



The Annual Meeting of The Israeli Society for Sports Medicine and The 3rd Biennial Israeli Hip Symposium



September 29-30, 2015 • Dan Panorama Hotel, Tel Aviv, Israel

Israel Pediatric
Orthopaedic Society



The Israel Hip
and Knee Society



The Israel Society of
Knee Surgery and
Arthroscopy



The Israeli
Physiotherapy
Society



Israel Special Units
Medical Association



Israel Defense
Forces - Medical
Corps



Israel National
Insurance Institute,
Medical Office



Platinum Sponsors:



Gold Sponsors:



Silver Sponsors:





Chairmen:

Ehud Rath

Thomas G Sampson

Scientific Committee: Ronen Debi

Reuven Shitrit

Ishay Ostfeld

Ron Golan

Yoram Epstein

Liran Lifshitz

Invited Faculty:

Richard Field, United Kingdom

Markus Siepmann, Germany

Robroy Martin, USA

Travis Matheney, USA

Victor M. Ilizaliturri, Mexico

Hal D Martin, USA

Thomas G Sampson, USA

Joel Matta, USA

Jay Hoffman, USA



Tuesday, September 29, 2015

07:30-08:30 Registration

07:00-08:00 Free Sessions of Physical Activities

08:30-10:30 Session 1

Hall A - Pain syndromes around the hip

08:30-08:40 Welcome. **Ehud Rath, Thomas Sampson**

08:40-08:50 History/physical examination and diagnosis of hip pathology. **Hal Martin**

08:50-09:00 Clinical Anatomy and Evidence Based Evaluation Techniques for Individuals with Hip Pathology. **Robroy Martin**

09:00-09:10 Pediatric hip conditions. **Travis Matheney**

09:10-09:20 Hip Spine syndrome. **Hal Martin**

09:20-09:30 Decision Making in Hip Arthroscopy and the Degenerative Hip.
Thomas Sampson

09:30-09:40 Painful patient after THR. **Michael Drexler**

09:40-09:50 Iliopsoas: Anatomy, Function, Arthroscopic Release and Why to Preserve it.
Thomas Sampson

09:50-10:00 What is the role of the Ligamentum Teres in Hip stability? **Richard Field**

10:00-10:10 Optimizing patient recovery protocols for lower limb joint replacement.
Richard Field

10:10-10:30 Clinical Case Panel. **TBD**

Hall B - Sports Medicine

08:30-10:30 Pre-participation sports examination in Israel: Past, present and future
(Ministry of health's Advisory Committee for certification of Sports Stations
and Doctors)

Hall C - The 9th seminar on Military Sports - Training, Physiology and Performance Enhancement

08:30 Opening Address. **Ishay Ostfeld**

08:30-08:45 Perception of physical fitness tests in the IDF. **Daniel Ben Dov**

08:45-09:00 Long and light or short and heavy? Tactical military readiness, load carriage
and marches. **Shany Funk**

09:00-09:15 New recovery approach to training injuries of SF soldiers. **Arik Ben Moshe**

09:15-09:30 Training high and working low, a method to consider in military training.
Dalia Navot

09:30-10:00 Possible benefits of HMB suppletion on SF soldiers performance.
Jay Hoffman

10:30-11:00 **Coffee break and visit the exhibition**



11:00-13:00 **Session 2**

Hall A - Plenary Session

- 11:00-11:05 Opening ceremony. **Ehud Rath**, Chairman of the Israeli society for sports medicine
- 11:05-11:20 Honorary Member Award – **Prof Gideon Mann**
- 11:20-11:40 Biologic treatments for articular cartilage repair: stem cells, platelet rich plasma. **Richard Field**
- 11:40-11:50 Discussion
- 11:50-12:10 Sources of Posterior Hip Pain: Ischial Femoral Impingement, Greater Trochanteric Ischial Impingement, and Nerve Entrapment. **Robroy Martin**
- 12:10-12:20 Discussion
- 12:20-12:40 Short and long term heat acclimation – A link to thermal tolerance during exercise in the heat. **Michal Horowitz**
- 12:40-12:50 Discussion
- 12:50-13:10 Business Meeting & Election's notes
- 13:00-14:00 **Lunch and elections**

14:00-15:30 **Session 3**

Hall A - Acute trauma around the hip

- 13:50-14:00 Iliac Spine avulsions – ASIS, AIIIS. **Tali Becker**
- 14:00-14:10 Proximal hamstrings rupture. **Ehud Rath / Dror Lindner**
- 14:10-14:20 Case presentation: Perthes disease in an athlete. **Reuven Shitrit**
- 14:20-14:30 Pediatric hip fractures. **Dan Epstein**
- 14:30-14:50 Clinical Case Panel: Painful hip after arthroscopy. **Dror Lindner**

Rehabilitation and outcome measures

- 14:50-15:00 Outcomes - The South West London Elective Orthopaedic Centre experience. **Richard Field**
- 15:00-15:10 Role of Rehabilitation after Hip Arthroscopy. **Robroy Martin**
- 15:10-15:30 Clinical Case Panel: Rehabilitation after hip replacement: does the approach matters? **Robroy Martin**

Hall B - Sports Medicine (continue): Sports Cardiology

- 14:00-15:30 The Israeli National Registry of Pre-Participation Sports Examinations: A Joint venture of the Israeli Society of Sports medicine and the Israel Heart Society

Hall C - The Israel Seminar on Handicap and Adapted Sport - Adapted Sport in Israel

- 14:00-14:05 Opening Address. **Ishay Ostfeld**
- 14:05-14:30 The view of an Israeli paralympic athlete. **TBD**
- 14:30-14:45 Concepts of disability sport classification. **Itzhak Siev-Ner**



- 14:45-15:00 Sport and technology: Maximizing paralympic athletes' performance. **Osnat Fliess-Douer**
- 15:00-15:15 The effect of prolonged effort on bilateral asymmetry in running in traumatic trans tibial amputees using running specific prostheses. **Dikla Goor-Prihed**
- 15:15-15:30 New data on the self-defense training program for treating sexual abuse victims. **Danny Netzer**
- 15:30 Closing remarks
- 15:30-16:00 **Coffee break and visit the exhibition**

16:00-17:30 **Session 4**

Hall A - Early OA - The border between arthroplasty or surgical arthroscopy

- 15:50-16:00 Arthroscopy. **Vadim Benkovich**
- 16:00-16:10 Arthroplasty. **David Morgenstern**
- 16:10-16:20 Case discussion. Painful Hip 6 Months after Arthroscopy. **Ehud Rath**

Early deformities - osteotomy or arthroplasty

- 16:20-16:30 How to choose the right patient for PAO. **Travis Matheney**
- 16:30-16:40 Periacetabular osteotomy (PAO). **Joel Matta**
- 16:40-17:00 Clinical Case Panel: PAO or THR?
Adjourn

Hall B - Exercise Physiology: Cardio-Pulmonary Exercise Testing (CPET) and free abstracts

- 16:00-17:30 Introductory to CPET: Part I - Fundamental and Methodological Issues
Part II – Parameters, methods and tests criteria
- Indications for CPET: Update 2015
- Free Abstracts

Hall C - The 9th seminar on Military Sports - Overuse Injuries and Physical Challenges

- 16:00-16:15 Median nerve palsy in SF IDF soldiers. **Ishay Ostfeld**
- 16:15-16:30 Hand injuries in military contact sport. **Uri Farkash**
- 16:30-16:45 Return to activity of IDF soldiers after meniscal tears treated with arthroscopy - The need to rethink the logistical management.
Aharon Finestone
- 16:45-17:00 Ankle ligamentous pathology as a risk factor for ACL injury among US cadets. **Oren Schwartz**
- 17:00-17:15 Load carriage index (LCI) - A novel method for distributing the load in combat teams. **Itai Ketko**
- 17:15-17:30 The effect of load carriage on upper limbs circulation. **Amir Hadid**
- 17:30 Closing remarks



Wednesday, September 30, 2015

07:30-08:30 Registration

07:00-08:00 Free Sessions of Physical Activities

08:30-10:30 Session 1

Hall A - The surgical approach - Which approach to choose (and the future)?

- 08:30-08:40 The Posterior approach. **Aviram Gold**
- 08:40-08:50 The Direct Lateral approach. **Victor Ilizalitur**
- 08:50-09:00 The Anterior approach without a table. **Yaron Bar Ziv**
- 09:00-09:10 The Anterior approach, why I do it with a table. **Joel Matta**
- 09:10-09:20 Navigation or robotics? **David Rotem**
- 09:20-09:30 Managing intra-op LLD and Offsets. **Joel Matta**
- 09:30-09:40 Dual mobility cup why to use it? **Omri Lubovski**
- 09:40-09:50 The Registry: Outcome of Arthroplasty. **Yona Kosashvili**
- 09:50-10:00 Short recovery program. **Dan Dabby**
- 10:00-10:30 Challenging THR - Case presentation & discussion. **Ronen Debi**
Panel: **Joel Matta, Yaron Bar Ziv, Victor Ilizalitur, Vadim Benkovich, Yona Kosashvili, Richard Field**

Hall B - Exercise Physiology's Workshop: CPET, Part I

- 08:30-10:30 **CPET protocols:** Effects on metabolic measurements, pitfalls and common errors
Hands-on experience: Conducting a CEPT (2 systems, 4 small groups, 4 tests)
CPET results: Interpretation in different populations (algorithms)

Hall C - Physiotherapy program

- 0800-08:45 How Various Surgical Procedures Influence Rehabilitation. **Robroy Martin**
- 08:45-10:30 Practical workshop: Hip Region: Evaluation Algorithm and Classification Based Intervention Strategies. **Robroy Martin**
This workshop offers an opportunity for demonstration and lab practice of various skills- testing and treatment.

Hall D - Knee OCD symposium: Dilemmas, prognostic factors, management and rehabilitation

- 08:30-08:55 Knee OCD- Symptomatology and Clinical Diagnosis. **Noam Reshef**
- 08:55-09:10 Radiological Appearance and Classification. **Srou Saher**
- 09:10-09:25 Conservative Treatment. **Niv Marom**
- 09:25-09:40 Surgical Treatment. **Sadia Shdi**
- 09:40-10:00 Juvenile Knee OCD – is it different? **Tali Becker**



- 10:00-10:15 Rehabilitation. Ofer Ben Zvi
10:15-10:30 Free Discussion. Falah Mazen
10:30-11:00 **Coffee break and visit the exhibition**

11:00-13:00 **Session 2**

Hall A - Pediatric Hip and arthroscopy

- 11:00-13:00 Pediatric Hip and arthroscopy
11:00-11:10 DDH in adolescent, young adults and adults. **Travis Matheney**
11:10-11:20 Outcomes following PAO. **Travis Matheney**
11:20-11:30 Femoral neck lengthening. **Mark Eidelman**
11:30-11:40 PAO in Subluxated hip. **Naum Simanovski**
11:40-12:00 Case presentation and discussion. **Thomas Sampson, Richard Field, Hal Martin, Travis Matheney**
12:00-12:10 Treatment options for Chondral lesions. **Thomas Sampson**
12:10-12:20 Arthroscopic Revision Surgery for FAI. **Thomas Sampson**
12:20-12:30 Diagnosis and treatment of Ischio-femoral impingement. **Hal Martin**
12:30-12:40 Periarticular hip surgery. **Victor Ilizalituray**
12:40-13:00 Clinical Case Panel. **TBD**

Hall B - Exercise Physiology's Workshop: CPET, Part II (Cardiovascular)

- 11:00-13:00 Combined CPET and Echo tests: Protocol, new parameters and clinical use. **Yan Topilsky**
Differential approach to overlapping diagnoses in cardiovascular medicine (i.e., heart failure with preserved EF, primary and secondary pulmonary hypertension)
CPET and exercise prescription for heart failure patients

Hall C - Hip joint pain, Source and contributing factors- various techniques for examination & treatment of hip patient.

Ezra Cezar Levy

- 11:00-13:00 The workshop is mainly practical and focuses on variety of preferred techniques such as evaluation of muscle imbalance, manual therapy and exercise

13:00-13:45 **Lunch**

13:45-15:30 **Session 3**

Hall A - Hip imaging, Ultrasound and injection Workshop

- 13:45-13:55 MRI of the Hip. **Ido Druckman**
13:55-14:05 Anterior hip evaluation, iliopsoas tendon, Intraarticular hip injections. **Ehud Rath**



14:05-14:20 Lateral hip evaluation, abductor tendons, iliotibial band and greater trochanteric bursa. Posterior hip Evaluation, piriformis tendon and sciatic nerve. **Victor Ilizalituri**

14:20-14:30 US guided injections – Basics. **Evgeney Reider**

14:30-15:30 Hands-on Hip Ultrasound workshop

Hall B - Exercise Physiology's Workshop: CPET, Part III (Pulmonary)

13:45-15:30 Diagnostic values of combined pulmonary function tests and CPET
Differential approach to overlapping diagnoses in pulmonary medicine (i.e., interstitial pulmonary fibrosis and chronic obstructive pulmonary disease)
CPET and exercise prescription for moderate to severe pulmonary patients

Hall C - Practical workshop: Evaluation and treatment of posterior hip pain. Hal martin & Robroy Martin

13:45-15:30 The workshop will be transferred jointly by a doctor and a physiotherapist as part of their common work and will discuss the clinical examination, differential diagnosis and treatment options for posterior hip pain.

15:30-16:00 **Coffee break and visit the exhibition**

16:00-17:30 Session 4

Hall A - live patient's presentation: Surgeon and Physiotherapists

Hall B - Exercise Physiology's Workshop: CPET, Part IV (Sports medicine)

Practical applications of assessment and monitoring in endurance athletes.
Rotem Kislev-Cohen

Performance analysis for optimizing training program of female basketball players. **Nimrod Meital**

Respiratory system as a limiting factor to exercise performance in healthy athletes. **Ronen Reuveny**

From the lab to the field: application of CPET for training soccer players.
Muli Epstein