

Idrottsmedicinskt Vårmöte Göteborg 25 + 26 april 2019

"Välkommen till västkusten - den idrottsmedicinska frontlinjen"

Preliminärt program

TORS DAG

| | Sal 1 | | | | Sal 2 | | | |
|-------|---|--|---------------------------|-------------|--|--|-------------------|-------------|
| Tid | Symposium | Titel på föredrag | Föreläsare | Ansvar | Symposium | Titel på föredrag | Föreläsare | Ansvar |
| 08:00 | Welcome and registration | | | | | | | |
| 08:30 | Opening ceremoni and awards | | | | | | | |
| 09:00 | Keynote | Idrottsmedicin för och nu | Prof Jón Karlsson | JON | | | | |
| 09:45 | Fika | | | | Fika | | | |
| 10:30 | Frontlinjen för ryggsador inom idrott | | | | Frontlinjen för nutrition | | | |
| | | Chair: Adad Baranto | | | | Chair: Stefan Pettersson | | MATS |
| | | Back pain and spinal pathologies in young athletes | Olof Thoresson | JON | | UEFAs nutritionsriktlinjer | | |
| | | Spino-pelvic sagittal alignment in relation to pain and pathologies in the spine | Wisam Witwit | | | Kolhydrats/sportdrycksintag under träning/tävling – när, hur och varför | Stefan Pettersson | |
| | | Disc herniation surgery in adolescents patients | Joel Beck | | | Proteinintag och träningsanpassning - hur, när och varför | William Apro | |
| | | Rehabilitation of young athletes with back pain | Agneta Kjellby | | | Mikro och makro periodisering/perspektiv för energiintag - effekt för | Anna Melin | |
| 11:30 | Frontlinjen av höftskador inom idrott | | | | Nutrition Update | | | |
| | | Chair: Mattias Ahldén | | | | Chair: Mats Börjesson | | |
| | | FAI in athletes: treatment, important studies and the Gothenburg perspective | Mikael Sansone | | | The UEFA nutritional guidelines | James Collins | |
| | | FAI: prognostic factors, return to sport and functional testing | Anders Stålmán | | | | | |
| 12:00 | Lunch | | | | Lunch | | | |
| 13:00 | Frontlinjen för Akilleskador | | | | Frontlinjen för fysiologisk matchanalys | | | |
| | | Chair: Annelie Brorsson | | ERIC | | Chair: Magni Mohr | | MATS |
| | | Return to sports – what do we know today about return to play after an Achilles injury? | Mike Carmont | | | Physical demands and fatigue profiles in football - an individualized approach | Dan Franson | |
| | | Surgery or non-surgery – what do we recommend today? | Katarina Nilsson Helander | | | Training for individual game demands in football | Prof Magni Mohr | |
| | | The aspects of health economics | Olof Westin | | | Intensified training in football | Jens Bangsbo | |
| | | Do we really need the ankle foot orthoses? Biomechanical aspects | Åsa Fröberg | | | | | |
| | | Healing of Achilles tendon injuries. What do we know about future treatment? | Paul Ackermann | | | | | |
| 14:00 | Fria föredrag | | | | Fria föredrag | | | |
| | | Jury: | | JON | | - | | |
| | | Tema 1 | 1 & 2 | | | Tema 1 | | |
| | | Tema 2 | 3 & 4 | | | Tema 2 | | |
| | | Tema 3 | 5 | | | Tema 3 | | |
| 15:00 | Fika | | | | Fika | | | |
| 15:45 | Frontlinjen för främre korsbandsskador | | | | Frontlinjen för fysisk aktivitet | | | |
| | | Chair: Kristian Samuelsson | | ERIC | | Chair: Ingibjörg Jonsdottir | | MATS |
| | 10 min | Title? | Anders Stålmán | | | Att mäta fysisk aktivitet | Daniel Arvidsson | |
| | 10 min | Timing of ACL surgery, myths and facts. | Kalle Eriksson | | | FYSS update | Ing-Marie Dohrn | |
| | 10 min | Return to Sport after ACL reconstruction in athletes | Alberto Grassi | | | Update sudden cardiac death | Aaron Baggish | |
| | 10 min | New ACL injury before, at and after return to sports following ACL reconstruction | Markus Waldén | | | | | |
| | 10min | Rehabilitation after ACL injury and reconstruction - perspectives of Gothenburg | Eric Hamrin Senorski | | | | | |
| | | "Why screening to predict injury does not work - and probably never will... but why we are still screening our Olympic and Paralympic athletes?" | Prof Roald Bahr | JON | | | | |
| 17:00 | Keynote | | | | | | | |
| 17:45 | Årsmöte SFAIM | | | | | | | |
| 18:30 | Slut dag 1 | | | | | | | |

FREDAG

| | Sal 1 | | | | Sal 2 | | | |
|-------|--|---|--|-------------|---|--|---|-------------|
| Tid | Symposium | Titel på föredrag | Föreläsare | Ansvar | Symposium | Titel på föredrag | Föreläsare | |
| 08:15 | God morgon dag 2 | | | | | | | |
| 08:15 | Sektionsmöten delföreningar | | | | | | | |
| 09:15 | Update | Doping in sport | Sverker Nilsson | MATS | | | | |
| 09:30 | 15 min | PRP in muscle injuries: lights and shadows | Alberto Grassi | ERIC | | | | |
| 09:45 | Fika | | | | Fika | | | |
| 10:30 | Frontlinjen för 'return to sport' | | | ERIC | Frontlinjen av 'Sports for Health' | | | MATS |
| | 9 min | Introduction | Chair: Markus Waldén MarkusWaldén | | | | Chair: Mats Börjesson | |
| | 12 min | The RTS continuum – what's now and what's for the future? | Clare Ardern | | | Football for health | Jens Bagnsboo | |
| | 12 min | What's the role of MRI in predicting RTS following muscle injuries? | Arnlaug Wangensteen | | | Skiing for health | Stefan Lining | |
| | 12 min | Why not routinely delay RTS in order to avoid re-injuries? | Martin Hägglund | | | | | |
| | 15 min | Discussion | | | | Is sports always for health? | Mats Börjesson | |
| 11:30 | Frontinjen för axelsmärta | | | ERIC | Frontlinjen för idrottsskador och prevention | | | MATS |
| | | Selektering - nyckeln till framgång hos patienter med subacromial smä | Chair: Niklas Olsson Hanna Björnsson Hellgren | | | Development of overuse injuries in elite Swedish athletes- a n | Chair: Stefan Grau Andreas Lundberg-Zachrisson | |
| | | Selektering - nyckeln till framgång hos patienter med subacromial smä | Theresa Holmgren | | | Development of overuse injuries in recreational running- a m | Jonathan Jungmaln | |
| 12:15 | Keynote | Medical emergencies at the Boston Marathon | Prof Aaron Baggish | MATS | | | | |
| 13:00 | Lunch | | | | Lunch | | | |
| 14:00 | Keynote/Update | Extreme/Adventure Sports | Mike Carmont | | | | | |
| 14:30 | Frontlinjen för Idrottsspsykologi | | | JON | Female football | | | |
| | | Prevention of Sport Injuries: A psychological perspective | Chair: Urban Johansson Andreas Ivarsson | | | World class prevention and RTS with the financial capacity of | Chair: Matilda Lundblad Karin Schröder | |
| | | Post-injury, psychology and return to sport | Ulrika Tranaeus | | | Achievement psychology, next action on the pitch, how we ma | Rasmus Thornberg | |
| | | | | | | Fitness achievement analysis | Pontus Ekblom | |
| 15:30 | Fika | | | | Fika | | | |
| 16:00 | Keynote | Individualized treatment of the ruptured Achilles tendon | Kristoffer Barfod | | | | | |
| 16:30 | Presentation av Värmötet 2020 | | | | | | | |
| 16:45 | Slut dag 2 | | | | | | | |