

Thursday, February 4

Time	Sal 1	Sal 2	Sal 3	Sal 4
9:00	Registration			
9:50	Welcome			
→ 10:00 - 11:00	What makes the ball go? <i>Professor Ben Kibler, Lexington Sports Medicine, Kentucky, USA</i>			
11:00	Break			
→ 11:30 - 13:00	Glenoid labral injuries - evaluation and treatment SLAP lesions-patophysiology evaluation, and treatment. <i>Professor Ben Kibler, USA</i> Physiotherapeutic evaluation and correction of dysfunctions in the overhead athlete with shoulder pain. <i>John Verner, PT, DK</i> MR-evaluation of overhead athletes' shoulder pain. <i>John Gelineck, MD, DK</i>	Bone Cartilage & Training When sports is a risk taking activity for cartilage. <i>Professor Harald Roos, Sweden</i> Exercise and dose for knee OA, <i>Carsten Juul, PT, PhD student DK</i> How good is exercise for your bone? <i>Prof. Magnus Karlsson, Sweden</i> When exercise is unhealthy to bone, <i>Prof. Pekka Kannus, Finland</i>	Oral presentation	Workshop 3 Diagnosing of the painful knee - focus on overuse <i>Per Hölmich and Peter Rheinlænder</i>
13:00	Lunch			
→ 14:00 - 15:30	How do we best prevent sports injuries - the short story. Prevention of sports injuries - Where are we now? <i>Chief Surgeon Per Hölmich, DK</i> Sensorimotor function of the knee <i>Ass. Professor Eva Ageberg, Sverige</i> An acceptable balance between health benefits and injury risk in sports <i>Professor Willem van Mechelen, Holland</i> Can sports injuries be prevented in football - <i>Professor Jan Ekstrand, Sweden</i>	Exercise, lung function and disease Airway problems in athletes - how big is the problem? <i>Post doc Lars Petersen, DK</i> Mechanisms behind exercise associated asthma - can exercise make us sick? <i>Prof. Kai Håkan Carlsen, Norway</i> Medical treatment of asthma in relation to sports. <i>Professor Leif Bjermer, Sweden</i> It is not all asthma - other causes to airway problems in sports. <i>Chief phys. Vibeke Backer, DK</i>	Oral presentation	Workshop 4 Scapula - abnormal and normal motion. <i>John Verner</i>

Chair: Dr. Jon Karlsson,
Sweden and Per Hölmich,
Denmark

15:30	Break	
→ 16:00 - 17:45	Generalforsamling FFI	Generalforsamling DIMS
→ 18:00 - 19:30	Taking it to the extremes! Freediving	Current knowledge in surgical treatment of chronic patella instability (SAKS-symposium)
	Extreme breath holding and diving	Introduction <i>Bent Lund, MD, Denmark</i>
	<i>Stig Severinsen, Denmark</i>	Indications and preoperative planning, <i>Svend Erik Christiansen, MD, Denmark</i>
	Chair: Niels H. Secher	MPFL - reconstruction, children and technique, <i>MD Svend Erik Christiansen, MD</i>
		Trochleaplasty, preoperative planning and technique <i>Lars Blønd, MD, Denmark</i>
		Tuberositas tibia - distalisation/medialisation. The Future? <i>PhD Martin Lind, MD, DK</i>
19:45	Get-together	

Friday, February 5

Time	Sal 1	Sal 2	Sal 3	Sal 4
→ 8:00 - 9:00	Rehabilitation after sports injury - when are you ready for exercise again? <i>Ass. Professor Mal McHugh, NY, USA</i>			
	Chair: Michael Kjær			
9:00	Break			
→ 9:30 - 11:30	Treatment modalities in tendinopathy - what to use?	Exercise promotes health - how to make it work in society?	Oral presentation	Workshop 1 Scapula - abnormal and normal motion. <i>Ben Kibler</i>
	Pathogenesis in tendinopathy <i>Ass.prof. Henning Langberg, Denmark</i>	Is it realistic to improve exercise activity in the population <i>Professor Willem van Mechelen</i>		
	Growth factors in tendon healing <i>Ass.prof. Henning Langberg, Denmark</i>	What measures should we take to improve physical activity in the public <i>Professor Bente Klarlund Pedersen, Denmark</i>		
	Glucocorticoids <i>Chief physician Ulrik Fredberg, Denmark</i>			
	Surgery <i>Chief physician Per Hölmich, Denmark</i>	Studies of improving physical activity in children <i>Professor Lars Bo Andersen, Denmark</i>		
	Ultrasonography and laser <i>Professor Jan Bjordal,</i>			

Norway **Multiple factor intervention:
The Danish KRAM investigation**

Strength training *Ass.prof. Jørn Wulff Helge,
MSc, PhD, Mads Kongsgaard,
Denmark*

Schock wave therapy **Why don't people just do it? -
Psychological barriers towards
exercise**
*PT, MSc, Christian Couppé,
Denmark* *Professor Peter Hasmen,
Sweden.*

**Sclerosing therapy and el-
coagulation** **Endurance training per se
increases metabolic health of
overweight men.**
*MD, PhD Morten Boesen,
Denmark* *Ass. Professor, MSc, PhD
Bente Stallknecht, Denmark*

*(round table, intro followed
by clinical cases, 1-2 from
each chair)* *Chair: Henning Langberg,
Denmark and
Jon Karlsson, Sweden* *Chair: Bente Stallknecht,
Denmark*

→ 11:30 - 12:30 Posterwalk

12:30 Lunch

→ 13:30 - 15:00 **Ligaments and tendon
injuries** **Healthy ageing - role of
physical activity** **Anti-doping Symposium** **Workshop 3**
**Diagnosing of the painful
knee - focus on overuse**

**Tendon structure and
function** **Why do we loose muscle as
we age?** **Principles for the
haematological passport and
blood testing.** *Per Hölmich and
Peter Rheinlænder*
*Professor Peter Magnusson,
Denmark* *Professor Steve Harridge, UK* *Pierre-Edouard Sottas,
Swiss Laboratory for
Doping Analyses,
Switzerland*

**Clinical joint testing and
ligaments - how valid is it? -** **Metabolic ageing** **Detection of autologous
blood transfusion by
different blood markers and
models**
*Chief Surgeon Michael
Krogsgaard, Denmark* *Professor Flemming Dela, DK* *Jakob Mørkeberg, Denmark*

**Ligaments injuries and sports
- a clinical perspective** **Physical activity and daily
function in elderly** **"UGT2B17 - a glucuronidase
that determines
testosterone metabolism.
The new doping gene?"**
*Professor Per Renström,
Sweden* *Ass.prof. Nina Beyer, DK* *Professor, MD Anders Juul,
Denmark*

**Rehabilitation of patients
with ligament injuries** **Physical training in elderly
hospital patients** **The UCI Program and
philosophy to antidoping**
*Ass.Professor Mal McHugh,
NY, USA* *Ass.prof. Nina Beyer, DK* *Anne Gripper, Manager,
Anti doping Services UCI*

*Chair: Professor Peter
Magnusson, Denmark*

to be continued

15:00 Break

→ 15:30 - 17:30 **Football - injury and health** **Muscle activity - too little,
adequate, too much?** **Anti-doping Symposium** **Workshop 2**
**How to get back after a
knee injury**

**How demanding is elite
football?** **How to build muscle in an
optimal way** **Status and challenges in the
international anti-doping
fight.** *Mogens Dam and
Henrik Aagaard*
*Professor Jens Bangsbo,
Denmark, Ass Professor Peter
Krustrup, Denmark* *Cand. Scient, PhD Lars L.
Andersen, Denmark* *Director Anders Solheim,
Anti Doping Norway*

**Injuries associated with
football, how frequent and** **Unaccustomed exercise - why
do we get sore?** **Astma medication and**

how bad? <i>Professor Jan Ekstrand, Sweden</i>	<i>Ass.Prof. Mal McHugh, NY, USA</i>	antidoping regulations. <i>MD Jimmi Elers, Denmark</i>
Assessment and management of elite soccerplayers with groin injuries <i>Kristian Thorborg, Denmark</i>	Muscle injury healing - satellite cells and anti- inflammatory medication <i>Post doc. Abigail Mackey, Denmark</i>	Attitudes to doping in sport and in society in general <i>John Singhammer, Ass. Professor SDU Denmark</i>
Risk factors for ACL injuries among female soccer players <i>Agnethe Nilstad, Norway</i>	Diagnosis of chronic Compartment syndrome <i>Professor Jorma Styf, Sweden</i>	
Can football be used as health promoting and disease preventing activity <i>Ass. Professor Peter Krustrup, Denmark</i>	What treatment modalities do work after acute muscle injury? <i>Professor Lars Engebretsen, Norway</i>	
<i>Chair: Jesper Løvind, DK Uffe Jørgensen, DK</i>	<i>Chair: Professor Michael Kjær, Denmark and Professor Jostein Hallén, Norway</i>	

19:00 - ?? Conference dinner

Saturday, February 6

Time	Sal 1	Sal 2	Sal 3	Sal 4
→ 9:00 - 10:30	Clinical imaging methods in Sports Medicine Ultrasonography and X-ray <i>MD, PhD Morten Boesen, Denmark</i> Magnetic resonance imaging <i>Professor Leif Dahlberg, Sweden</i> DEXA, Scintigraphy and Positron Emission Tomography <i>Chief physician Ingelis Kanstrup, Denmark</i> <i>(round-table, intro followed by clinical cases, 1-2 from each chair)</i> <i>Chair: Michael Boesen, Denmark</i>	Sports Medicine Research in Scandinavia - how good and where to go? Bibliometric analysis of sports medicine science <i>Chief physician Henrik Jørgensen, Denmark</i> Sports Medicine in Norway <i>Professor Lars Engebretsen, Norway</i> Sports Medicine in Finland <i>Professor Urhu Kujala, Finland</i> Sports Medicine in Sweden <i>Professor Jon Karlsson, Sweden</i> Sports Medicine in Denmark <i>Professor Michael Kjær, Denmark</i> Sports Medicine in physiotherapy <i>Professor Ewa Roos, Denmark</i> <i>Chair: Michael Kjær, Denmark</i>	Workshop 2 How to get back after a knee injury <i>Mogens Dam and Henrik Aagaard</i>	
10:30	Break			
→ 11:00 - 13	Competition including 1. Scandinavian Foundation Award 2. Messner Award by Karola Messner and Michael Kjaer			