12.30 Lunch in the Exhibition Hall

Theater 4 Biomechanics Chairs: João Pereira de Almeida & Koen Scheerlinck

- 09.00 **Natural forefoot running biomechanics: Influence of heel heights and running technique on ground reaction force, muscle activity and joint kinematics**
I12
Rudi Frankinouille, Antwerp, Belgium
- 09.30 **Gait analysis during running on a treadmill: Objectifying the influence of fatigue**
I13
Johan Roeykens, Antwerp, Belgium
- 10.00 **Do performers' experience and sex affect their performance?**
O2
Emmanuel Jacobs, Antwerp, Belgium
- 10.10 **Depth of the centre of mass does not relate to performance during a reactive agility task in field hockey athletes**
O3
Freek Laumen, Brussel, Belgium
- 10.20 **Relationship between the range of angular motion and velocity of trunk rotation in young and older adults**
O4
Erika Zemková, Bratislava, Slovakia

Theater 4 Biomechanics - Gait & Motion Analysis in Top Sports Chairs: Konstantinos Natsis & Sofie De Mits

- 11.00 **Biomechanical based treatment for tendinopathy**
I16
Philip Roosen, Ghent, Belgium
- 11.25 **Modifiable risk of ACL (re)-injury in (female) team sports: Identification + screening = prevention?**
I17
Jos Vanrenterghem, Liverpool, UK
- 11.50 **The influence of heeldrop height on the running pattern**
I18
Sophie De Mits, Ghent, Belgium
- 12.15 **Normal shoulder biomechanics investigated by electromyography**
O9
Omid Alizadehkhayat, Liverpool, UK

Programme - Friday, September 11

13.00 Satellite Symposium organised by Tilman - Theater 2

Analgesic efficacy and safety of biooptimized curcuminoids in clinical practice
Yves Henrotin, Liège, Belgium

13.30 Poster Tour 1 in the Exhibition Hall

Presenters of even poster numbers are requested to be present at their poster for Q&A

Parallel Oral Presentations

Theater 2 Orthopaedics and Return to Sports Chair: Luc Vanden Bossche

- 14.00 **Reducing metal artifacts at MRI after Ligamys Procedure'**
I19
Pieter van Dyck, Antwerp, Belgium
- 14.30 **Primary repair of the torn ACL: Back to the future?**
I20
Jan Victor, Ghent, Belgium
- 15.00 **Return to competition after complete anterior cruciate ligament rupture in Belgian soccer competition**
O10
Mathias Cottenie, Leuven, Belgium
- 15.10 **Injuries in recreational football players in Turkey**
O12
Yigitcan Karanfil, Ankara, Turkey
- 15.20 **Posterior ankle impingement syndrome in football players: Case series of 26 elite athletes**
O13
Murat Yildizim, Ankara, Turkey

15.30 Coffee Break in the Exhibition Hall

Theater 4 Miscellaneous Chairs: Anna Jegier & Tom Teulingkx

- 14.00 **Women, sports, and stress incontinence**
I21
Alexandra Vermandel, Antwerp, Belgium
- 14.20 **Risks of traumatic brain injuries in soccer**
O14
Reto Agosti, Zürich, Switzerland
- 14.40 **Preparatory muscle activity of the lower limb during jump landings in subjects with chronic ankle instability**
O15
Eline Haghedooren, Leuven, Belgium
- 14.50 **The hamstring syndrome: A broader view**
O16
Peter Verspeelt, Antwerp, Belgium
- 15.00 **Accuracy of ball handling time measurement via a radio-based tracking system**
O17
Dino Poimann, Erlangen, Germany
- 15.10 **Eucapnic voluntary hyperventilation test to diagnose exercise-induced bronchoconstriction in young athletes**
O18
Sven Seys, Leuven, Belgium
- 15.20 **Measuring power output during cycling: How accurate is the Polar Look Kéo device?**
O19
Johan Roeykens, Antwerpen, Belgium

Programme - Friday, September 11

Parallel Oral Presentations

Theater 2 Tendon Chairs: Kirill Micallef-Stafrace & Stijn Bogaerts

- 16.00 **Cell therapies in tendon pathologies: The future?**
I22
Cathy Speed, Cambridge, UK
- 16.20 **Tendinopathy revisited**
I23
Peter Burssens, Ghent, Belgium
- 16.35 **What about tendon blood flow?**
I24
Evi Wezenbeek, Ghent, Belgium
- 16.50 **Exploring the effect of a second closely-timed infiltration of PRP to treat proximal patellar tendinopathy**
O20
Jean-François Kaux, Liège, Belgium
- 17.00 **Patellar strap and sports tape reduce pain in athletes with patellar tendinopathy: A randomised controlled trial**
O21
Astrid de Vries, Groningen, The Netherlands
- 17.10 **Acute effect of exercise on blood flow in asymptomatic Achilles tendons examined with Doppler ultrasound**
O22
Lucie Risch, Potsdam, Germany
- 17.20 **Predictive value of imaging characteristics for patellar and Achilles tendinopathy**
O23
Ruth IJtsma, Groningen, The Netherlands

17.00 **EFSMA Council of Delegates (Room 3)**
Closed Meeting - On invitation only

19.30 **Gala Dinner at the 'Spiegelzaal' (Hall of Mirrors) of the Royal Palace (see page 19)**
Separate registration is required.

Theater 4 Physiotherapy – Prevention & Return to Play Chair: Anca Ionescu

- 16.00 **How milestone screening can objectify a return-to-play decision**
I25
Frederic Nemery, Ghent, Belgium
- 16.30 **Protein intake and nutritional supplement habits of Belgian athletes**
I26
Serge Pieters, Brussels, Belgium
- 16.55 **The preventive effect of the Nordic hamstring exercise on hamstring injuries in amateur soccer players**
O24
Nick van der Horst, Utrecht, The Netherlands
- 17.10 **Rehabilitation of patellofemoral pain syndrome: Is there a difference between a standard treatment protocol and specialized treatment protocol?**
O25
Isabel Denutte, Leuven, Belgium
- 17.20 **Electromyographic assessment of shoulder girdle muscles during common rehabilitation exercises**
O26
Omid Alizadehkhayat, Liverpool, UK

Workshops - Friday, September 11

Room 1

- 11.00 **Cooking Workshop**
Tailor made cooking for athletes is an essential part of performance strategy
Floris Wardenaar, Nijmegen, The Netherlands
Erik te Velthuis, Arnhem, The Netherlands
- Aim of the workshop:**
 To discuss the most important dietary issues athletes deal with in daily practice. Sports dieticians and restaurant chefs can contribute significantly in solutions fitting for each individual. The Dutch Olympic Training Centre of Papendal hosts a sports restaurant facility that focuses on innovative concepts to facilitate athletes. A whole line of products is developed matching different nutrition strategies. During this workshop we offer practical solutions for specific nutrition problems that athletes are facing based on the most recent sports nutrition recommendations. So, we combine food for thought and tasting food in one setting with leading Dutch sport nutrition chef Erik te Velthuis and head of the Team Nutrition of the Dutch Olympic Committee sports dietician Floris Wardenaar.
 Max n° of participants allowed: 30

- 16.00 **ESWT**
A short introduction to Shockwave Therapy
Luc Vanden Bossche, Ghent, Belgium
- ESWT in Sports Medicine**
Klaus Hornig, Saarbrücken, Germany
- Aim of the workshop:**
 Extracorporeal-Shockwave-Therapy is applied regularly and with a high success rate for indications such as calcific tendinitis, plantar fasciitis/heel spurs, chronic Achilles tendinopathies and many more.
 This hands-on workshop is directed to starters as well as experienced Shockwave-practitioners. You will learn how to reduce or take away pain, improve mobility and muscle strength to enable the patient to return to normal activities as quickly as possible, thanks to the combination of local treatment and an extra focus on Myofascial Trigger Points.
 As a result, therapeutic successes are often possible where no potential avenues for treatment were previously available.
 ESWT can also be used for "muscle hygiene" in the sense of both prophylaxis against injury and performance enhancement.
 Highly recommended workshop on a therapy with a great future!
 Max n° of participants allowed: 20 (fully booked)

Room 3

- 09.00 **Ultrasonography**
Anatomical US reference images of the upper limb
Jan Veryser, Knokke, Belgium
 Max n° of participants allowed: 20
- 11.00 **Ultrasonography**
Anatomical US reference images of the lower limb
Jan Veryser, Knokke, Belgium
 Max n° of participants allowed: 20
- 14.00 **Injury Prevention**
Injury prevention in multi-sports populations
Lennert Goossens & Sien Vercruyse, Ghent, Belgium
- Aim of the workshop:**
 To bring theory into practice: After presentation of the theoretical framework and the study results, the contents of the intervention, including warm-up and cool-down, stretching, functional strength, dynamic stabilization, core stability and training of landing and cutting techniques will be presented in a practical session.
 Max n° of participants allowed: 20 (fully booked)

Programme - Saturday, September 12

Parallel Oral Presentations

- | Theater 2
Cardiology
<i>Chairs: Pedro Manonelles Marqueta & Mattias Duytschaever</i> | | Theater 4
Radiology & Nuclear Imaging
<i>Chairs: Luc Vanden Bossche & Jan Gielen</i> | |
|--|--|--|--|
| 09.00
I27 | Cardiac remodeling in athletes: Distinguishing the athlete from the patient
<i>Hein Heidbuchel, Hasselt, Belgium</i> | 09.00
I30 | Nuclear medicine possibilities in sports injuries
<i>Andor Glaudemans, Groningen, The Netherlands</i> |
| 09.30
I28 | The role of the ECG in cardiovascular screening of athletes
<i>Mats Börjesson, Stockholm, Sweden</i> | 09.20
I31 | Clinical knee MRI: Standard and novel methods, and the impact of field strength on diagnostic performance
<i>Pieter Van Dyck, Antwerp, Belgium</i> |
| 10.00
I29 | HRV and heart-brain interaction
<i>Doris Eller-Berndl, Vienna, Austria</i> | 09.40
I32 | NMR-based muscle talent detection
<i>Wim Derave, Ghent, Belgium</i> |
| | | 10.00
I33 | Percutaneous tenotomy: (Non)sense?
<i>Mattias Seghers, Antwerp, Belgium</i> |
| | | 10.15
I34 | Length prediction: Validity of Greulich-Pyle and Beunen Malina-Freitas technique
<i>Tom Sebrechts, Antwerp, Belgium</i> |
| 10.30 Coffee Break in the Exhibition Hall | | | |
| 10.30 - 15.30 EFSMA Exercise Prescription for Health Symposium (Room 3)
<i>Closed Meeting - On invitation only</i> | | | |

Parallel Oral Presentations

- | Theater 2
Antidoping & Medication
<i>Chairs: Fabio Pigozzi & Hans Cooman</i> | | Theater 4
Radiology & Nuclear Imaging
<i>Chairs: Bülent Ülkar, Joke Schuermans & Mario Maas</i> | |
|--|--|---|--|
| 11.00
I35 | Doping anno 2015: Evolutions in use and detection
<i>Peter Van Eeno, Ghent, Belgium</i> | 11.00
I38 | Mysteries of the human brain unveiled: Imaging of white matter microstructure and neuroplasticity
<i>Paul Parizel, Antwerp, Belgium</i> |
| 11.30
I36 | A holistic anti-doping approach for a fairer future for world-class sport
<i>Yannis Pitsiladis, Brighton, UK</i> | 11.20
I39 | Groin pain in sports: The anatomy gives the answer
<i>Ernest Schilders, London/Leeds, UK</i> |
| 12.00
I37 | Medical issues on anti-doping
<i>Hans Cooman, Aalst, Belgium</i> | 11.40
O27 | Biceps femoris and semitendinosus – teammates or competitors? New insights into hamstring injury mechanisms in male football players: A muscle functional MRI study
<i>Joke Schuermans, Ghent, Belgium</i> |
| | | 11.55
O28 | Ultrasound shear wave elastography in the screening of anterior exertional compartment syndrome
<i>Jean-Baptiste Pialat, Lyon, France</i> |
| | | 12.10
I40 | Wrist dynamics: Radiology meets hand surgeon
<i>Mario Maas, Amsterdam, The Netherlands</i> |
| 12.30 Lunch in the Exhibition Hall | | | |
| 13.30 Poster Tour 2 in the Exhibition Hall
<i>Presenters of odd poster numbers are requested to be present at their poster for Q&A</i> | | | |

Programme - Saturday, September 12

Parallel Oral Presentations

Theater 2 Sports Psychology

Chairs: Mike McNamee, Jessica Cornick & Tine Vertommen

- 14.00 **Clinical sport psychology in Flanders: Concepts, practice and future challenges**
I41
Caroline Jannes, Ghent, Belgium
- 14.20 **Platelet rich plasma: Ethics, evidence, and effectiveness**
I42
Mike McNamee, Swansea, UK
- 14.45 **Effects of physical exercises on depression and other mood disorders**
O29
Luis Marcos Ferreira Junior, Uberaba, Brazil
- 14.55 **The ironic consequences of positive virtual exergame feedback**
O30
Jessica Cornick, Santa Barbara, United States
- 15.05 **Correlation and interaction of stress factors and injury related scales in the risk of injury questionnaire (Risk-IQ) for elite athlete**
O31
Victor Wang, Potsdam, Germany

Theater 4 VASO Protocol

Chair: Tom Teulingkx

- 14.00 **Flemish recommendations for the sports pre participation examination (VASO)**
I43
Johan Van Acoleyen, Leuven, Belgium
- 14.40 **Preliminary data of VASO and comparison with existing literature**
I44
Luk Buyse, Lauwe, Belgium
- 15.00 **Demonstration of the application: Using online platforms for anamnesis, physical examination and sending the verdict to the sports federation**
I45
Luk Buyse, Lauwe, Belgium

Plenary Closing Session - Theater 2

- 15.15 **Announcement of the EFSMA Awards for the Best Oral and Poster Presentations**
André Debruyne, President of EFSMA
- Short Presentation by the Award Winners**
- Announcement of FIMS'16, Istanbul - Turkey, followed by One Free Registration Prize Draw**
Emin Ergen, FIMS'16 Congress President
- YIA Certificate Presentation**
Emin Ergen, Secretary General of EFSMA
- Closing Remarks**
Jan Gielen, President of the EFSMA 2015 Congress
Luc Vanden Bossche, President of VVS
- 16.00 **Adjourn**
- 15.30 **UEMS Meeting (Room 3)**
Closed Meeting - On invitation only

Workshops - Saturday, September 12

Room 1

- 09.00 **Dry Needling - part I (Theory)**
Update Myofascial Therapy: principles, research and dry-needling. Hands-on clinical workshop
Dr. Kris Demanet en M.T. Jan Pattyn, Belgian Chapter International Myopain Society Trigger
Max n° of participants allowed: 20
- 11.00 **Dry Needling - Part II (Practice)**
Update Myofascial Therapy: principles, research and dry-needling. Hands-on clinical workshop
Dr. Kris Demanet en M.T. Jan Pattyn, Belgian Chapter International Myopain Society Trigger
Max n° of participants allowed: 20
- 14.00 **Risk Martial Arts Platform**
How to deal with the medical concerns and controversies of risk associated martial arts
Vlaamse Sportfederatie vzw
- Key-note speakers and others involved with this workshop:**
*Representatives of the Martial Arts Risk's Platform's medical advice team:
Prof. Dr. Patrick Cras, Dr. Luk Buyse, Dr. Rik De Kinderen, Dr. Luc De Pelecijn
Martial Arts Risk's Platform: Els Dom (coordinator)
Additional experts/researchers on invitation*

Aim of the workshop:

The workshop invites the participants to reflect about how to deal with risk associated martial arts. The aim of the workshop is, by debating the ethical and medical aspects of risk associated martial arts exerted by young people, to create more understanding of the different aspects and to help the participants when dealing with risk associated martial arts in their working environment. During the workshop, participants also get information about the pre-participation examination and the return to fight protocol.

Max n° of participants allowed: 30

Room 3

- 09.00 **Bike Adjustment**
Joris Verreydt, Sports Biomechanist, Bakala Academy – KU Leuven, Belgium

Aim of the workshop:

The aim of the workshop is to provide a practical insight in the bike fitting process of a race bike.

By using practical examples this workshop will show the importance of a thorough body examination prior to the bike adjustment. The participants will see an overview of how the bike needs adjustment depending on different body specifics.

These adjustments are applied to recreational as professional cyclists.

Max n° of participants allowed: 25

Poster List

- P1** **The difference of attitude toward doping between men and women in Japan**
M. Takahashi, Y. Tatsugi, T. Kohno (Japan)
- P2** **A comparison of the physical performance and the effect of cardiac rehabilitation in myocardial infarction between diabetic and non-diabetic patients**
J.H. Kim, H.J. Kim, H.J. Moon, E.S. Lee (Republic of Korea)
- P3** **Marked repolarization abnormalities and their behaviour after deconditioning in an athlete with suspected hypertrophic cardiomyopathy**
J.P. Marques, M. Miranda, N. Noronha, T. Rito, D. Ferreira (Portugal)
- P4** **High-speed activity patterns of elite soccer players in the Australian A-league**
C.T. Wenker, A.C. Clark, X. Janse De Jonge (Australia)
- P5** **Correlation and interaction of training environment factors and injury incidence outcomes in the risk of injury questionnaire (risk-IQ) for elite athlete**
V.C. Wang, M. Cassel, R. Verch, M. Silis, F. Mayer (Germany)
- P6** **Accuracy of pass precision measurement via a radio-based tracking system**
D. Poimann, N. Witt, T. Czyz, N. Franke, M. Lochmann (Germany)
- P7** **The study of cognitive evoked potentials (P 300) in boxers with repeated mild traumatic brain injuries**
I. Dekhtiarov, A. Muravskiy, L. Chebotaryova, A. Solonovych (Ukraine)
- P8** **Quantitative model of satisfaction of membership for sport association: Acase of Hochiminh City karatedo association' survey**
L. Quy Phuong, V. Viet Bao, N. Khanh Duy, D. Van Quy, N. Hoang Anh Phong, T. Cong Dung, T. Trong Le (Vietnam)
- P9** **Effects of statins on endurance parameters after a short-term personalized intermittent work exercise program (IWEPP) among older seniors**
W. Bouaziz, E. Schmitt, E. Lonsdorfer, B. Geny, G. Kaltenbach, T. Vogel (France)
- P10** **Effect of kinesiotaping on edema, pain and range of motion in early rehabilitation period of total knee arthroplasty**
B. Oktas, Ö.Vergili, E. Karabulut (Turkey)
- P11** **Clinical and financial effectiveness of a home-based orthopaedic rehabilitation program**
S.B.R. Parker, T. De Lisser Howart, S. Faux, C. Mellor (Australia)
- P12** **Exercise and aging process related to oxidative stress**
B. Dejanova, S. Petrovska, L. Todorovska, J. Pluncevic, S. Mancevska, V. Antevska (Republic of Macedonia)
- P13** **The interrelationship between upper limb skeletal muscle mass measured by bio-impedance analysis and muscle strength**
O. Alizadehkhayat, D.H. Hawkes, G.J. Kemp, A. Howard, S.P. Frostick (UK)
- P14** **The influence of acute dietary nitrate supplementation on performance during a soccer specific treadmill protocol**
G.S. Peters, K. Henderson, M.R. Stone (UK)
- P15** **Exercise and stress induced hypoalgesia in musicians with and without shoulder pain: A randomized controlled crossover study**
K. Kuppens, F. Struyf, J. Nijs, P. Cras, E. Fransen, L. Hermans, M. Meeus, N. Roussel (Belgium)
- P16** **The effect of acute dietary nitrate supplementation on cardiovascular measures during rest**
G.S. Peters, K. Henderson, M.R. Stone (UK)
- P17** **Impact of an ultra-trail of 330 km on plasma levels of cardiac biomarkers**
C. Le Goff, J.-F. Kaux, L. Gergele, G.P. Millet, M. Viallo, P. Croisille, E. Cavalier (Belgium & France)
- P18** **Comparison of cardio-morphological parameters between U20 and U28 soccer players**
S. Nikolic, V. Maleska, L. Efremovska, I. Karagjozova, L. Todorovska, J. Pluncevic Gligoroska (Republic of Macedonia)
- P19** **Predictive evaluations of sports accidents to the Cameroonian football amateurs in competition: 461 cases report**
J. Bissou Mahop, A. Monroche, G.M. Onana, N. Nguele, N. Ngowe, S. Moyo, M.A. Sosso (Cameroon)
- P20** **Analysis of anthropometric parameters in young soccer players ages 14-17 year in Republic of Macedonia**
I. Karagjozova, L. Efremoska, S. Nikolikj, V. Maleska Ivanovska, J. Pluncevicj Gligoroska, S. Petrovska (Republic of Macedonia)
- P21** **Muscle fiber characteristics and body composition of young elite Vietnamese weightlifters**
L. Thien Suong, V. Viet Bao, L. Quy Phuong, K. Chang Keun (Korea)
- P22** **Issues in cardiac rehabilitation in a local healthcare setting: Does the person referring influence adherence?**
G.S. Peters (UK)
- P23** **Changes of blood amino acids concentration during graded exercise to volitional exhaustion**
J. Dabrowski, D. Laskowska, A. Kozacz, T. Mikulski, K. Krzeminski, W. Hilgier, A. Mroz, A. Ziemia (Poland)
- P24** **Analysis of mean maximal power in cycling with a modified critical power model allowing for a non-constant anaerobic work capacity**
C. Dauwe, J. Strobbe (Belgium)
- P25** **The relationship between the distribution of ACTN3 R577X gene polymorphism and telomerase activity in soccer players and sedentary individuals**
F.E. Koku, S.O. Karamizrak, A.S. Arslan, Ö. Çogulu, C. Islegen, B. Durmaz, H. Taslidere (Turkey)
- P26** **Gene variants related to the sprint/power performance of the Lithuanian elite athletes**
V. Ginevičienė, E. Pranckevičienė, L. Tubelis, A. Utkus (Lithuania)
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Registration

Registration Fees

	On-Site
EFSMA Member - VWS Member	€ 550,00
Non-Member	€ 650,00
Student - Full Period	€ 300,00
Student - One Day Registration	€ 200,00
One Day Registration	€ 300,00
Gala Dinner - Friday, September 11	€ 95,00
Workshop	€ 35,00

The Registration Fee includes

- Congress badge
- Access to all scientific sessions
- Access to the industrial exhibition
- Meeting bag with programme and relevant information
- Lunches and coffee breaks as announced in the programme

Cancellation Policy

Any participant cancelling his/her registration before 31 July 2015, will receive a refund, less 100,00 Euro covering administration costs. No refunds are made after this date.

Terms and Conditions

These terms and conditions apply to all payments/registrations made to Medicongress Services. By using the online payment facility on this website you implicitly accept these general terms and conditions.

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Refunds:

Only the cancellation policy mentioned in the programme is applicable. No refunds can be made after the deadline.

Accreditation

A request for accreditation has been submitted, also for Ethics and Economy. Participants will receive a certificate of attendance by email after the Congress.

Social Programme

Welcome Reception at the Town Hall, offered by the Mayor of Antwerp at 19.00 hrs on Thursday, September 10

The Town Hall, a stately Renaissance building, is located on the western side of Antwerp's Grote Markt (Great Market Square).

This reception is offered to all congress participants and exhibitors wearing the official congress badge.

Address: Grote Markt 1, 2000 Antwerpen



EFSMA 2015 Gala Dinner at 19.30 hrs on Friday, September 11

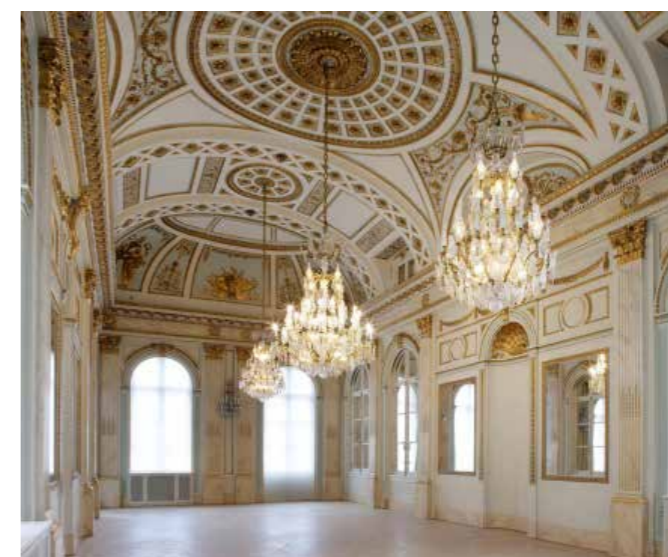
The Gala Dinner will take place at the 'Hall of Mirrors' at the former Royal Palace on the Meir.

The Conference Dinner is not included in the registration fee. Separate registration is required.

Note on the venue

The former Royal Palace on the Meir was built as a mansion for a wealthy merchant in the mid-18th century. It dates from 1745-1746 and is a sumptuous Rococo building with late Baroque influences. The Emperor Napoleon was impressed by the mansion, thanks in part to its favourable position, and bought it in 1811. After Belgium gained its independence, the new royal family used it as its Antwerp residence, and Leopold II built the stunning Spiegelzaal (Hall of Mirrors) there.

Address: Meir 50, 2000 Antwerpen



Hotel Accommodation

A number of hotel rooms (see below) have been booked at special group rates, including breakfast, city taxes and VAT. You can reserve your hotel room through the online registration form. These rates are only apply for reservations made through Medicongress.

Any requests for hotel accommodation must be accompanied by a Credit Card number, in order to secure the room. This Credit Card will not be charged by the organizers but only serves as a reservation guarantee.

Participants will have to pay their hotel room and personal expenses at the reception of the hotel. In case of late cancellation or no show, the room will be charged on the Credit Card.

Leopold Hotel Antwerp****

Single room: € 102,95
Double room: € 115,90

Payment happens at check-in.

Radisson BLU Astrid Hotel Antwerp****

Single room: € 161,39
Double room: € 163,78

Free use of the Health Club with sauna, steambath, swimmingpool and fitness

Ibis Antwerpen Centrum Hotel***

Single room: € 81,39
Double room: € 97,78

You have to book minimum 2 nights.
After August 8 other rates are applied.

Century Hotel Antwerpen***

Single room: € 71,39
Double room: € 83,78

Astoria Hotel Antwerpen***

Single room: € 97,39
Double room: € 99,78

Free use of the fitness in the Leopold Hotel Antwerp

Leonardo Hotel Antwerp***

Single room: € 87,39
Double room: € 99,78

General Information

Venue

Kinepolis Antwerpen
Groenendaallaan 394
2030 Antwerpen
Belgium
www.kinepolis.be

Kinepolis Antwerpen has a free car park.

How to get there

By tram:

Take tram 6 at the premetro station Astrid (= Astridplein, next to the Central Railway Station and opposite the Raddison Blu Astrid Hotel), with terminus at 100 m from Kinepolis Antwerpen.

By bus:

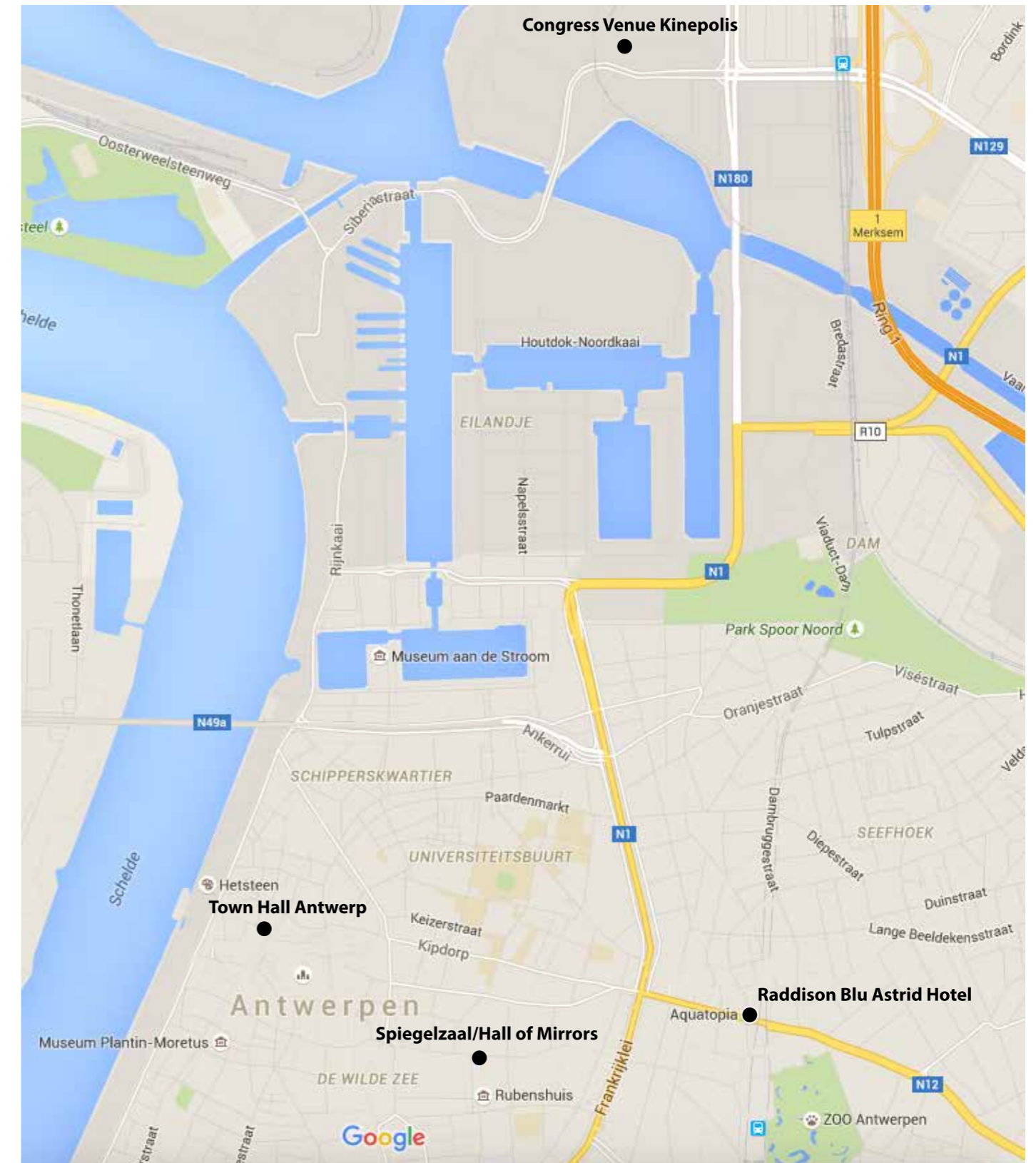
City buses 23 en 123 and regional buses 720, 730, 770, 772, 775 have a stop on the Groenendaallaan at 250 m from Kinepolis Antwerpen.



The Organising Committee of the 9th EFSMA Congress
thank the following companies for their support:

- Arthrex**
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Map of Antwerp



Arthrex ACP® Therapy Double Syringe System

Autologous Conditioned Plasma (ACP)



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- Chronic disease like osteoarthritis and tendinitis

Effect

- Positive support of the healing process
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- Initiation of regeneration and pain reduction

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- Autologous, regenerative PRP (platelet-rich plasma) therapy
- Rapid and efficient concentration of platelets within 10 minutes
- No concentration of white blood cells
- Closed and sterile system for procedure and application



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