



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

September 29-30, 2015 • Dan Panorama Hotel, Tel Aviv, Israel

Israel Pediatric Orthopaedic Society



The Israel Hip and Knee Society



The Israel Society of Knee Surgery and Arthroscopy



The Israeli Physiotherapy Society



PRELIMINARY PROGRAM

Welcome from the program chair

It is with great pleasure to invite you to attend the **3rd biennial Hip Symposium and the annual meeting of the Israeli society for sports medicine** to be held in Tel Aviv, September 29-30, 2015. The hip meeting will cover current trends in modern hip surgery and rehabilitation from childhood to adulthood. The sports society meeting will run in parallel and include a variety of new prophylactic, physiologic and therapeutic modalities information, as well as current knowledge in military and handicap sports medicine allowing attendees to expand their knowledge and enhance their skills.

International faculty of leading experts will present the current concepts of Pediatric hip diseases, Preservative Hip Surgery, Hip Arthroscopy, Hip Arthroplasty, Rehabilitation and Future trends in each field.

All those with an interest in sports medicine, exercise physiology, hip surgery rehabilitation and the care of the athlete are encouraged to attend this meeting:

- Orthopedic surgeons and residents
- Physiotherapists
- Sports medicine physicians
- Clinical and sports exercise physiologists
- Radiologists and allied health professionals.

We are looking forward to seeing you in Tel Aviv,

Ehud Rath, Chair, Israeli society for sports medicine
Thomas G Sampson, Hip meeting chair

Invited International faculty:

Richard Field, Great Britain
Markus Siepmann, Germany
Robroy Martin, USA
Travis Matheney, USA
Victor M. Ilizaliturri, Mexico
Hal D Martin, USA
Thomas G Sampson, USA
Joel Matta, USA

Scientific faculty:

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



MEETING ACTIVITY AT A GLANCE:

Times and topics are subject to change leading up to the Final Program for the Annual Meeting

Tuesday, September 29th

Parallel sessions: Hip, sports physiology, military sports medicine handicap sports medicine

Hip:

- Pain syndromes around the hip
- Biologic treatments for articular cartilage repair: stem cells, platelet rich plasma
- Clinical Anatomy and Evidence Based Evaluation Techniques for Individuals with Hip Pathology
- Acute trauma around the hip
- Rehabilitation and outcome measures
- Early OA - The border between arthroplasty or surgical arthroscopy
- Early deformities - osteotomy or arthroplasty
- Recovery after hip surgery
- Ask the experts case sessions

Sports Medicine and physiology

- Pre-participation sports examination in Israel: Past, present and future
- Sports Cardiology: Etiology and prevention of sudden cardiac death in different age groups, and the Israeli National Registry of Pre-Participation Sports Examinations
- Exercise Physiology: Cardio-Pulmonary Exercise Testing, and free abstracts

The 9th seminar on military sports medicine

- Training, Physiology and Performance Enhancement
- Overuse Injuries and Physical Challenges

The Israel Seminar on handicap and adapted sport

- Adapted sport in Israel

Wednesday, September 30th

Hip ultrasound and ultrasound guided injection workshop

Hip surgery sessions

- Ask the experts case sessions: Primary arthroplasty, revisions, PAO, hip arthroscopy, pediatric hip
- Re-live surgeries: arthroplasty, arthroscopy, osteotomy and trauma
- Complications management and avoidance

Hip Physiotherapy and rehabilitation

- How Various Surgical Procedures Influence Rehabilitation
- Practical workshop: Hip Region: Evaluation Algorithm and Classification Based Intervention Strategies
- Hip joint pain, Source and contributing factors- various techniques for examination & treatment of hip patient
- Evaluation and treatment of posterior hip pain
- Live patient's presentation: Surgeon and Physiotherapists

Exercise Physiology Workshop

- Conducting a cardio-pulmonary exercise test: Hands-on experience
- The effects of different cardio-pulmonary exercise testing protocols on the metabolic measurements, pitfalls and common errors
- Interpretation of the results of cardio-pulmonary exercise testing in different health and disease situations (algorithms)
- Diagnostic values of the combination of an echocardiography and cardio-pulmonary exercise testing in the cardiac patient
- Diagnostic values of the combination of pulmonary function tests and cardio-pulmonary exercise testing in the pulmonary patient
- Diagnostic values of the combination of athletic performance tests and cardio-pulmonary exercise testing in the healthy athletes
- Differential approaches to the overlapping diagnoses in cardiovascular medicine, and in pulmonary medicine
- Cardio-pulmonary exercise testing and training of heart failure, and moderately to severe respiratory failing patients
- Cardio-pulmonary exercise testing and the prescription of training protocols for the healthy athletes