

18.10.18

CONNECTED

MEDICINE • SPORT • PEOPLE • TECHNOLOGY

"SAMMY OFER" STADIUM, HAIFA



ANNUAL MEETING OF ISRAEL SOCIETY OF SPORTS MEDICINE

PROGRAM



07:15 - 07:30

Registration

07:30 - 08:00

Preliminary tour in the "SAMMY OFER" stadium

Every modern stadium has a bigger story than the grass and the stands. You are invited to a fascinating half hour tour that gives a taste of the stories that have not been told, reaches the hidden corners of the stadium (the grass, dressing rooms, stands and more) and presents the sophisticated mechanism, which makes it the most advanced stadium in Israel.

*Participation is for early registrants only and subject to prior registration.

*The number of places is limited.

07:30 - 08:30

Registration and Exhibition

08:30 - 10:00

Morning Breakout Sessions

Session 1: Orthopedic and Physiotherapy Sports Trauma

08:30 - 08:45

Inguinal pain & Hamstring syndrome **Sakari Orava, Finland**

08:45 - 08:55

Hamstrings Imaging: MRI vs US - Are both needed?

MEDTECHNICA
Healthcare Solutions

Arnesto Glazer, Israel

08:55 - 09:05

Complications of hamstring graft in Ligament reconstruction

Sakari Orava, Finland

09:05 - 09:15

Return to play after ACL reconstruction - effect of hamstring graft

Sakari Orava, Finland

09:15 - 09:25

Hip Arthroscopy: When Surgery Fails **Mat Brick, New Zealand**

09:25 - 09:35

Inguinal pain: iliopsoas - hidden muscle pathology and treatment

Liran Lifshitz, Israel

09:35 - 10:10

Evaluation and treatment of inguinal pain and hamstring syndrome: A multi-disciplinary session

Participants:

Sakari Orava, Finland

Enda King, Ireland

Mat Brick, New Zealand

Liran Lifshitz, Israel

Arnesto Glazer, Israel



Session 2: Applied Exercise Physiology

- 08:30 - 08:50 Exercise induced myokines secretion and their role on metabolic pathways in health and disease
Yuval Heled, Israel
- 08:50 - 09:10 Hormonal measurements and exercise training optimization
Alon Eliakim, Israel
- 09:10 - 09:35 Respiratory Muscle Training in Athletes: What is the evidence?
Yaacov Dagan, Israel
- 09:35 - 09:55 Recovery from high intensity endurance training: An Olympic coach view
Dan Salpeter, Israel

Session 3: The 12th Seminar on Military Sports Medicine, Part 1

- 08:30 - 08:40 Opening Address
Ishay Ostfeld, Israel
- 08:40 - 09:00 The contribution of physiotherapy and occupational therapy to combat units in the IDF
Uria Moran, Israel
- 09:00 - 09:20 Symptoms modifications during running
Igor Mintz, Israel
- 09:20 - 09:40 Accessory navicular syndrome in athletes and combat soldiers
Arnon Gam, Israel
- 09:40 - 10:00 Hand injuries in military contact combat (Krav-Maga)
Daniel Dreyfuss, Israel

Session 4: The 4th Israel Seminar on Disability and Adapted Sport

- 08:30 - 08:35 Opening Address
Israel Klier, Israel
- 08:35 - 09:00 Keynote lecture: Nutritional supplements for elderly
Jay Hoffman, USA
- 09:00 - 09:20 Physical activity during pregnancy
Amnon Amit, Israel
- 09:20 - 09:40 Continuous physiology monitoring of elderly patients
Ishay Ostfeld, Israel
- 09:40 - 10:00 Technology to maximize Paralympic athletes performances
Osnat Fliess Douer, Israel

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

10:30 - 12:30 **Opening Plenary**

10:30 - 10:45 Greetings and Opening Ceremony
Ron Golan, Israel

10:45 - 11:15 My life as a professional athlete, and the influence it has had on my career as an orthopedic surgeon
Main Conference Keynote: Mat Brick, New Zealand

11:15 - 11:40 Diagnosis and treatment principles of hamstring muscle tears
Orthopedic Keynote: Sakari Orava, Finland

11:40 - 12:05 3D Biomechanics and RTP after ACLR – what should the end of rehabilitation look like
Physiotherapy Keynote: Enda King, Ireland

12:05 - 12:30 From ACSM Scientific Roundtable to Guidelines: Updating the Pre-participation Exercise Screening Process
ACSM/Physiology Keynote: Meir Magal, USA

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

12:30 - 13:30 **Scientific Lunch**
The joints and their health practice and theory 
Amir Oron, Israel

13:30 - 15:00 Mid-Day Plenary
Connected: Multidisciplinary approach to the rehabilitation of athletes **Host: Eyal Berkovic**

13:30 - 14:10 Orthopedic Rehabilitation
Participants:
Bezalel Peskin, Israel
Maya Cale Benzoor, Israel
Uri Harel, Israel
Guest: Maor Buzaglo

14:10 - 14:40 Cardiac Rehabilitation
Ron Golan, Israel
Guest: Elyaniv Barda

14:40 - 15:00 Neurological Rehabilitation
Atzmon Tsur, Israel
Guest: Avi De-Pilosof

15:00 - 15:30

Coffee Break and Exhibition

15:30 - 17:30

Afternoon Breakout Sessions

Session 5: Return to play after ligament reconstruction: The knowledge vs the practice

15:30 - 15:45

Return to sport after ACL Reconstruction: Factors associated with Improved function and maintenance of sports activities at 5 to 10 years After autologous hamstring ACL **Iftach Hetsroni, Israel**

15:45 - 16:00

ACL patients

1. Single bundle
2. Double bundle with two separate grafts
3. Double bundle with 4 tunnels and continuous loop hamstring graft (New Zealand data)

Mat Brick, New Zealand

16:00 - 16:15

Functional criteria for return to Sport **Noga Gal, Israel**

16:15 - 16:30

New Zealand Rotator cuff registry - 5 years **Mat Brick, New Zealand**

16:30 - 16:45

First Time Patellar Dislocation: Which Imaging method should we use CT or MRI? **Ran Thein, Israel**

16:45 - 17:30

Multi-disciplinary approach: Return to play after knee ligament reconstruction

Participants:

Noam Reshef, Israel

Iftach Hetsroni, Israel

Mat Brick, New Zealand

Noga Gal, Israel

Sakari Orava, Finland

Session 6: Integration of technology by the physical therapist in athlete rehabilitation

15:30 - 15:55

Using technology in sport's injury rehabilitation

Enda King, Ireland

15:55 - 16:20

Rehab through a different lens

Mischa Van Stee, Israel

16:20 - 16:40

Load Monitoring Devices in the use of the Physical Therapist's RTS decision making

Robi Megrelishvili, Israel

- 16:40 - 17:00 Optimizing technology usage to improve clinical decision making in musculoskeletal rehabilitation procedures
Maya Cale Benzoor, Israel
- 17:00 - 17:15 Assessment of physiological and mental aspects in athletes
La'el Gershgoren, Israel
- 17:15 - 17:30 Validity and reliability of a customized smartphone application for postural sway assessment
Hilla Sarig Bahat, Israel
- 17:30 - 17:45 Kinematic VR training for neck pain in fighter pilots: A randomized controlled trial
Hilla Sarig Bahat, Israel
- 17:45 - 18:00 Using reinforcement learning to improve drop-jump landing kinematics
Kineret Meirovich, Israel
- Session 7: Exercise Physiology and Rehabilitation**
- 15:30 - 16:00 Post Exercise Postural Control and Effect of Various Exercises
Meir Magal, USA
- 16:00 - 16:30 Heart Failure with reduced Ejection Fraction, and with preserved Ejection Fraction: Different Phenotypes, Same Consequences
Peter Brubaker, USA
- 16:30 - 17:00 Emerging Strategies for Prescribing Exercise in Heart Failure
Peter Brubaker, USA
- Session 8: The 12th Seminar on Military Sports Medicine, Part 2**
- 15:30 - 16:00 Keynote lecture: Development of a tactical, SOF unique human performance program - an important piece of human performance optimization
Shawn Kane, USA
- 16:00 - 16:20 Evaluation of physical and cognitive performance after simulated road march using a virtual reality environment
Itay Ketko, Israel
- 16:20 - 16:40 Past Methylphenidate use and the risk of stress fractures in combat soldiers: A case control study
Ran Yanovich, Israel
- 16:40 - 17:00 Probiotics effect on combat performance
Jay Hoffman, USA

