

# The Swedish Sports Medicine Congress

## 25-26 April 2019 in Gothenburg

"Welcome to the West Coast – the Frontline of Sports Medicine"

### Thursday 25 April Room 1

Time		
08:00	<b>Welcome and registration</b>	
08:30	<b>Opening ceremoni and awards</b>	
09:00	<b>Keynote lecture</b>	
	Sports medicine past and present	Jón Karlsson
09:30	<b>Swedish Fika</b>	
10:15	<b>Spino-pelvic sagittal alignment in relation to pain and pathologies in the spine and hips</b>	Chair: Adad Baranto
	Back pain and spinal pathologies in young athletes	Olof Thoreson
	Spino-pelvic sagittal alignment in relation to pain and pathologies in the spine and hips	Wisam Witwit
	Disc herniation surgery in adolescents patients	Joel Beck
	Rehabilitation of young athletes with back pain	Agneta Kjellby
11:15	<b>Frontline of hip injuries in sports</b>	Chair: Mattias Ahldén
	FAI in athletes: treatment, important studies and the Gothenburg perspective	Mikael Sansone
	FAI: prognostic factors, return to sport and functional testing	Anders Stålmán
11:45	<b>Lunch</b>	
12:45	<b>Frontline of Achilles injuries in sports</b>	Chair: Annelie Brorsson
	Return to sports – what do we know today about RTS after an Achilles tendon rupture?	Mike Carmont
	Surgery or non-surgery – what do we recommend today?	Katarina Nilsson Helander
	The aspects of health economics	Olof Westin
	Do we really need the ankle foot orthoses? Biomechanical aspects	Åsa Fröberg
	Healing of Achilles tendon injuries. What do we know about future treatments?	Paul Ackermann
13:45	<b>Open Paper Presentation - Trauma and Rehabilitation</b>	
15:15	<b>Swedish Fika</b>	
15:45	<b>Frontline of ACL injuries in sports</b>	Chair: Kristian Samuelsson
	Trends in choice of surgical technique	Anders Stålmán
	Timing of ACL surgery, myths and facts	Kalle Eriksson
	RTS after ACL reconstruction in athletes	Alberto Grassi
	New ACL injury before, at and after return to sports following ACL reconstruction	Markus Waldén
	Rehabilitation after ACL injury and reconstruction - perspectives of Gothenburg	Eric Hamrin Senorski
17:00	<b>Keynote lecture</b>	
	"Why screening to predict injury does not work - and probably never will... but why we are still screening our Olympic and Paralympic athletes?"	Roald Bahr
17:45	<b>Annual meeting SFAIM</b>	

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Time		
09:30	<b>Swedish Fika</b>	
10:15	<b>Frontline of nutrition</b>	Chair: Stefan Pettersson
	Carbohydrates/sports drink during exercise and competition - when, how and why	Stefan Pettersson
	Protein intake and training adaptation - when, how and why	William Apro
	Micro and macro periodization for energy intake - the effects on performance and health	Anna Melin
11:15	<b>Update symposia: Nutrition</b>	Chair: Mats Börjesson
	The UEFA nutritional guidelines	James Collins
11:45	<b>Lunch</b>	
12:45	<b>Frontline of physiological match analysis</b>	Chair: Magni Mohr
	Physical demands and fatigue profiles in football - an individual	Dan Franson
	Training for individual game demands in football	Prof Magni Mohr
	Intensified training in football	Jens Bangsbo
13:45	<b>Open Paper Presentation - Physiology</b>	
15:15	<b>Swedish Fika</b>	
15:45	<b>Frontline of physical activity</b>	Chair: Ingibjörg Jonsdottir
	How to measure physical load	Daniel Arvidsson
	FYSS update	Ing-Marie Dohrn
	Update sudden cardiac death	Aaron Baggish

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08:15	<b>Section meeting (delföreningar)</b>	
09:15	<b>Update symposia</b>	
	Doping in sport	Sverker Nilsson
09:30	PRP in muscle injuries: lights and shadows	Alberto Grassi
09:45	<b>Swedish Fika</b>	
10:30	<b>Frontline of return to sport</b>	Chair: Markus Waldén
	Introduction	Markus Waldén
	The RTS continuum – what's now and what's for the future?	Clare Ardern
	What's the role of MRI in predicting RTS following muscle injuries?	Arnlaug Wangensteen
	Why not routinely delay RTS in order to avoid re-injuries?	Martin Hägglund
	Discussion	
11:30	<b>Frontline of shoulder pain (Swedish)</b>	Chair: Niklas Olsson
	Selection - the key to success in patients with subacromial pain	Hanna Björnsson Hellgren
	Selection - the key to success in patients with subacromial pain	Theresa Holmgren
12:15	<b>Keynote lecture</b>	
	Medical emergencies at the Boston Marathon	Aaron Baggish
13:00	<b>Lunch</b>	
14:00	<b>Keynote lecture</b>	
	Extreme/Adventure Sports	Mike Carmont
14:30	<b>Frontline of sports psychology</b>	Chair: Urban Johnson
	Prevention of Sport Injuries: A psychological perspective	Andreas Ivarsson
	Post-injury, psychology and return to sport	Ulrika Tranaeus
	Psychological Support for Injured Elite Athletes: Experiences and Reflections from an Applied Perspective	Carolina Lundqvist
15:30	<b>Swedish Fika</b>	
16:00	<b>Keynote lecture</b>	
	Individualized treatment of the ruptured Achilles tendon	Kristoffer Barfod
16:30	<b>Presentation of the Swedish Exercise and Sport Congress 2020</b>	

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09:45	<b>Swedish Fika</b>	
10:30	<b>Frontline of Sports for Health</b>	Chair: Mats Börjesson
	Football for health	Jens Bangsbo
	Skiing for health	Stefan Lininger
	Is sports always for health?	Mats Börjesson
11:30	<b>Frontline of injury prevention and screening</b>	Chair: Stefan Grau
	Development of overuse injuries in elite Swedish athletes- a multidisciplinary approach	Andreas Lundberg-Zachrisson
	Development of overuse injuries in recreational running- a multidisciplinary approach	Jonathan Jungmaln
13:00	<b>Lunch</b>	
14:30	<b>Frontline of female football</b>	Chair: Matilda Lundblad
	World class prevention and RTS with the financial capacity of womens elite football	Karin Schröder
	Achievement psychology, next action on the pitch, how we make each other better players	Rasmus Thornberg
	Fitness achievement analysis	Pontus Ekblom
15:30	<b>Swedish Fika</b>	