

SCANDINAVIAN SPORTS MEDICINE CONGRESS 2020

THURSDAY 30th of January



	Norway/Finland	Sweden	Denmark	Ballroom C	Top of Town	Iceland
08.30-09.45	Check-in					
09.45-10.00	Opening of congress					
10.00-11.00	Key-note lecture: Putting the evidence base together to determine athlete readiness for return to sport after ACL reconstruction surgery. Speaker: Kate Webster, Prof., Australia Chair: Ewa Roos, Prof., Denmark					
11.00-11.30	Break					
11.30-12.30	Groin pain in athletes can be diagnosed, treated and prevented Speaker: Per Hölmich, Prof., Denmark Chair: Kristian Thorborg, Prof., Denmark	To repair or reconstruct the ACL Speakers: Dr. Gordon Mackay, Prof., UK Eivind Underhaug, Assoc. Prof., Norway Chair: Kristoffer Barfod, Assoc. Prof., PhD, Denmark	Imaging the tendon Speakers: Nikolaj M Clausen, Denmark Dr. Håvard Visnes, PhD, Norway Christian Coupe, Assoc. Prof., Denmark Chair: Monika Beyer, postdoc, Denmark	Concussion and repetitive head impacts in sports: beyond clinical expertise and towards objective biomarkers Speakers: Dr. Patrick O'Halloran, UK Dr. Stian Bahr Sandmo, Norway Chair: Thor Einar Andersen, Prof., Norway	Workshop 03: Shoulder pain: Treatment planning based on a clinical algorithm Speakers: Ann Cools, Assoc. Prof., Belgium Dr. Klaus Bak, Denmark Chair: Dr. Klaus Bak, Denmark	Workshop 02: Clinical management of Achilles Tendinopathy Speakers: Seth O'Neill, Assoc. Prof., UK Robert-Jan de Vos, PhD, Netherlands Chair: Michael Skovdal Rathleff, Prof., Denmark
12.30-13.15	Lunch					
13.15-14.45	Load monitoring to reduce injuries in sport - possibilities and challenges Speakers: Alan McCall, PhD, Scotland Dr. Stephen West, UK Merete Møller, Assistant Prof., Denmark Chair: Sinead Holden, senior researcher, Denmark	How to protect long-term knee health after anterior cruciate ligament (ACL) injury. Speakers: Hege Grindem, Senior Researcher/ Assistant Prof., Norway/Sweden May Arna Risberg, Prof., Norway Britt Elin Øiestad, Assoc. Prof., Norway Chair: Jonas Thorlund, Prof., Denmark	Acromio-clavicular dislocation in overhead athletes - how should we treat it Speakers: Dr. Klaus Bak, Denmark Dorthe Ryberg, PT, Denmark Ms. Anju Jaggi, Msc, UK Frank Märtenschläger, Dr.med. Germany Chair: Anders Boesen, PhD, Denmark, Dr. Klaus Bak, Denmark	Exercise and the brain Speakers: Carl-Johan Boraxbekk, Prof., Denmark Ulrik Dalgas, Denmark Assoc. Prof., Denmark Maarten Rozing, Assoc. Prof., Denmark Chair: Mette Hansen, Assoc. Prof., Denmark	Workshop 01: Acute muscle injuries: the Danish Society of Sports Physical Therapy (DSSF) 2019 clinical guidance catalogue Speaker: Kasper Krommes, PT, Denmark Lasse Ishøj, PT, Denmark Chair: Karen Kotila, PT, Denmark	Workshop 04: Functional rehabilitation of the lower limb after athletic injury Speaker: Enda King, PhD, Ireland Chair: Kristian Thorborg, Prof., Denmark
14.45-15.15	Break					
15.15-16.15	Oral presentations - Achilles Abstract no: #47 #8 #9 #65 #77 #92 Chair: Chris Medias, Prof., USA Jens Lykkegaard Olesen, Prof., Denmark	Oral presentations - Knee and overuse injuries Abstract no: #98 #89 #48 #17 #42 #82 Chair: Britt Elin Oiestad, As. Prof., Norway	Oral presentations - Surgical and non-surgical treatment of knee pain Abstract no: #108 #15 #40 #44 #111 #64 Chair: Ewa Roos, Prof., Denmark	Oral presentations - Hip/groin pain and function Abstract no: #101 #105 #28 #102 #103 #51 Chair: May Arna Risberg, Prof., Norway		
16.15-16.45	Break					
16.45-18.15	Health complaints in parasport - Treatment and prevention of athletes and non-athletes with spinal cord injuries Speakers: Rikke Blomgren & Morten Blomgren, Camilla M Larsen, As. Prof., Denmark Jan Lexell, Prof., Sweden Chair: Birgit Juul-Kristensen, Assoc. Prof., Denmark Camilla M Larsen, As. Prof., Denmark	Proximal hamstring ruptures – Introducing an International database Speakers: Dr. Anne van der Made, MD, Netherlands Per Hölmich, Prof., Denmark Dr. Raymond Best, PhD Chair: Per Hölmich, Prof., Denmark, Dr. Raymond Best, PhD	Overdiagnosis and overtreatment in sports Speakers: John Brodersen, Prof. Denmark Mikael Boesen, Prof. Denmark Rasmus Østergaard Nielsen, Postdoc, Denmark Dr. Christoffer Bjerre Haase, Denmark Chair: Michael Krosgaard, Prof., Denmark	ACL injuries in female elite team sports Speakers: Mette Zebis, docent, Denmark Mette Hansen, Assoc. Prof., Denmark Jesper Bencke, Sen. Researcher, Denmark Connie Linnebjerg, PT, Denmark Kate Webster, Prof., Denmark Chair: Mette Hansen, Assoc. Prof., Denmark, Mette Zebis, Docent, Denmark	Workshop 05: Ultrasound examination of the shoulder Speaker: Dr. James Griffith, Prof., Hong Kong Chair: Jens Lykkegaard Olesen, Prof., Denmark	Workshop 06: Functional rehabilitation of the lower limb after athletic injury Speaker: Enda King, PhD, Ireland Chair: Kristian Thorborg, Prof., Denmark
18.15-19.30	General assemblies for DSSF and DIMS					
19.30-20.00	Get together					
20.00-21.00	I Love SportsKongres Poster-Walk					
21.00-00.00	Get together continued					

SCANDINAVIAN SPORTS MEDICINE CONGRESS 2020

FRIDAY 31th of January

#SPORTS
KONGRES
2020
31 JAN - 1 FEB
COPENHAGEN

	Norway/Finland	Sweden	Denmark	Ballroom C	Top of Town	Iceland
8.00-9.15	Early tendinopathy – is the tendon different from the chronic tendon? Speakers: Dr. Håvard Visnes, PhD, Norway Rikke Høffner, PT, DK Christian Couppe, Assoc. Prof., DK Chair: Christian Couppe, Assoc. Prof., DK	New strategies in treatment of knee dislocation Speakers: Michael Krogsgaard, Prof., Denmark James Griffith, Prof., Hong Kong Dr. Ole Gade Sørensen, Denmark Dr. Torsten Warming, Denmark Chair: Michael Krogsgaard, Prof., Denmark	Harnessing technology to optimize treatment of common musculoskeletal conditions Speakers: Brian Caulfield, Prof., Ireland Shellie Boudreau, Assoc. Prof., Denmark Minna Isomursu, Prof., Finland Chair: Sinead Holden	Physical activity and mortality – new data and new paradoxes? Speakers: Ulf Ekelund, Prof., Norway Kim Blond, Msc, Denmark Anders Grøntved, Assoc. Prof., Denmark Dr. Knut Eirik Dalene, PhD, Norway Chair: Jakob Tarp, postdoc, Norway	Workshop 07: Clinical examination of the knee Speaker: Richard Norris, PT, United Kingdom Chair: Kristian Thorborg, Prof., Denmark	Workshop 08: Individualizing the treatment for shoulder pain Speaker: Ann Cools, Assoc. Prof., Belgium Dr. Klaus Bak, Denmark Chair: Dr. Klaus Bak, MD, Denmark
9.15-9.30	Break					
9.30-10.30	Oral presentations Risk factors and prevention Abstract no: #106 #16 #10 #7 #80 Chair: Ann Cools, Assoc. Prof., Belgium	Oral presentations Management of knee pain/injuries Abstract no: #97 #27 #45 #43 #61 #56 Chair: Jean Francois Eculier, PhD, Canada	Oral presentations Mechanisms of injury Abstract no: #91 #2 #1 #81 #62 Chair: Roald Bahr, Prof., Norway	Oral presentations Miscellaneous Abstract no: #46 #55 #41 #72 #74 Chair: Robert-Jan de Vos, PhD, Netherlands		
10.30-11.00	Break					
11.00-12.30	How inflamed is the tendinopathic tendon? Speakers: Michael Kjær, Prof., Denmark Stephanie Dakin, Assoc. Prof., UK Neal Millar, FRCSEd (Tr&Orth) PhD, Scotland Chair: Monika Bayer, postdoc, Denmark	Prevention and treatment of non-traumatic shoulder instability in athletes Speakers: Michael Krogsgaard, Prof., Denmark Filip Struyf, Assoc. Prof., Belgium Ms. Anju Jaggi, PT, United Kingdom Dr. Klaus Bak, MD, Denmark Chair: Birgit Juul Kristensen, Assoc. Prof., Denmark and Michael Krogsgaard, Prof., Denmark	Treatment of medial osteoarthritis in the athletic knee Speakers: Rebecca Moyer, Assistant Prof., Canada Søren Thorgaard Skou, Assoc. Prof., Denmark Gordon Mackay, Prof., UK Kirill Gromov, Assoc. Prof., Denmark Chair: Kristoffer Barfod, Assoc. Prof., PhD, Denmark	Maturation and adolescent athletes; opportunities and pitfalls Speakers: Dr. John DiFiori, USA Sinead Holden, senior researcher, Denmark Dr. Philip von Rosen, PhD, Sweden Chair: Michael Skovdal Rathleff, Prof., Denmark	Workshop 09: Clinical examination of the knee Speaker: Richard Norris, PT, United Kingdom Chair: Kristian Thorborg, Prof., Denmark	Symposium (Not a workshop): Load monitoring to reduce injuries in football - possibilities and challenges Speaker: Alan McCall, PhD, Scotland Torstein Dalen-Lorentsen, Msc, Norway Maurizio Fanchini, Prof., Italy Chair: Thor Einar Andersen, Prof. Norway
12.30-13.15	Lunch					
13.15-14.45	Injury and illness, performance and well being in relation to motivation, perfectionism and stress Speakers: Bård Erlend Solstad, PhD, Norway Heidi Haraldsen, Msc, Norway Andreas Ivarsson, PhD, Sweden Nils Moseid, Msc, Norway Chair: Nils Moseid, Msc, Norway	Traumatic Glenohumeral Instability in Athletes Speakers: Dr. Giovanni di Giacomo, Italy James Griffith, Prof., Hongkong Henrik Eshøj, PT, PhD, Klaus Bak, MD, Denmark Chair: Klaus Bak, MD and Michael Krogsgaard, Prof., Denmark	Vo2max – how high can we go? Speakers: Carsten Lundby, Prof., Norway Jørn Wulff Helge, Prof., Denmark Hans Hoppeler, Prof., Switzerland Chair: Carsten Lundby, Prof., Norway	Ethics, funding and impact Speakers: Thomas Bandholm, Prof., DK Ida Svege, Assoc. Prof., Norway Hege Grindem, Sen. Researcher/As. Prof, Norway/Sweden Roald Bahr, Prof., Norway Ewa Roos, Prof., DK Chair: Brit Elin Oiestad, Assoc. Prof., Norway	Workshop 10: Load monitoring to reduce injuries in elite football a real-world setting Speakers: Torstein Dalen-Lorentsen, Msc, Norway Maurizio Fanchini, Prof., Italy Chair: Thor Einar Andersen, Prof., Norway	Workshop 11: Return to sport after ACL reconstruction: practical approaches to data collection and case examples of applying return-to-sport criteria. Speaker: Kate Webster, Prof., Australia Chair: Håvard Moknes, PT PhD, Norway
14.45-15.15	Coffee Break					
15.15-16.15	The Norwegian Olympic & Paralympic Screening and Monitoring Program – what is it, why do we do it and does it help Norway win medals? Speaker: Roald Bahr, Prof., Norway Chair: Per Hölmich, Prof., Denmark	SLAP lesions – adaptation or pathology. Diagnosis, prevention and treatment Speakers: Wolfgang Fischer, Prof., Germany Dr. Cecilie Schrøder, Norway Ann Cools, Assoc. Prof., Belgium Dr. Giovanni di Giacomo, Italy Chair: Klaus Bak, MD, Denmark Phillip Hansen, Assoc. Prof., Denmark	Nutritional strategies post injury Speakers: Kevin Tipton, Prof., UK Kasper Dideriksen, Msc, Denmark Chair: Mette Hansen, Assoc. Prof., Denmark	Celebrating failures Speaker: Ewa Roos, Prof., Denmark Dr. John P. DiFiori, Usa Filip Struyf, Assoc. Prof., Belgium Chair: Merete Møller, Assistant Prof., Denmark	Workshop 12: Acute muscle injuries: the Danish Society of Sports Physical Therapy (DSSF) 2019 clinical guidance catalogue Speaker: Kasper Krommes, PT, Denmark Lasse Ishøj, PT, Denmark Chair: Karen Kotila, PT, Denmark	Workshop 13: Return to sport after ACL reconstruction: practical approaches to data collection and case examples of applying return-to-sport criteria. Speaker: Kate Webster, Prof., Australia Chair: Håvard Moknes, PT PhD, Norway
16.15-16.45	Break					
16.45-18.00	Oral presentations – Competition: What's cutting edge in sports medicine? Abstract no: #88 #107 #71 #53 #26 #83 - Chairs: Julie Sandell, MSc PT, Denmark Panel: Prof. Ylva Hellsten (Translational Sports Medicine), Prof. Taina Finni (Scand. Journal of Sports Medicine), Dr. Clare Ardern (Journal of Orthopedic & Sports Physical Therapy), Dr. Jane Thornton (BJSM), Prof. Jon Karlsson (Knee Surgery Sports Traumatology & Arthroscopy) Prof. Daniel Wascher (AJSM), Prof. Michael Voight (International Journal of Sports Physical therapy)					
18.00-18.05	Announcement of Lindhard prize winner – Chair: Michael Skovdal Rathleff					
19.30	Gala dinner and Party					

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SATURDAY 1ST of February

	Norway/Finland	Sweden	Denmark	Ballroom C	Top of Town	Iceland
9:00-10:00	Risk factors and managements of Achilles tendinopathy Speakers: Dr. Robert-Jan de Vos, PhD, Holland Seth O'Neill, Assoc. Prof., United Kingdom Chair: Christian Couppe, Assoc. Prof., DK	Keeping young athlete active: Resilience and injury risk reduction Speakers: Dr. Christine Holm Moseid, Norway Martin Asker, Naprapath, Sweden Dr. John P. DiFiori, USA Chair: Dr. Christine Holm Moseid, Norway Merete Møller, Assistant Prof., Denmark	Respiratory complications in the elite athlete Speakers: Heikki Tikkanen, Prof., Finland Morten Hostrup, Assoc. Prof., Denmark Tonje Reier-Nilsen, PhD, Norway Chair: Tonje Reier-Nilsen, PhD, Norway	The middle-aged runner with knee OA Speakers: Jean Francois Esculier, PhD, Canada Alessio Bricca, postdoc, Denmark Chair: Michael Skovdal Rathleff, Prof., Denmark Ben Waller, Postdoc, Finland	Workshop 14: Ultrasound examination of the shoulder Speaker: Dr. James Griffith, Prof., Hong Kong Chair: Phillip Hansen, Assoc. Prof., Denmark	Workshop 15: Practical Concussion Diagnosis Speakers: Dr. Patrick O'Halloran, UK Chair: Thor Einer Andersen, Prof. Norway
10:00-10:15	Break					
10:15-11:15	Improving muscle strength and function after traumatic joint injury Speaker: Chris Mendias, Prof., USA Chair: Jens Lykkegaard Olesen, Prof., Denmark	Any place for surgery in tendon and muscle overuse injuries? Speakers: Dr. Lars Konradsen, Denmark Håkan Alfredson, Prof., Sweden Chair: Dr. Anders Boesen, Denmark Per Hölmich, Prof., Denmark	Cardiology and sport Speakers: Hanne Kruus Rasmusen, Prof., Denmark Dr. Øyunn Kleiven, Norway Hilde Moseby Berge, Assoc. Prof., Norway Chair: Dr. Hilde Moseby Berge, Assoc. Prof., Norway	Johannes Lindhard Lecture and Prof. lectures Speakers: Magni Mohr; Jonas Thorlund;TBA Chair: Kristoffer Barfod, Assoc. Prof., PhD, Denmark	Workshop 16: Clinical examination of injuries to hamstrings Speakers: Anne Van der Made, MD, Netherlands Chair: Lasse Ishøi, PT Msc, Denmark	Workshop 17: Clinical examination of the overhead athletes' shoulder Speaker: Dr. Giovanni Di Giacomo, Italy Chair: Dr. Klaus Bak, Denmark
11-15-11:30	Break					
11:30-13:00	Athlete health – The alarm bells are ringing! Speakers: Søs Søby, Former athlete, Denmark Gro Hammerseng-Edin, former athlete Norway Hege Grindem, Senior Researcher/Assistant Prof., Norway/Sweden Håvard Moksnes, Researcher, Norway Chair: Grethe Myklebust, Prof., Norway	Alpine skiing - health and injuries Speakers: Flemming Dela, Prof., Denmark Sophie Steenstrup, researcher, Norway Erich Müller, Prof., Austria Chair: Michael Kjær, Prof., Denmark	Recreational football as effective hybrid training for patients – with emphasis on cardiovascular and musculoskeletal adaptations Speakers: Magni Mohr, Prof., Faroe Islands Eva Wulff Helge, Assoc. Prof., Denmark Peter Krustrup, Prof., Denmark Per Aagard, Prof., Denmark Chair: Peter Krustrup, Prof., Denmark	Cartilage health in sports Speakers: Dr. Scott Fernquest, UK Dr. Katarzyna Herman, Poland Rebecca Moyer, Assoc. Prof., Canada Chair: Ben Waller, postdoc, Finland and Kristoffer Barfod, Assoc. Prof., Denmark	Workshop 18: Managing the middle-aged runner with knee osteoarthritis Speaker: Jean-Francois Esculier, PhD, Canada Chair: Michael Skovdal Rathleff	Workshop 19: Clinical management of Achilles Tendinopathy Speakers: Seth O'Neill, Assoc. Prof., UK Dr. Robert-Jan de Vos, PhD, Netherlands Chair: Christian Couppe, Assoc. Prof., Denmark