In Conjunction with:
ISUMA – IDF Special Units Medical Administration
The Israeli Physiotherapy Society
The Israel Society of Knee Surgery and Arthroscopy
The Israel Orthopedic Foot and Ankle Society
The Israel Shoulder and Elbow Society
The Israel Society of Surgery of the Hand
The Israel Society of Musculoskeletal Medicine
The Israel Olympic Committee
Chairmen: Ehud Rath and Gideon Mann

Scientific Committee: Ehud Atoun
Yiftach Beer
Ronen Debbi
Ron Golan
Yiftach Hetsroni
Liran Lifshitz
Ishay Ostfeld
Moshe Yaniv

Organizing Committee: Hadas Jacobi
Liran Lifshitz
Gideon Mann
Moshe Yaniv

Invited Faculty: Gian Luigi Canata, Italy
Brien Cole, U.S.A
Wayne Diesel, UK.
Daniel Herschkowitz, Switzerland
Elizaveta Kon, Italy
Ofer Levy, UK.
Andre Morawe, Germany
Nicola Phillips, UK.
Wednesday, 21 November, 2012

07:30-08:30  Registration

08:30-10:00  SESSION I

Hall A: Shoulder
Chairmen: E. Atoun
Moderator: M. Perry, O. Safran

08:30-08:50  Complications of bio absorbable sutures and Non-arthroplasty management of young patients with GH arthritis. B. Cole

08:50-09:05  Non-operative treatment of shoulder instability in athletes. A. Rabin

09:05-09:20  Surgical management of shoulder instability in athletes – Soft tissue procedures. O. Levy

09:20-09:35  Surgical management of shoulder instability in athletes – Bony procedures. G. Mozes

09:35-10:00  Case presentation and Panel discussion. O. Levy, E. Maman, O. Safran, Physiotherapist

Hall B: Military Sports Medicine

08:30-08:45  Opening Address
Colonel Oren Gil, Head IDF Combat Fitness Department
Colonel Ishay Ostfeld, Military meeting chairman

Physiology and fitness in soldiers
Moderator: R. Golan, I. Ostfeld

08:45-09:00  The “Effort Graduation Scale” of the IDF - D. Ben Dov

09:00-09:15  What is new in the approach to heat stroke in the military? - I. Ostfeld

09:15-09:30  Exertional rhabdomyolysis in warfighters - Y. Heled

09:30-10:00  Physical training in the Swiss army and Special Forces - D. Herschkowitz

10:00-10:30  Coffee Break and Exhibition

10:30-12:30  SESSION II

Hall A: The American Joint Distribution Committee (JDC) and the Arthur Holstein Memorial Fund
Plenary Keynote lectures
Moderators: A. Finsterbusch, Y. Yarom

10:30-10:55  Opening Ceremony – Ehud Rath, Chairman Israel society of sports Medicine
In memory of Arthur Holstein. G. Mann
On the JDC. Galit Sagi, Director of Planning Development, JDC-Israel
In Memory of Haim Weinberg. G. Mann
Honorary membership of the Israel Society of Sports Medicine to Prof Yair Shapiro. Y. Epstein

11:15-11:35 Biomaterials for cartilage and osteochondral regeneration. E. Kon
11:55-12:30 ISSM's Business Meeting
12:30-13:30 Lunch and Exhibition

13:30-15:00 SESSION III

Hall A: Cartilage / OA - Sponsored by Sanofi Biosurgery
Moderator: R. Debbi, E. Kon
13:30-13:45 Managing failure of cartilage repair. B. Cole
13:57-14:09 OA following knee injury - can we minimise progression or do we manage symptoms? N. Phillips
14:09-14:21 Sport as contributing factor to OA. N. Gal
14:21-15:00 Discussion

Hall B: Military Sports Medicine
Combat medicine and sport
Moderator: U. Dreyfuss, N. Fink
13:30-14:00 Combat medicine and sport, from past to future - Y. Shapiro
14:00-14:20 The scientific basis for medial screening of athletes - G. Dubnov-Raz
14:20-14:40 Should the military use athletes' cardiac testing for screening? - N. Fink
14:40-15:00 Mental toughness in sport and in the battlefield - I. Orbach
15:00-15:30 Coffee Break and Exhibition

15:30-17:00 SESSION IV

Hall A: Recovery of athletes: Multi-disciplinary approach
Moderator: M. Cale-Benzoor
15:30-15:40 Nutritional aspects in exercise recovery - Y. Dror
15:40-15:50 The use of ice bath in football - L. Lifshitz
15:50-16:00 Managing recovery options in a Major Games environment - N. Phillips
16:00-16:10 Prevention of overtraining - A. Eliakim
16:10-16:20 The road to gold-lessons from an olympic campaign - O. Yanilov-Eden
16:20-17:00 Discussion
Hall B: Cardiovascular Sports Medicine Mini-Symposium
Moderators: M. Arad, R. Golan
Athletes with heart disease – How far can we let them go?
Mini-symposium of the Israeli Society of Sports Medicine, and working groups on Cardiomyopathies and Cardiac Rehabilitation of the Israeli Heart Society

Part A
15:30-16:00 Hemodynamic responses to different types of exercise in cardiac patients
16:00-16:30 Can stable coronary patients run a marathon, or should we limit their exercise intensity?
16:30-17:00 Evidence vs. clinical judgment in exercise recommendations for cardiomyopathy patients
17:00-17:30 Exercise limitations and recommendations for patients with cardiac arrhythmias
17:30-18:00 Coffee Break

Hall C: Military Sports Medicine
Orthopedic and overuse injuries in soldiers
Moderator: U. Frankl, I. Malka

15:30-15:45 Overuse injuries in military: a hidden epidemic - O. Schwartz
15:45-16:00 Upper limb Injuries in IDF warriors - U. Dreyfuss
16:00-16:15 Median nerve palsy in five SF IDF soldiers - I. Ostfeld
16:15-16:30 Brachial plexus traction injury the IDF - A. Gam
16:30-16:45 The myofascial explanation for common complaints of training soldiers - A. Finestone
16:45-17:00 Can posture-analyzer test predict lower limb injuries in IDF recruits - U. Moran
17:00-17:30 Closing Remarks
17:30-18:00 Coffee Break
18:00-19:30 SESSION V

Hall C: Military Sports Medicine
Moderator: I. Ostfeld
Injuries from “Hand-to-hand” combat
Short presentations and panel discussion

19:20-19:30 Closing Remarks
Hall D: Athletes with heart disease – how far can we let them go?

Moderators:

18:00-19:30 Case studies: Each case will be discussed by a cardiologist, a sports physician, and exercise physiologist.

1) A middle-age athlete with Hypertrophic Cardiomyopathy
2) A middle-age active man with a dilated cardiomyopathy
3) An athlete with a dilated aortic root
4) An athlete with a pacemaker or an ICD
5) To QT or not to QT? Exercise with borderline long/short QT

Thursday, 22 November, 2012

07:30-08:30 Registration

08:30-10:00 SESSION VI

Hall A: Groin pain – from anterior to posterior

Moderator: M. Yaniv, E. Rath

08:30-08:40 We know what we treat. M. Dudai
08:40-08:50 We are not sure what we are treating. E. Avinoah
08:50-09:00 It is the hip? E. Amar
09:00-09:10 PT approach to groin pain
09:10-09:20 Discussion
09:20-09:30 Hip arthroscopy in children and adolescent. R. Gigi
09:30-09:40 Deep gluteal syndrome. A. Shapira
09:40-09:47 Surgical repair of chronic hamstrings avulsion. N. Marom
09:47-09:54 Labral repair in patients over 50. T. Ben-Tov
09:54-10:00 Discussion
10:00-10:30 Coffee Break

10:30-12:30 SESSION VII

Hall A: Free papers

Moderator: A. Gold, A. Efergan

10:30-10:45 Hyaluronan in patellar tendinopathies. G.L. Canata
10:45-11:00 Free Papers

• Prevalence and significance of asymptomatic tears of knee menisci. N. maro, G. Mann
• Research in a professional conference, yields that SLS is a reliable tool - but gender might influence the outcome. G. A Herman, O. Nakdimon, N. Rotem Lehrer, O. Einstein.
• Chronic exertional compartment syndrome: results of minimally invasive fasciotomy. N. Rosen, A. Shapira, N.a Blumberg, G. Morag, E. Rath

• Chronic exertional compartment syndrome, comparison study between conservative and surgical treatment. R. Thein, E. Rom, Shay Tenenbaum, Barak Haviv, Amir Herman, Yehuda Amit, Gideon Burstein

• Isokinetic and isometric strength values of the knee extensors and flexors for soccer players ages 16 to 17. Zeevi Dvir, Avihai Soroka

• Combined reconstruction of the medial patellofemoral and medial patellotibial ligaments for chronic patellar instability. Iftach Hetsroni, Eran Dolev, Niv Marom, Meir Nyska, Gideon Mann

• Preparticipation musculoskeletal screening examination of candidates to the academy for excellence in sport at wingate institute. Or Michaeli, Einat Meidan, Eyal Shargal, Dalya Navot-Mintzer

• Preparticipation medical screening of candidates to the academy for excellence in sport. Dalya Navot-Mintzer, Levana Zigel, Eyal Shargal


• Does tibial slop has an influence on the success and satisfactory of ACL reconstruction? Can we use the TS as a prognostic predictor of ACL reconstruction? Y. Beer, D. Lindner, O. Rabau, K. Barak, M. Alpert, V. Dubenco, G. Agar

**Hall B: Exercise Physiology**

**Moderator: Y. Baron, R. Golan**

10:30-11:00 Clinical Aspects of the Cardiopulmonary Exercise Testing

11:00-11:15 HAST test for COPD patients

11:15-11:30 Prognostic value of heart rate recovery: Science or fictions

11:30-12:00 Strength training in cardiac patients: To whom, when and how much?

**Hall C: Physiotherapy: pratical workshop**

**Moderators:**

**Prescribing Eccentrics - W. Diesel**

Session will start with theory and principles related to the use of Eccentrics in Prevention and Rehabilitation of sports-related soft tissue injuries in the lower limb

Second half of the session will be practical demonstration of key eccentric exercises

12:30-13:30 Lunch and Exhibition
13:30-15:00 **SESSION VIII**  

**Hall A: Knee**  
**Moderators: Y. Beer, Y. Hetsroni**  

- 13:45-14:00 Primary Acute and Chronic ACL Repair. G.L. Canata  
- 14:00-14:30 Multi ligamentary Knee Injury - case presentation and discussion. Y. Hetsroni  
- 14:30-15:00 Middle age ACL tear - Case presentation. Y. Beer  

**Hall B: Sports Medicine**  
Public debate - The New Israeli Sports’ Law  
Are these timely or peer-pressure changes?  
**Moderators: R. Golan, Y. Shapiro**  

**Hall C: Physiotherapy - Practical Workshop**  
**N. Phillip**  
Functional Rehabilitation for returning to sport – part 1  
- Theoretical principles of enhancing rehabilitation using motor control principles  
- Choosing the right exercises  
- Coaching good form during functional movement  
  Using feedback  
- Facilitating retention and accessibility of good movement patterns  
- Progressing movement skill level alongside strength and range of movement  

15:00-15:30 **Coffee Break and Exhibition**  

15:30-17:00 **SESSION IX**  

**Hall A: Other Subjects of Interest**  
**Moderators: G.Mann, E. Luger**  

- 15:30-15:42 Cannulated minimally invasive screw fixation of the Jones Fracture in elite athletes: Indications, technique and results. A. Morawe  
- 15:42-15:54 Distal Tibio-Fibular Disruption, or the "High Ankle Sprain": A missed injury. J. Lowe  
- 15:54-16:06 Proximal Tibio-Fibular Joint Injury: A missed knee pathology. N. Marom  
- 16:06-16:18 The Listfranc Dislocation, or the "Mid Foot Sprain": Surgical treatment using the "Tite-Rope" System. M. Nyska  
- 16:18-16:30 Percutaneous repair of Acute Achilles Tendon ruptures in elite athletes: Indications, technique and results. A. Morawe  
- 16:30-16:42 Novel Osteochondral Scaffold for Cartilage Regeneration: Preclinical Study. E. Kon
16:42-16:54  Avascular Necrosis (AVN), Spontaneous Osteonecrosis of the Knee (SONK), Transient Osteoporosis and Migratory Osteoporosis: Could they be differentiated by imaging? I. Eshed

16:54-17:00  Discussion

**Hall B: Physiotherapy: Physiotherapy - Practical Workshop**

**N. Phillip**

Functional Rehabilitation for returning to sport – part 2
- Practical application of principles
- Lower limb examples
- Upper limb examples
- Final stage and return to sport - How do you decide when it is safe?

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**Friday, 23 November, 2012**

**THE 1ST BASIC SHOULDER ULTRASOUND COURSE FOR ORTHOPEDIC SURGEONS. 23.11.12**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>08:00</td>
<td>Registration</td>
</tr>
<tr>
<td>08:30</td>
<td>Welcome and History of ultrasound: E. Rath</td>
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<tr>
<td>08:35</td>
<td>Sonographic oriented shoulder anatomy: E. Maman</td>
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<td>08:45</td>
<td>Physics of ultrasound and normal sonographic findings of the shoulder: E. Glazer</td>
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<td>09:00</td>
<td>Pathological sonographic findings of the shoulder: A. Blankstein</td>
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<td>09:15</td>
<td>Shoulder Ultrasound vs MRI for rotator cuff pathology: C. Milgrom</td>
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<td>09:25</td>
<td>Supine Technique Demonstration: O. Levy</td>
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<td>09:40</td>
<td>Sitting Technique Demonstration: Y. Kotz</td>
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<td>10:15</td>
<td>Coffee break</td>
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<tr>
<td>12:15</td>
<td>Hands on scanning - Normal Anatomy and pathologies - Practical Session: Six stations each with one faculty member</td>
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<td>One stop clinic and Adjourn: E. Atoun</td>
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**FACULTY:**
- C. Milgrom
- O. Levy
- E. Atoun
- Y. Kots
- A. Blankstein
- E. Maman
- E. Rath
- E. Glaser
- P. Snopik