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

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

September 29-30, 2015 • Dan Panorama Hotel, Tel Aviv, Israel
Chairmen:  
Ehud Rath  
Thomas G Sampson

Scientific Committee:  
Ronen Debi  
Reuven Shitrit  
Ishay Ostfeld  
Ron Golan  
Yoram Epstein  
Liran Lifshitz

Invited Faculty:  
Richard Field, Great Britian  
Markus Siepman, 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**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>08:30-08:40</td>
<td>Welcome. Ehud Rath, Thomas Sampson</td>
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<tr>
<td>08:40-08:50</td>
<td>History/physical examination and diagnosis of hip pathology. Hal Martin</td>
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<td>08:50-09:00</td>
<td>Clinical Anatomy and Evidence Based Evaluation Techniques for Individuals with Hip Pathology. Robroy Martin</td>
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<td>09:00-09:10</td>
<td>Pediatric hip conditions. Travis Matheney</td>
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<td>09:10-09:20</td>
<td>Hip Spine syndrome. Hal Martin</td>
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<td>09:20-09:30</td>
<td>Decision Making in Hip Arthroscopy and the Degenerative Hip. Thomas Sampson</td>
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<td>09:30-09:40</td>
<td>Painful patient after THR. Michael Drexler</td>
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<td>09:40-09:50</td>
<td>Iliopsoas: Anatomy, Function, Arthroscopic Release and Why to Preserve it. Thomas Sampson</td>
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<td>09:50-10:00</td>
<td>What is the role of the Ligamentum Teres in Hip stability? Richard Field</td>
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<tr>
<td>10:00-10:10</td>
<td>Optimizing patient recovery protocols for lower limb joint replacement. Richard Field</td>
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<td>10:10-10:30</td>
<td>Clinical Case Panel. TBD</td>
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**Hall B - Sports Medicine**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>08:30-10:30</td>
<td>Pre-participation sports examination in Israel: Past, present and future (Ministry of health’s Advisory Committee for certification of Sports Stations and Doctors)</td>
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**Hall C - The 9th seminar on Military Sports - Training, Physiology and Performance Enhancement**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>08:30</td>
<td>Opening Address. Ishay Ostfeld</td>
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<td>08:30-08:45</td>
<td>Perception of physical fitness tests in the IDF. Daniel Ben Dov</td>
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<tr>
<td>08:45-09:00</td>
<td>Long and light or short and heavy? Tactical military readiness, load carriage and marches. Shany Funk</td>
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<tr>
<td>09:00-09:15</td>
<td>New recovery approach to training injuries of SF soldiers. Arik Ben Moshe</td>
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<td>09:15-09:30</td>
<td>Training high and working low, a method to consider in military training. Dalia Navot</td>
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<tr>
<td>09:30-10:00</td>
<td>Possible benefits of HMB supplication on SF soldiers performance. Jay Hoffman</td>
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10:30-11:00  Coffee break and visit the exhibition
### 11:00-13:00  Session 2

**Hall A - Plenary Session**

<table>
<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>11:00-11:05</td>
<td>Opening ceremony Ehud Rath, chair Israeli society for sports medicine</td>
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<td>11:05-11:20</td>
<td>Honorary Member Award – <strong>Prof Gideon Mann</strong></td>
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<td>11:20-11:40</td>
<td>Biologic treatments for articular cartilage repair: stem cells, platelet rich plasma. <strong>Richard Field</strong></td>
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<tr>
<td>11:40-11:50</td>
<td>Discussion</td>
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<td>11:50-12:10</td>
<td>Sources of Posterior Hip Pain: Ischial Femoral Impingement, Greater Trochanteric Ischial Impingement, and Nerve Entrapment. <strong>Robroy Martin</strong></td>
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<tr>
<td>12:10-12:20</td>
<td>Discussion</td>
</tr>
<tr>
<td>12:20-12:40</td>
<td>Exercise Physiology. <strong>TBD</strong></td>
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<tr>
<td>12:40-12:50</td>
<td>Discussion</td>
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<tr>
<td>12:50-13:10</td>
<td>Business Meeting &amp; Election’s notes</td>
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<td>13:00-14:00</td>
<td><strong>Lunch and elections</strong></td>
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### 14:00-15:30  Session 3

**Hall A - Acute trauma around the hip**

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<tr>
<th>Time</th>
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<tbody>
<tr>
<td>13:50-14:00</td>
<td>Iliac Spine avulsions – ASIS, Alls. <strong>Tali Becker</strong></td>
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<tr>
<td>14:00-14:10</td>
<td>Proximal hamstrings rupture. <strong>Ehud Rath / Dror Lindner</strong></td>
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<td>14:10-14:20</td>
<td>Case presentation: Perthes disease in an athlete. <strong>Reuven Shitrit</strong></td>
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<tr>
<td>14:20-14:30</td>
<td>Pediatric hip fractures. <strong>Dan Epstein</strong></td>
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<tr>
<td>14:30-14:50</td>
<td>Clinical Case Panel: painful hip after arthroscopy. <strong>Dror Lindner</strong></td>
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**Rehabilitation and outcome measures**

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<th>Time</th>
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<tr>
<td>14:50-15:00</td>
<td>Outcomes - the South West London Elective Orthopaedic Centre experience. <strong>Richard Field</strong></td>
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<tr>
<td>15:00-15:10</td>
<td>Role of Rehabilitation after Hip Arthroscopy. <strong>Robroy Martin</strong></td>
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<tr>
<td>15:10-15:30</td>
<td>Clinical Case Panel: Rehabilitation after hip replacement: does the approach matters? <strong>Robroy Martin</strong></td>
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**Hall B - Sports Medicine (continue): Sports Cardiology**

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<th>Time</th>
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<tr>
<td>14:00-15:30</td>
<td>The Israeli National Registry of Pre-Participation Sports Examinations: A Joint venture of the Israeli Society of Sports medicine and the Israel Heart Society</td>
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**Hall C - The Israel Seminar on Handicap and Adapted Sport - Adapted Sport in Israel**

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<th>Time</th>
<th>Session Content</th>
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<tbody>
<tr>
<td>14:00-14:05</td>
<td>Opening Address. <strong>Ishay Ostfeld</strong></td>
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<tr>
<td>14:05-14:30</td>
<td>The view of an Israeli paralympic athlete. <strong>TBD</strong></td>
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<tr>
<td>14:30-14:45</td>
<td>Concepts of disability sport classification. <strong>Itzhak Siev-Ner</strong></td>
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</tbody>
</table>
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 - The Israeli society for knee surgery and arthroscopy**

- 08:30-10:30  Knee OCD symposium: Dilemmas, prognostic factors, management and rehabilitation
- 10:30-11:00  Coffee break and visit the exhibition
11:00-13:00  **Session 2**

**Hall A - 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 Ilizalitur**
12:40-13:00  Clinical Case Panel. **TBD**

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

11:00-13:00  Diagnostic values of combined Echo and CPET

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 Ilizalitur**
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)
Diagnostic values of combined athletic performance tests and CPET
CPET and exercise prescription for the apparently healthy and athletic population