

# The 20th Maccabiah International Sports Science and Medicine Conference

Annual Meeting of Israel Society of Sports Medicine 2017  
and the Academic College at Wingate

**Thursday, June 29, 2017**

07:30-08:30 **Registration**

07:30-08:30 **Morning Exercise** (Guided Exercise)

Tai Chi, Pilates, Aerobic Exercise, Nordic Walking

(Please sign up in advance through the registration form on the conference website).

**09:00-10:30 Parallel Sessions A**

## **A1. Orthopedics Sport Injuries: Multidisciplinary Case Management**

### **Hall 1**

Session Chairs: Noam Reshef, Ziv Medical Center, Zefat, Israel

Uri Beinart, F.C. Ashdod, Ashdod, Israel

<b>09:00-09:45</b>	<b>Hamstring Tendon/Muscle Tear</b> Benjamin Domb, Hinsdale Orthopedics, Chicago, IL, USA Saher Srur, Ziv Medical Center, Israel and Bar-Ilan University, Ramat Gan, Israel Robi Megrelishvili, Physiotherapy, Haifa, Israel Antonio Dello Iacono, The Academic College at Wingate, Netanya, Israel
<b>09:45-10:30</b>	<b>Shoulder Case</b> Mark Hutchinson, University of Illinois, Chicago, IL, USA Saher Srur, Radiology Department, Ziv Medical Center, Israel Uri Beinart, Uri Beinart, F.C. Ashdod, Ashdod, Israel Antonio Dello Iacono, The Academic College at Wingate, Netanya, Israel

## **A2. Exercise Physiology**

### **Hall 2**

Session Chairs: Ronen Reuveny, Sheba Medical Center, Ramat Gan, Israel

Yael Pernik, Assaf Harofeh Medical Center, Zerifin, Israel

<b>09:00-09:30</b>	<b>The Role of VO<sub>2</sub> Kinetics in Exercise Physiology</b> Andrew Jones, University of Exeter, Exeter, UK
<b>09:30-10:00</b>	<b>Response Profiles and Peak Values for CPET Interpretation</b> Omri Inbar, Sheba Medical Center, Ramat Gan, Israel
<b>10:00-10:30</b>	<b>Strategies to Improve Running Efficiency and Reduce Injury Risk</b> Jordan D. Metz, Hospital for Special Surgery, New York, NY, USA

### **A3. The 11<sup>th</sup> Seminar on Military Sports Medicine: Overuse Injuries and Physical Challenges**

#### **Hall 3**

Session Chairs: Ishay Ostfeld, Israel Defense Forces (IDF) Medical Corps, Israel

Uria Moran, IDF Medical Corps, Israel

<b>09:00-9:10</b>	<b>Opening Address</b> Ishay Ostfeld, IDF Medical Corps, Israel
<b>09:10-09:30</b>	<b>Train as You Fight: The Experience of the IDF's Special Unit</b> Ishay Lizer, IDF, Combat Fitness Center, Israel
<b>09:30-09:50</b>	<b>The Navy Seals Physical Selection Process</b> Noel Sons, United States Naval Special Warfare Unit 2, US Naval Warfare Command, USA
<b>09:50-10:10</b>	<b>Managing a US Special Forces Human Performance Program</b> Paul Goldberg, 10th Special Forces Group, US Army Special Forces, USA
<b>10:10-10:30</b>	<b>Physiology Challenges of Military Firefighters in Paris</b> Alhanati Laure, Paris Fire Brigade, French Armed Forces, Paris, France

### **A4. The 3<sup>rd</sup> Israel Seminar on Disability and Adapted Sport: Paralympic Sport**

#### **Hall 129**

Session Chairs: Mark Taragin, National Insurance Institute of Israel

Dafna Gutman, National Insurance Institute of Israel

<b>09:00-09:10</b>	<b>Opening Address</b> Mark Taragin, National Insurance Institute of Israel
<b>09:10-9:30</b>	<b>Medical Challenges of Paralympic Swimmers</b> Ram Sack, Sheba Medical Center, Israel
<b>09:30-10:00</b>	<b>Train and Gain: A Story of a Paralympic Champion</b> Inbal Pezaro, National Paralympic Medalist, Israel Jacob Beinnson, National Paralympic Coach, Israel
<b>10:00-10:30</b>	<b>Diving Training of Persons with Severe Disabilities</b> Yaron Harel, Etgarim Diving School, Israel

## A5. Psychological Aspects of Basketball

### Hall 127

Session Chairs: Ronnie Lidor, The Academic College at College, Netanya, Israel

Michael Bar-Eli, University of the Negev, Be'er-Sheva, Israel and the Academic College at Wingate, Israel

09:00-09:20	<b>The Paradox of Shooting Three-Point Shots in Basketball</b> Ronnie Lidor, The Academic College at Wingate, Netanya, Israel Lior Lipshitz, Basketball National League, Israel
09:20-09:40	<b>The Relationships between Basketball Coach Halftime Speech and Players' Performance, and Their Perceptions Regarding Its Value</b> Liat Bakalo, The Academic College at Wingate, Netanya, Israel Sima Zach, The Academic College at Wingate, Netanya, Israel
09:40-10:00	<b>Fighting with Their Backs to the Wall: Analysis of Critical Games in NBA Playoffs</b> Elia Morgulev, Ben-Gurion University of the Negev, Be'er-Sheva, Israel
10:00-10:20	<b>On the (Sport-)Psychology of "Doing Nothing"</b> Michael Bar-Eli, University of the Negev, Be'er-Sheva, Israel and the Academic College at Wingate, Israel

10:30-11:30

**Coffee Break and Exhibition**

**Special Event: Ironman Boot Camp- Dr. Jordan Metzl**

**Hospital for Special Surgery, NY, USA**

**\*(bring your gym clothes and/or shoes)**

11:30-13:00

**Parallel Sessions B**

## B1. General Orthopedic Sport Medicine

### Hall 1

Session Chairs: Yiftah Beer, Assaf Harofeh Medical Center, Zerifin, Israel

Ehud Rath, Tel Aviv Sourasky Medical Center, Tel Aviv, Israel

11:30-11:50	<b>Leg Pain: The Diagnostic Dilemma</b> Mark Hutchinson, University of Illinois, Chicago, IL, USA
11:50-12:10	<b>Hip Arthroscopy at the Frontier of Sports Medicine – 10-Year Experience</b> Benjamin Domb, Hinsdale Orthopedics, Chicago, IL, USA
12:10-12:30	<b>25 for 25: Pearls &amp; Pitfalls of Arthroscopic Surgery</b> Mark Hutchinson, University of Illinois, Chicago, IL, USA
12:30-12:50	<b>Free Abstracts and Presentations</b>

## B2. Physical Activity across the Lifespan

### Hall 2

Session Chairs: Sharon Tsuk and Yael Netz, The Academic College at Wingate, Netanya, Israel

<b>11:30-12:00</b>	<b>Current Trends to Promote Healthy Sports Participation in Young Athletes</b> Jordan D. Metz, Hospital for Special Surgery, New York, NY, USA
<b>12:00-12:30</b>	<b>Neuromuscular Protective Effects of Regular Physical Activity</b> Marco Narici, University of Nottingham, Nottingham, UK
<b>12:30-13:00</b>	<b>Protein Synthesis and Physical Activity in the Elderly</b> Yair Lahav, Interdisciplinary Center of Nutrition and Physical Activity, Tel Aviv, Israel

## B3. The 11<sup>th</sup> Seminar on Military Sports Medicine: Military Physiology and Performance Enhancement

### Hall 3

Session Chairs: Jay Hoffman, University of Central Florida, Orlando, FL, USA

Ran Yanovich, Institute of Military Physiology, Heller Institute of Medical Research, Tel Aviv University, Tel Aviv, Israel

<b>11:30-12:10</b>	<b>Optimizing Military Physical Performance: Science and Strategies</b> Bradley C. Nindl, University of Pittsburgh, Pittsburgh, USA
<b>12:10-12:30</b>	<b>Evaluation of Physical and Cognitive Performance after Simulated Road March - Using VR Environment</b> Itay Ketko, IDF Medical Corps, Israel
<b>12:30-13:50</b>	<b>Performance Enhancement of SF Soldiers in the IDF</b> Jay Hoffman, University of Central Florida, Orlando, FL, USA



#### **B4. The 3<sup>rd</sup> Israel Seminar on Disability and Adapted Sport: Sport Prescriptions for Disabled Rehabilitation**

##### **Hall 129**

Session Chairs: Ishay Ostfeld, National Insurance Institute of Israel Yeshayahu (Shayke) Hutzler,  
The Academic College at Wingate, Netanya, Israel

<b>11:30-11:50</b>	<b>Participation and Program Quality Assessment in a Sports Center for Children with Disabilities</b> Anat Chacham-Guber, Israel Sport Center for the Disabled, Ramat Gan, Israel
<b>11:50-12:10</b>	<b>Game of Life: Soccer Intervention in New and Veteran Participants with Severe Mental Illness - Fitness, Skill and Mental Health-Related Outcomes</b> Yeshayahu (Shayke) Hutzler, The Academic College at Wingate, Netanya, Israel
<b>12:10-12:30</b>	<b>Forming a League: Using the Peer Group in Basketball for Empowerment, Social Rehabilitation and Recovery</b> Michal Wairon, Enosh – The Israeli Mental Health Association, Ramat Hasharon, Israel
<b>12:30-12:50</b>	<b>Contribution of Muscular Weakness to Osteoporosis</b> Amit Gefen, Tel Aviv University, Tel Aviv, Israel

#### **B5. Jews and Sports in the Modern Era**

##### **Hall 127**

Session Chair: Haim Kaufman, The Academic College at Wingate, Netanya, Israel

<b>11:30-11:50</b>	<b>The Diversity in Jewish Streams as Expressed in Sport</b> Haim Kaufman, The Academic College at Wingate, Netanya, Israel
<b>11:50-12:10</b>	<b>The Contribution of Jewish Hungarians to Competitive Sport</b> Jacob Sobovitz., Ret. P.E. and Sport Supervisor, Ministry of Education, Haifa District, Israel
<b>12:10-12:30</b>	<b>Fencing as a Jewish Sport</b> Udi Carmi, Ohalo College, Tiberias, Israel
<b>12:30-12:50</b>	<b>Israeli Sport from an International Perspective</b> Amichai Alperovich, University of Haifa, Haifa, Israel

**13:00-14:00 Lunch Break and Exhibition**

## 14:00-16:00 Plenary Session

### Herschtritt Auditorium

Session Chairs: Ronnie Lidor, The Academic College at Wingate, Israel  
Ron Golan, Ziv Medical Center, Zefat, Israel

#### **Arthur Holstein Memorial Lecture: Role of the Exercise Physiologist in Competitive Sports and the Olympics**

Andrew Jones, University of Exeter, Exeter, UK

#### **Running a Yard in Your Patient's Shoes: My Journey from Being a Professional Athlete to Caring for the Professional Athlete**

Benjamin Domb, Hinsdale Orthopaedics, Chicago, IL, USA

#### **Psychobiology of Endurance Performance**

Samuele Marcora, University of Kent at Medway, Kent, UK

#### **Citius, Altius, Fortius: Lessons Learned from the Olympic Games in Rio 2016**

Mark Hutchinson, University of Illinois, Chicago, IL, USA

#### **Prescribing Exercise in the Clinical Setting: Strategies to Improve Health Through Fitness**

Jordan Metzl, Hospital for Special Surgery, New York, NY, USA

## 16:00-16:30 Coffee Break and Exhibition

## 16:30-18:00 Parallel Sessions C

### C1. Sports Performance and Fatigue

#### Hall 1

Session Chairs: Ron Golan, Ziv Medical Center, Zefat, Israel  
Andrew Jones, University of Exeter, Exeter, UK

16:30-16:50	<b>Cellular Mechanisms for Muscle Fatigue</b> Abram Katz, University of Ariel, Ariel, Israel
16:50-17:20	<b>Exercise-Induced Fatigue: The Central Governor Theory</b> Sharon Tsuk, The Academic College at Wingate, Netanya, Israel
17:20-17:40	<b>Exercise-Induced Fatigue: Psycho-Biological Mechanisms</b> Samuele Marcora, University of Kent at Medway, Kent, UK
17:40-18:00	<b>Round Table Discussion</b>

## C2. The 11<sup>th</sup> Seminar on Military Sports Medicine: Soldier Training Rehabilitation

### Hall 3

Session Chairs: Uriel Dreyfuss, Laniado Hospital, Netanya, Israel

Lena Koren, IDF Medical Corps, Israel

16:30-16:50	<b>The Role of Hyperbaric Chamber in Sport Medicine</b> Yehuda Melamed, Elisha Hyperbaric Center, Haifa, Israel
16:50-17:20	<b>When Is the Time to Move from Walking to Running during Military Training in Military Training?</b> Shany Funk, IDF, Combat Fitness Center, Israel
17:20-17:40	<b>From Injury to Return to Duty: The 3rd SFG(A) Reintegration Program</b> Raymond Bear, 3rd Special Forces Group, US Army Special Forces, USA
17:40-18:00	<b>Return to Duty after Exertional Heat Stroke: The Heat Tolerance Test</b> Yoram Epstein, Heller Institute of Medical Research and Sackler Faculty of Medicine, Tel Aviv University, Israel

## C3. The 3<sup>rd</sup> Israel Seminar on Disability and Adapted Sport: Physical Training, Health and Wellbeing in the Elderly

### Hall 2

Session Chairs: Avraham Weiss, Rabin Medical Center, Petah Tikva, Israel

Yael Netz, The Academic College at Wingate, Netanya, Israel

16:30-16:50	<b>Active Aging: Anthropological Perspectives</b> Keren Mazuz, Hadassah Academic College Jerusalem, Israel
16:50-17:10	<b>Relationship between Postural Control and Posture Unrelated Attention in Advanced Age</b> Yael Netz, The Academic College at Wingate, Netanya, Israel
17:10-17:30	<b>Rehabilitation Outcome of Post-Acute Lower Limb Geriatric Amputees</b> Avital Hershkovits, Beit Rivka Geriatric Rehabilitation Center, Petah Tikva, Israel
17:30-17:50	<b>Physiology and Clinical Aspects of Sarcopenia in Older Individuals</b> Marco Narici, University of Nottingham, Nottingham, UK
17:50-18:10	<b>Dietary Intervention and Functional Performance in Aging</b> Jay Hoffman, University of Central Florida, Orlando, FL, USA

Friday, June 30, 2017

07:30-08:30 Registration

## Workshops: 08:30-14:00

### 1. Physical Examination in Sports Medicine - Tutorial Sessions

- 08:30-10:00 Shoulder - Mark Hutchinson, USA  
10:00-10:30 Coffee Break  
10:30-12:00 Hip - Benjamin Domb, USA

### 2. The 3rd Israeli Workshop on Cardio-Pulmonary Exercise Testing (2017)

- 08:30-09:00 Introduction: Interpretation of CPET Results – Ways to Go about It - Omri Inbar  
**09:00-10:30 Clinical Cases**  
09:00-09:20 Ventilatory Limitations during Exercise - Ronen Reuveny  
09:20-09:40 Breathing Reserve Is Not a Sensitive Measure of Exercise Ventilatory Limitation in Patients with Cystic Fibrosis – Ronen Reuveny  
09:40-10:05 From the Pulmonary Clinic: CPET Case Studies- Michael Segel  
10:05-10:30 VE/VCO<sub>2</sub> for Diagnostic and Prognostic Purposes in Heart Failure- Ron Golan  
10:30-11:00 Coffee Break  
**11:00-13:00 Athletic Cases**  
11:00-11:30 Cardiopulmonary Characteristics of Young Elite Athletes- Rotem Cohen  
11:30-12:00 Cases Presentation - Andrew Jones, UK  
12:00-13:00 Dynamic Restrictive Pattern of Breathing in Young Athletes- Ron Golan  
12:30-13:00 Round table discussion

### 3. Sportsman Hernia & Athletic Pubalgia – Workshop and Tutorial

- 08:30-10:30 Clinical Aspects**  
08:30-09:00 Pathophysiology of Sportsman Hernia and Complications of Athletic Pubalgia – Moshe Dudai  
09:00-09:15 Imaging Findings for SH & AP – Eugeny Kotz  
09:15-10:15 Symptoms and Physical Examination, Tutorial – Moshe Dudai  
10:15-10:30 Endoscopic TEP Release Reinforce Technique (RRT) for SH – Moshe Dudai  
10:30-11:00 Coffee Break  
**11:00-12:45 Sport Muscle Rehabilitation Program (SMRP) Following RRT Surgery**  
11:00-11:10 Principal of the Combined Treatment, Surgery with Rehabilitation – Moshe Dudai  
11:10-11:20 Protocol for the SMRP RRT - Ido Dana  
11:20-12:20 SMRP Exercises, Tutorial – Ido Dana  
12:20-12:30 Results of Combined Treatment – Moshe Dudai, Ido Dana  
12:30-12:45 Round Table – Moshe Dudai, Eugeny Kotz, Ido Dana