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Idrætsmedicinsk Årskongres 2014

Hotel Comwell i Kolding - Torsdag d. 30. jan. til 1. feb.




[PROGRAM](#) [WORKSHOPS](#) [ABSTRACT VEJLEDNING](#) [TILMELDNING](#) [COMWELL KOLDING](#) [TIDLIGERE ÅRSKONGRESSER](#)

Program

Opdateret d. 12. oktober 2013

Thursday 30. January 2014

9:00	Check ind	<u>Room C - Workshop program...</u>
	Teatersalen (Main Hall) Room A Room B	
10:30	Åbning af Kongressen	
10:45-11:45	"Opening lecture: Exercise and health – from man to molecule"	
	<i>Speaker:</i> Bente Klarlund Pedersen	
11:45-12:45	"Lecture: Tracking of physical activity – which technologies do we have?" Lars Bo Andersen → Measurement of physical activity Lars Bo Andersen → Quantification of home-based exercise adherence using simple technology Michael Skovdal Rathleff <i>Chair: Bente Klarlund Pedersen</i>	"Lecture: PROMS - hvad findes der og hvad er valideret?" Michael Krogsaard (In Danish)
12:45	Lunch in the exhibition area	
13:30-15:00	DSSAK Symposium: "The painful elbow" → Epicondylitis and tendinoses around the elbow Taco Gosens → Other causes of elbow Bo Sanderhoff Olsen <i>Chair: Bo Sanderhoff Olsen</i>	Symposium: "Middle aged and elderly: nutrients and training in keeping yourself fit " → Endurance training and metabolic health: a dose-response relationship? Bente Stallknecht → Low intensity resistance exercise training and nutrition: additive effect on muscle anabolism? Lars Holm <i>Chair: Lars Holm and Jakob Agergaard</i>
		Symposium: "Brugen af spørgeskemaer i idrætsmedicin " → 1. Kriterier for valg og udvikling af spørgeskemaer - herunder anbefalinger fra COSMIN og COMET → 2. Kriterier for måleegenskaber af spørgeskemaer: responsiveness, sensitivitet og specificitet → 3. Mine konkrete valg af spørgeskemaer til vurdering af fire almindelige lidelser Margreth Grotle og Michael Krogsaard <i>Chair: (In Danish)</i>
15:00-16:00	"Tendinopathies" Jill Cook <i>Chair: Christian Couppé</i>	"Effects of strength exercise in cancer patients during chemotherapy" Jesper Christensen <i>Chair: Rie Harboe Nielsen</i>
		"What is the evidence behind electrotherapy?" Nicola Maffiuletti <i>Chair: Dorte Nielsen</i>

16:00 Coffee in the exhibition area

16:30-18:00	<p>“Symposium: Running injuries – can they be prevented?”</p> <p>➔ Running, training and shoes – a brief history Finn Johannsen</p> <p>➔ What’s new in running-related research? Marienke Van Middelkoop</p> <p>➔ Risk factors for running-related injuries among novice runners. Rasmus Østergaard Nielsen</p> <p>➔ Footwear, landing impacts and running-related injuries. Daniel Theisen</p> <p><i>Chair: Finn Johannsen</i></p>	<p>ADD (Anti doping Denmark) symposium: “Medicine for the athlete or the patient?”</p> <p>➔ EPO Jakob Mørkeberg</p> <p>➔ GH/IGF-1 Simon Døssing</p> <p>➔ Testosterone Thue Kvorning</p> <p>➔ Beta2-agonists/astma medication Morten Hostrup</p> <p>➔ Policies and guidelines (WADA, Danish legislation) Lone Hansen</p> <p><i>Chair: Mette Hansen</i></p>	<p>Symposium: “Is there an active life after knee alloplasty?”</p> <p>➔ Exercise following Total knee replacement Thomas Bandholm</p> <p>➔ Quadriceps function after TKA Nicola Maffiuletti</p> <p>➔ What to expect following Total knee replacement Anders Troelsen</p> <p><i>Chairs: Per Hölmich and Kristian Thorborg</i></p>
18:30-19:00		DIMS generalforsamling	FFI generalforsamling
20:00-??	Get together party		

Friday 31. January 2014

Room C - Workshop program...

Teatersalen (Main Hall)	Room A	Room B
<p>8:00-9:30 ADD symposium: “Doping amongst non-elite athletes in Denmark”</p> <p>➔ Fitness doping in Denmark – is there a problem? Malene Radmer Johannison</p> <p>➔ The long-term side-effects of doping on the musculo-skeletal system Michael Kjær</p> <p>➔ The Danish model – how to fight fitness doping Malene Radmer Johannison:</p> <p>➔ The Norwegian model – how to fight fitness doping Anne Thidemann:</p> <p><i>Chair: Mette Hansen</i></p>	<p>Symposium: “Complications related to ACL reconstruction”</p> <p>➔ What is a complication free course after ACL reconstruction? Michael Krogsgaard</p> <p>➔ Can we use NSAIDs postoperatively in ACL reconstruction? Lars Nordsletten</p> <p>➔ Complications reported to the Danish Patient Insurance – the importance of tunnel positioning Michael Krogsgaard</p> <p>➔ Anatomy of nerves at risk during graft harvest Christian Dippmann</p> <p>➔ Radiographic, histological, ultrastructural and clinical findings after ACL reconstruction using patellar tendon and hamstring tendon autografts Martina Åhlén</p>	<p>Symposium: “Muscle injuries in relation to hamstring and groin”</p> <p>➔ Etiology of muscle injuries Kristian Thorborg</p> <p>➔ Treatment of muscle injuries Gustaaf Reurink</p> <p>➔ Hamstring injuries Jesper Petersen</p> <p>➔ Groin injuries Per Hölmich</p> <p><i>Chairs: Per Hölmich and Kristian Thorborg</i></p>

9:30-10:30	Mini battle: Strength exercise in children – why bother? PRO et CONTRA	<i>Chair: Michael Krogsaard</i> “Heart adaptations to sport – is it good or bad? ” Mathew Wilson	“Danish female soccer: strategies and challenges” Thøger Krogh and Kenneth Heiner-Møller
	→ Why bother? Niels Wedderkopp	<i>Chair: Hanne Kruuse Rasmussen</i>	<i>Chair: Martin Ratchke</i>
	→ Per Aagaard: PRO → Jesper Bencke: CONTRA <i>Chair: Niels Wedderkopp</i>		

10:30 Coffee in the exhibition area

11:00-12:30 Symposium: “Jumper’s knee” → “Predisposing factors in Jumpers knee – are there others than loadbearing factors? ” Jill Cook → “The jumping paradox – is there anything we can do to prevent the injuries in jumping athletes?” Håvard Visnes → “From basic to clinical science: New treatments of patellar tendinopathy – are there any?” Michael Kjaer <i>Chair: Peter Magnusson</i>	Symposium: “Simple strength training interventions in treatment and prevention” → Strength training in prevention and rehabilitation: Describing the “drug of choice” Thomas Bandholm → Strength training for neck and shoulder pain Lars Andersen → Strength training in the prevention of ACL injuries Mette Zebis <i>Chair: Michael Rathleff and Kristian Thorborg</i>	→ To be announced
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12:30 Lunch in the exhibition area

13:30-15:00 Professor lectures: → Uffe Jørgensen → Bente Stallknecht → Lars Andersen	Symposium: “Den forpustede idrætsudøver – teenageren” → Cardiology Niels H Andersen → Pulmonology Vibeke Backer → Physical fitness Niels Wedderkopp <i>Chair: Allan Butans Christensen (In Danish)</i>	<div data-bbox="1066 1294 1445 1328" style="border: 1px solid black; padding: 2px;">13:00-14:30</div> “The sternoclavicular joint and sport – an overview” → SC joint anatomy, SC joint injury and degenerative conditions, SC joint problems in sports. Taco Gosens → Surgical treatment Martin Ratchke <i>Chair: Michael Krogsaard</i>
15:00-16:00 “Work-related shoulder problems” Susanne Wulff Svendsen <i>Chair:</i>	PhD lectures: → To be announced	<div data-bbox="1066 1760 1445 1794" style="border: 1px solid black; padding: 2px;">14:30-16:00</div> SAKS symposium: “Treatment of meniscal lesions” → Classification of meniscus lesions Michael Krogsaard → Visualization of meniscal lesions by MRI and ultrasound Jens Olesen

→ **Indications for operative treatment (in relation to symptoms, patient age, time since injury and MRI appearance – should asymptomatic lesions be operated on?)**

Rene Verdonk

→ **Treatment of tears. Reinsertion? Resection? Rasping? (in relation to patient age and type of lesion)**

Rene Verdonk

→ **Fixation methods**

Michael Krogsgaard

→ **Rehabilitation after meniscus reinsertion – is there any evidence?**

Peter Faunø

→ **Consequence of meniscus injury and future perspectives in treatment**

Rene Verdonk

Chair: Torsten Warming

16:00 Coffee in the exhibition area

16:30-18:00 "Oral presentations – finalists"

→ **Speakers: To be announced**

Prize lecture Ove Bøje

19:30-20:00 "Poster-walk" in the Exhibition area

20:00-?? Conference dinner

Saturday 1. february 2014

**Room C -
Workshop program...**

Teatersalen (Main Hall)

Room A

Room B

9:00-10:30 Symposium: "Snapping scapula – diagnosis, treatment and prognosis "

→ **Anatomy and biomechanichs of the thoracoscaphular junction – with special reference to snapping scapula**
Finn Bojsen-Møller

→ **Diagnostic strategy in relation to snapping scapula**
Martin Ratchke

→ **Rehabilitation strategies for patients with snapping scapula**
Rikke Høffner

Symposium: "Weight and exercise - from commitment to obsession "

→ **Exercise addiction – can you get too much of a good thing?**
Mia Lichtenstein

→ **Physiological consequences of low energy availability**
Anna Melin

Chair: Mette Hansen

Symposium: "Neuromuscular changes after ACL injury "

→ **Muscular contributions to knee joint stability during weight bearing**
Daniel Benoit

→ **Adaptations to ACL injury - copers vs non-copers**
Tine Alkjær

→ **"?"**
Erik Bruun Simonsen

→ **Neuromuscular strategies after ACL**

➔ **Surgical treatment**

Lars Blønd

➔ **Results of surgical treatment.**

Strategies when surgery is failing

Martin Ratchke

Chair: Michael Krosggaard

injury

Michael Krosggaard

Chair: Daniel Benoit

10:30 Coffee in the exhibition area

11:00-12:30	Symposium: "Treatment options for the painful knee in the active, middle aged person"	Mini battle: "Steroid injections – PRO et CONTRA debate"	Symposium: "Training of neurological patients "
	➔ Introduction to the problem Michael Krosggaard	➔ Thøger Krogh (CONTRA) ➔ Finn Johannsen (PRO)	➔ Apoplexia and training Kaare Severinsen
	➔ Epidemiology of knee pain in these athletes and the pathologies involved. Diagnostic strategy. Harald Roos	<i>Chair: Tommy Øhlenschläger</i>	➔ Spinal cord injury and training Fin Biering Sørensen
	➔ Non-surgical options: Specific training programs and bracing Ewa Roos		➔ Exercise and dementia Steen Hasselbalch
	➔ Surgical options: Menisci, cartilage, synovitis, osteoarthritis Rene Verdonk		➔ Multiple sclerosis and training Ulrik Dalgas
	➔ Suggestion of a treatment strategy. When is it time to reduce sports activity? Michael Krosggaard <i>Chair: Torsten Warming</i>		<i>Chair: Ulrik Dalgas</i>

12:30 Afslutning

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