

12TH EFSMA CONGRESS OF SPORTS MEDICINE 19 -21th OCTOBER 2023
WROCLAW, POLAND

The Congress Centre - Centennial Hall Wroclaw
1 Wystawowa Street; 51-618 Wroclaw



Preliminary scientific program.

Current from 08.07.2023

19 OCTOBER 2023 (THURSDAY)

9.00 - 19.30

Registration of participants in the EFSMA Congress

9.00 - 11.00

Workshops (rooms A, B, C, D)

11.10 - 13.10

Workshops (rooms A, B, C, D)

Workshop topics are listed below:

- Medical examination qualifying children and adolescents for sports
- Interpretation of imaging results in sports medicine
- Digital Wearables in sports medicine and sports
- Rehabilitation monitoring in patients after selected sports injuries
- Assessment of exercise capacity and diagnostic tests
- Criteria for returning to sport after musculoskeletal injuries
- Recreational exercises recommended for health

10.00 - 11.45

Meetings of the Main Board of the Polish Society of Sports Medicine (PTMS)

14.00

Executive Committee Meeting of the European Federation of Sports Medicine Associations (EFSMA)

14.15 - 15.45 | Auditorium

Session. Bed rest and detraining (90 min)

Chairs: Andrzej Ziemba (Poland), Herbert Löllgen (Germany)

1. Pathophysiological consequences of bed rest and detraining. Andrzej Ziemba (Poland) - 20 min.
2. Simulation weightlessness via bed rest (Head down tilting). Herbert Löllgen (Germany) - 20 min.
3. Physiology of the autumn of the athletic career. Tomasz Mikulski (Poland) - 20 min.
4. Disturbances in the training process caused by acute respiratory infections. Hubert Kryzstofiak (Poland) - 20 min.

Discussion (10 min)

14.15 - 15.45 | Room A-B

Session. From rehabilitation to Paralympics - challenges and threats in the sport of people with disabilities (90 min)

Chairs: Osnat Fliess Douer (Israel), Bartosz Molik (Poland)

1. Sport performance monitoring of elite athletes in Paralympic sport. Bartosz Molik (Poland) - 20 min.
2. Handcycling: rehabilitative, medical and exercise physiological aspects. Thomas Abel (Germany) - 20 min.
3. Classification challenges in Paralympic sports. Jolanta Marszałek (Poland) - 20 min.
4. Technology in Paralympic sport - Innovation controversy. Osnat Fliess Douer (Israel) - 20 min.

Discussion (10 min)

14.15 - 15.45 | Room C-D

Session. Diagnosis and monitoring of treatment of selected musculoskeletal injuries (90 min)

Chairs: Silvana Giannini (Italy), Bogusław Sadlik (Poland)

1. Correlation between clinical, MRI and arthroscopic findings in sports knee injuries. Bogusław Sadlik (Poland) - 20 min.
2. Diagnostic imaging and fast recovery in athletes with posterior micro instability of the hip. Silvana Giannini (Italy). - 20 min.
3. TBC. CT and MRI in the diagnosis of sports injuries. Where are we in 21st century. - 20 min.
4. TBC.

Discussion (10 min)

15.45 - 16.00

Break

16.00 - 17.30 | Auditorium

Session. Drugs, doping and antidoping in sports (90 min)

Chairs: Yannis Pitsiladis (UK), Andrzej Pokrywka (Poland), Michał Rynkowski (Poland)

1. The evolution of anti-doping methods: from markers of exposure to markers of effect. Francesco Botre (Italy) - 20 min.
2. The different modules and confounding factors of the Athlete Biological Passport. Jonas Saugy (Switzerland) - 20 min.
3. Technological doping in 2023. Pedro Manonelles Marqueta (Spain), Yannis Pitsiladis (UK) - 20 min.
4. Athletes' use of analgesics in light of anti-doping regulations. Andrzej Pokrywka (Poland) - 20 min.

Discussion (10 min)

16.00 - 17.30 | Room A-B

Session. Sudden Cardiac Death in Sports (90 min)

Chairs: Elena Cavarretta (Italy), Alessandro Biffi (Italy)

1. Sudden Cardiac Death in Sports. Domenico Corrado (Italy) - 20 min.
2. Role of echocardiographic screening in the context of pre-participation screening to prevent sport related sudden cardiac death. Elena Cavarretta (Italy) - 20 min.
3. How to best stratify the risk of sudden cardiac death in sports: the role of guidelines. Alessandro Biffi (Italy) - 20 min.
4. The risk of sudden death in hypertrophic cardiomyopathy in young athletes. Lidia Ziolkowska (Poland) - 20 min.

Discussion (10 min)

16.00 - 17.30 | Room C-D

Session. Digital wearables in sports medicine and sports (90 min)

Chairs: Rüdiger Reer (Germany), Yannis Pitsiladis (UK)

1. Wearable and telemedicine innovations for Olympic events and elite sport. Yannis Pitsiladis (UK) - 20 min.
2. Wearables and digital approaches to community physical activity promotion. Nils Schumacher (Germany) - 20 min.
3. Sports Heart Rate Monitors as reliable diagnostics tools detecting arrhythmias in athletes. Is there a need for more sophisticated Digital Devices? Robert Gajda (Poland) - 20 min.
4. TBC

Discussion (10 min)

17.30 - 17.45

Break

17.45 - 19.30 | Auditorium

Opening Ceremony

- 17.45 - 18.00 Welcome of the participants and guests of the 12th EFSMA Congress
Chairman of the Organizing Committee - Andrzej Czamara
- 18.00 - 19.35 Speeches of invited Guests and Hosts of the Congress:
- 18.00- 18.10 Address by the President of Wrocław - Jacek Sutryk
- 18.10- 19.20 Address by the President of International Federation of Sports Medicine - Fabio Pigozzi
- 18.20- 18.30 Address by the President of World Anti-Doping Agency - Witold Bańka -
other addresses (TBC)
- 18.50- 19.00 Speech by the President of European Federation of Sports Medicine
Associations - Maurizio Casasco
- 19.00-19.10 Speech by the President of Polish Society of Sports Medicine - Tomasz Kostka
- 19.10 – 19.30 Inaugural lecture by the Vice-President of European Federation of Sports
Medicine Associations: "Athlete's heart. From S.W.Henschen's to the 21st
Century" - Anna Jegier
- 19.30 – 19.35 Official opening of the 12th EFSMA Congress - President of European
Federations of Sports Medicine Associations and President of Polish Society of
Sports Medicine

20 OCTOBER 2023 (FRIDAY)

8.00 - 18.00

Registration of participants in the EFSMA Congress

9.00 - 10.30 | Auditorium

Session. Relative energy deficiency in sport (RED-S) as a challenge for modern sports medicine (90 min)

Chairs: Theodora Papadopoulou (UK), Jarosław Krzywański (Poland)

1. RED-S - an overview, pathophysiology and evolution. Theodora Papadopoulou (UK) - 20 min.
2. RED-S endocrine changes. Nadia Sawicka-Gutaj (Poland) - 20 min.
3. The bones victim of RED-S. Marek Krochmalski (Poland) - 20 min.
4. RED-S prevention, diagnostics, and management at the nutritional level. Zofia Piotrowicz - 20 min.

Discussion (10 min)

9.00 - 10.30 | Room A-B

Session. Physical activity for people with chronic diseases (90 min)

Chairs: Tomasz Zdrojewski (Poland), Katarzyna Szmigielska (Poland)

1. Current recommendations of physical activity for people with hypertension. Tomasz Zdrojewski, Iwona Szadkowska (Poland) - 20 min.
2. Physical activity in metabolic diseases. Katarzyna Szmigielska (Poland) - 20 min.
3. Physical exercise for people with asthma bronchiale and chronic obstructive pulmonary diseases. Adam Białas (Poland) - 20 min.
4. The impact of regular guided physical activity on body composition, muscular strength, cardiovascular fitness and disease relapse in patients with newly diagnosed polymyalgia rheumatica. Petra Zupet (Slovenia) - 20 min.

Discussion (10 min)

9.00 - 10.30 | Room C-D

Session. Infodemic-COVID-19 - Sport. Scientific Session of the National Chamber of Physiotherapy (90 min.)

Chairs: Małgorzata Bala, Elżbieta Skorupska

1. Infodemic and how to cope with it - information about the project. Małgorzata Bala (Poland) - 20 min.
2. Evidence based practice (EBP) and sport. Joanna Zając (Poland) - 20 min.
3. Return to sport after Covid-19. Marta Jokiel (Poland) - 20 min.
4. Covid-19 and its potential role in developing nociceptive pain in athletes. Elżbieta Skorupska (Poland) - 20 min.

Discussion (10 min)

10.30 - 10.45

Break

10.45 - 12.15 | Auditorium

Session. Exercise at 50 years old and beyond (90 min)

Chairs: Norbert Bachl (Austria), Yannis Pitsiladis (UK), Tomasz Kostka (Poland)

1. Exercise over 50 years old: risks and benefits. Tomasz Kostka (Poland) - 20 min.
2. Sarcopenia - a needless health threat. Norbert Bachl (Austria) - 20 min.
3. Genomic research in exercise performance and adaptation to training at an older age compared to a younger one. Yannis Pitsiladis (UK) - 20 min.
4. Electrical stimulation for muscle weakening. Joanna Kostka (Poland) - 20 min.

Discussion (10 min)

10.45 - 12.15 | Room A-B

Session. Athlete's heart (90 min)

Chairs: Anna Jegier (Poland), Günther Neumayr (Austria)

1. Athlete's heart. Michael Papadakis (UK) - 20 min.
2. The athlete's ECG. Dimitra Antonakaki (UK) - 15 min.
3. Cardiac Magnetic Resonance (CMR) in sports cardiology. Łukasz Małek (Poland) - 15 min.
4. Coronary Calcium and Athletes. Herbert Löllgen (Germany) - 15 min.
5. Heart damage in endurance sport. Can strenuous endurance exercise damage a healthy heart? Günther Neumayr (Austria) - 15 min.

Discussion (10 min)

10.45 - 12.15 | Room C-D

Session. Rehabilitation in selected sports injuries (90 min)

Chairs: TBC

1. Joanna Kvist. Physiotherapy and criteria for return to sport after ACL injury. (Sweden) – 20 min.
2. Use of Shockwave Therapy in the management of Morton's Neuroma and Sesamoiditis. Kirill Micallef Stafrace (Malta) - 20 min.
3. Physiotherapy after complete Achilles tendon rupture - practice and scientific evidence. Łukasz Sikorski (Poland) - 20 min.
4. Guidelines for Physiotherapy Protocol and Functional Assessment of Stiff Shoulder (TBC) - 20 min.

Discussion (10 min)

12.15 - 13.30

Break

13.30 - 15.00 | Auditorium

Session. Clinical and legal problems of Sports Medicine in Europe. A synthesis, summary and analysis (90 min)

Chairs: Anca Ionescu (Romania), Nicolas Christodoulou (Cyprus)

1. Preparticipation medical evaluation and sports eligibility - EFSMA recommendations. Anca Ionescu (Romania) - 20 min.
2. Child is not a small adult- do we need sport and physical activity recommendations for paediatric population in Europe? Anna Turska-Kmieć (Poland) - 15 min.
3. Early specialization in sport. Sandra Rozenštoka (Latvia) - 15 min.
4. Recognition of sports medicine as primary specialty in European Union. Nicolas Christodoulou (Cyprus) - 15 min.
5. Preparticipation medical evaluation - the results of research on the standards in European countries. Good practices in sports federations and the possibility of their harmonization in the Member of Federations. Katarzyna Wita (Poland), Paolo Emilio Adami (Italy) - 15 min.

Discussion (10 min)

13.30 - 15.00 | Room A-B

Session. Exercise and immune health (90 min)

Chairs: Barbara Wessner (Austria), Agnieszka Zembroń-Łacny (Poland)

1. Managing pain and inflammation associated with musculoskeletal disease. Bernd Wolfarth (Germany) - 20 min.
2. Is there a role for microRNAs in exercise immunology? Barbara Wessner (Austria) - 20 min.
3. Lifestyle exercise attenuates immunesenescence. Anna Tylutka (Poland) - 20 min.
4. Reversing the road to dementia by addressing preventable risks: the role of hearing loss and physical activity. Agnes Szczeppek (Germany) - 20 min.

Discussion (10 min)

13.30 - 15.00 | Room C-D

Session. Power of Exercise. Health benefits and their monitoring in project "Exercise Prescription for Health" (90 min)

Chairs: Herbert Löllgen (Germany), Wojciech Drygas (Poland)

1. The magic power of exercise. The ten-pillar model. Herbert Löllgen (Germany) - 20 min.
2. Swedish experience. Mats Borjesson (Sweden) - 20 min.
3. How to promote physical activity in adult population? Polish experiences: successes and failures. Wojciech Drygas (Poland) - 20 min.
4. How to promote physical activity? Hubert Krysztofiak (Poland) - 20 min.

Discussion (10 min)

15.00 - 15.30

Break

15.30 - 17.00 | Auditorium

Session. Selected problems of the knee injury in children and adolescents (90 min)

Chairs: Thomas Patt (Netherlands), Peter Schober (Austria), Bülent Ülkar (Turkey)

1. International aspects of ACL (anterior cruciate ligament) prevention. Thomas Patt (Netherlands) - 20 min.
2. Treatment of anterior cruciate ligament injuries in children and adolescents. Wojciech Widuchowski (Poland) - 20 min.
3. Cartilage and meniscus injuries. Why is it worth saving them? Matej Drobnic (Slovenia) - 20 min.
4. Rehabilitation of children and adolescents after knee injuries. Andrzej Czamara (Poland) - 20 min.

Discussion (10 min)

15.30 - 17.00 | Room A-B

Session. Aging and Sport (90 min)

Chairs: Wojciech Drygas (Poland), Herbert Löllgen (Germany)

1. Life expectancy, longevity and sport. Herbert Löllgen (Germany) - 20 min.
2. Does competitive sport have a positive effect on longevity? Wojciech Drygas (Poland) - 20 min.
3. The power of exercise to prevent or reverse frailty of the elderly. Chiara Fossati (Italy) - 20 min.
4. Atrial fibrillation and sports. Iwona Cygankiewicz (Poland) - 20 min.

Discussion (10 min)

15.30 - 17.00 | Room C

Session. Oral presentation session (90 min)

17.00 - 17.15

Break

16.00 - 20.00 | Room D

EFSMA Council of Delegates

17.15 - 18.45 | Auditorium

Session. Biological therapies in musculoskeletal sport injuries (90 min)

Chairs: Stefan Nehrer (Austria), Andrzej Czamara (Poland), Wojciech Widuchowski (Poland)

1. Regenerative Aspects of cartilage treatment. Stefan Nehrer (Austria) - 20 min.
2. Biomaterials in treatment of joint injuries. Wojciech Widuchowski (Poland) - 20 min.
3. Rehabilitation in biological therapies after musculoskeletal sport injuries. Andrzej Czamara (Poland) - 20 min.
4. The use of Platelet Rich Plasma (PRP) injections in the management of sports injuries. Facts and Myths? Szymon Dragan (Poland) - 20 min.

Discussion (10 min)

17.15 - 18.45 | Room A-B

Session. Altitude training (90 min)

Chairs: Petra Zupet (Slovenia), Miłosz Czuba (Poland)

1. Enhancing endurance performance by high altitude training - a “Challenging Chance”. Petra Zupet (Slovenia) - 20 min.
2. Chronic exposure to normobaric hypoxia increases testosterone levels and testosterone/cortisol ratio in athletes. Miłosz Czuba (Poland) - 20 min.
3. Altitude training in practice - live-high train-low in elite athlete. Tomasz Mikulski (Poland) - 20 min.
4. Intermittent hypoxic exposure reduces endothelial dysfunction in athletes. Agnieszka Zembroń-Łacny (Poland) - 20 min.

Discussion (10 min)

17.15 - 18.45 | Room C

Session. Oral presentation session (90 min)

21 OCTOBER 2023 (SATURDAY)

7.30 - 9.00

Registration of participants in the EFSMA Congress

8.30 - 10.00 | Auditorium

Session. Physical activity in the preconception, pregnancy and postpartum period (90 min)

Chairs: Kazimierz Ciechanowski (Polska), Piotr Sieroszewski (Poland)

1. Physical exercise in pregnancy - pros and cons. Piotr Sieroszewski (Poland) - 20 min.
2. The impact of physical activity on the mental health of pregnant women Anna Kajdy (Poland) - 15 min.
3. Effect of high intensity interval training (HIIT) implemented during pregnancy on placental growth factor (PLGF) concentration as a potential mechanism reducing the risk of preeclampsia development. Sebastian Kwiatkowski (Poland) - 15 min.
4. The role of physical activity in the treatment of infertility. Ewa Kwiatkowska (Poland) - 15 min.
5. Can we enhance the exercise-related health benefits for women and their offspring by increasing the amount or intensity of physical activity during pregnancy? - based on current recommendations and research on the effectiveness of various prenatal exercise interventions Anna Szumilewicz (Poland) - 15 min.

Discussion (10 min)

8.30 - 10.00 | Room A-B

Session. Oral presentation session (90 min)

8.30 - 10.00 | Room C-D

Session. Oral presentation session (90 min)

10.00 - 10.20

Break

10.20 - 11.50 | Auditorium

Session. Sports and Medical Certification on Sports Medicine in Poland (90 min)

Chairs: Andrzej Rakowski, Hubert Krysztofiak, Andrzej Bugajski (Poland)

1. Sports and medical jurisprudence from the perspective of the last decade and challenges for the future Andrzej Bugajski (Poland) - 10 min.
2. Judicial decisions in sport and current legal regulations in Poland. Andrzej Rakowski and Hubert Krysztofiak (Poland) - 20 min.
3. Medical certificate - national regulations with particular emphasis on the basis for issuing a certificate in amateur sports and children and adolescents. Katarzyna Wita (Poland) - 20 min.
4. Difficult questions during the pre-participation medical evaluation. Maciej Hess (Poland) - 20 min.

Discussion (20 min)

10.20 - 11.50 | Room A-B

Session. Oral presentation session (90 min)

10.20 - 11.50 | Room C-D

Session. Oral presentation session (90 min)

11.50 - 12.00

Break

12.00 - 13.40 | Auditorium

Session. Recommendations of the Polish Society of Sports Medicine (100 min.)

Chairs: Anna Jegier, Tomasz Kostka

1. Exercise recommendations in individuals with cardiovascular diseases. Anna Jegier (Poland) - 20 min.
2. Exercise recommendations for older adults. Tomasz Kostka (Poland) - 20 min.
3. Physical exercise as a strategy to improve immunity health status. Agnieszka Zembroń-Łacny (Poland) - 20 min.
4. Current recommendations for nutrition in sport. Krzysztof Durkalec-Michalski (Poland) - 15 min.
5. Recommendations of the Polish Society of Sports Medicine and the Polish Society of Perinatology regarding physical activity during pregnancy and perinatal period. Ewa Kwiatkowska (Poland) - 15 min.

Discussion (10 min)

12.00 - 13.30 | Room A-B

Session. Health benefits of probiotics in sports and exercise (90 min)

Chairs: Kazimierz Ciechanowski (Poland), Jarosław Krzywański (Poland)

1. Changes in microbiota during professional athletes training. Jarosław Krzywański (Poland) - 20 min.
2. The digestive tract after COVID-19 - a current state of knowledge. TBC - 20 min.
3. How to support psychotherapy in athletes with probiotics? Agata Misera (Poland) - 20 min.

Discussion (10 min)

12.00 - 13.30 | Room C-D

Session. Oral presentation session (90 min)

13.30 - 14.30

Break

14.30 - 15.30 | Auditorium

Summary and Official Closing Ceremony of the 12th EFSMA Congress

15.30 - 15.45

Break

15.45 - 17.30 | Auditorium

Session. Recommendations of Polish Society of Sports Medicine for health-promoting physical activity of Seniors (session in Polish) (100 min.)

Chairs: Anna Jegier, Tomasz Kostka

1. Serce Seniora- zaopiekuj się nim! (Senior's Heart - take care of it!) Anna Jegier (Poland) - 20 min.
2. Dieta czy suplementy dla zdrowia (Diet or supplements for health). Tomasz Kostka (Poland) - 20 min.
3. skutki bezczynności ruchowej (The disastrous effects of motor inactivity). Andrzej Ziemia (Poland) - 20 min.
4. Jak zostać szczęśliwym 100-latką (How to become a lucky 100-year-old). Joanna Kostka (Poland) - 20 min.

Discussion (20 min)