



THE ANNUAL MEETING
OF THE ISRAEL SOCIETY
OF SPORTS MEDICINE



THE 31TH INTERNATIONAL
JERUSALEM SYMPOSIUM
ON SPORTS MEDICINE

In Memory of Prof. Haim Weinberg



In conjunction with:

The Israeli Physiotherapy
Society

Israel Defense Forces -
Medical Corps

Israel Special Units
Medical Association

The Israel Society of Knee
Surgery and Arthroscopy

The Israel Orthopedic Foot
and Ankle Society

The Israel Shoulder and
Elbow Society

The Israel Society for
Surgery of the Hand

The Israel Society of
Musculoskeletal Medicine

The American Jewish Joint
Distribution Committee
(JDC)

The Israeli
Physiotherapy
Society



Israel Special
Units Medical
Association



Israel Defense
Forces -
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Surgery of the
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The Israel
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Medicine



the European Federation
of National Associations
of Orthopaedic Sports
Traumatology



The American
Jewish Joint
Distribution
Committee (JDC)



Thursday - Friday • October 23 - 24, 2014 • Kfar Maccabiah, Ramat Gan, Israel

**Chairmen:****Gideon Mann****Ehud Rath****Scientific Committee:****Yoram Epstein****Ron Golan****Iftah Hetsroni****Einat Kodesh****Liran Lifshitz****Ishay Ostfeld****Mickey Scheinowitz****Moshe Yaniv****Organizing Committee:****Hadas Jacobi****Moshe Yaniv****Invited Faculty:****Nicola Bonin**, France**Michael Hirschmann**, Switzerland**Levy Ofer**, UK**Annelies Maenhout**, Belgium**Alexander Van Tongel**, Belgium

PROGRAM AT A GLANCE



Thursday, October 23, 2014

	HALL A	HALL B	HALL C	OUTDOOR
07:30-08:30	Registration		Workshop: Manual Therapy: The "Zero Balancing" Way	Workshop: The Nordic Walking Experience
08:30-10:00	SESSION I			
	Shoulder	Aspects in clinical exercise physiology	The 8 th Military Sport Medicine Seminar on Warrior Performance	
10:00-10:30	Coffee Break			
10:30-12:05	SESSION II			
	Plenary			
12:05-13:30	Members meeting			
12:30-13:30	Lunch			
13:30-15:00	SESSION III			
	Knee	physiotherapy workshop - shoulder Part 1	Pre-Participation Examination of Athletes in Israel: A New Era in Sports Medicine	
15:00-15:30	Coffee Break			
15:30-17:00	SESSION IV			
	Hip	physiotherapy workshop - shoulder Part 2	15:30-17:40 The 8 th Military Sport Medicine Seminar on Warrior Performance - Part 2	
17:15-18:30				Running Workshop

Friday, October 24, 2014

	HALL A	HALL B	HALL C
08:30-13:00	Shoulder Ultrasound: Introductory and Hands on Course	Recovery mechanisms following intense aerobic and muscle exercise in athletes – workshop for elite coaches	



SCIENTIFIC PROGRAM

Thursday, October 23, 2014

07:30-08:30 Registration

07:30-08:30 **Manual Therapy: The "Zero Balancing" Way**

07:30-08:30 **The Nordic Walking Experience**

SESSION I

08:30-10:00 **Hall A: Shoulder**

Chairmen: Ehud Rath, Ehud Atoun

08:30-08:35 Welcome address – **Ehud Atoun**

08:35-08:45 Shoulder impingement syndrome (SIS); Anatomy, pathophysiology and diagnosis – **Ori Safran**

08:45-08:55 Shoulder impingement syndrome (SIS) rehabilitation – **Annelies Maenhout**

08:55-09:05 Arthroscopic subacromial decompression; Surgical technique – **Oren Zvieli**

09:05-09:35 Round table; Shoulder impingement syndrome (SIS) Common diagnosis or Myth – **Alexander Van Tongel, Ofer Levy, Ehud Rath, Annelies Maenhout**

09:35-09:45 The Sternoclavicular Joint: New Horizons – **Alexander Van Tongel**

09:45-09:55 The Sternoclavicular Joint: Open stabilization-Arthroscopic resection – **Ofer Levy**

09:55-10:00 Adjurn – **Ehud Rath**

08:30-10:07 **Hall B: Aspects in clinical exercise physiology**

Chairmen: Ronen Reuveny, Robert Klemper

08:30-08:45 The role of CPET in cardiac rehabilitation of heart failure patients – **Robert Klemper**

08:45-09:00 Physiological and clinical aspects of pulmonary rehabilitation in COPD patients – **Michael Segel**

09:00-09:15 Exercise training-based pulmonary rehabilitation for idiopathic pulmonary fibrosis – **Baruch Vainshelboim**

09:15-09:25 Periodic breathing, Cheyne-Stokes type, predicts excessively reduced exercise tolerance in patients with chronic heart failure – **Ronen Reuveny**

09:25-09:40 Dypnea and exercise – **Ronen Bar yosef**

09:40-09:47 The effectivity of anaerobic exercise in reducing pain – **Gil Samuely**

09:47-10:07 Physiological responses during a single and a series of rebirthing sessions at rest and during exercise – **Omri Inbar**



08:30-10:00 **Hall C: The 8th Military SportMedicine Seminar on Warrior Performance - New technics and research in military sport medicine**
Chairmen - Yuval Heled, Uriel Dreyfuss

08:30-08:40 Welcome introduction – Ishay Ostfeld, Seminar Chairman

08:40-08:55 MRI versus SPECT in diagnosing meniscal injuries in IDF soldiers –
Ziv Waserbrout

08:55-09:10 Sleep deprivation and performance, military perspectives – **Yuval Heled**

09:10-09:25 Physical exercise, mental resilience and behavioral stress response in animal models – **Hagit Cohen**

09:25-09:40 Ambulatory physical activity in Israel naval trainees – **Danny Epstein**

09:40-10:00 Effects of Betalanin supplementation on tactical and cognitive function in SF soldiers – **Jay Hoffman**

10:00-10:30 **Coffee Break**

SESSION II

10:30-12:05 **Hall A: Plenary**

Chairmen: Gabriel Agar, Naama Keshet

10:30-10:45 Arthur Holstein memorial

10:45-11:05 How can we identify patients who are able to compensate anterior translation after ACL injury – **Michael Hirschmann**

11:05-11:25 Rotator Cuff Tendinopathy: Current Physiotherapy Concepts –
Anneiels Maenhout

11:25-11:45 FAI – how to make a good diagnosis – **Nicolas Bonin**

11:45-12:00 Disabled sports medicine – **Davidah Koseff**

12:05-12:30 **Hall A: Members meeting**

12:30-13:30 **Lunch**

SESSION III

13:30-15:00 **Hall A: Knee**

Chairman: Iftach Hetsroni

13:30-14:45 Panel and Discussion

Return to sports after ACL reconstruction: criteria, facts, and controversies
Experts panel with orthopedic surgeons, physical therapists, and trainers
Uri Frenkel, Bezalel Peskin, Nirit Rotem Lehrer

14:45-15:00 Free papers:

Medial meniscus ossicle or root tear avulsion fracture - Need they be fixed? –
Yiftah Beer

Dr my knee hurts: Conservative treatment for osteoarthritis (OA):
What have we learnt? – **Yonatan Kaplan**



- 13:30-15:00 **Hall B: Physiotherapy workshop - Shoulder - Part 1**
Shoulder Eccentric Exercises - Theory and Practice - Physiotherapy Workshop I
Annelies Maenhout, Maya Cale-Benzoor
- 13:30-15:00 **Hall C: Pre-Participation Examination of Athletes in Israel: A New Era in Sports Medicine**
Chairmen: Andre Keren, Ron Golan
- 13:30-13:40 Pre-Participation Examination of Athletes: The Need to Modify the Current Law – **Mickey Scheinowitz**
- 13:40-13:50 Pre-Participation Examination of Athletes: The Female Aspects – **Dalia Navot**
- 13:50-14:00 Pre-Participation Examination of Combat Soldiers: The IDF needs and approach – **Hagit Padova**
- 14:00-14:10 Pre-Participation Examination of Athletes: Update on Current Situation in Israel – **Atzmon Tsur**
- 14:10-14:20 Legal Aspects of the new "Sports Law": Court Decision on the Death Case in Tel-Aviv Marathon – **Uri Israel Paz**
- 14:20-14:30 Pre-Participation Examination of Athletes: The regulator perspectives – **Yoram Lotan**
- 14:30-14:40 The Israeli National Registry for Pre-Participation Examination of Athletes. A Joint Project of Israel Society of Sports Medicine and Israel Heart Society – **Ron Golan**
- 14:40-15:00 Round Table (Q & A)
- 15:00-15:30 **Coffee Break**

SESSION IV

- 15:30-17:06 **Hall A: Hip**
Chairmen: Moshe Salai, Ofer Ben Zvi
- 15:30-15:40 Problem oriented physical examination: Pelvis and hip pain in athletes – **Ehud Rath**
- 15:40-15:50 Hip imaging - the radiologist perspective – **Ido Druckmann**
- 15:50-16:10 Panel discussion: Groin pain in a runner (surgeon, radiologist, physiotherapist) - **moderator – Dror Lindner**
- 16:10-16:25 Surgical pearls: how to manage Cam, Pincer, chondral lesions and labral tears – **Nicolas Bonin**
- 16:25-16:45 Panel discussion: Hip pain in a child (surgeon, radiologist, physiotherapist) - **moderator – Moshe Yaniv**



- 16:45-17:06 Free papers:
Femoroacetabular impingement syndrome is associated with alterations in foot mechanics: A 3-dimensional gait analysis study Iftah Hetsroni
Etodolac diminishes ectopic ossification after hip arthroscopy – **Eyal Amar**
Arthroscopic findings in patients with Low AIIIS impingement – **Yaniv Vershavski**
- 15:30-17:00 **Hall B: Physiotherapy workshop - Shoulder - Part 2**
Clinical Shoulder Examination - How We Do It?
Surgeon – Physiotherapist Panel and Discussion - Physiotherapy – **Alexander Van Tongel, Annelies Maenhout**
Panel and Discussion – **moderator: Maya Cale-Benzoor**
- 15:30-17:40 **Hall C: The 8th Military Sport Medicine Seminar on Warrior Performance - Part 2 - Selection process, training and SF military sport medicine**
Chairmen - Lena Koren, Shachar Shapira
- 15:30-15:50 Selection process of US navy SEALs – **Fernando Leyva**
- 15:50-16:10 Occupational injuries and injury prevention in New Zealand elite forces – **Charmaine Tate**
- 16:10-16:30 Selection and Training of German Special Operations Forces (SOF) – **Robin Hauffa, Manuel Fillips**
- 16:30-16:50 Common orthopedic injuries seen in the US navy SEAL population: Surgical treatment and rehabilitation – **Lance LeClere, Mark Rogow**
- 16:50-17:05 Overuse injuries among IDF trainees – **Sergey Kutikov**
- 17:05-17:20 First year experience of the IDF overuse injury prevention center – **Uria Moran**
- 08:30-13:00 Workshops
- 17:20-17:35 Limited ankle dorsiflexion increases the risk for achilles tendinopathy in infantry recruits - a prospective cohort study – **Alon Rabin**
Factors associated with a visually-assessed quality of movement during a lateral step down test among individuals with patellofemoral pain – **Alon Rabin**
- 17:35 Closing remarks - **Ishay Ostfeld, Seminar Chairman**

17:15-18:30 Running Workshop



Friday, October 24, 2014

08:30-13:00 Workshops - Pre registration is required

08:30-13:00 Hall A: Shoulder Ultrasound: Introductory and Hands on Course

08:00-08:30 Registration

08:30-08:40 Welcome and history of ultrasound

08:40-08:50 One stop clinic

08:50-09:00 Shoulder anatomy

09:00-09:20 Physics of Ultrasound and normal sonographic findings of the shoulder

09:20-09:40 Pathological sonographic findings of the shoulder

09:40-10:00 Supine Technique Demonstration

10:00-10:20 Sitting Technique Demonstration

10:20-10:50 **Coffee break**

10:50-12:50 Hands on scanning - Normal Anatomy and pathologies - Practical Session:
Six stations each with one faculty member.

12:50-13:00 Adjourn

08:30-13:00 Hall B: Recovery Mechanisms Following Intense Aerobic and Muscle

Exercise in Athletes – Workshop for Elite Coaches

Schedule will be announced soon