



THE ANNUAL MEETING  
OF THE ISRAEL SOCIETY  
OF SPORTS MEDICINE

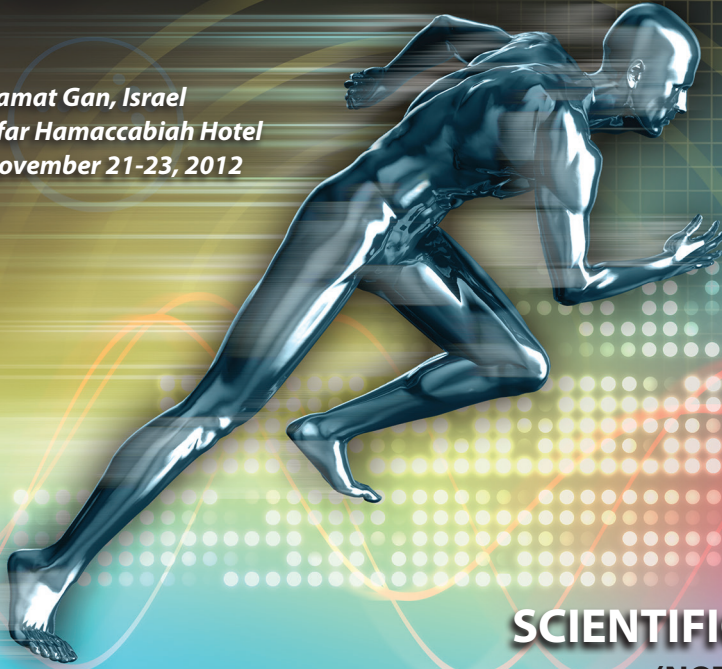


THE 29TH INTERNATIONAL  
JERUSALEM SYMPOSIUM  
ON SPORTS MEDICINE

In Memory of Prof. Weinberg



Ramat Gan, Israel  
Kfar Hamaccabiah Hotel  
November 21-23, 2012



## SCIENTIFIC PROGRAM (NOT FINAL)

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

ISUMA –  
IDF Special  
Units Medical  
Administration



The Israel  
Orthopedic  
Foot and Ankle  
Society



The Israel of  
Shoulder and  
Elbow Society



The Israel  
Society of Knee  
Surgery and  
Arthroscopy



The Israeli  
Physiotherapy  
Society



The Israel Society  
of Musculoskeletal  
Medicine



The Israel  
Society of  
Surgery of the  
Hand



The Israel  
Medical  
Association



The American  
Jewish Joint  
Distribution  
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. Epsteinn

- 10:55-11:15 Cartilage Restoration: Evaluation and Decision-Making. B. Cole  
11:15-11:35 Biomaterials for cartilage and osteochondral regeneration. E. Kon  
11:35-11:55 Eccentrics: Cornerstone in prevention and Rehabilitation of Soft Tissue injuries. W. Diesel  
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  
13:45-13:57 Platelet Rich Plasma: Application in knee articular degenerative pathology. E. Kon  
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
- A new polycarbonate-urethane meniscus implant for the treatment of middle-aged patients: first experience from 30 patients in israel. G. Agar, R. Arbel, S. Israeli, Y. Beer, T. Ben-Haim, N. Blumberg, Shabshin, J. Elsner, E. Nocco, E. Linder-Ganz, N. Rozen
- 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: practical 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 | <b>Lunch and Exhibition</b> |
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## 13:30-15:00 **SESSION VIII**

### **Hall A: Knee**

**Moderators: Y. Beer, Y. Hetsroni**

- 13:30-13:45 Management of medial knee pain in over 50 sportsmen. G.L. Canata  
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?

## **Friday, 23 November, 2012**

### **THE 1<sup>ST</sup> BASIC SHOULDER ULTRASOUND COURSE FOR ORTHOPEDIC SURGEONS. 23.11.12**

- 08:00 Registration
- 08:30 Welcome and History of ultrasound: E. Rath
- 08:35 Sonographic oriented shoulder anatomy: E. Maman
- 08:45 Physics of ultrasound and normal sonographic findings of the shoulder: E. Glazer
- 09:00 Pathological sonographic findings of the shoulder: A. Blankstein
- 09:15 Shoulder Ultrasound vs MRI for rotator cuff pathology: C. Milgrom
- 09:25 Supine Technique Demonstration: O. Levy
- 09:40 Sitting Technique Demonstration: Y. Kotz
- 09:55 **Coffee break**
- 10:15 Hands on scanning - Normal Anatomy and pathologies - Practical Session: Six stations each with one faculty member
- 12:15 One stop clinic and Adjourn: E. Atoun

#### **FACULTY:**

- |               |           |
|---------------|-----------|
| C. Milgrom    | E. Maman  |
| O. Levy       | E. Rath   |
| E. Atoun      | E. Glaser |
| Y. Kots       | P. Snopik |
| A. Blankstein |           |