



SportsMed 2019

Annual Meeting of Israel Society of Sports Medicine

Maccabiah Village | 31.12.19

Final program

08:30-10:00 Parallel sessions (1)

Combat sports: Prof. Gal Dubnov-Raz, Noa Shmida

08:30-09:30 Familiarization with the Olympic combat sports:

Taekwondo (Noa Shmida), Karate (Yoel Benaroché), Judo (Ofer Ben-Zvi)

09:30-09:40 Differences and similarities between combat sports – Trainers

09:40-10:00 The physiologic demands of short and intense fights – Eyal Colorni

Ball games: Dr. Ior Laver, Prof. Yuval Heled

08:30-09:00 Football and early dementia: Stop heading the ball? Dr. Jonathan Rieck

09:00-09:30 The role of sports dietitian in a professional soccer team - Lior Many

09:30-10:00 Mentally counselling in modern football – Alon Segal

Endurance sports: Dr. Einat Kodesh, Dr. Noam Reshef

08:30-09:00 Psychobiology of endurance performance/the limits of endurance performance in humans: Mind over muscles? Prof. Samuelle Marcora, UK

09:00-09:30 Performance in the heat: In view of Tokyo 2020 games - Prof. Yoram Epstein

09:30-10:00 Children vs adults' endurance: Physiological differences and training applications- Prof. Bareket Falk, Canada

Military Sports Medicine - Prof. Jay Hoffman, Prof. Ehud Goldhammer

08:30-08:50 Influence of food supplements on cognitive function in SF - Prof. Jay Hoffman

08:50-09:10 Surgical treatment of instability of the patella - Dr. Arnon Gam

09:10-09:30 Periodization as a guiding principle in mental preparation for excellence - Dr. Iris Orbach

09:30-10:00 Hardiness as a way to increase resilience of individual, unit and community - Dr. Shawn Kane, USA

10:00-10:30 Coffee break

10:30-12:30 Plenary

10:30-10:55 Connecting Fitness with Healthcare to Help Patients: EIM experience with a local Health Club - Prof. Robert Sallis, USA

10:55-11:20 Physical activity for health: A psychobiology of physical activity behavior – Prof. Samuelle Marcora, UK

11:20-11:40 Cartilage injuries of the knee: From conservative therapy to implantation- Dr. Ran Thein

11:40-12:20 Sports-related concussion: Introduction – Prof. Gal Dubnov-Raz

Case presentations and discussion- Prof. Sallis and Prof. Dubnov-Raz

12:20-12:30 ISSM's members assembly

12:30-13:30 Lunch break



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13:30-15:00 Parallel sessions (2)

Combat sports: Ofer Ben-Zvi, Ehab Ayoub

13:30-13:50 Epidemiology of injuries in combat sports – Ehab Ayoub

13:50-14:10 Treatment of acute injuries in combat sports – Ofer Ben-Zvi

14:10-14:30 Hip injuries in combat sports – Dr. David Morgenstern

14:30-15:00 A personal journey: Bat-El Gatterer, former Israeli taekwondo Olympian

Ball games: Dr. Alkrinawi Nassim, Ido Dana

13:30-13:45 Tendons tears around the pelvis: Treatment approach and rehabilitation- Dr. Noam Reshef

13:45-14:00 Prevention of football injuries – Liran Lifshitz

14:00-14:20 A football team physician: Internal medicine specialist or orthopedic surgeon? Dr. Lior Zeller

14:20-14:40 The role of a sport scientist/exercise physiologist in team sport- Idan Harat

14:40-15:00 Update on hip and groin injuries: Diagnosis and therapy – Liran Lifshitz

Endurance sports: Dr. Yoni Yarom, Dr. Muki Yaniv

13:30-14:00 Running medicine: Current science of staying in the road- Dr. Jordan Metz, USA

14:00-14:20 Injury patterns in adolescent practicing in endurance sport- Dr. Muki Yaniv

14:20-14:40 Evaluation and management of the collapsed endurance athlete – Prof.
Robert Sallis, USA

14:40-15:00 Can pain be trained? Dr. Gil Samuelli-Leichtig

Adapted Sports - Dr. Ishay Ostfeld, Dr. Mark Taragin

13:30-14:00 Personal story: The journey from an IED in Lebanon to the London Paralympic podium - Koby Lion

14:00-14:20 Adapted physical activity and integration in community based physical activity - Sharon Barak

14:20-14:40 Digital application for personalized exercise programs in older adults - Prof. Yael Netz

14:40-15:00 Physical training for elderly - Dr. Ishay Ostfeld

15:00-15:30 Coffee break

15:30-17:00 Parallel sessions (3)

Combat sports: Dr. David Morgenstern, Yoel Benaroché

15:30-15:50 Nutrition in weight-class sports – Ben El Berkovitch

15:50-16:10 Mental aspects in training and competition – Dr. Roy Samuel

16:10-16:30 Technology in combat sports training: the Blazepod – Yaron Shrim

16:30-17:00 So how do we improve fighting performance?



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Ball games: Ran Thein

15:30-15:50 Applied technology to predict ball game injuries- Eyal Elyakim, Sponsored by Garmin

15:50-17:00 Closing panel: Pre-season ball games as a multidisciplinary challenge

15:50-15:55 **Introduction:** Characteristics of pre-season period in ball games- Ido Dana

15:55-16:05 **Coach:** How to prepare a team for the next season- Nir Levin, Guy Goodes

16:05-16:15 **Fitness trainer:** Pre-season fitness preparations in soccer- Dror Shimshon

16:15-16:25 **Fitness trainer:** Pre-season fitness preparations in basketball- Rimon Yevzuri

16:25-16:35 **Physician:** Pre-season management of the medical squad- Dr. Dror Lindner

16:35-16:40 **Physiotherapist:** Pre-season physical therapy management – Ido Dana

16:40-17:00 **Discussion:** Nir Levin, Guy Goodes, Almog Cohen, Dror Shimshon, Rimon Yevzuri, Dr. Dror Lindner, Dr. Eran Dolev, Ido Dana

Endurance sports: Dr. Ronen Reuveny, Dr. Osnat Fliess-Douer

15:30-16:00 Exercise and the immune system: Inflammation, anti-inflammation and regeneration - Prof. Frank Mooren, Germany

16:00-16:20 Integrating science and technology in the preparation of the Paralympic athletes to Tokyo 2020 games - Dr. Osnat Fliss Doar

16:20-16:40 Altitude training to enhance sea level endurance performance – Dr. Keren Constantini

16:40-17:00 Wearable sensors for monitoring of endurance performance – Avishay Periz, GARMIN

Military Sports Medicine - Dr. Ishay Ostfeld, Dr. Ran Yanovich

15:30-15:50 Cognitive and physical performance following blood donation - Dr. Roy Nadler

15:50-16:10 Characteristics of the heat tolerance test in women – Dr. Sagi Shpitzer

16:10-16:30 Measuring body core temperature with a novel non-invasive sensor - Idan Tsadok

16:30-17:00 Evolution of an advanced TBI screening program - Dr. Shawn Kane, USA

Website: <https://israelisportsmedicinesociety2019.ima-events.co.il/users/new>