

THURSDAY 20TH NOVEMBER

BARCELONA HALL

09.00-11.00 - OFFICIAL LECTURE: UPDATING IN MUSCULAR INJURIES

Chairman: Ramón Balius Matas. Barcelona (Spain).
Moderator: Jordi Ardévol Cuesta. Barcelona (Spain).
 Markku Järvinen. Tampere (Finland).
Recent advances in muscle injury physiopathology.
 Martin P. Schewellnus. Newlands (South Africa).
An update on muscle injury and cramping in athletes. Prevention, diagnosis and management.
 Sakari Orava. Turku (Finland).
Recent advances in the surgical treatment of muscle injuries.

11.00-11.30 Coffee break

11.30-13.30 - OFFICIAL LECTURE: SCIENTIFIC BASIS OF TENDINOPATHIES TREATMENT

Chairman: José Luis Martínez Romero. Murcia (Spain).
Moderator: Antonio Maestro Fernández. Gijón (Spain).
 Nicola Maffuli. Hartshill (United Kingdom).
The scientific bases of modern approaches to tendinopathy management.
 Yoshimasa Ishii. Hiroshima (Japan).
Hyperbaric oxygen on the healing process of ligament and tendon injuries.
 Chen Chih-Hwa. Taiwan (Republic of China).
Invasive procedures in the treatment of tendinopathies.
 Mikel Sánchez. Vitoria (Spain).
Preparation Rich in Growth Factors (PRGF) in tendon repair: basic research and clinical applications

13.30-15.30 Lunch

15.30-17.30 - OFFICIAL LECTURE: CARTILAGE AND SPORT

Chairman: Andre Debruyne. Hasselt (Belgium).
Moderator: José María Vilarrubias Guillamet. Barcelona (Spain).
 Lyle J. Micheli. Boston (USA).
Management of osteochondritis dissecans in the young athlete.
 José Antonio Vega Álvarez. Oviedo (Spain).
Biology of the articular cartilage: genes, proteins... and exercise.
 Lars Engebretsen. Oslo (Norway).
The future of chondrocyte transplantation.
 Ingrid Möller. Barcelona (Spain).
Diagnostic and treatment of the condropathies in the athlete.

17.30-19.30 - SIMPOSIUM: THE SPORTS MEDICINE IN SPAIN

Organized by the Spanish Federation of Sports Medicine (FEMEDE)



Moderator: Pedro Manonelles Marqueta. Barcelona (España).
 Juan José González Iturri.
The history of the Sports Medicine.
 Juan José Rodríguez Sendín. Madrid (España).
Professional responsibility in the exercise of Sports Medicine.
 Julio César Legido Arce. Madrid (España).
Sports Medicine training.
 Pedro Manonelles Marqueta. Zaragoza (España).
Sports Medicine speciality current situation.

(In spanish)

DALÍ HALL

09.00-11.00 - OFFICIAL LECTURE: POST COMPETITION RECOVERY AND REST

Chairman: Jose Luis Orizaola Paz. Albacete (Spain).
 Paul Dorochenko. Valencia (Spain).
The importance of low-frequency pulsed sounds in the sport neuromotor reprogramming.
 Nicolás Terrados Cepeda. Avilés (Spain).
Physiologic and medical newness in post-competition recovery.
 Wayne Derman. Cape Town (South Africa).
Fatigue and underperformance in athletes following extensive competitive sport: strategies in diagnosis, monitoring & management.

11.00-11.30 Coffee break

11.30-13.30 - OFFICIAL LECTURE: LONG-TERM COMPLICATIONS OF EXERCISE

Moderator: Italo Monetti Adamoli. Montevideo (Uruguay).
 Urho M. Kujala. Jyväskylä (Finland).
Long-term complications of sport and exercise.
 José María Vilarrubias Guillamet. Barcelona (Spain).
Long-term complications after surgery in the knee joint.
 Hans-Hermann Dickhut. Germany.
Long-term cardiac complications of exercise.

13.30-15.30 Lunch

15.30-17.30 - OFFICIAL LECTURE: HYPOXIA: HEALTH AND PERFORMANCE

Moderator: Pedro A. Galilea Ballarini. Barcelona (Spain).
 Jean Paul Richalet. Paris (France).
Training in hypoxia and performance.
 Paolo Cerretelli. Milan (Italia).
Living in hypoxia and performance.
 Mauricio Serrato Roa. Bogotá (Colombia).
Sinergistic effect of hypoxia and training on hemoglobin mass.

MIRÓ HALL

12.00-13.30 - PRESENTATION OF THE BOOK: GUIDE OF DIETETIC FOOD ADAPTED TO AN INTENSE MUSCULAR WEAR

With the sponsorship of Isostar



Nieves Palacios Gil-Antuñano. Madrid (Spain).
Presentation of the book: Guide of dietetic food adapted to an intense muscular wear, with description of food and drinks specially designed for the sport.
 Antoni Garcia Gabarra, Doña Isabel de Fuenmayor.
Presentation Isostar products.

FRIDAY 21ST NOVEMBER

BARCELONA HALL

09.00-11.00 - OFFICIAL LECTURE: SUDDEN DEATH IN SPORT

With the sponsorship of
Boehringer Ingelheim



Organized by the National
Record of Sudden Death
in Athletes



Chairman: Antonio Bayés de Luna. Barcelona (Spain).
Moderator: Carlos Pons de Beristain. Barcelona (Spain).
Josep Brugada Tarradellas. Barcelona (Spain).
Endurance sport practice: may be too much for the heart?
Antonio Pellicia. Roma (Italy).
Clinical significance and long-term follow-up of abnormal ECGs in trained athletes.
Araceli Boraita Pérez. Madrid (Spain)
Causes of sudden death during sport activities in Spain.

11.00-11.30 Coffee break

11.30-13.30 - OFFICIAL LECTURE: THE DOPING. CLINICAL SIGNIFICANCE FOR SPORTS MEDICINE

Chairman: Jordi Segura Noguera. Barcelona (Spain).
Moderator: Antonio Bulbena Vilarrasa. Francina Fonseca Casals. Barcelona (Spain).
Is there a relation between doping and addiction?
Giselher Spitzer. Postdam (Germany).
The consequences of doping in children.
José Naranjo Orellana. Sevilla (Spain)
Use and abuse of medication in sport: Beta2 agonists, corticosteroids, growth hormone and anabolic steroids.

13.30-15.30 Lunch

15.30-17.30 - OFFICIAL LECTURE: STATE OF THE ART IN SPORT NUTRITION

Chairman: José Antonio Villegas García. Murcia (Spain).
Moderator: Nieves Palacios Gil-Antuñano. Madrid (Spain).
Fabio Pigozzi. Rome (Italy).
Nutritional Supplements in Sports: merits and myths.
Julia Warnberg. Madrid (Spain).
Nutrition, Immunity and physical activity.
Manuel J. Castillo Garzón. Granada (Spain).
Suitability of the beer in athletes metabolism recuperation in the context of the equilibrated diet.

17.30-18.00 Coffee break

DALÍ HALL

09.00-11.00 - OFFICIAL LECTURE: PHYSICAL EXERCISE FOR HEALTH AND LONGEVITY. PRESCRIPTION PATTERNS

With the sponsorship of
the Instituto Tomás Pascual



Chairman: Luis Giménez Salillas. Zaragoza (Spain).
Moderator: Emilio Luengo Fernández. Zaragoza (Spain).
Norbert Bachl. Wien (Austria).
Exercise and training as therapy in chronic diseases.
Alejandro Lucia Mulas. Madrid (Spain).

Exercise prescription in cancer.
Herbert Löllgen. Remscheid (Germany).
Physical activity and prevention of cardiovascular diseases.
Antonio López Farré. Madrid (Spain).
Right arrhythmogenic ventricular dysplasia: from genetic to proteomics in the athlete.

11.00-11.30 Coffee break

11.30-13.30 - OFFICIAL LECTURE: BENEFITS OF EXERCISE IN CHRONIC ILLNESS

Moderator: Luis Til Pérez. Barcelona (Spain).
Kai-Hakon Carlsen. Oslo (Norway).
Exercise and asthma in childhood and adolescence.
Juan Ricardo López Taylor. Guadalajara (Mexico).
Diabetes or prevention through exercise of the genetically predisposed patient.
Luis Serratos Fernández. Madrid (Spain).
Hypertension.

13.30-15.30 Lunch

15.30-17.30 - OFFICIAL LECTURE: TRAINING IN ELITE ATHLETES

Chairmen: Juan Roig Cañellas. Palma de Mallorca (Spain)
Moderator: Juan Ramón Barbany Cairó. Barcelona (Spain).
Dusan Hamar. Bratislava (Slovakia).
Serial stretch loading in strength training of athletes.
Pedro A. Galilea Ballarini. Barcelona (Spain).
Competition demands analysis as a help to professional cyclist's training.
Íñigo Mújica Antón. Vitoria (España).
Performance modelling and tapering.

17.30-18.00 Coffee break

18.00-20.00 - SIMPOSIUM THE PARALYMPIC SPORT: ADVANCES AND CONTROVERSIES

With the sponsorship of the
Paralympic Spanish Committee



Chairman: Miguel Segarra Gadea. Madrid (Spain).
Moderator: Oriol Martínez Ferrer. Barcelona (Spain).
Almudena Ramón Cueto. Valencia (Spain).
Traumatic medullar lesion. Expectations of regenerative treatment and its sport's consequences.
Gert-Peter Brüggemann. Cologne (Germany).
The technical aids and the biomedical investigation The revolution of elite adapted sport in the XXI century.
Peter Van de Vliet. Bonn (Germany).
The promotion of biomedical investigation in the world adapted sport.

(In english with simultaneous translation to spanish)

MIRÓ HALL

11.30-13.30 - SIMPOSIUM: NEW THERAPEUTIC PERSPECTIVES IN THE TREATMENT OF THE SPORTS INJURIES

With the sponsorship of Heel
España Laboratories



Alejandro Orizola. Santiago de Chile (Chile).
New alternatives in the treatment of the muscle injuries: clinical experience.
Carlos Sánchez Marchori. Valencia (España).
Clinical experience with a modulator of the inflammation.

MONTJUICH HALL**10.00-11.30 - SIMPOSIUM: TRENDS IN NUTRITIONAL HABITS**

With the sponsorship of Herbalife



Julián Álvarez García. Madrid (España).
Synergies between nutrition and exercise in health care.

(In spanish)

11.30-13.30 - TECAR SIMPOSIUM: USE OF TECAR'S TECHNOLOGY IN REHABILITATION PROGRAMS OF HIGH PERFORMANCE ATHLETES

With the sponsorship of Tecar



Carlo Tranquilli. Roma (Italia)
Use of Tecar's technology in rehabilitation programs of high performance athletes.

SATURDAY 22ND NOVEMBER**BARCELONA HALL****09.00-11.00 - OFFICIAL LECTURE: BIOMECHANICS APPLIED TO EVALUATION AND IMPROVEMENT OF SPORTS PERFORMANCE**

Moderator: Miguel del Valle Soto. Oviedo (Spain).
Xavier Aguado Jodar. Toledo (Spain).
How to improve the landing movement after jump? Implications for injury prevention.
Maurice R. Yeadon. Loughborough (U.K.).
The use of computer simulation to improve sport performance.
Roger Bartlett. Dunedin (New Zealand).
What functions does movement variability fulfill?

11.00-11.30 Coffee break

11.30-13.30 - OFFICIAL LECTURE: PHYSICAL TRAINING AND IMMUNITY

Moderator: Mónica de la Fuente del Rey. Madrid (Spain).
Michael Gleeson. Loughborough (U.K.).
Immune response and risk of illness in elite athletes. Practical strategies to maintain immunocompetence.
Hinnak Northoff. Tubingen (Germany).
Influence of gender, training, and lifestyle on parameters of the immune system in athletes
Eduardo Ortega Rincón. Badajoz (Spain).
Stress mediators in the modulation of inflammatory response during acute exercise and training. Practical applications.
Katarína Bergendiová. Bratislava (Slovakia).
Immunomodulating effect of Beta-1,3/1,6-D-Glucan on elite athletes.

13.30-15.30 Lunch

15.30-17.30 - OFFICIAL LECTURE: REHABILITATION IN SPORT

Chairman: Juan José González Iturri. Pamplona (Spain).
Moderator: César Fernández García. Barcelona (Spain).
Walter R. Frontera Roura. San Juan (Puerto Rico).
Exercise in the rehabilitation of the hemiplegic patient.
Giulio Sergio Roi. Bolonia (Italia)
Return to competition following athletic injury: sports rehabilitation as a whole.
Bruce D. Beynnon. Burlington (USA).
Rehabilitation following anterior cruciate ligament reconstruction.
Victoria Sotos. Barcelona (Spain).
Procedures of manual therapy in sports injuries.

18.00 - CLOSING CONFERENCE

Walter R. Frontera Roura. President FIMS.
Reflections on the future of Sports Medicine.

19.00 - CLOSING CONGRESS**DALÍ HALL****09.00-11.00 - OFFICIAL LECTURE: DETERMINANTS OF PERFORMANCE AND FATIGUE IN HUMANS: NEW INSIGHTS**

Moderator: Gil Rodas Font. Barcelona (Spain).
Ralph Beneke. Colchester (England. U.K.).
The limits of human performance.
Carsten Lundby. Copenhagen (Denmark).
Eritropoyetin and exercise.
Ferdinando Iellamo. Rome (Italy).
Heart rate variability in the control of training elite athletes.

11.00-11.30 Coffee break

11.30-13.30 - OFFICIAL LECTURE: ADVANCES IN STRENGTH PHYSIOLOGY AND ITS APPLICATION IN SPORT TRAINING

Moderator: Franchek Drobnic Martínez. Barcelona (Spain).
Per Aagaard. Copenhagen (Denmark).
Training-induced changes in muscle morphology and neural function.
Per-Axel Tesch. Östersund (Sweden).
The importance of eccentric training.
Julio Tous Fajardo. Barcelona (Spain).
Applications of strength training in elite athletes.

13.30-15.30 Lunch

15.30-17.30 - OFFICIAL LECTURE: WHAT THE FUTURE WILL BRING IN EXERCISE PHYSIOLOGY

Moderator: José Naranjo Orellana. Sevilla (Spain).
John R. Speakman. Aberdeen (Scotland, U.K.).
Have changes in physical activity levels driven the obesity epidemic?
Guillermo López Lluch. Sevilla (Spain).
Calorie restriction, antioxidants and exercise.
José Antonio López Calbet. Las Palmas Gran Canaria (Spain).
The role of leptin on exercise.

MIRÓ HALL**9.00-11.00: I SIMPOSIUM OF IBEROAMERICAN CONFEDERATION OF SPORTS MEDICINE. II**

Organized by CIMED



Chairman: Juan José González Iturri. Pamplona (Spain)
Moderator: Miguel E. Del Valle Soto. Oviedo (Spain)
Italo Monetti. Montevideo (Uruguay).
Prevention of hydroelectrolytic disorders.
Milton Pinedo. Santo Domingo (República Dominicana).
Attitudes, beliefs and experiences with regard to the doping in athletes of elites of combat Dominicans.

SCIENTIFIC PROGRAM

Gustavo Liotta. Buenos Aires (Argentina)
Pubalgy: Physiopathology and biomechanics boarding.
 José Gregorio Ramírez Rangel. Mérida (Venezuela)
Injuries of the mountain biking, adapting the treatment to the reasons.
 Armando Pancorbo. Matanzas (Cuba)
Sub-severe fatigue in the sport of high performance: a new diagnosis.

11.00-11.30 Coffee break

11.30-13.30: I SIMPOSIUM OF IBEROAMERICAN CONFEDERATION OF SPORTS MEDICINE. II

Chairman: Juan José González Iturri. Pamplona (Spain)
Moderator: Miguel E. Del Valle Soto. Oviedo (Spain)
 Eloy Cárdenas. México D.F. (México)
Lactate like diagnosis of the state of training.
 Joao C. Bouzas. Viçosa (Brasil)
Can cardiac maximum frequency be a control ratio of the training?
 Galo E Narváez Pérez. Quito (Ecuador)
Physiological behavior in competition: over 2500 meters.
 Gianni Mazzoca. Caracas (Venezuela)
Feminine soccer: Venezuelan experience.

MONTJUICH HALL

09.00-11.00 - SYMPOSIUM: CONTRIBUTIONS OF THE KINANTHROPOMETRY TO THE WORLD OF SPORT AND THE PUBLIC HEALTH

Organized by the Spanish Group of FEMEDE's Kinanthropometry



Chairman: M. Dolores Cabañas Artesilla. Madrid (Spain).

Luis Bettencourt Sardiña. (Portugal).
Considerations on the validity of the new methods of analysis of corporal composition in athletes.
 Julieta Arechiga Viramontes. Mexico DF (México).
Valuation the proportionality in the genetics of populations towards the health
 Jordi Porta Manzanido. Barcelona (Spain).
Development of a new system of bioimpedancy for the corporal evaluation of body water.
 Francisco Esparza Ros. Murcia (Spain).
Somatotype, evolution and practical applications.

(In spanish)

11.30-13.30 – SIMPOSIUM: SPORTS PODIATRY

Organized by the Spanish Association of Sports Podiatry (AEPODE)



Fernando Jiménez Díaz. Toledo (Spain).
The corporal composition as study factor in relation with pressure centre displacement in high performance sportsmen.
 Martín Rueda Sánchez. Barcelona (Spain).
Foot balance and architecture concepts.
 Agustín Montañola Vidal. Barcelona (Spain)
Balance measurement by means of a new optometric technique in marathon runners.
 Manuela González Santander. Madrid (Spain).
Orthopediatric treatment. Importance in femoropatellar syndrome.

(In spanish)

ADMINISTRATIVE MEETINGS

- FIMS.** Executive Committee Meeting of International Federation of Sports Medicine.
- FIMS.** Commissions Meeting of International Federation of Sports Medicine.
- FIMS.** Council of Delegates Meeting of International Federation of Sports Medicine.
- FEMEDE.** Governing Body Meeting of Spanish Federation of Sports Medicine.
- FEMEDE.** General Ordinary Assembly of Spanish Federation of Sports Medicine.
- FEMEDE.** Groups Meeting of Spanish Federation of Sports Medicine.
- FEMEDE.** Assembly of Specialists Group of Medicine of Physical Education and Sports of FEMEDE.
- EFSMA.** Executive Committee Meeting of European Federation of Sports Medicine.
- EFSMA.** Commissions Meeting of European Federation of Sports Medicine.
- CIMED.** Assembly of Iberoamerican Confederation of Sports Medicine.

ORGANIZERS

- Spanish Federation of Sports Medicine (FEMEDE).
- International Federation of Sports Medicine. (FIMS).

CO-ORGANIZERS

- Barcelona Sports Institute. City Council of Barcelona.
- Generalitat of Catalonia.
- High Sport Council.
- The General Council of Official College of Physicians and the Spanish Medical Organisation.
- Barcelona Provincial Council.
- University of Barcelona.
- European Federation of Sports Medicine (EFSMA).
- Iberoamerican Confederation of Sports Medicine (CIMED).

CONTINUING MEDICAL EDUCATION (CME CREDITS)

The University of Barcelona (UB) has given the Congress 2,5 Continuing Medical Education (CME Credits) equivalent to 30 evaluated hours.