



International
Olympic
Committee

Monaco
25 - 27 November 2021

IOC WORLD CONFERENCE ON PREVENTION OF INJURY & ILLNESS IN SPORT 6TH EDITION



In collaboration with:

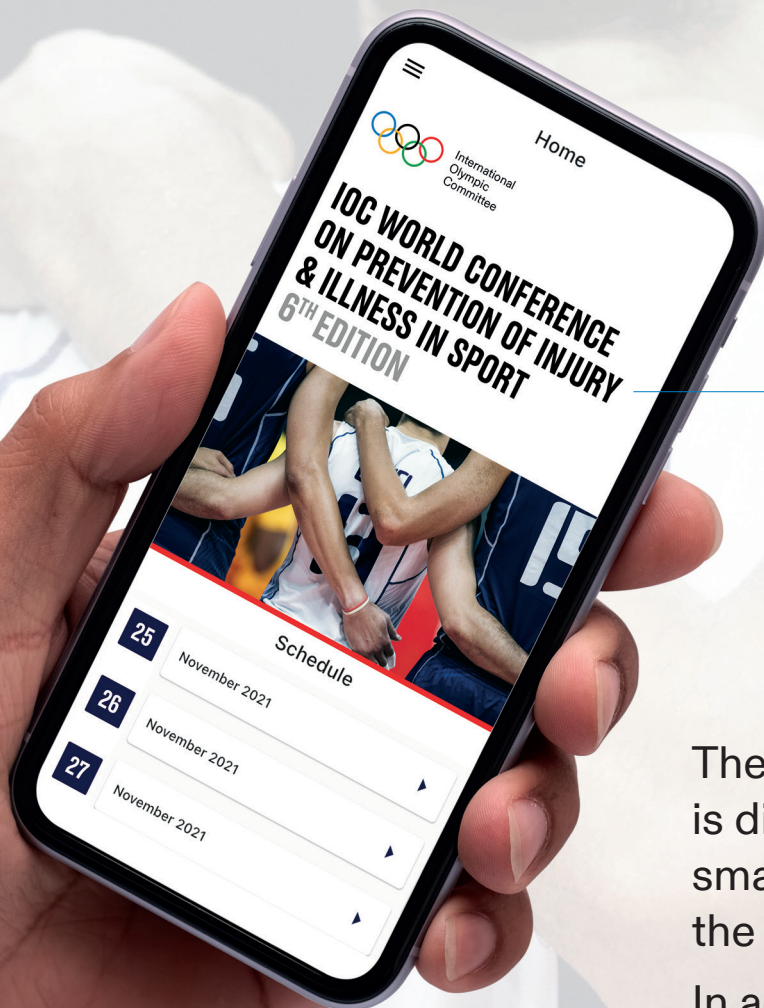


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The **Scientific Programme** is directly available on your smartphone by downloading the Conference application! In addition you can register to the workshops you would like to attend!

Please visit the App Store or the Google Play Store to download the «IOCprev2021» app.

 App Store



 Google Play



The IOC World Conference on Prevention Of Injury & Illness in Sport, Monaco, 25 / 11 / 2021 – 27 / 11 / 2021 has been accredited by the European Accreditation Council for Continuing Medical Education (EACCME®) with **17** European CME credits (ECMEC®s). Each medical specialist should claim only those hours of credit that he/she actually spent in the educational activity.

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IOC President**

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FOREWORD BY H.S.H. PRINCE ALBERT II OF MONACO



I would like to thank the organizers of the « IOC World Conference on Prevention of Injury and Illness in Sport » for choosing once again Monaco as host of the event scheduled 25-27 November 2021, further to its postponement due to the COVID-19 pandemic.

The fragility of our societies has been highlighted by this dramatic health crisis when our lives are put on hold even for a short period of time.

This conference appears more relevant than ever as all the sporting events throughout the globe were impacted by this epidemic. The athletes are at the center stage of the Olympic Movement being its most valuable assets. Therefore, the preservation of their health must always be considered as a priority and a responsibility for the stakeholders.

The Conference favors a multidisciplinary approach towards sports injury prevention with the goal to allow athletes to train and perform at the highest level whilst preserving their future well-being. It represents a unique platform gathering eminent specialists on injury and illness from around the world where are exchanged the researches and best practices to protect the physical integrity of athletes off and on the field.

The expectations are high and the previous editions have proved to have met them, delivering concrete results by a collaborative and collective process which allows a transfer of knowledge in order to minimize the risk factors with the practice of sport.

I wish all the participants a most fruitful Conference and an enjoyable stay in the Principality.

A handwritten signature in black ink, reading "Albert de Monaco".

H.S.H. Prince Albert II of Monaco

FOREWORD BY THOMAS BACH, IOC PRESIDENT



Every athlete knows that injury and illness are an inherent risk to any sporting career. Athletes are at the heart of the Olympic Movement, and so it is only natural that the athletes' health is a top priority for the International Olympic Committee.

The IOC World Conference on the Prevention of Injury and Illness in Sport is one expression of how the IOC always puts the health of athletes first.

Bringing together leading experts and practitioners in sports medicine from around the world, this conference is an ideal platform for sharing and disseminating the latest research and best practices in the field of injury and illness prevention in sport.

This IOC World Conference on Prevention of Injury and Illness in Sport is taking place at a very timely moment in this extraordinary Olympic Year, coming shortly after the postponed Olympic Games Tokyo 2020 and just ahead of the Olympic Winter Games Beijing 2022.

In this way, this Conference is also timely reminder that we need this strong cooperation and joint effort to ensure that all the athletes have every chance of performing at their very best.

My thanks go to the members of the IOC Medical and Scientific Commission, chaired by IOC Member Professor Uğur Erdener, who have been leading the efforts on injury and illness prevention and for bringing together this impressive community of experts and practitioners.

As the Conference is hosted once again in the Principality of Monaco, I would also like to extend my thanks and appreciation to HSH Prince Albert II, IOC Member, for his remarkable support to make this event possible.



Thomas Bach

FOREWORD BY UĞUR ERDENER, CHAIR OF THE IOC MEDICAL AND SCIENTIFIC COMMISSION



Dear Participants,

Protecting the health of the athletes is one of the major priorities for the International Olympic Committee and its Medical and Scientific Commission, which I have the privilege to chair.

As health risks are inherent to the practice of sport, we have the duty to provide effective medical advice and care for the athletes. Therefore, it is important that all stakeholders – sports organisations, health professionals, scientific researchers, coaches and athletes – consider appropriate safety measures.

As I am myself from the medical profession, I know how important it is to be aware of the latest research and medical practices and to be able to use them to serve the athletes in the best way possible.

Reviewing the latest developments and sharing this knowledge will be the main focus of the 2021 edition of the IOC World Conference on Prevention of Injury and Illness in Sport, which had to be postponed due to the COVID-19 pandemic and will now be held in Monaco just a few months before the Olympic Winter Games Beijing 2022.

I would like to thank the organisers, and in particular my IOC colleague and friend, HSH Prince Albert II, for staging this Conference once again.

More than ever, we have to join our efforts to ensure the best possible care for all the athletes and to guarantee safe participation in sport.

Looking forward to seeing you in Monaco in November.



Prof. Dr Uğur Erdener
IOC Medical and Scientific Commission Chair

WELCOME LETTER



Lars Engebretsen, MD PhD
IOC Medical and Scientific Department
Head of Scientific Activities
President of the Organising Committee



Roald Bahr, MD, PhD Professor
Chair of the Scientific Committee

Dear Colleagues,

We are delighted to wish you a very warm welcome to the 6th IOC World Conference on Prevention of Injury & Illness in Sport that will be held on 25-27 November 2021, further to its postponement due to the COVID-19 pandemic. Based on the success of the inaugural 1st World Congress on Sports Injury Prevention in 2005 in Oslo and the subsequent 2nd World Congress in 2008, in which 700 participants from 56 countries participated, the International Olympic Committee decided to accept the invitation to take over responsibility for the congress from the founders at the Oslo Sports Trauma Research Centre.

The third edition was the IOC World Conference on Prevention of Injury and Illness in Sport, held in Monaco in April 2011 and then again in 2014 and 2017. As reflected by the change in title in 2011, the scope of the Conference has been expanded from sports injury prevention to also include the prevention of other health problems associated with sports participation. Now, more than ever, health problems are at the centre of our concerns, and through this Conference we hope to bring new perspectives on the pandemic. Having had the participation of 1,200 delegates from 96 countries, this Conference has been established as a key meeting place for everyone engaged in injury and illness prevention, and we hope to see even more of you in Monaco in 2021.

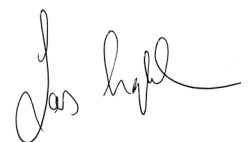
The enormous interest in the Conference is also reflected by more than 550 programme proposals received for the initial programme, and another almost 260 abstracts for the second call after

the postponement. In other words, the Scientific Committee has had a challenging job, but has been able to choose from the best of the best. This means that the upcoming Conference features a first-class programme, presenting evidence-based information on methods to prevent injuries, illness and other health problems associated with sports participation, from a multidisciplinary perspective.

Monaco has again been chosen as the venue, and the Grimaldi Forum will serve as a perfect setting for this event. We will deliver an event respectful of the preventive measures needed in view of the pandemic.

With the great interest shown by clinicians and scientists from scientific groups around the world, we believe that the 6th IOC World Conference on Prevention of Injury & Illness in Sport in Monaco in 2021 will be the place to be. You do not want to miss this opportunity if you are involved in caring for the health of athletes.

A warm welcome to Monaco!



Lars Engebretsen, MD, PhD Professor



Roald Bahr, MD, PhD Professor

ORGANISING COMMITTEE

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IOC Corporate Events and Services

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IOC Medical and Scientific Commission Chair
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CONFERENCE VENUE



GRIMALDI FORUM MONACO

Ideally located in the heart of Monaco, within walking distance of all hotels, restaurants and other activities, the Grimaldi Forum, that celebrates its 20th anniversary in 2020, attracts by its glass and steel structure.

Phone number: +377 99 99 20 00

www.grimaldiforum.com

Ideally located in the heart of Monaco, within walking distance of all hotels, restaurants and other activities, the Grimaldi Forum, that celebrated its 20th anniversary in 2020, attracts by its glass and steel structure.

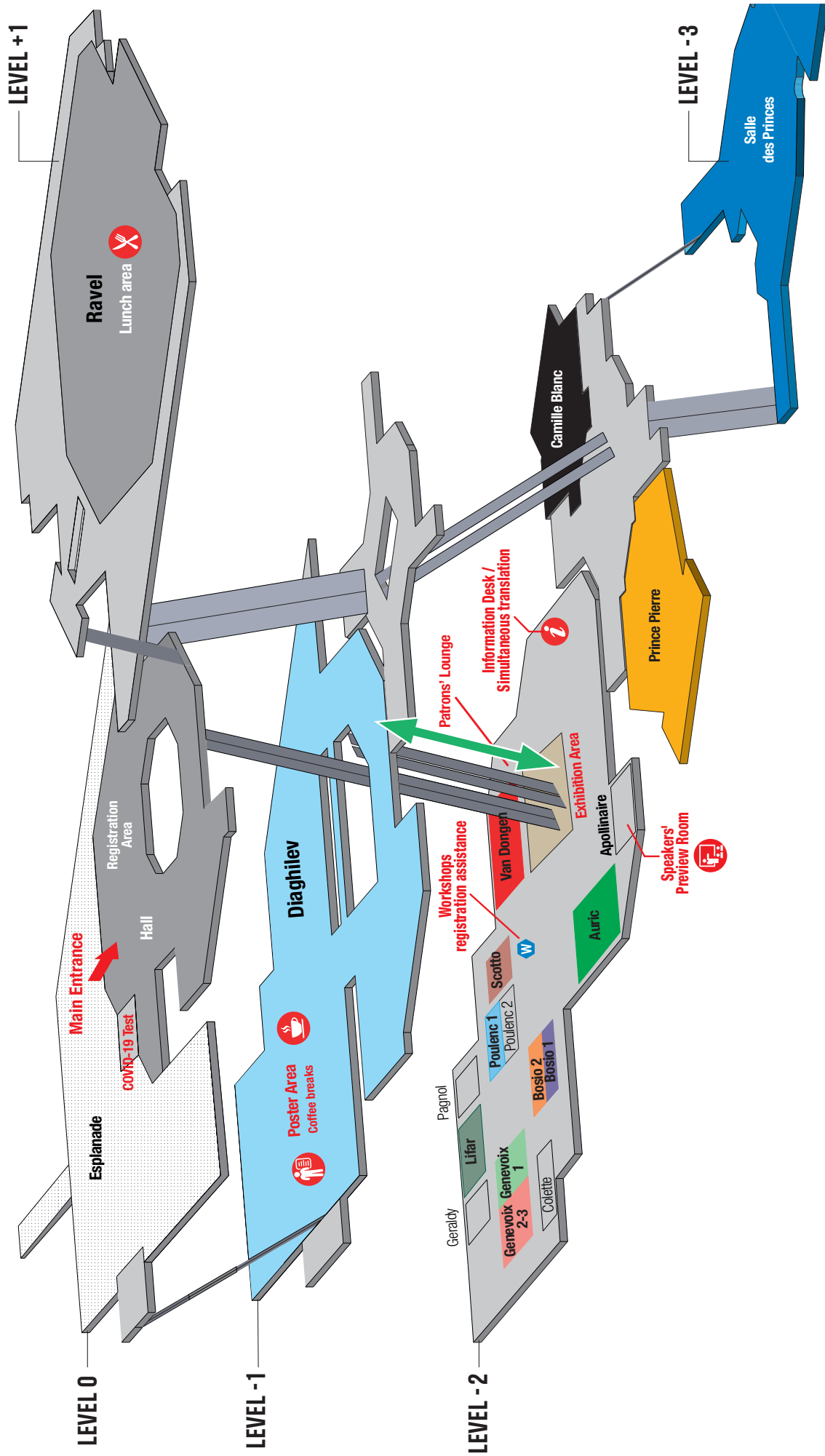
A wonderful tool to build up all types of events up to 3,000 people, it has a modular surface area of 35,000 sq. m.

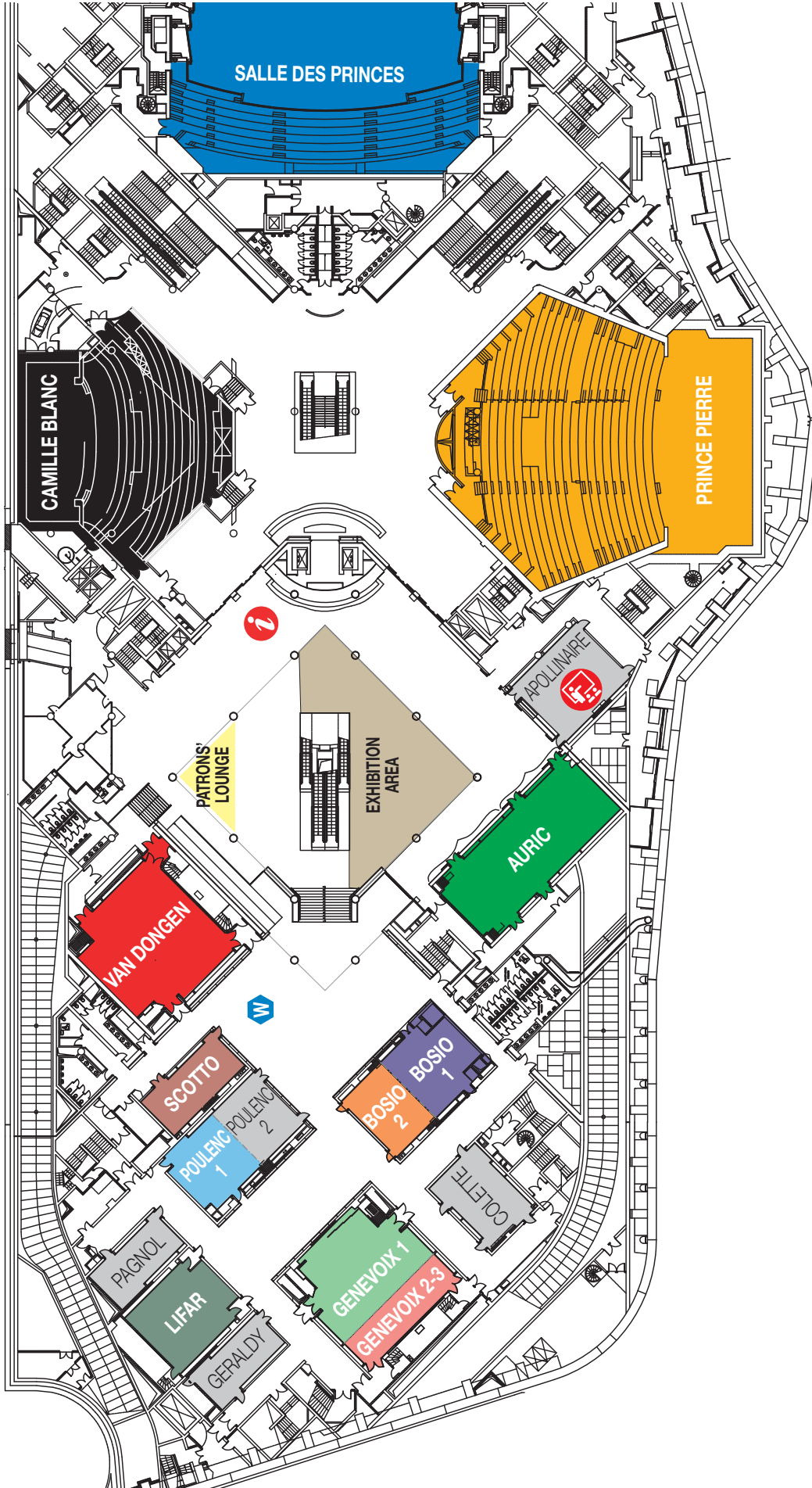
Its equipment includes 3 auditoriums, 22 breakout commission rooms, 2 large exhibition areas, several foyers and dining areas. A team of 140 professionals accompanies event organizers in their projects, from the spaces-layout design to the construction of settings, as well as logistics, catering, hospitality, communications, etc.

The Grimaldi Forum is one of the first eco-certified European congress centres to have successfully obtained in 2008 the ISO 14001 international standard in environmental management. Part of its new initiatives, the Grimaldi Forum has also become last year the first urban solar power station of Monaco, with the setting up of 2.500 sq. m. of photovoltaic panels on its roof.

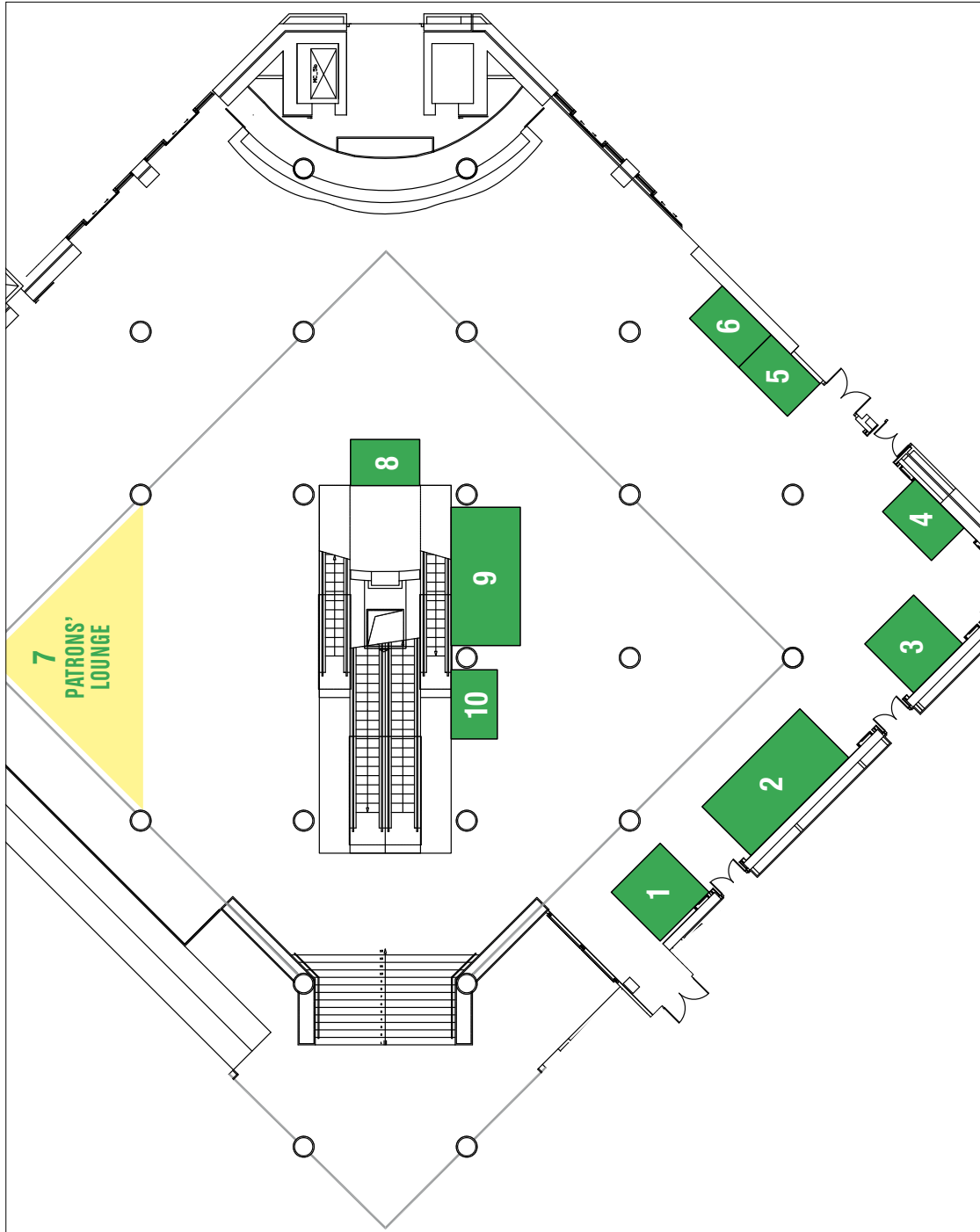
For the near future, the Principality's Congress and Cultural Center is building a new 600 sq.m. terrace. Set to be delivered next September it will allow the Grimaldi Forum's ever-growing clientele¹, to further enjoy Monaco's destination, its Mediterranean climate and exceptional sun!

¹ In 2019, the Grimaldi Forum welcomed a record number of 290,000 visitors and 120 events.





- | | | | | | |
|------------------|---------------------------------------------------------------------|------------------|-------------------|--|---------------------------------------------|
| Session A | Room Salle des Princes - Keynotes / Head-to-Head Debates / Symposia | Session J | Room Poulenc 1 | | Speakers' preview room |
| Session B | Room Prince Pierre - Symposia | Session K | Room Genevoix 1 | | Room Apollinaire |
| Session C | Room Camille Blanc - Symposia | Session L | Room Genevoix 2-3 | | Workshops registration assistance |
| Session D | Room Auric - Symposia / Free communications | Session I | Room Scotto | | Information Desk / Simultaneous translation |
| Session E | Room Van Dongen - Symposia / Free communications | | | | |
-
- WORKSHOPS**
- | | |
|------------------|--------------|
| Session F | Room Bosio 1 |
| Session G | Room Bosio 2 |
| Session H | Room Lifar |


STANDS

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5	ACSEP	10
	POLE SANTE CHPG, IM2S	
	NOC MONACO	
	UTC IMAGING	
	FUSION SPORT	
	JSHS	

Wednesday 24 November

16.00-20.00 Registration

Thursday 25 November

07.30 Registration

09.00-09.30 **OPENING CEREMONY** Room Salle des Princes

09.30-10.30 **KEYNOTE 1** Room Salle des Princes

Unravelling SARS-CoV-2 in athletes...

Speakers: **Martin SCHWELLNUS** - South Africa, **Yorck Olaf SCHUMACHER** - Qatar

10.30-11.00 Coffee Break

Session A • SYMPOSIUM 1

11.00-12.30 Room Salle des Princes

Load management in elite football: Does sexy research translate to real-world prevention?

Chairs:
Thor Einar ANDERSEN - Norway,
Alan McCALL - United Kingdom

Session B • SYMPOSIUM 2

11.00-12.30 Room Prince Pierre

Protecting the olympians of tomorrow; should we be cardiac screening the elite paediatric athlete?

Chair: Sanjay SHARMA - United Kingdom

Session C • SYMPOSIUM 3

11.00-12.30 Room Camille Blanc

Primary, secondary and tertiary prevention strategies for ankle sprains: an essential update and guide for clinicians working with field- and court-sport athletes

Chair: Eamonn DELAHUNT - Ireland

Session D

FREE COMMUNICATIONS

11.00-11.40 Room Auric

Youth athletes

Chairs:
Kathryn ACKERMAN - USA,
Natália F. N. BITTENCOURT - Brazil

Session E

FREE COMMUNICATIONS

11.00-11.40 Room Van Dongen

Team sports I

Chairs: Hideyuki KOGA - Japan,
Merete MØLLER - Denmark

12.30-13.30 Lunch

Session A

HEAD-TO-HEAD DEBATE 1

13.30-14.30 Room Salle des Princes

Is it time to stop recommending cardiac screening in athletes and focus on reactive care?

Chair: Karim KHAN - Canada

Session B • SYMPOSIUM 4

13.30-14.30 Room Prince Pierre

The value of longitudinal data for the prevention of injury and illness. Lessons learned from international surveillance programs

Chair: Ian SHRIER - Canada

Session C • SYMPOSIUM 5

13.30-14.30 Room Camille Blanc

Contact sports on artificial grass pitches: Getting beneath the surface of injury risk – How important is the divot?

Chair: Keith STOKES - United Kingdom

Session D • SYMPOSIUM 6

13.30-14.30 Room Auric

#MeTooSport - the prevention of non-accidental violence in sport settings: it's not just about one bad apple

Chairs: Sheree BEKKER - South Africa/United Kingdom,
Margo MOUNTJOY - Canada

Session E • SYMPOSIUM 7

13.30-14.30 Room Van Dongen

Innovations to prevent running injuries

Chair: Leonardo METSAVAHT - Brazil

Session A • SYMPOSIUM 8

14.30-15.30 Room Salle des Princes

Head and shoulders, knees and toes: Injury-specific prevention in female youth sports

Chair: Carolyn EMERY - Canada

Session B • SYMPOSIUM 9

14.30-15.30 Room Prince Pierre

Two decades of the TRIPP model: Has implementation made its mark?

Chair: Evert VERHAGEN - Netherlands

Session C • SYMPOSIUM 10

14.30-15.30 Room Camille Blanc

Towards new horizons in injury prevention for Big Air and Slopestyle events in Beijing 2022 Winter Olympics

Chair: Torbjørn SOLIGARD - Norway/Switzerland

Session D • SYMPOSIUM 11

14.30-15.30 Room Auric

Preventing overuse injuries in team sports - Yes we can! As evidenced by the hit sport - volleyball!

Chairs:
Natália F. N. BITTENCOURT - Brazil,
Christopher SKAZALSKI - Norway/Qatar

Session E

FREE COMMUNICATIONS

14.30-15.20 Room Van Dongen

Head impacts & concussion

Chairs: Karim KHAN,
Kathryn SCHNEIDER - Canada

15.30-16.30 **THEMED POSTERS SESSIONS** Poster Area, Diaghilev Hall (from session 1 to session 19)

16.30-17.00 Coffee Break

Session A • SYMPOSIUM 12

17.00-18.00 Room Salle des Princes

Injury prevention in women's football: Difficult but not impossible!

Chair: Amelia ARUNDALE - Austria

Session B • SYMPOSIUM 13

17.00-18.00 Room Prince Pierre

Sleeping for success in sport

Chair:
Christa JANSE VAN RENSBURG - South Africa

Session C • SYMPOSIUM 14

17.00-18.00 Room Camille Blanc

The power of athletes' stories for evidence-based injury prevention in sports

Chair: Evert VERHAGEN - Netherlands

Session D • SYMPOSIUM 15

17.00-18.00 Room Auric

Prevention of injury in the overhead throwing athlete: prediction, prevention and workload

Chair: Jason L. ZAREMSKI - USA

Session A • SYMPOSIUM 16

18.00-19.00 Room Salle des Princes

Big computers, big data, big gains in injury prevention?

Chair: Evert VERHAGEN - Netherlands

Session B • SYMPOSIUM 17

18.00-19.00 Room Prince Pierre

ACL-injury prevention: From risk factor identification to practical use – where are we (and what is missing)?

Chair: Jesper BENCKE - Denmark

Session C • SYMPOSIUM 18

18.00-19.00 Room Camille Blanc

Tackle risk in contact sports: Short-term pain for long-term salvation

Chair: Simon KEMP - United Kingdom

Session D • SYMPOSIUM 19

18.00-19.00 Room Auric

Sports injury prevention and harm reduction in the global south: Socioecological considerations for contextualised research, policy, and practice

Chair: Sheree BEKKER - South Africa/United Kingdom

Session E • SYMPOSIUM 20

18.00-19.00 Room Van Dongen

The Holy Grail: The primary prevention of both athlete injury + illness in sport: Relative Energy Deficiency in Sport (RED-S)

Chair: Margo MOUNTJOY - Canada

19.00 Welcome reception hosted by the Minister of State of the Principality of Monaco Diaghilev Hall

10.30-11.00 Coffee Break

WORKSHOPS • 11.00-12.00

Session F Room Bosio 1
#Playlikeagirl: keeping our female athletes healthy and performing!

Session G Room Bosio 2
Judo injuries prevention on the way to the Tokyo 2020 Olympic Games

WORKSHOP • 11.00-12.00

Session I Room Scotto
Sleeping your way to injury prevention - why sleep is essential for athlete fitness and overall wellbeing

WORKSHOPS • 11.00-12.00

Session J Room Poulenc 1
Bodies of gods, teeth of yobs. Oral health for individual and team performance

Session K Room Genevoix 1
ECG interpretation in athletes: accurate use of the international criteria in 6-steps!

12.30-13.30 Lunch

WORKSHOP • 13.30-14.30

Session F Room Bosio 1
Keeping golfers on course for glory: prevention of illness and injury in golf

WORKSHOP • 13.30-14.30

Session H Room Lifar
The SmartHER way forward for British female Olympic and Paralympic athletes

WORKSHOP • 13.30-14.30

Session J Room Poulenc 1
Travel advice that can help your athletes win a medal

WORKSHOPS • 14.30-15.30

Session F Room Bosio 1
Injury risk profiling to prevent lower extremity injuries: which functional performance tests make sense and how to integrate adaptability? [CANCELLED]

Session G Room Bosio 2
Keeping swimmers in the pool - Prevention of overuse shoulder injuries

WORKSHOP • 14.30-15.30

Session I Room Scotto
Increased neck strength - a potential weapon against sports related concussion

WORKSHOP • 14.30-15.30

Session J Room Poulenc 1
Injury prevention V performance: has the time come to mandate the use of mouth guards in all contact sports?

WORKSHOP • 14.30-15.30

Session L Room Genevoix 2-3
ACL secondary prevention: build hardware and think software

16.30-17.00 Coffee Break

WORKSHOP • 18.00-19.00

Session G Room Bosio 2
Taping and bracing for injury prevention: a help, habit or hazard?

WORKSHOP • 18.00-19.00

Session H Room Lifar
Mouthguards – protection, concussion and performance ... What is the connection?

WORKSHOP • 17.00-18.00

Session I Room Scotto
Systemic approach of heart rate variability analysis: a tool to better understand and use fatigue typology and prevention

WORKSHOP • 17.00-18.00

Session J Room Poulenc 1
“Adding insult to injury” – primary and secondary prevention as a field-of-play strategy [CANCELLED]

WORKSHOP • 17.00-18.00

Session L Room Genevoix 2-3
Telling your athletes to get a good night's sleep? Creating awareness of sleep deprivation as a risk factor for sport injury in youth athletes

WORKSHOP • 18.00-19.00

Session I Room Scotto
Injury prevention in elite karate: fantasy or reality?

WORKSHOP • 18.00-19.00

Session K Room Genevoix 1
Just ACT – Mindfulness and acceptance based techniques to prevent mental health problems in athletes

Friday 26 November

08.30-09.15 **KEYNOTE 2** Room Salle des Princes

Injury prevention in youth sport: Why are we so afraid of change?

Speaker: **Carolyn EMERY** - Canada

Session A • SYMPOSIUM 21

09.30-11.00 Room Salle des Princes

From Copenhagen to Dublin via Oslo: Collaborating to tackle primary, secondary and tertiary groin injury prevention in sports

Chairs:
Thor Einar ANDERSEN - Norway,
Per HÖLMICH - Denmark

Session B • SYMPOSIUM 22

09.30-11.00 Room Prince Pierre

Prevention of sudden cardiac death: best practices for cardiac screening

Chair: Jonathan DREZNER - USA

Session C • SYMPOSIUM 23

09.30-11.00 Room Camille Blanc

Injuries in runners: Epidemiology, risks and prevention

Chair: Evert VERHAGEN - Netherlands

Session D

FREE COMMUNICATIONS

09.30-10.20 Room Auric

Injury prevention I

Chairs:
Roald BAHR - Norway/Qatar,
Chair: Clare ARDERN - Canada

Session E

FREE COMMUNICATIONS

09.30-10.10 Room Van Dongen

Individual sports

Chairs:
Margo MOUNTJOY - Canada,
Jane THORNTON - Canada

11.00-11.30 Coffee Break

Session A • SYMPOSIUM 24

11.30-13.00 Room Salle des Princes

Hamstring injury prevention IS possible... Maybe. Kind of. Ish.

Chairs:
Nicol VAN DYK - Ireland/South Africa,
Gustaaf REURINK - Netherlands

Session B • SYMPOSIUM 25

11.30-13.00 Room Prince Pierre

Evidence based prevention of illness associated with long-haul travel in elite athletes: Sorting the wheat from the chaff

Chair: Wayne DERMAN - South Africa

Session C • SYMPOSIUM 26

11.30-13.00 Room Camille Blanc

Injury prevention in youth sport: Where does the future lie?

Chair: Carolyn EMERY - Canada

Session D

FREE COMMUNICATIONS

11.30-12.40 Room Auric

Risk factors etc.

Chairs: Clare ARDERN - Canada
Martin SCHWELLNUS - South Africa

Session E

FREE COMMUNICATIONS

11.30-12.30 Room Van Dongen

Team sports II

Chairs:
Markus WALDÉN - Sweden,
Michiko DOHI - Japan

13.00-14.15 Lunch

14.15-15.00 **KEYNOTE 3** Room Salle des Princes

Tropical paradise or danger zone? Beat the heat to protect athletes in a sweltering 2020 Tokyo

Speaker: **Sébastien RACINAIS** - Qatar

15.00-16.00 **THEMED POSTERS SESSIONS** Poster Area, Diaghilev Hall (from session 20 to session 38)

16.00-16.30 Coffee Break

Session A • SYMPOSIUM 27

16.30-18.00 Room Salle des Princes

Primary prevention of mental health symptoms and disorders in elite athletes

Chair: Margo MOUNTJOY - Canada

Session B • SYMPOSIUM 28

16.30-18.00 Room Prince Pierre

Planning and delivering a safe Olympic Games in a pandemic - can it be done?

Chair: Richard BUDGETT - Switzerland

Session A • SYMPOSIUM 29

18.00-19.00 Room Salle des Princes

Gastrointestinal issues in sport: Utilizing diet, the gut microbiota and probiotics for prevention of illness in athletes

Chair: Owen CRONIN - Ireland

Session B • SYMPOSIUM 30

18.00-19.00 Room Prince Pierre

The 11+ journey: 14 years and still going strong?

Chairs:
Mario BIZZINI - Switzerland,
Holly SILVERS-GRANELLI - USA

Session C • SYMPOSIUM 31

18.00-19.00 Room Camille Blanc

IOC consensus on methodology for recording and reporting of data for injury and illness surveillance

Chairs:
Roald BAHR - Norway/Qatar,
Karim CHAMARI - Qatar

Session E

FREE COMMUNICATIONS

18.00-18.20 Room Van Dongen

ACL injuries

Chairs:
Michael LOOSEMORE - United Kingdom,
Evert VERHAGEN - Netherlands

20.00 **SPORTS CELEBRATION NIGHT** (ticket required) Salle des Etoiles - Avenue Princesse Grace 26, Monaco 98000

WORKSHOPS • 09.30-10.30

Session F Room Bosio 1
Why we should keep doing preseason assessment in athletes?

Session G Room Bosio 2
Olympic athlete safety and performance: making sense of sensor fusion data

WORKSHOP • 09.30-10.30

Session H Room Lifar
Pain prevention: well-intentioned, but sometimes unrealistic and unhelpful?

WORKSHOP • 09.30-10.30

Session J Room Poulenc 1
The important piece of the puzzle – end-users' perspectives in injury prevention training

WORKSHOP • 09.30-10.30

Session K Room Genevoix 1
Physical literacy for sport injury prevention – Addressing sport injury as a public health issue

WORKSHOP • 09.30-10.30

Session L Room Genevoix 2-3
Making it stick: adherence research in sports injury prevention

11.00-11.30 Coffee Break

WORKSHOPS • 11.30-12.30

Session F Room Bosio 1
Monitoring loads to prevent injuries in team sports. Is it worth the effort?

Session G Room Bosio 2
How wearables can protect the health of athletes during sporting competitions in the heat

WORKSHOP • 11.30-12.30

Session H Room Lifar
Preventing low back pain in sports – should we image, and how do we interpret images?

WORKSHOPS • 11.30-12.30

Session I Room Scotto
Health & wellbeing of performance staff: building a resource to support your performance team

Session J Room Poulenc 1
Uncensored: the sensible use of head-impact sensors in sports

WORKSHOP • 11.30-12.30

Session K Room Genevoix 1
Knowledge translation in injury and concussion prevention: Interdisciplinary perspectives to inform prevention in youth volleyball – an applied example

WORKSHOP • 11.30-12.30

Session L Room Genevoix 2-3
The effect of injury on performance: the gold medal analytical strategy

13.00-14.15 Lunch

16.00-16.30 Coffee Break

WORKSHOP • 17.00-18.00

Session H Room Lifar
Looking to the past for the future of harm reduction in sport: a call for meaningful informed consent and health literacy initiatives in elite athlete development [CANCELLED]

WORKSHOPS • 17.00-18.00

Session I Room Scotto
Heat illness in sport – prevention and management strategies

Session J Room Poulenc 1
Top down or bottom up – Which way forward for youth sports health and safety sports?

WORKSHOP • 17.00-18.00

Session K Room Genevoix 1
Peak performance without doping: using the innovations in anti doping, sport science and sport medicine for the illness and prevention and protection of the clean athlete

WORKSHOP • 17.00-18.00

Session L Room Genevoix 2-3
Time to ditch the planks, listen to what athletes really need and want... and other useful strategies for preventing athlete low back pain

WORKSHOP • 18.00-19.00

Session F Room Bosio 1
"Take my breath away": asthma in female athletes, effects of reproductive hormones and strategies for screening and management

WORKSHOPS • 18.00-19.00

Session I Room Scotto
Neuromuscular training vs. movement re-education for prevention of running related-injuries

Session J Room Poulenc 1
EAT, SLEEP, SWIM, REPEAT: how to implement prevention strategies for overuse injuries in elite/competitive swimmers? – An integrated approach

WORKSHOP • 18.00-19.00

Session K Room Genevoix 1
The missing link: what to do when reality causes imperfect data collection

WORKSHOP • 18.00-19.00

Session L Room Genevoix 2-3
The sporting spine – Getting to the core of injury prevention

Saturday 27 November

08.30-09.15 KEYNOTE 4 Room Salle des Princes
Injury prevention: when return to play is not the way
 Speaker: **Michael TURNER - United Kingdom**

Session A • SYMPOSIUM 32

09.30-11.00 Room Salle des Princes
 Tokyo 2020: Protecting the athlete from environmental and logistical challenges
 Chair: Lee TAYLOR - United Kingdom

Session B • SYMPOSIUM 33

09.30-11.00 Room Prince Pierre
 Concussion prevention in youth team sports: Evidence informing best practice and policy across five high risk sports
 Chair: Carolyn EMERY - Canada

Session C • SYMPOSIUM 34

09.30-11.00 Room Camille Blanc
 Never mention prevention!
 Chairs: Martin ASKER - Sweden, Rodney WHITELEY - Qatar

Session D FREE COMMUNICATIONS

09.30-10.20 Room Auric
 Injury prevention II
 Chairs: Jonathan DREZNER - USA, Grethe MYKLEBUST - Norway

Session E FREE COMMUNICATIONS

09.30-10.30 Room Van Dongen
 Illness/injury epidemiology
 Chairs: York Olaf SCHUMACHER - Qatar, Kati PASANEN - Canada

11.00-11.30 Coffee Break

Session A • SYMPOSIUM 35

11.30-13.00 Room Salle des Princes
 Training load and injury
 Chair: Karim CHAMARI - Qatar

Session B • SYMPOSIUM 36

11.30-13.00 Room Prince Pierre
 The injury prevention (r)evolution - a primer for tomorrow
 Chairs: Nicol VAN DYK - Ireland/South Africa, Carly MCKAY - United Kingdom

Session C • SYMPOSIUM 37

11.30-13.00 Room Camille Blanc
 Injury prevention – what can you learn from our biggest mistakes?
 Chair: Michael TURNER - United Kingdom

Session D FREE COMMUNICATIONS

11.30-12.20 Room Auric
 Distance running
 Chairs: Kathryn ACKERMAN - USA, Stéphane BERMON - France

Session E FREE COMMUNICATIONS

11.30-12.30 Room Van Dongen
 Para-athletes & special conditions
 Chairs: Christa JANSE VAN RENSBURG - South Africa, Yannis PITSILADIS - United Kingdom

13.00-14.30 Lunch

Session A • SYMPOSIUM 38

14.30-15.30 Room Salle des Princes
 Heat injury and illness prevention for Tokyo 2020: What is the IOC doing?
 Chair: Yannis PITSILADIS - United Kingdom

Session B • SYMPOSIUM 39

14.30-15.30 Room Prince Pierre
 Injury prevention in handball: What have we learned and where are we going?
 Chairs: Lior LAVER - United Kingdom/Israel, Grethe MYKLEBUST - Norway

Session C • SYMPOSIUM 40

14.30-15.30 Room Camille Blanc
 It's not complicated: Injury prevention in sport through a complex systems approach
 Chairs: Sheree BEKKER - South Africa/United Kingdom, Nicol VAN DYK - Ireland - South Africa

Session D • SYMPOSIUM 41

14.30-15.30 Room Auric
 Prevention of long-standing groin pain in athletes
 Chair: Per HÖLMICH - Denmark

15.30-16.00 Coffee Break

16.00-17.00 THEMED POSTERS SESSIONS Poster Area, Diaghilev Hall (from session 39 to session 57)

Session A • SYMPOSIUM 42

17.00-18.00 Room Salle des Princes
 Injury prevention apps – clap or scrap?
 Chair: Tron KROSSHAUG - Norway

Session B • SYMPOSIUM 43

17.00-18.00 Room Prince Pierre
 Protecting respiratory health in athletes: What can we do better?
 Chairs: James HULL, Michael LOOSEMORE - United Kingdom

Session C • SYMPOSIUM 44

17.00-18.00 Room Camille Blanc
 Preventing primary cam morphology and femoroacetabular impingement syndrome in the young athlete: Is the 'hop' really the hip's demise?
 Chairs: Paul DIJKSTRA - Qatar, Clare ARDERN - Canada

Session D • SYMPOSIUM 45

17.00-18.00 Room Auric
 Health impact of life-long participation in Olympic sport
 Chair: Yannis PITSILADIS - United Kingdom

Session E FREE COMMUNICATIONS

17.00-17.40 Room Van Dongen
 Injuries & load monitoring
 Chairs: Lars ENGBRETSSEN - Norway/Switzerland, Karim CHAMARI - Qatar

18.00-18.20 HONORARY KEYNOTE LECTURE Room Salle des Princes

Publishing in Exercise and Sport Science: 1790-2020
 Speaker: **Howard G. KNUTTGEN - USA**

18.20-18.30 CLOSING CEREMONY Room Salle des Princes

20.00 FACULTY DINNER (upon invitation)

WORKSHOPS • 09.30-10.30

Session F Room Bosio 1
How can we prevent Exercise-Induced Laryngeal Obstruction (EILO) from obstructing the athletes' career?

Session G Room Bosio 2
Leadership for athlete health protection

WORKSHOP • 09.30-10.30

Session H Room Lifar
Injury prevention: the role of video analysis

WORKSHOPS • 09.30-10.30

Session J Room Poulenc 1
A practical guide to prevent injuries with load management in football

Session K Room Genevoix 1
Elite cycling: preventing injury and increasing rider safety [CANCELLED]

11.00-11.30 Coffee Break
WORKSHOP • 11.30-12.30

Session H Room Lifar
The acute:chronic workload ratio: evolution or revolution?

WORKSHOP • 11.30-12.30

Session I Room Scotto
Studying techniques to reduce the risk of injuries in contact sports - from the lab to the field

WORKSHOP • 11.30-12.30

Session J Room Poulenc 1
Rugby-7s is fast, but are we running and about to knock-on! Evidence-based rugby-7s injury prevention concepts

13.00-14.30 Lunch
WORKSHOP • 14.30-15.30

Session G Room Bosio 2
Engaging with modern media: are sports medicine clinicians missing the mark for injury prevention?

WORKSHOP • 14.30-15.30

Session H Room Lifar
#SoMe or Not #SoMe? How to turbocharge knowledge translation in sport and exercise medicine for real-world prevention impact

WORKSHOP • 14.30-15.30

Session I Room Scotto
How hard do you have to be a hardened professional sportsperson? Lessons from England Cricket's lumbar spine stress fracture research program, exploring bone density, bone adaptation, injury resilience and readiness to perform

WORKSHOP • 14.30-15.30

Session J Room Poulenc 1
Youth elite football: Attacking injuries from an epidemiological and clinical perspective

15.30-16.00 Coffee Break
WORKSHOP • 17.00-18.00

Session F Room Bosio 1
Bridging the gap to keep them in the game: sharing a successful knowledge translation initiative to upscale evidence-informed sport injury prevention programs

WORKSHOP • 17.00-18.00

Session H Room Lifar
Getting hip with injury prevention: how to perform an effective hip screening exam to identify the "hip at risk"

WORKSHOP • 17.00-18.00

Session I Room Scotto
Behave yourself, and avoid overuse injuries

WORKSHOP • 17.00-18.00

Session K Room Genevoix 1
Prevention of concussion in sport: cervical spine and vestibular considerations

WORKSHOP • 17.00-18.00

Session L Room Genevoix 2-3
Sport related head injuries, "from the field-side whirlpool to recognize and remove"

Wednesday 24 November

16.00-20.00 **Registration**

Thursday 25 November

07.30 **Registration**

09.00-09.30 **OPENING CEREMONY**
Room Salle des Princes

KEYNOTE 1

09.30-10.30 Room Salle des Princes

Unravelling SARS-CoV-2 in athletes... [2196]

Speakers: **Martin SCHWELLNUSS** - South Africa, **Yorck Olaf SCHUMACHER** - Qatar

10.30-11.00 Coffee Break

Session A - SYMPOSIUM 1

11.00-12.30 Room Salle des Princes

Load management in elite football: does sexy research translate to real-world prevention? [462]

Chairs: **Thor Einar ANDERSEN** - Norway, **Alan McCALL** - United Kingdom

11.00-11.05 | **Load management: The hottest topic in injury prevention**
Thor Einar Andersen - Norway

11.05-11.20 | **Load management in a professional club: Ideal conditions versus reality**
Alan McCall - United Kingdom

11.20-11.35 | **Managing workload in a national team: Like a box of chocolates?**
Tony Strudwick - United Kingdom

11.35-11.50 | **Managing load in an elite youth academy: A fine line**
Michel S. Brink - Netherlands

11.50-12.05 | **What's the evidence? The first RCT of load management as prevention**
Torstein Dalen-Lorentsen - Norway

12.05-12.15 | **The future of load management in injury prevention: Where to now?**
Thor Einar Andersen - Norway

12.15-12.30 | **Panel discussion**
Andersen, McCall, Brink, Dalen-Lorentsen

Session B - SYMPOSIUM 2

- 11.00-12.30 Room Prince Pierre
Protecting the olympians of tomorrow; should we be cardiac screening the elite paediatric athlete? [497]
Chair: **Sanjay SHARMA** - United Kingdom
- 11.00-11.15 | Introduction: Sudden death in paediatric athletes; Magnitude of the problem
Dimitri Constantinou - South Africa
- 11.15-11.30 | Are we pushing kids too hard, too early? Physiological responses to training in elite paediatric athletes
Craig Williams - United Kingdom
- 11.30-11.45 | Can we cardiologically evaluate kids using the tools made for adults?
Maria-Carmen Adamuz - Qatar
- 11.45-12.00 | What to do with the elite paediatric athlete with suspected heart disease?
Appraisal of current international guidelines
Guido Pieles - United Kingdom
- 12.00-12.15 | Future strategies of cardiac care in elite paediatric athletes
Mathew Wilson - United Kingdom
- 12.15-12.30 | Panel discussion: Striking a balance between child protection and developing the future Olympic superstars: Role of international sporting organisations
Sharma, Constantinou, Williams, Adamuz, Pieles, Wilson

Session C - SYMPOSIUM 3

- 11.00-12.30 Room Camille Blanc
Primary, secondary and tertiary prevention strategies for ankle sprains: an essential update and guide for clinicians working with field- and court-sport athletes [292]
Chair: **Eamonn DELAHUNT** - Ireland
- 11.00-11.15 | The results of epidemiological and injury mechanism research are integral to the planning of effective ankle sprain injury prevention strategies
Eamonn Delahunt - Ireland
- 11.15-11.30 | Preventing first-time ankle sprains in field- and court-sport athletes: what works and why?
Evert Verhagen - Netherlands
- 11.30-11.45 | Braces and tape: Integrating clinical expertise and best evidence to make informed decisions for the primary and secondary prevention of ankle sprains in field- and court-sport athletes
Claire Hiller - Australia
- 11.45-12.00 | A guide to implementing effective therapeutic interventions to prevent ankle sprain injury recurrence and chronic ankle instability in field- and court-sport athletes
Phillip Gribble - USA
- 12.00-12.15 | Managing the difficult ankle: optimal surgical approaches to prevent ongoing impairments following ankle sprain injury
Vincent Gouttebauge - Netherlands
- 12.15-12.30 | Panel discussion: Future directions for ankle sprain injury prevention research in field- and court-sport athletes and its uptake in clinical practice
Delahunt, Verhagen, Gouttebauge

Session D - FREE COMMUNICATIONS

- 11.00-11.40 Room Auric
Youth athletes
Chairs: **Kathryn ACKERMAN** - USA, **Natália F. N. BITTENCOURT** - Brazil
- 11.00-11.10 | **Coach awareness and practice in relation to growth/maturation and training load in young competitive gymnasts: implications for injury prevention #591**
Tejal Sarika Patel, Sean Cumming, Sean Williams, Bekker Sheree, Alex McGregor, Karen Williams, Louise Fawcett (United Kingdom)
- 11.10-11.20 | **Survival analysis of lower-limb apophyseal injuries in youth elite soccer in association with growth and skeletal maturation #1689**
Olivier Materne (Qatar), Abdulaziz Farooq (Qatar), Karim Chamari (Qatar), Amanda Johnson (Qatar), Adam Weir (Qatar/Netherlands), Per Hölmich (Denmark), Matt Greig (United Kingdom), Lars Mc Naughton (United Kingdom/South Africa)
- 11.20-11.30 | **Increased injury risk in youth athletics when growth rates are high and skeletal maturation is low #1229**
Eirik Halvorsen Wik (Qatar/Norway), Daniel Martínez-Silván (Qatar), Abdulaziz Farooq (Qatar), Marco Cardinale (Qatar/United Kingdom), Amanda Johnson (Qatar), Roald Bahr (Qatar/Norway)
- 11.30-11.40 | **Is inferior dual-task performance a risk factor for injury in youth soccer? A prospective study #993**
Evi Wezenbeek, Dries Pieters, Joke Schuermans, Tine Willems, Erik Witvrouw (Belgium)

Session E - FREE COMMUNICATIONS

- 11.00-11.40 Room Van Dongen
Team sports I
Chairs: **Hideyuki KOGA** - Japan, **Merete MØLLER** - Denmark
- 11.00-11.10 | **How do football (soccer) injuries occur? A systematic video analysis of 345 moderate and severe match injuries #1386**
Christian Klein, Patrick Luig, Thomas Henke, Hendrik Bloch, Petra Platen (Germany)
- 11.10-11.20 | **Prevalence of hip and groin pain and changes in Hip and Groin Outcome Score over a season in elite Gaelic Athletic Association players #1315**
Enda King (Ireland/United Kingdom), Chris Richter (Ireland/United Kingdom), Kristian Thorborg (Denmark), Andrew Franklyn-Miller (Ireland/Australia), Eanna Falvey (Ireland), James O'Donovan (Ireland)
- 11.20-11.30 | **Epidemiology of injury in English schoolboy Rugby Union #1440**
Matthew Hancock, Simon Roberts, Craig Barden, Carly McKay, Simon Kemp, Keith Stokes (United Kingdom)
- 11.30-11.40 | **A Comparison of Injuries between Male and Female Amateur Rugby Union Players #1519**
Caithriona Yeomans, Thomas M. Comyns, Roisin Cahalan, Giles D. Warrington, Andrew J. Harrison, Helen Purtill, Mark Lyons, Mark J. Campbell, Liam G. Glynn, Ian C. Kenny (Ireland)

Session F - WORKSHOP

11.00-12.00

Room Bosio 1

#Playlikeagirl: keeping our female athletes healthy and performing! #976**Marie-Elaine Grant** - Ireland, **Margo Mountjoy** - Canada

I #Playlikeagirl: keeping female athletes healthy and performing at their top potential!
Learn about the latest prevention science for females #GenderGap! #GoGIRL.

Session G - WORKSHOP

11.00-12.00

Room Bosio 2

Judo injuries prevention on the way to the Tokyo 2020 Olympic Games #937**Nikolaos Malliaropoulos, Mike Callan** - United Kingdom

I Future prevention strategies to reduce injuries in judo.

Session I - WORKSHOP

11.00-12.00

Room Scotto

Sleeping your way to injury prevention - why sleep is essential for athlete fitness and overall wellbeing #940**Meeta Singh** - USA

I Learn about the different way poor and inadequate sleep can increase sports injury risk - Learn about the science of sleep and circadian rhythms - Learn about practical interventions aims at managing poor sleep.

Session J - WORKSHOP

11.00-12.00

Room Poulenc 1

Bodies of gods, teeth of jobs. Oral health for individual and team performance #952**Ian Needleman, Paul Ashley** - United Kingdom

I Poor oral health is common in athletes and affects performance. Find out why and how to implement practical solutions for prevention in elite sport.

Session K - WORKSHOP

11.00-12.00

Room Genevoix 1

ECG interpretation in athletes: accurate use of the international criteria in 6-steps! #953**Jonathan Drezner** - USA

I Can you distinguish normal from abnormal ECG findings in athletes?
6-Steps to accurate ECG interpretation using the International Criteria led by Prof Drezner.

- 12.30-13.30 **Lunch**
- Session A - HEAD-TO-HEAD DEBATE 1**
- 13.30-14.30 Room Salle des Princes
Is it time to stop recommending cardiac screening in athletes and focus on reactive care? [243]
Chair: **Karim KHAN** - Canada
- 13.30-13.35 | **Setting the scene - pre-debate audience vote**
Karim Khan - Canada
- 13.35-13.50 | **Speaker for the affirmative: Cardiac screening – end of an error. Long live reactive care**
Mathew Wilson - United Kingdom
- 13.50-14.05 | **Speaker for the negative: Cardiac screening is essential and must go hand-in-hand with reactive care**
Sanjay Sharma - United Kingdom
- 14.05-14.17 | **Rebuttals**
Mathew Wilson - United Kingdom, **Sanjay Sharma** - United Kingdom
- 14.17-14.20 | **Chair’s sum-up and post-debate audience vote**
Karim KHAN - Canada
- 14.20-14.30 | **Audience discussion**
- Session B - SYMPOSIUM 4**
- 13.30-14.30 Room Prince Pierre
The value of longitudinal data for the prevention of injury and illness. Lessons learned from international surveillance programs [105]
Chair: **Ian SHRIER** - Canada
- 13.30-13.34 | **Introduction**
Ian Shrier - Canada
- 13.34-13.46 | **Evaluating the implementation and results from prevention programs in Danish children age 6-11 years over 5.5 years**
Niels Wedderkopp - Denmark
- 13.46-13.58 | **Keeping your athletes available throughout a season: The value and benefits of timely feedback informed by injury and illness monitoring**
Evert Verhagen - Netherlands
- 13.58-14.10 | **Informing and maintaining policy change through research findings: Experiences with body checking in Canadian youth hockey**
Carolyn Emery - Canada
- 14.10-14.30 | **Panel discussion: How to reap athlete benefits from longitudinal data**
Shrier, Wedderkopp, Verhagen, Emery

Session C - SYMPOSIUM 5

- 13.30-14.30 Room Camille Blanc
Contact sports on artificial grass pitches: Getting beneath the surface of injury risk – How important is the divot? [522]
Chair: **Keith STOKES** - United Kingdom
- 13.30-13.42 | It's not just how common, but how severe: The burden of injuries on grass and artificial pitches in Rugby Union
Keith Stokes - United Kingdom
- 13.42-13.54 | Differential injury rates on natural vs. artificial surfaces in the NFL: Lessons from American Football
Allen Sills - USA
- 13.54-14.06 | Biomechanical Testing of Shoe-Surface Interactions and Footwear Design Implications
Richard Kent - USA
- 14.06-14.18 | Strategies for injury reduction on artificial turf pitches
Simon Kemp - United Kingdom
- 14.18-14.30 | Questions and panel discussion
Stokes, Sills, Kemp

Session D - SYMPOSIUM 6

- 13.30-14.30 Room Auric
#Metoosport – the prevention of non-accidental violence in sport settings: it's not just about one bad apple [219]
Chairs: **Sheree BEKKER** - South Africa/United Kingdom, **Margo MOUNTJOY** - Canada
- 13.30-13.35 | Introduction: #MeTooSport: The contemporary cultural context of the prevention of non-accidental violence in sport settings
Sheree Bekker - South Africa/United Kingdom
- 13.35-13.45 | The vulnerability of disability: Prevalence and prevention of harassment and abuse in athletes with impairment
Yetsa A. Tuakli-Wosornu - Ghana/USA
- 13.45-13.55 | Injury prevention through safeguarding: The work of the International Olympic Committee
Susan Greinig - Switzerland
- 13.55-14.05 | The imperative for systemic change: understanding, contextualising, and influencing a culture of safeguarding in sport settings
Sheree Bekker - South Africa/United Kingdom
- 14.05-14.15 | "Only by speaking out can we create lasting change": Lessons from the Nassar tragedy for sports medicine
Margo Mountjoy - Canada
- 14.15-14.30 | Discussion

- Session E - SYMPOSIUM 7**
- 13.30-14.30 Room Van Dongen
Innovations to prevent running injuries [319]
Chair: **Leonardo METSAVAHT** - Brazil
- 13.30-13.40 **I Problem overview: epidemiology**
Gustavo Leporace - Brazil
- 13.40-13.50 **I The complexity of running injuries and its risk factors**
Leonardo Metsavaht - Brazil
- 13.50-14.00 **I Costs for identifying running-related injury risks**
Gustavo Leporace - Brazil
- 14.00-14.10 **I Neuromuscular training to prevent running-related injuries**
Fábio Arcanjo - Brazil
- 14.10-14.30 **I Panel Discussion: Implementation of running-related injury prevention programs in clinical practice**
Metsavaht, Leporace, Arcanjo
- Session F - WORKSHOP**
- 13.30-14.30 Room Bosio 1
Keeping golfers on course for glory: prevention of illness and injury in golf #973
Andrew Murray, Patrick Robinson - United Kingdom
I What works in preventing illness and injury in golf? And what illness and injury preventing are there for other sports? with @etpi @docandrewmurray.
- Session H - WORKSHOP**
- 13.30-14.30 Room Lifar
The SmarTHER way forward for British female Olympic and Paralympic athletes #983
Kate Hutchings, Richard Burden - United Kingdom
I The English Institute of Sport's application of research and innovation to enable elite female athletes to thrive and fulfil their health and performance potential
- Session J - WORKSHOP**
- 13.30-14.30 Room Poulenc 1
Travel advice that can help your athletes win a medal #1009
Nebojša Nikolić - United Kingdom
I Participants grouped according to specifics of their sports. Each travel guideline will be presented and discussed. Each group will adapt it to their sport needs.

Session A • SYMPOSIUM 8

- 14.30-15.30 Room Salle des Princes
Head and shoulders, knees and toes: injury-specific prevention in female youth sports [267]
Chair: **Carolyn EMERY** - Canada
- 14.30-14.35 | **Keeping our girls on the field of play: The importance of injury prevention in youth female sports**
Carolyn Emery - Canada, **Grethe Myklebust** - Norway
- 14.35-14.45 | **Preventing concussions in female youth sport**
Carolyn Emery - Canada
- 14.45-14.55 | **Preventing shoulder injuries in overhead female youth sports**
Martin Asker - Sweden
- 14.55-15.05 | **Preventing knee injuries in female youth team sports**
Grethe Myklebust - Norway
- 15.05-15.15 | **Preventing ankle injuries in female youth team sports**
Kati Pasanen - Canada/Finland
- 15.15-15.30 | **Panel discussion: Is it possible to protect our female youth sport athletes head to toe?**
Emery, Myklebust, Asker, Pasanen

Session B - SYMPOSIUM 9

- 14.30-15.30 Room Prince Pierre
Two decades of the TRIPP model: Has implementation made its mark? [198]
Chair: **Evert VERHAGEN** - Netherlands
- 14.30-14.45 | **Reflecting on two decades of the TRIPP model – what is it and how has it been used to make an impact?**
Lauren Fortington - Australia
- 14.45-14.55 | **Implementing injury prevention in sports - are we winning?**
James O'Brien - Australia/Austria
- 14.55-15.05 | **Behavioural approaches to enhance implementation**
Carly McKay - United Kingdom
- 15.05-15.15 | **Implementation is more than an afterthought to your RCT**
Evert Verhagen - Netherlands
- 15.15-15.30 | **Panel discussion: Where do we go next if we want to increase the impact of our preventive efforts**
O'Brien, McKay, Verhagen

Session C • SYMPOSIUM 10

- 14.30-15.30 Room Camille Blanc
Towards new horizons in injury prevention for Big Air and Slopestyle events in Beijing 2022 Winter Olympics [531]
Chair: **Torbjørn SOLIGARD** - Norway/Switzerland
- 14.30-14.42 **I The epidemiology of injuries in snowboarding and freestyle skiing in the Olympic Games**
Torbjørn Soligard - Norway/Switzerland
- 14.42-14.54 **I The Equivalent Fall Height approach: towards validated tools for designing safer snowboard and freestyle skiing jumps**
Nicola Petrone - Italy
- 14.54-15.06 **I IOC project Big Air / Slopestyle: Harnessing injury risk in the Beijing Winter Olympics with novel course design tools**
Matthias Gilgien - Norway/Switzerland
- 15.06-15.18 **I IOC project Big Air / Slopestyle: The link between jump design, perceived injury risk and user experiences**
Claes Högström - Norway
- 15.18-15.30 **I Panel discussion: Injury prevention for Big Air and Slopestyle events in Beijing 2022 Winter Olympics**
Soligard, Petrone, Gilgien, Högström

Session D • SYMPOSIUM 11

- 14.30-15.30 Room Auric
Preventing overuse injuries in team sports – Yes we can! As evidenced by the hit sport – volleyball! [453]
Chairs: **Natália F. N. BITTENCOURT** - Brazil, **Christopher SKAZALSKI** - Norway/Qatar
- 14.30-14.32 **I Introduction – The all too common state of overuse problems in volleyball**
- 14.32-14.44 **I Patellar tendinopathy: can we block the spike of jumper's knees in volleyball?**
Johannes Zwerver - Netherlands
- 14.44-14.56 **I Navigating the risk factor identification minefield and implementing a tailored prevention program to decrease patellar tendinopathy that works!**
Natália F. N. Bittencourt - Brazil
- 14.56-15.08 **I Monitoring training and competition load in volleyball...can we really prevent these overuse injuries?**
Christopher Skazalski - Qatar/Norway
- 15.08-15.20 **I Injury prevention from the coach's point of view, a real-world example of injury prevention and championship results**
Kerry MacDonald - Canada
- 15.20-15.30 **I Panel Discussion: How we can learn from the mistakes of the past to prevent future overuse injuries and complaints among our team sport athletes**
Zwerver, Bittencourt, Skazalski, MacDonald

Session E - FREE COMMUNICATIONS

- 14.30-15.20 Room Van Dongen
Head impacts & concussion
Chairs: **Karim KHAN, Kathryn SCHNEIDER** - Canada
- 14.30-14.40 | **Evaluation of in-ear sensor systems for quantifying head impacts in youth football #1085**
Stian Bahr Sandmo (Norway), Andrew S. McIntosh (Australia), Thor Einar Andersen (Norway), Inga K. Koerte (Germany/USA), Roald Bahr (Norway/Qatar)
- 14.40-14.50 | **Head impact exposure in youth football – are current interventions hitting the target? #1084**
Stian Bahr Sandmo (Norway), Thor Einar Andersen (Norway), Inga K. Koerte (Germany/USA), Roald Bahr (Norway/Qatar)
- 14.50-15.00 | **Head impact doses and “no-go” deficits in Olympic and non-Olympic sport athletes #1160**
Adam Bartsch (USA), Lori Glover (USA), Jay Alberts (USA), Jason Cruickshank (USA), Elizabeth Jansen (USA), Edward Benzel (USA), Sergey Samorezov (USA), Vincent Miele (USA), Julian Bailes (USA), Gerald McGinty (USA), Steven Rowson (USA), Christopher D'Lauro (USA), Tyler Rooks (USA), Kenneth Cameron (USA), Megan Houston (USA), Emily Kieffer (USA), Laurel Ng (USA), Kiran Mathews (USA), Mikael Swaren (Sweden), Norman Link (USA), Missy Fraser (USA), Jason P. Mihalik (USA), Johna Mihalik-Register (USA), JT Eckner (USA), Annalise Lane (USA)
- 15.00-15.10 | **Biomarkers in serum after head impact exposure in football #1082**
Stian Bahr Sandmo, Peter Filipcik, Martin Cente, Jozef Hanes, Thor Einar Andersen, Truls M. Straume-Næsheim, Roald Bahr (Norway)
- 15.10-15.20 | **Tackle characteristics associated with concussion in British University level rugby union #1394**
Simon Roberts, Simon Kemp, Luke Morgan, Keith Stokes (United Kingdom)

Session F - WORKSHOP [CANCELLED]

- 14.30-15.30 Room Bosio 1
Injury risk profiling to prevent lower extremity injuries: which functional performance tests make sense and how to integrate adaptability? #1019
Bruno Tassignon, Alexandre Maricot - Belgium
| Integrating adaptability in functional performance tests: the added value of new functional neurocognitive tests in injury prevention?

Session G - WORKSHOP

- 14.30-15.30 Room Bosio 2
Keeping swimmers in the pool - Prevention of overuse shoulder injuries #1030
Farhad Moradi Shahpar - Switzerland/Islamic Republic of Iran,
Kevin Boyd - Switzerland/United Kingdom
| Understand the demands on the swimmer's shoulder and learn simple interventions to keep your swimmers injury-free and training at their best.

- Session I - WORKSHOP**
- 14.30-15.30 Room Scotto
Increased neck strength - a potential weapon against sports related concussion #1036
Kerry Peek - Australia
 | This workshop will connect theory to practice regarding the role higher neck strength may play in reducing the risk of sustaining a sports related concussion.
- Session J - WORKSHOP**
- 14.30-15.30 Room Poulenc 1
Injury prevention V performance: has the time come to mandate the use of mouth guards in all contact sports? #1043
Irfan Ahmed, Peter Fine - United Kingdom
 | Is there any evidence to suggest that mouth guards use prevents injury or effects athletic performance? Is it time to mandate the use of mouth guards in contact sports?
- Session L - WORKSHOP**
- 14.30-15.30 Room Genevoix 2-3
ACL secondary prevention: build hardware and think software #1452
Renato Andrade, Rogério Pereira - Portugal
 | Learn how to recover normal movement patterns and biomechanical capacities after ACL injury, by addressing human software and hardware with strengthening and motor learning exercise-based interventions.
- THEMED POSTERS SESSIONS**
- 15.30-16.30 Poster Area, Diaghilev Hall
 Please refer to pages 74-86 for full details
- Session 1 - Shoulder**
 Chair: **Kathryn ACKERMAN - USA**
 Posters #2091 #1430 #1103 #1960 #1884 #938
- Session 2 - Water sports**
 Chair: **Margo MOUNTJOY - Canada**
 Posters #1118 #1220 #1339 #1672 #1652 #1646
- Session 3 - Combat sports**
 Chair: **Hideyuki KOGA - Japan**
 Posters #1066 #2000 #1360 #1975
- Session 4 - Foot - Ankle**
 Chair: **Markus WALDÉN - Sweden**
 Posters #1449 #1518 #1466 #981 #2171 #2124 #1334 #1989
- Session 5 - Load monitoring**
 Chair: **Evert VERHAGEN - Netherlands**
 Posters #1922 #1619 #1530 #1356 #1317
- Session 6 - Dance**
 Chair: **Yannis PITSILADIS - United Kingdom**
 Posters #1292 #1607 #1001 #1559 #2007 #1576 #1595 #1561

Session 7 - Low Back & PelvisChair: **Jonathan DREZNER** - USA

Posters #1354 #1214 #1703 #1120

Session 8 - FatigueChair: **Yorck Olaf SCHUMACHER** - Qatar

Posters #1425 #1200 #1193 #1149 #1809

Session 9 - Risk factors IChair: **Natália F. N. BITTENCOURT** - Brazil

Posters #1456 #1395 #1882 #1655 #1594

Session 10 - HamstringChair: **Nicol VAN DYK** - Ireland/South Africa

Posters #1874 #1873 #2172 #1383 #1658 #1662 #1958 #1520 #1613

Session 11 - Concussion IChair: **Jane THORNTON** - Canada

Posters #964 #1691 #1504 #1341 #1701

Session 12 - Concussion IIChair: **Michael TURNER** - United Kingdom

Posters #2193 #1412 #2092 #2114 #2186 #2185

Session 13 - Youth footballChair: **Tim MEYER** - Germany

Posters #1883 #1866 #1563 #1039 #1040 #1727

Session 14 - OlympicsChair: **Lars ENGBRETSSEN** - Norway/Switzerland

Posters #1355 #1008 #1458 #1565 #1774

Session 15 - ACL IChair: **Holly SILVERS-GRANELLI** - USA

Posters #1346 #1357 #1886 #1885 #1350 #1185 #991 #1414

Session 16 - BiomechanicsChair: **Tron KROSSHAUG** - Norway

Posters #1251 #1937 #1493

Session 17 - Injury prevention measures IChair: **Carolyn EMERY** - Canada

Posters #2115 #2111 #2018 #2123 #2104 #2110 #2087 #2078

Session 18 - Injury prevention measures IIChair: **Kristina FAGHER** - Sweden

Posters #2141 #2156 #2131 #2175 #2130 #2183 #2155

Session 19 - Injury surveillance IChair: **Martin SCHWELLNUS** - South Africa

Posters #2179 #2174 #2177 #2165 #2116 #2094 #2144

16.30-17.00

Coffee Break

Session A - SYMPOSIUM 12

- 17.00-18.00 Room Salle des Princes
Injury prevention in women's football: Difficult but not impossible! [236]
Chair: **Amelia ARUNDALE** - Austria
- 17.00-17.12 | Preventing injury in women's football, a global problem
Andrea Mosler - Australia
- 17.12-17.24 | What really works to reduce injury risk in women's football?
Markus Waldén - Sweden
- 17.24-17.36 | Prevention programmes only work if you do them; implementation strategies to reduce injury risk
Amelia Arundale - Austria
- 17.36-17.48 | Mars vs Venus, how injury prevention strategies for women's football embrace the differences
Roar Amundsen - Norway
- 17.48-18.00 | Panel discussion: Future directions for researching the unresolved questions, and optimising injury prevention implementation by clinicians and stakeholders involved in elite women's football
Waldén, Arundale, Amundsen

Session B - SYMPOSIUM 13

- 17.00-18.00 Room Prince Pierre
Sleeping for success in sport [295]
Chair: **Christa JANSE VAN RENSBURG** - South Africa
- 17.00-17.12 | Overview: Why sleep is integral to performance
Meeta Singh - USA
- 17.12-17.24 | Sleep to prevent injury and illness
Kieran O'Sullivan - Ireland
- 17.24-17.36 | Athlete-specific challenges to sleep: An applied perspective
Christa Janse van Rensburg - South Africa
- 17.36-17.48 | A 'Sleep Toolbox' for practitioners: How to identify and target poor sleep in athletes
Amy Bender - Canada
- 17.48-18.00 | Panel discussion
Janse van Rensburg, Singh, Bender

Session C - SYMPOSIUM 14

- 17.00-18.00 Room Camille Blanc
The power of athletes' stories for evidence-based injury prevention in sports [170]
Chair: **Evert VERHAGEN** - Netherlands
- 17.00-17.05 **I Can you hear me? The true stories that numbers won't tell**
Caroline Bolling - Netherlands/Brazil
- 17.05-17.15 **I Step 1 – “As long as I can perform I am not injured”**
Kristina Fagher - Sweden
- 17.15-17.25 **I Step 2 – “It is not just me!”**
Caroline Bolling - Netherlands/Brazil
- 17.25-17.35 **I Step 3 – “One exercise won't change my life”**
Sheree Bekker - South Africa/United Kingdom
- 17.35-17.45 **I Step 4 – “Yes, your intervention works. So what?!”**
Evert Verhagen - Netherlands
- 17.45-18.00 **I Panel discussion: Making words and numbers count: the value of mixed-methods approaches in improving athlete health protection**
Verhagen, Bolling, Fagher, Bekker

Session D - SYMPOSIUM 15

- 17.00-18.00 Room Auric
Prevention of injury in the overhead throwing athlete: prediction, prevention and workload [51]
Chair: **Jason L. ZAREMSKI** - USA
- 17.00-17.04 **I Epidemiology of injury in the overhead throwing athlete**
Jason L. Zaremski - USA
- 17.04-17.16 **I The etiology of throwing injury in an overhead throwing athlete: What are the contributing factors?**
Merete Møller - Denmark
- 17.16-17.26 **I Measuring true volume of workload in baseball pitchers and applications to workload in overhead throwing athletes**
Jason L. Zaremski - USA
- 17.26-17.38 **I Shoulder throwing injury prevention in handball players: The Oslo Sports Trauma Research Center experience**
Hilde Fredriksen - Norway
- 17.38-17.50 **I Factors that may predict injury in overhead throwing athletes: the range of motion debate**
Rodney Whiteley - Qatar
- 17.50-18.00 **I Panel discussion: Future directions for research and implementation for best practice in the prevention of overuse throwing injury in sport**
Zaremski, Møller, Fredriksen, Whiteley

- Session I - WORKSHOP**
- 17.00-18.00 Room Scotto
Systemic approach of heart rate variability analysis: a tool to better understand and use fatigue typology and prevention #1064
Cyril Besson, Vincent Gremeaux - Switzerland
 | How to effectively use HRV in athletes' fatigue monitoring? Presentation of a systemic approach allowing fatigue characterization.
- Session J - WORKSHOP [CANCELLED]**
- 17.00-18.00 Room Poulenc 1
"Adding insult to injury" – primary and secondary prevention as a field-of-play strategy #1078
Marie-Elaine Grant - Ireland/Switzerland
 | Field of Play emergency medical team prevention strategies – discover the essential clinical and practical skills to prevent primary and secondary injuries.
- Session L - WORKSHOP**
- 17.00-18.00 Room Genevoix 2-3
Telling your athletes to get a good night's sleep? Creating awareness of sleep deprivation as a risk factor for sport injury in youth athletes #1095
Sarah Richmond, Ian Pike - Canada
 | Telling your athletes to get a good night's sleep? Creating awareness of sleep deprivation as a risk factor for sport injury in youth athletes.
- Session A - SYMPOSIUM 16**
- 18.00-19.00 Room Salle des Princes
Big computers, big data, big gains in injury prevention? [336]
 Chair: **Evert VERHAGEN - Netherlands**
- 18.00-18.04 | Introduction
Evert Verhagen - Netherlands
- 18.04-18.16 | Is it possible to predict injury risk and performance in complex systems?
Stephen W. Marshall - USA
- 18.16-18.28 | Artificial Intelligence: What computers can see that humans cannot
Tyrel Stokes - Canada
- 18.28-18.40 | Decision-making: What humans know that computers do not
Ian Shrier - Canada
- 18.40-19.00 | Panel discussion: What is the role of artificial intelligence in sport medicine research?
Verhagen, Marshall, Stokes, Shrier

Session B - SYMPOSIUM 17

- 18.00-19.00 Room Prince Pierre
ACL-injury prevention: From risk factor identification to practical use – where are we (and what is missing)? [513]
Chair: **Jesper BENCKE** - Denmark
- 18.00-18.02 | Introduction - From scientist to coach perspective
Jesper Bencke - Denmark
- 18.02-18.14 | The importance of trunk stability as a risk factor for ACL injuries – and how to measure it
Ajit Chaudhari - USA
- 18.14-18.24 | Hip and knee strength as a risk factor for ACL injuries – is it important?
Jesper Bencke - Denmark
- 18.24-18.36 | Taking knee and hip biomechanics measurements from the lab to the field: Is it possible?
Tron Krosshaug - Norway
- 18.36-18.48 | Neuromuscular activation as a risk factor for ACL injuries: Importance for exercise selection
Jesper Bencke - Denmark
- 18.48-19.00 | Panel discussion: How can science help coaches optimising and individualising injury prevention?
Bencke, Krosshaug

Session C - SYMPOSIUM 18

- 18.00-19.00 Room Camille Blanc
Tackle risk in contact sports: Short-term pain for long-term salvation [477]
Chair: **Simon KEMP** - United Kingdom
- 18.00-18.12 | What is it about the rugby tackle that needs to inform prevention?
Simon Kemp - United Kingdom
- 18.12-18.24 | Football helmets and shoulder pads – part of the problem or part of the solution?
Allen Sills - USA
- 18.24-18.36 | Evolution or Revolution – which is the most appropriate approach?
Keith Stokes - United Kingdom
- 18.36-18.48 | Engineering approaches to the “Tackling Problem” – from field to laboratory
Chris Sherwood - USA
- 18.48-19.00 | Panel discussion: Injury risk during contact events: Where do we go from here?
Kemp, Sills, Stokes

Session D - SYMPOSIUM 19

- 18.00-19.00 Room Auric
Sports injury prevention and harm reduction in the global south: socioecological considerations for contextualised research, policy, and practice [221]
Chair: **Sheree BEKKER** - South Africa/United Kingdom
- 18.00-18.02 | Introduction
Sheree Bekker - South Africa/United Kingdom
- 18.02-18.10 | Ensuring the global relevance of sports injury prevention and harm reduction: The imperative for contextualised research, policy, and practice
Sheree Bekker - South Africa/United Kingdom
- 18.10-18.20 | Overcoming cultural stigma to promote safety and fair play for recreational athletes with impairment in sub-Saharan Africa: the Ghanaian experience
Yetsa A. Tuakli-Wosornu - Ghana/USA
- 18.20-18.30 | The landscape of adopting, adapting and implementing sports injury prevention programs in sub-Saharan Africa: The Nigerian and South African experience
Ummukulthoum Bakare - Nigeria/South Africa
- 18.30-18.40 | The complexity of injury prevention: The Brazilian experience
Luciana De Michelis Mendonça - Brazil
- 18.40-19.00 | Discussion
Bekker, Bakare, De Michelis Mendonça

Session E - SYMPOSIUM 20

- 18.00-19.00 Room Van Dongen
The Holy Grail: The primary prevention of both athlete injury + illness in sport: Relative Energy Deficiency in Sport (RED-S) [575]
Chair: **Margo MOUNTJOY** - Canada
- 18.00-18.05 | Introduction: What is RED-S?
Margo Mountjoy - Canada
- 18.05-18.15 | Primary prevention of low energy availability: Fueling + body composition management
Louise Burke - Australia
- 18.15-18.25 | Primary prevention of eating disorders/ disordered eating
Jorunn Sundgot-Borgen - Norway
- 18.25-18.35 | Primary prevention through athlete screening for RED-S
Kathryn Ackerman - USA
- 18.35-18.45 | Primary prevention of RED-S through sport rule changes
Margo Mountjoy - Canada
- 18.45-19.00 | Discussion
Mountjoy, Sundgot-Borgen, Ackerman

Session G - WORKSHOP

18.00-19.00

Room Bosio 2

Taping and bracing for injury prevention: a help, habit or hazard? #1419**Marie-Elaine Grant** - Ireland

I # Taping and Bracing for prevention: Review of the science, learn the criteria to make informed choices for prevention, avoid habitual or potentially hazardous use.

Session H - WORKSHOP

18.00-19.00

Room Lifar

Mouthguards – protection, concussion and performance ...**What is the connection? #1136****Paul Piccininni** - Switzerland/Canada

I Mouthguards are one of the most effective pieces of protective equipment in sport. Can they play a role in concussion prevention and/or performance enhancement?

Session I - WORKSHOP

18.00-19.00

Room Scotto

Injury prevention in elite karate: fantasy or reality? #1140**Montassar Tabben, Karim Chamari** - Qatar

I Current perceptions and practices of top-level karate athletes concerning risk factors and injury prevention implementation, as well as events medical coverage.

Session K - WORKSHOP

18.00-19.00

Room Genevoix 1

Just ACT – Mindfulness and acceptance based techniques to prevent mental health problems in athletes #1144**Ulrika Tranaeus** - Sweden

I Mindfulness and Acceptance based techniques to prevent mental health problems in athletes.

19.00

**Welcome reception hosted by the Minister of State of the Principality of Monaco
Diaghilev Hall**

Friday 26 November

KEYNOTE 2

08.30-09.15 Room Salle des Princes

Injury prevention in youth sport: why are we so afraid of change? [269]

Speaker: **Carolyn EMERY** - Canada

Session A - SYMPOSIUM 21

09.30-11.00 Room Salle des Princes

From Copenhagen to Dublin via Oslo: Collaborating to tackle primary, secondary and tertiary groin injury prevention in sports [330]

Chairs: **Thor Einar ANDERSEN** - Norway, **Per HÖLMICH** - Denmark

09.30-09.35 | Introduction

09.35-09.47 | Agreement and disagreement in terminology: How to move forward?
Andrew Franklyn-Miller - Ireland

09.47-09.59 | What are the symptoms and impairments?
Thor Einar Andersen - Norway

09.59-10.11 | Primary prevention: Is strengthening of the adductors enough?
Joar Harøy - Norway

10.11-10.23 | Screening for secondary prevention: What are the options?
Kristian Thorborg - Denmark

10.23-10.35 | What is the role of movement control and 3D-biomechanics in secondary prevention?
Enda King - Ireland

10.35-10.45 | Tertiary prevention: Conservative or surgical?
Per Hölmich - Denmark

10.45-11.00 | Panel discussion: Future directions for research informing best practice in the prevention of groin pain in athletes (GPA)
Franklyn-Miller, Andersen, Harøy, Thorborg, King, Hölmich

Session B - SYMPOSIUM 22

- 09.30-11.00 Room Prince Pierre
Prevention of sudden cardiac death: Best practices for cardiac screening [136]
Chair: **Jonathan DREZNER - USA**
- 09.30-09.35 | **Overview: Challenges and controversies in the prevention of sudden cardiac death**
Jonathan Drezner - USA
- 09.35-09.50 | **Cardiac screening in young athletes: Defining an evidence-based protocol**
Sanjay Sharma - United Kingdom
- 09.50-10.05 | **Incidence of SCD: Which athletes should we consider “high” risk?**
Kimberly Harmon - USA
- 10.05-10.20 | **ECG screening: Establishing priorities when resources are limited**
Mats Börjesson - Sweden
- 10.20-10.35 | **Evidence-informed Recommendations for Cardiac Testing in Athletes after COVID-19**
Jonathan Drezner - USA
- 10.35-11.00 | **Panel discussion: Future directions for cardiac screening and sports cardiology training**
Drezner, Sharma, Börjesson

Session C - SYMPOSIUM 23

- 09.30-11.00 Room Camille Blanc
Injuries in runners: Epidemiology, risks and prevention [321]
Chair: **Evert VERHAGEN - Netherlands**
- 09.30-09.42 | **On your marks, ready, go! What is the injury problem in running**
Evert Verhagen - Netherlands
- 09.42-09.54 | **In one mind - the psychology of injury prevention and running performance**
Toomas Timpka - Sweden
- 09.54-10.06 | **Novel risk factors associated with running injuries: An important step in designing intervention for prevention**
Martin Schwellnus - South Africa
- 10.06-10.18 | **Do running shoe features influence injury risk?**
Laurent Malisoux - Luxembourg
- 10.18-10.30 | **Viewpoints on advanced statistical analyses of running-related injury data: pathways and pitfalls**
Rasmus Nielsen - Denmark
- 10.30-10.40 | **Education and e-Health in the prevention of running-related injuries**
Luiz Hespanhol Jr - Brazil
- 10.40-11.00 | **Panel discussion: What are the white spots in our knowledge on running injuries and their prevention and what should we focus on in the next decade?**
Verhagen, Timpka, Schwellnus, Malisoux, Nielsen, Hespanhol

Session D - FREE COMMUNICATIONS

- 09.30-10.20 Room Auric
Injury prevention I
Chairs: **Roald BAHR** - Norway/Qatar, **Clare ARDERN** - Canada
- 09.30-09.40 | **Does the Oslo Sports Trauma Research Center shoulder injury prevention program affect the risk factors external rotation strength and internal rotation range of motion? A randomized controlled study among adolescent handball players #1148**
Hilde Fredriksen (Norway), Ann Cools (Belgium), Roald Bahr (Norway/Qatar), Grethe Myklebust (Norway)
- 09.40-09.50 | **Spraino[®] reduces the risk of lateral ankle sprain injury among indoor sport athletes: a pilot randomized controlled trial with 510 participants #1627**
Filip Gertz Lysdal (Denmark), Thomas Bandholm (Denmark), Janne Tolstrup (Denmark), Mikkel Clausen (Denmark), Stephanie Mann (Denmark), Pelle Petersen (Denmark), Thor Grønlykke (Denmark), Uwe Kersting (Denmark/Germany), Eamonn Delahunt (Ireland), Kristian Thorborg (Denmark)
- 09.50-10.00 | **The effect of a workshop on coaches' adoption and adherence to the activate injury prevention exercise programme #1481**
Craig Barden, Carly McKay, Keith Stokes (United Kingdom)
- 10.00-10.10 | **Can a Massive Open Online Course (MOOC) inform concussion prevention knowledge translation? #1255**
Stephanie Adams, **Pierre Fremont**, Jennifer Lock, Keith O. Yeates, Carolyn Emery, Leslie Reid, Penny Werthner, Kathryn Schneider (Canada)
- 10.10-10.20 | **Is it possible to stimulate injury-preventive behaviour in adult novice runners with an online intervention? Results of a randomized controlled trial #1215**
Ellen Kemler, Maaïke Cornelissen, Vincent Gouttebauge (Netherlands)

Session E - FREE COMMUNICATIONS

09.30-10.10

Room Van Dongen

Individual sports**Chairs: Margo MOUNTJOY, Jane THORNTON - Canada**

09.30-09.40

I Differences in injury characteristics between athletics disciplines during international athletics championships #1250**Pascal Edouard** (France/Switzerland), Laurent Navarro (France), Pedro Branco (Switzerland), Vincent Gremeaux (Switzerland), Toomas Timpka (Sweden), Astrid Junge (Germany/Switzerland)

09.40-09.50

I Barriers to wrist protector use in Swiss snowboarders #1211**Flavia Buergi**, Philip Derrer, Steffen Niemann, Othmar Bruegger (Switzerland)

09.50-10.00

I Injuries and illnesses among competitive Norwegian rhythmic gymnasts during preseason: a prospective cohort study of prevalence, incidence and risk factors #1271**Marte Charlotte Dobbertin Gram**, Benjamin Clarsen, Kari Bø (Norway)

10.00-10.10

I Respiratory viral infections in Team Finland during 2019 Nordic World Ski Championships: a controlled study #1305**Maarit Valtonen**, Wilma Gronroos, Raakel Luoto, Matti Waris, Matti Uhari, Olli Heinonen, Olli Ruuskanen (Finland)**Session F - WORKSHOP**

09.30-10.30

Room Bosio 1

Why we should keep doing preseason assessment in athletes? #1147**Luciana De Michelis Mendonça, Natália F. N. Bittencourt - Brazil****I** This workshop aim to discuss the clinical reasoning in planning the preseason assessment (PA), how to monitor injury risk through parameters of results and the application of it at preventive programs.**Session G - WORKSHOP**

09.30-10.30

Room Bosio 2

Olympic athlete safety and performance: making sense of sensor fusion data #1159**Adam Bartsch - USA, Mikael Swaren - Sweden****I** Olympic sport athletes can be monitored by fusing data from multiple sensor systems. In doing so, an objective, data-driven health and safety surveillance program is created.

- Session H - WORKSHOP**
- 09.30-10.30 Room Lifar
Pain prevention: well-intentioned, but sometimes unrealistic and unhelpful? #1243
Morten Høgh - Denmark
| Is prevention of pain always helpful, even for everyday aches and pains? What are the risks associated with always seeking to prevent pain?
- Session J - WORKSHOP**
- 09.30-10.30 Room Poulenc 1
The important piece of the puzzle – end-users’ perspectives in injury prevention training #1190
Eva Ageberg, Sofia Bunke - Sweden
| How engage end-users to develop and implement injury prevention training? We discuss process and practical solutions to create end-user motivation and ownership.
- Session K - WORKSHOP**
- 09.30-10.30 Room Genevoix 1
Physical literacy for sport injury prevention – Addressing sport injury as a public health issue #1219
Sarah Richmond, Ian Pike - Canada
| Sport injury IS a public health issue - addressing injury prevention through the promotion of physical literacy
- Session L - WORKSHOP**
- 09.30-10.30 Room Genevoix 2-3
Making it stick: adherence research in sports injury prevention #1224
Oluwatoyosi Owoeye - USA/Canada
| Concepts in adherence research.
Psychometric considerations.
Step-by-step calculations and data analysis for team/coach and player adherence.
- 11.00-11.30 Coffee Break

Session A - SYMPOSIUM 24

- 11.30-13.00 Room Salle des Princes
Hamstring injury prevention is possible... Maybe. Kind of. Ish.
[440]
Chairs: **Nicol VAN DYK** - Ireland/South Africa, **Guus REURINK** - Netherlands
- 11.30-11.33 | Introduction
Guus Reurink - Netherlands
- 11.33-11.43 | Risk factors for hamstring injuries: Same old same old?
Tania Pizzari - Australia
- 11.43-11.58 | When you can't run slower: Can elite athlete monitoring prevent hamstring injuries in sprinters?
Noel Pollock - United Kingdom
- 11.58-12.10 | Workload associated with risk of hamstring injury: Stating the obvious, but where's the evidence?
Nicol van Dyk - Ireland/South Africa
- 12.10-12.25 | "Finding and minding the gap" – Suggesting how successful prevention system can be implemented and maintained in everyday practice
Christine Holm Moseid - Norway
- 12.25-12.40 | "Put me in coach, I'm ready!" Refocusing return to sport and how prevention practices might influence our decision making
Philip Glasgow - Ireland
- 12.40-12.50 | Can we prevent hamstring re-injuries?
Guus Reurink - Netherlands
- 12.50-13.00 | Panel discussion: Future directions for hamstring injury prevention and implementation
Reurink, van Dyk, Holm Moseid, Glasgow

Session B - SYMPOSIUM 25

- 11.30-13.00 Room Prince Pierre
Evidence based prevention of illness associated with long-haul travel in elite athletes: Sorting the wheat from the chaff [469]
Chair: **Wayne DERMAN** - South Africa
- 11.30-11.40 | Introduction and overview
Wayne Derman - South Africa
- 11.40-11.55 | Evidence-based strategies for management and mitigation of long-haul jet lag in athletes
Christa Janse Van Rensburg - South Africa
- 11.55-12.10 | Pharmacological and pharmaceutical approaches to illness prevention: From A to Zinc: The evidence base
Nick Webborn - United Kingdom
- 12.10-12.25 | What the team physician needs to know about vaccination and illness prevention: an evidence based approach
Tim Meyer - Germany
- 12.25-12.40 | How to fly long and stay healthy: The evidence from travel medicine research
Wayne Derman - South Africa
- 12.40-13.00 | Panel discussion/questions
Janse Van Rensburg, Webborn, Meyer, Derman

Session C - SYMPOSIUM 26

- 11.30-13.00 Room Camille Blanc
Injury prevention in youth sport: where does the future lie? [271]
Chair: **Carolyn EMERY** - Canada
- 11.30-11.35 | **Laying the framework for discussion of approaches to injury prevention in youth sport**
Carolyn Emery - Canada
- 11.35-11.47 | **Training strategies: The key to injury prevention in youth**
Kati Pasanen - Canada/Finland
- 11.47-11.59 | **Targeting sport specialization in youth sport: Isn't it clear?**
Chris Whatman - New Zealand
- 11.59-12.11 | **Protective equipment in youth sport: Issues and recommendations**
Ash Kolstad - Canada
- 12.11-12.23 | **Apps and social media are the ticket to changing the culture for injury prevention in youth sport**
Evert Verhagen - Netherlands
- 12.23-12.35 | **Rule changes in youth sport: Evidence informing policy**
Carolyn Emery - Canada
- 12.35-12.40 | **5 minutes 5 slides: Highlighting 5 targets in injury prevention in youth sport**
Carolyn Emery - Canada
- 12.40-13.00 | **Panel discussion: Where does the future lie in injury prevention in youth sport?**
Emery, Pasanen, Kolstad, Verhagen

Session D - FREE COMMUNICATIONS

- 11.30-12.40 Room Auric
Risk factors etc.
Chairs: **Clare ARDERN** - Canada, **Martin SCHWELLNUS** - South Africa
- 11.30-11.40 | **A systematic video analysis of the mechanism of injury of achilles tendon ruptures #1242**
Seth O'Neill, Nichola Gibson, Dawn Regan, Katriona Walton (United Kingdom)
- 11.40-11.50 | **Injury surveillance at the 17/U & 19/U Australian National Netball Championships and the effect of a foot blister prevention intervention #1314**
Erin Smyth, Laura Piromalli, Alanna Antcliff, Phillip Newman, **Gordon Waddington**, Juanita Weissensteiner, Michael Drew (Australia)
- 11.50-12.00 | **Strong predictive power of muscle fibre typology on hamstring strain injury risk in professional soccer #1344**
Eline Lievens, Kim Van Vossel, Freek Van de Castele, Evi Wezenbeek, Erik Witvrouw, **Wim Derave** (Belgium)
- 12.00-12.10 | **Higher neck strength may lower head acceleration during purposeful heading in football: a systematic review #1035**
Kerry Peek, James M. Elliott, Rhonda Orr (Australia)
- 12.10-12.20 | **Criteria-based return to sport decision-making following lateral ankle sprain injury: a relevant part of the prevention – performance paradox for secondary and tertiary injury prevention? #1012**
Bruno Tassignon (Belgium), Jo Verschueren (Belgium), Eamonn Delahunty (Ireland), Michelle Smith (Australia), Bill Vicenzino (Australia), Evert Verhagen (Netherlands), Romain Meeusen (Belgium)

12.20-12.30 | **Heavy shoulder strengthening exercises in patients with hypermobility and long-lasting shoulder symptoms: a feasibility study #994**
Behnam Liaghat, Søren T. Skou, Uffe Jørgensen, Jens Sondergaard, Karen Søgaard, Birgit Juul-Kristensen (Denmark)

12.30-12.40 | **Sonographic tendon abnormalities can predict symptomatic tendinopathy in marathon runners #1371**
Sarah Eby, Masaru Teramoto, Rudi Zurbuchen, Keith Cummings, Joy English, Daniel M. Cushman (USA)

Session E - FREE COMMUNICATIONS

11.30-12.30 Room Van Dongen

Team sports II

Chairs: **Markus WALDÉN** - Sweden, **Michiko DOHI** - Japan

11.30-11.40 | **Shoulder rotation strength changes from preseason to midseason: a cohort study of 292 youth elite handball players without shoulder problems #1020**
Behnam Liaghat (Denmark), Jesper Bencke (Denmark), Mette Kreutzfeldt Zebis (Denmark), Henrik Sørensen (Denmark), Grethe Myklebust (Norway), Niels Wedderkopp (Denmark), Martin Lind (Denmark), Merete Møller (Denmark)

11.40-11.50 | **Injuries are negatively associated with team performance in professional cricket #1396**
Luke Goggins, Nicholas Peirce, Steve Griffin, Ben Langle, Keith Stokes, Carly McKay, Sean Williams, **Amy Williams** (United Kingdom)

11.50-12.00 | **Change of direction biomechanics and the risk for non-contact knee injuries in youth basketball and floorball players #1422**
Mari Leppänen (Finland), Jari Parkkari (Finland), Tommi Vasankari (Finland), Sami Äyrämö (Finland), Tron Krosshaug (Norway), Pekka Kannus (Finland), Kati Pasanen (Finland/Canada)

12.00-12.10 | **Injury burden differs considerably between single teams from German professional male handball: surveillance of three consecutive seasons #1690**
Hendrik Bloch, Christian Klein, Patrick Luig (Germany)

12.10-12.20 | **Evaluation of body checking policy for injury prevention in non-elite adolescent ice hockey players #1446**
Carolyn Emery, **Paul H. Eliason**, Vineetha Warriyar K. V., Luz Palacios-Derflingher, Amanda M. Black, Maciej Krolikowski, Nicole Spencer, Kathryn Schneider, Shelina Babul, Martin Mrazik, Constance Lebrun, Claude Goulet, Alison K. MacPherson, Brent E. Hagel (Canada)

12.20-12.30 | **Perceived barriers and facilitators towards an injury prevention program among professional male ice hockey players and staff members #1166**
Romana Brunner, Mario Bizzini, Nicola Maffioletti, Karin Niedermann (Switzerland)

- Session F - WORKSHOP**
11.30-12.30 Room Bosio 1
Monitoring loads to prevent injuries in team sports. Is it worth the effort? #1232
Javier Peña - Spain
| Is it possible to monitor loads in team sports? Is it useful? Our workshop aims at presenting effective ways to gather and using monitoring data in team disciplines.
- Session G - WORKSHOP**
11.30-12.30 Room Bosio 2
How wearables can protect the health of athletes during sporting competitions in the heat #1666
Yannis Pitsiladis - United Kingdom
| Aim to provide a practical update on developments in wearable technologies that help identify those at risk of EHI for more effective intervention during adverse events.
- Session H - WORKSHOP**
11.30-12.30 Room Lifar
Preventing low back pain in sports – should we image, and how do we interpret images? #1244
Fiona Wilson - Ireland, **Bruce Forster** - Canada
| Altered low back morphology is common among athletes, even though serious pathology is rare. When do we order imaging, and/or be concerned about altered morphology?
- Session I - WORKSHOP**
11.30-12.30 Room Scotto
Health & wellbeing of performance staff: building a resource to support your performance team #1257
Steven Mutch - France, **Elliott Niall** - United Kingdom
| How to create the wellbeing infrastructure and monitoring processes for your performance team whilst integrating into the wider team strategies? Focus on wellbeing and performance delivery for support staff.
- Session J - WORKSHOP**
11.30-12.30 Room Poulenc 1
Uncensored: the sensible use of head-impact sensors in sports #1266
Stian Bahr Sandmo - Norway, **Adam Bartsch** - USA
| How to evaluate and use head impact sensors to quantify head loading in contact sports? We will take you through just that – step by step.

Session K - WORKSHOP

11.30-12.30

Room Genevoix 1

Knowledge translation in injury and concussion prevention: Interdisciplinary perspectives to inform prevention in youth volleyball - an applied example #1723**Kathryn Schneider, Kerry MacDonald** - Canada

I Reducing concussion risk in youth volleyball - how an interdisciplinary team approach has addressed research and policy implementation.

Session L - WORKSHOP

11.30-12.30

Room Genevoix 2-3

The effect of injury on performance: the gold medal analytical strategy #1279**Tyrel Stokes, Ian Shrier** - Canada

I Understanding a common framework for measuring different types of performances, and avoiding important errors in analytical strategies.

13.00-14.15

Lunch

KEYNOTE 3

14.15-15.00

Room Salle des Princes

Tropical paradise or danger zone? Beat the heat to protect athletes in a sweltering 2020 Tokyo [565]Speaker: **Sébastien RACINAIS** - Qatar**THEMED POSTERS SESSIONS**

15.00-16.00

Poster Area, Diaghilev Hall

Please refer to pages 87-98 for full details

Session 20 - Indoor team sportsChair: **Merete MØLLER** - Denmark

Posters #1651 #1521 #1527 #1661 #1596

Session 21 - Female sportsChair: **Kathryn ACKERMAN** - USA

Posters #1999 #1411 #1971 #2150 #1127 #1740 #1713

Session 22 - Rugby IChair: **Christa JANSE VAN RENSBURG** - South Africa

Posters #1482 #1029 #1548 #1550 #1622 #1943

Session 23 - Screening and PHEChair: **Jonathan DREZNER** - USA

Posters #1058 #1260 #1515 #1637 #1130 #2129 #949 #2098 #1699

Session 24 - MSK and RehabChair: **Clare ARDERN** - Canada

Posters #1249 #2126 #2121 #1769 #1564 #1650

Session 25 - Cricket and climbingChair: **Martin SCHWELLNUS** - South Africa

Posters #1090 #1091 #1990 #1562 #1206 #1100

Session 26 - Injury prevention measures IIIChair: **Andreas SERNER** - Denmark/Qatar

Posters #948 #1253 #1379 #1953 #958 #1640

Session 27 - Injury prevention measures IVChair: **Carolyn EMERY** - Canada

Posters #1868 #1862 #1871

Session 28 - Injury surveillance IIChair: **Kathrin STEFFEN** - Norway

Posters #1310 #1910 #1697 #1603 #1643 #1848

Session 29 - Medicine IChair: **York Olaf SCHUMACHER** - Qatar

Posters #1445 #1544 #1941 #1094 #1135 #1276 #1671

Session 30 - Youth athletes IChair: **Jane THORNTON** - Canada

Posters #1283 #1258 #1506 #1717 #1108 #2073

Session 31 - Football IChair: **Markus WALDÉN** - Sweden

Posters #1022 #1864 #1865 #1441 #1151 #1308 #1172 #1406 #1859 #1839

Session 32 - Growth and maturationChair: **Babette PLUIM** - Netherlands

Posters #1164 #1421 #1353 #1639 #1490

Session 33 - Concussion IIIChair: **Margo MOUNTJOY** - Canada

Posters #1867 #1246 #1877 #1000 #1735 #1860 #1778 #1913 #2001 #1216

Session 34 - Running IChair: **Lars ENGBRETSSEN** - Norway/Switzerland

Posters #1674 #1420 #1630 #1405 #1569

Session 35 - MSK risk factorsChair: **Michiko DOHI** - Japan

Posters #999 #1450 #1397 #1580 #1492

Session 36 - Health and protective equipment IChair: **Carly MCKAY** - United Kingdom

Posters #1679 #1037 #990 #1435 #1011 #1269

Session 37 - Epidemiology methodology IChair: **Karim KHAN** - Canada

Posters #1056 #1361 #1205

Session 38 - Medication/nutrition/vit.DChair: **Yannis PITSILADIS** - United Kingdom

Posters #1415 #601 #1368 #972

16.00-16.30

Coffee Break

Session A - SYMPOSIUM 27

- 16.30-18.00 Room Salle des Princes
Primary prevention of mental health symptoms and disorders in elite athletes [572]
Chair: **Margo MOUNTJOY** - Canada
- 16.30-16.45 | **#BreakTheSilence: The importance of addressing athlete mental health**
Abhinav Bindra - India
- 16.45-16.57 | **The Sport Mental Health Assessment and Recognition Tools: a new global initiative**
Vincent Gouttebarga - Netherlands
- 16.57-17.09 | **Launch of the IOC Mental Health in Elite Athletes Toolkit**
Kirsty Burrows - United Kingdom, **Susan Greinig** - Switzerland,
Vincent Gouttebarga - Netherlands
- 17.09-17.21 | **Primary Prevention – Creating an environment that supports mental wellness in sport**
Brian Hainline - USA
- 17.21-17.33 | **Primary Prevention – Addressing toxic environments in sport**
Margo Mountjoy - Canada
- 17.33-17.45 | **Primary Prevention – Managing transition from sport: from injury to retirement**
Rosemary Purcell - Australia
- 17.45-18.00 | **Panel discussion: Future directions for the primary prevention of mental health symptoms and disorders in elite athletes**
Gouttebarga, Burrows, Greinig, Mountjoy, Purcell

Session B - SYMPOSIUM 28

- 16.30-18.00 Room Prince Pierre
Planning and delivering a safe Olympic Games in a pandemic – can it be done? [2209]
Chair: **Richard BUDGETT** - Switzerland
- 16.30-16.35 | **Introduction**
- 16.35-16.45 | **Developing and designing a Games-wide COVID testing strategy**
Pau Mota - Switzerland
- 16.45-16.55 | **Implementing a COVID testing strategy during the Games**
Satoshi Shimada - Japan
- 16.55-17.05 | **Results from the COVID testing at the Games**
Lucia Mullen - USA
- 17.05-17.15 | **Epidemiology of COVID/Infectious diseases in Tokyo outside the Olympic "bubble"**
Tomoya Saito - Japan
- 17.15-17.35 | **Lessons from Tokyo 2020 for future events in a pandemic**
Brian McCloskey - United Kingdom
- 17.35-17.50 | **Q&A**
- 17.50-18.00 | **Discussion**

- Session H - WORKSHOP [CANCELLED]**
17.00-18.00 Room Lifar
Looking to the past for the future of harm reduction in sport: a call for meaningful informed consent and health literacy initiatives in elite athlete development #1299
Asad Siddiqi - USA
I Can the tools of the past unlock the future of harm reduction in sports medicine?
Informed consent and health literacy may be the keys.
- Session I - WORKSHOP**
17.00-18.00 Room Scotto
Heat illness in sport – prevention and management strategies #1300
Peter Dewar - USA, Brian Zeller - Canada
I A look at life saving prevention and management strategies of exertional heat illness focusing on the on-field responsibility of the health care team.
- Session J - WORKSHOP**
17.00-18.00 Room Poulenc 1
Top down or bottom up – Which way forward for youth sports health and safety #1303
Allen Sills - USA
I How to implement change. Using real life examples to examine how we approach interventions to improve health and safety in youth sport.
- Session K - WORKSHOP**
17.00-18.00 Room Genevoix 1
Peak performance without doping: using the innovations in anti doping, sport science and sport medicine for the illness and prevention and protection of the clean athlete #1322
Irina Zelenkova - Spain, Yannis Pitsiladis - United Kingdom
I Aim to provide a practical update on sport science and sport medicine technologies that can be used for performance enhancement without doping, injury and illness prevention.
- Session L - WORKSHOP**
17.00-18.00 Room Genevoix 2-3
Time to ditch the planks, listen to what athletes really need and want... and other useful strategies for preventing athlete low back pain #1324
Fiona Wilson - Ireland, Jane Thornton - Canada
I How common is athlete LBP, what are the risk factors, and can we improve RTP?
We address practical screening and preventive strategies from our collective experience.

Session A - SYMPOSIUM 29

- 18.00-19.00 Room Salle des Princes
Gastrointestinal issues in sport: Utilizing diet, the gut microbiota and probiotics for prevention of illness in athletes [150]
Chair: **Owen CRONIN** - Ireland
- 18.00-18.12 | **Gastrointestinal issues in our athletes: Prevalence, mechanisms and prevention through dietary habit**
Jamie Pugh - United Kingdom
- 18.12-18.24 | **Exercise effects and the elite athlete microbiome: What do we know?**
Owen Cronin - Ireland
- 18.24-18.36 | **Probiotics to prevent illness in athletes: The evidence and current state of play**
Neil C. Williams - United Kingdom
- 18.36-18.48 | **Manipulating our microbes: Microbial strategies to improve athlete health and prevent illness in elite sport**
Orla O'Sullivan - Ireland
- 18.48-19.00 | **Panel discussion: What evidence and knowledge gaps are missing? How we must co-ordinate efforts to focus research in this field and to provide a solid evidence base for our athletes**
Pugh, Cronin, Williams

Session B - SYMPOSIUM 30

- 18.00-19.00 Room Prince Pierre
The 11+ journey: 14 years and still going strong? [166]
Chairs: **Mario BIZZINI** - Switzerland, **Holly SILVERS-GRANELLI** - USA
- 18.00-18.12 | **Background of the 11+ programme**
Mario Bizzini - Switzerland
- 18.12-18.24 | **Understanding age, gender, level of play and adherence issues related to the 11+**
Holly Silvers-Granelli - USA
- 18.24-18.36 | **Tailoring the 11+ to the professional football context**
James O'Brien - Australia/Austria
- 18.36-18.48 | **Prevention has to start early: The 11+ kids**
Roland Rössler - Switzerland
- 18.48-19.00 | **Panel discussion: How should the 11+ programme look like in the future? How we deal with implementation challenges? What about the children and 11+ kids?**
Bizzini, Silvers-Granelli, O'Brien

Session C - SYMPOSIUM 31

18.00-19.00

Room Camille Blanc

IOC consensus on methodology for recording and reporting of data for injury and illness surveillance [573]Chairs: **Roald BAHR** - Norway/Qatar, **Karim CHAMARI** - Qatar

18.00-18.08

I Why do we need a new consensus document?**Karim Chamari** - Qatar

18.08-18.24

I The key elements and changes in the new consensus statement**Roald Bahr** - Norway/Qatar

18.24-18.36

I How the STROBE-IE (Injury/illness Epidemiology) checklist can help you – planning and reporting studies**Karim Khan** - Canada

18.36-18.48

I How does the new consensus statement translate to the world of tennis – a model for other federations?**Babette Pluim** - Netherlands

18.48-19.00

I Panel discussion: What are the next steps to encourage consistency in data collection and research reporting?**Bahr, Chamari, Khan, Pluim****Session E - FREE COMMUNICATIONS**

18.00-18.20

Room Van Dongen

ACL injuriesChairs: **Michael LOOSEMORE** - United Kingdom, **Evert VERHAGEN** - Netherlands

18.00-18.10

I The mechanisms of anterior cruciate ligament injuries in male professional football players in the Middle East: a systematic video analysis of 15 cases #1584**Raouf Nader Rekik**, Roald Bahr, Flavio Cruz, Pieter D'Hooghe, Paul Read, Montassar Tabben, Karim Chamari (Qatar)

18.10-18.20

I Soccer players who rupture their ACL demonstrate biomechanical risk factors while decelerating: a prospective cohort study #1068**Celeste Dix**, Amelia Arundale, Holly Silvers-Granelli, Ryan Zarzycki, Adam Marmon, Lynn Snyder-Mackler (USA)**Session F - WORKSHOP**

18.00-19.00

Room Bosio 1

“Take my breath away”: asthma in female athletes, effects of reproductive hormones and strategies for screening and management #1362**Constance Lebrun, Patricia K. Doyle-Baker** - Canada**I Does menstrual-linked asthma (MLA), or perimenstrual asthma (PMA) exist? We will discuss practical strategies for detection and preventative intervention.****Session I - WORKSHOP**

18.00-19.00

Room Scottto

Neuromuscular training vs. movement re-education for prevention of running related-injuries #1375**Gustavo Leporace, Fábio Arcanjo** - Brazil**I The rationale for approaching biomechanical risk factors.**

How to select adequate running re-education strategies and neuromuscular exercises for injury prevention?

Session J - WORKSHOP

18.00-19.00

Room Poulenc 1

EAT, SLEEP, SWIM, REPEAT: how to implement prevention strategies for overuse injuries in elite/competitive swimmers? – An integrated approach #1389**Kevin Kuppens, Céline Labie** - Belgium**I** Evidence and expert based integrated approach for reducing the risk of overuse injuries in competitive and elite swimmers.**Session K - WORKSHOP**

18.00-19.00

Room Genevoix 1

The missing link: what to do when reality causes imperfect data collection #1399**Chinchin Wang, Ian Shrier** - Canada**I** Proper handling of missing data is a challenge but essential to properly interpret results. We explore recent developments in this field.**Session L - WORKSHOP**

18.00-19.00

Room Genevoix 2-3

The sporting spine – Getting to the core of injury prevention #1117**Tim Allardyce** - United Kingdom, **Marie-Elaine Grant** - Ireland**I** #sporting-spine: learn about the risks, practical and prevention science for spinal injury: Update on the current thinking on the core of Spinal Injury Prevention!

20.00

SPORTS CELEBRATION NIGHT (ticket required) Salle des Etoiles
Avenue Princesse Grace 26, Monaco 98000

Saturday 27 November

KEYNOTE 4

08.30-09.15

Room Salle des Princes

Injury prevention: when return to play is not the way [96]

Speaker: **Michael TURNER** - United Kingdom

Session A - SYMPOSIUM 32

09.30-11.00

Room Salle des Princes

Tokyo 2020: Protecting the athlete from environmental and logistical challenges [248]

Chair: **Lee TAYLOR** - United Kingdom

09.30-09.33

Introduction: Environmental and logistical challenges to athlete health

Lee Taylor - United Kingdom

09.33-09.45

Jetlag and travel fatigue prevention and treatment at the games

Christa Janse van Rensburg - South Africa

09.45-09.57

Illness during travel and at the games: how to prevent illness?

Martin Schwellnus - South Africa

09.57-10.09

Air quality/pollution challenges to athlete health at the games: Prevention and treatment

Valérie Bougault - France

10.09-10.21

Water quality/pollution challenges to athlete health at the games: Prevention and treatment

Margo Mountjoy - Canada

10.21-10.33

Challenges to athlete health at the hottest modern Olympics in history

Sébastien Racinais - Qatar

10.33-10.45

Countermeasures to prevent illness and preserve performance in hot and humid conditions

Lee Taylor - United Kingdom

10.45-11.00

Panel discussion

Taylor, Janse van Rensburg, Schwellnus, Bougault, Mountjoy, Racinais

Session B • SYMPOSIUM 33

09.30-11.00

Room Prince Pierre

Concussion prevention in youth team sports: Evidence informing best practice and policy across five high risk sports [266]**Chair: Carolyn EMERY - Canada**

09.30-09.35

| The public health burden of concussion in youth team sport: Introduction of session and speakers**Carolyn Emery - Canada**

09.35-09.47

| Primary prevention of concussion in youth American Football: Tackle training, equipment, and rules**Jason P. Mihalik - USA**

09.47-09.59

| A comprehensive approach to concussion prevention in youth ice hockey**Carolyn Emery - Canada**

09.59-10.11

| Preventing concussion in youth rugby: Dispelling the myths of tackle training, load modification, and neuromuscular training**Keith Stokes - United Kingdom**

10.11-10.23

| Best practice in concussion prevention in youth lacrosse**Lauren Pierpoint - USA**

10.23-10.35

| Targeting intrinsic and extrinsic risk factors for concussion in youth soccer**Kathryn Schneider - Canada**

10.35-10.40

| Highlights for best practice and policy across 5 team sports**Carolyn Emery - Canada**

10.40-11.00

| Panel discussion: Future directions in the prevention of concussion in youth sport. What evidence has potential for translation across sport-specific contexts?**Emery, Stokes, Pierpoint, Schneider**

Session C - SYMPOSIUM 34

- 09.30-11.00 Room Camille Blanc
Never mention prevention! [371]
Chairs: **Martin ASKER** - Sweden, **Rodney WHITELEY** - Qatar
- 09.30-09.42 **I** How would you train if you weren't governed by fear of injury?
Rodney Whiteley - Qatar
- 09.42-09.54 **I** Injury prevention programmes are bargains, but very few are buying them: *Why?*
Merete Møller - Denmark
- 09.54-10.06 **I** I choose a throwing performance programme over injury prevention training every day of the week!
Martin Asker - Sweden
- 10.06-10.18 **I** Don't do hamstring injury prevention training, it will just decrease your performance!
Tania Pizzari - Australia
- 10.18-10.30 **I** If I do the Copenhagen Adduction Exercise, I'll be sore for a week, so no thank you!
Andreas Serner - Denmark/Qatar
- 10.30-10.42 **I** 30 years of research and clinical experience on the bumpy road of injury prevention - what do we see on the horizon
Rodney Whiteley - Qatar
- 10.42-11.00 **I** Panel discussion: Adherence to injury prevention strategies that have proven efficacy is a challenge for sports medicine practitioners. How can we improve the practical translation from research to real world settings? How can we enhance implementation of injury prevention in sport?
Whiteley, Møller, Asker, Serner

Session D - FREE COMMUNICATIONS

09.30-10.20 Room Auric

Injury prevention IIChairs: **Jonathan DREZNER** - USA, **Grethe MYKLEBUST** - Norway

- 09.30-09.40 **Implementing a School Prevention Program to Reduce Injuries through Neuromuscular Training (iSPRINT): A cluster-randomized controlled trial #1605**
Carla van den Berg (Canada), Carolyn Emery (Canada), Sarah Richmond (Canada), Luz Palacios-Derflingher (Canada), Carly McKay (United Kingdom), Patricia K. Doyle-Baker (Canada), Megan McKinlay (Canada), Clodagh Toomey (Canada), Alberto Nettel-Aguirre (Canada), Evert Verhagen (Netherlands), Kathy Belton (Canada), Alison K. MacPherson (Canada), Brent E. Hagel (Canada)
- 09.40-09.50 **Kinematic and neuromuscular predictors of failed landings during unanticipated drop-jumps: implications for injury prevention #1579**
Nicholas Romanchuk, Céline Girard, **Daniel Benoit** (Canada)
- 09.50-10.00 **Supervised implementation of a neuromuscular training warm-up programme to improve adherence and reduce injuries in youth basketball: A cluster randomised trial #1437**
Oluwatoyosi Owwoeye (USA/Canada), Kati Pasanen (Canada/Finland), Anu Raisanen (Canada), Kimberley Befus (Canada), Tyler J. Tait (Canada), Carlyn Stilling (Canada), Vineetha Warriyar (Canada), Luz Palacios-Derflingher (Canada), Carolyn Emery (Canada)
- 10.00-10.10 **Identifying the challenges to implementing a netball neuromuscular warm-up using concept mapping #1496**
Erin Smyth, Renee Appaneal, Michael Drew, Alanna Antcliff, **Gordon Waddington**, Juanita Weissensteiner, Phillip Newman, Alex Donaldson (Australia)
- 10.10-10.20 **The effectiveness of neuromuscular training warm-up programme to reduce knee and ankle injuries in youth basketball: A historical cohort study #1511**
Oluwatoyosi Owwoeye (USA/Canada), Kati Pasanen (Canada/Finland), Kimberley Befus (Canada), Carlyn Stilling (Canada), Brianna Ghali (Canada), Tyler J. Tait (Canada), Tate HubkaRao (Canada), Luz Palacios-Derflingher (Canada), Vineetha Warriyar (Canada), Carolyn Emery (Canada)

Session E - FREE COMMUNICATIONS

- 09.30-10.30 Room Van Dongen
Illness/injury epidemiology
Chairs: **Yorck Olaf SCHUMACHER** - Qatar, **Kati PASANEN** - Canada
- 09.30-09.40 **I Injury, illness and coaching style: associations with burnout in young elite athletes #1150**
Nils Fredrik Holm Moseid, Christine Holm Moseid, Pierre-Nicolas Lemyre, Morten Wang Fagerland, Roald Bahr (Norway)
- 09.40-09.50 **I Olympic-career related sports injury epidemiology: The Retired Olympian Musculoskeletal Health Study (ROMHS) #1486**
Debbie Palmer (United Kingdom), Dale Cooper (United Kingdom), Carolyn Emery (Canada), Mark Batt (United Kingdom), Lars Engebretsen (Norway/Switzerland), Brigitte Scammell (United Kingdom), Torbjørn Soligard (Norway/Switzerland), Kathrin Steffen (Norway), Jackie Whittaker (Canada), Richard Budgett (Switzerland)
- 09.50-10.00 **I The epidemiology of injury and illness of athletes at the Indian Ocean Island Games 2019 #961**
Daniel Garnett (South Africa), Chandra Adisha Bholah (Mauritius), Yannick D'Hotman (Mauritius), Krsna Sunassee (Mauritius), Jon Patricios (South Africa), Benita Olivier (South Africa), Saul Cobbing (South Africa)
- 10.00-10.10 **I Years of training, older age, history of chronic disease and medication use are risk factors associated with overuse injuries in recreational cyclists: a cross-sectional SAFER study in 21824 cyclists #1312**
Francois du Toit, Martin Schwellnus, Paola Wood, Sonja Swanevelder, Jannelene Killops, Esme Jordaan (South Africa)
- 10.10-10.20 **I Independent risk factors associated with injury-related medical encounters during a 109 km cycling event are female sex, older age, faster cycling speed and environmental conditions: a SAFER study in 102251 race starters #1533**
Jannelene Killops, Nicola Sewry, Martin Schwellnus, Sonja Swanevelder, Christa Janse van Rensburg, Esme Jordaan (South Africa)
- 10.20-10.30 **I Independent risk factors associated with illness-related medical encounters during 109 km cycling event are females, older age, slower cycling speed and warmer environmental conditions #1537**
Nicola Sewry, Martin Schwellnus, Jannelene Killops, Sonja Swanevelder, Christa Janse van Rensburg, Esme Jordaan (South Africa)

Session F - WORKSHOP

09.30-10.30

Room Bosio 1

How can we prevent Exercise-Induced Laryngeal Obstruction (EILO) from obstructing the athletes' career? #1443**Hege Clemm** - Norway**I** Athletes' breathing, asthma or EILO?

Undiagnosed EILO hampers athletes' career.

Asthma medication used for wrong reasons.

EILO can be treated.

Session G - WORKSHOP

09.30-10.30

Room Bosio 2

Leadership for athlete health protection #1048**Evert Verhagen** - Netherlands, **Jan Ekstrand** - Sweden/Qatar**I** Successful medical teams are characterised by effective leadership. What is leadership, why does it matter, how can you harness it?**Session H - WORKSHOP**

09.30-10.30

Room Lifar

Injury prevention: the role of video analysis #1455**Simon Roberts** - United Kingdom, **Stephen West** - Canada**I** How do we use video analysis with injury surveillance to understand injury risk? We will consider practical issues involved in video analysis.**Session J - WORKSHOP**

09.30-10.30

Room Poulenc 1

A practical guide to prevent injuries with load management in football #1468**Torstein Dalen-Lorentsen** - Norway**I** This workshop will give you the keys to talk to coaches about training load and make you able to translate load and injury research into practical solutions.**Session K - WORKSHOP [CANCELLED]**

09.30-10.30

Room Genevoix 1

Elite cycling: preventing injury and increasing rider safety #1273**Stephen Boyce** - United Kingdom**I** Cycling is a popular global sport. Road racing can be a dangerous environment with a high potential for injury and trauma. Can we make professional cycling safer for riders? Can we improve our management of concussion and trauma? We discuss the practicalities, offer solutions and invite debate.

11.00-11.30

Coffee Break

Session A - SYMPOSIUM 35

11.30-13.00

Room Salle des Princes

Training load and injury [146]Chair: **Karim CHAMARI** - Qatar

11.30-11.33

I Introduction**Karim Chamari** - Qatar

11.33-11.45

I Training load monitoring: Objective and subjective tools – feasibility in the field**Karim Chamari** - Qatar

11.45-12.00

I Training load data analysis: What variables, what stats, what tools? What does it all mean when I just want to prevent injuries?**Rodney Whiteley** - Qatar

12.00-12.15

I Injuries in a Youth soccer Academy – The importance of taking exposure into account**Eirik Halvorsen Wik** - Norway

12.15-12.30

I Navigating the complex relationship between training load and groin injury in professional male football players**Andrea Mosler** - Australia

12.30-12.45

I Implementing load management: what are the facilitators and barriers for successful adoption?**Torstein Dalen-Lorentsen** - Norway

12.45-13.00

I Discussion**Session B - SYMPOSIUM 36**

11.30-13.00

Room Prince Pierre

The injury prevention (r)evolution - a primer for tomorrow [362]Chairs: **Nicol van DYK** - Ireland/South Africa, **Carly McKay** - United Kingdom

11.30-11.40

I Introduction: Back to the future for prevention?**Nicol van Dyk** - Ireland/South Africa

11.40-11.55

I Injury surveillance has changed dramatically: What will it look like in 2024?**Benjamin Clarsen** - Norway

11.55-12.15

I Don't bring your opinion to a data fight: Analytics will enhance our prevention strategies**Johann Windt** - Canada

12.15-12.30

I Scaling up our prevention capacity - the key is context**Carly McKay** - United Kingdom

12.30-12.45

I Will future coaches be better partners to effectively drive injury prevention efforts? 5 ways you can make sure they are**Kerry MacDonald** - Canada

12.45-13.00

I Panel discussion and case study: We will illustrate an injury prevention strategy/ intervention using a practical example
van Dyk, McKay, MacDonald

Session C - SYMPOSIUM 37

- 11.30-13.00 Room Camille Blanc
Injury prevention – what can you learn from our biggest mistakes? [255]
Chair: **Michael TURNER** - United Kingdom
- 11.30-11.45 **I Epidemiological headaches**
Evert Verhagen - Netherlands
- 11.45-12.00 **I Injury prevention in youth sport: It isn't just about the research findings**
Carolyn Emery - Canada
- 12.00-12.15 **I Sports medicine solutions that failed**
Babette Pluim - Netherlands
- 12.15-12.30 **I Trust your physio, we don't make mistakes**
Caroline Bolling - Netherlands/Brazil
- 12.30-12.45 **I Popular injury prevention myths that aren't supported by science**
Michael Turner - United Kingdom
- 12.45-13.00 **I Panel Discussion:**
Turner, Verhagen, Emery, Pluim, Bolling

Session D - FREE COMMUNICATIONS

- 11.30-12.20 Room Auric
Distance running
Chairs: **Kathryn ACKERMAN** - USA, **Stéphane BERMON** - France
- 11.30-11.40 | The use of artificial intelligence tools to estimate running-related injury risk profiles in recreational runners #1491
Gustavo Leporace (Brazil), Gustavo Nakaoka (Brazil), Leonardo Metsavaht (Brazil), Luiz Hespanhol (Brazil/Netherlands)
- 11.40-11.50 | Environmental factors, training factors, race pace and distance, older age, and metabolic/endocrine disease are independent risk factors associated with adverse events in runners: a SAFER study in 76654 starters #1534
Martin Schwellnus (South Africa), Nicola Sewry (South Africa), Mats Borjesson (Sweden), Sonja Swanevelder (South Africa), Esme Jordaan (South Africa)
- 11.50-12.00 | Self-reported medical conditions/medication use, older females, and slow pace are independent risk factors for all medical encounters in a 90 km ultramarathon: a SAFER study in 70328 runners over 5 years #1539
Nicola Sewry, Jeremy Boulter, Martin Schwellnus (South Africa)
- 12.00-12.10 | Metabolic/endocrine disease, older females, longer race distance, slower race pace and higher WBGT are independent risk factors associated with medical encounters in 21.1 km and 56 km runners: a SAFER study in 76654 starters #1536
Martin Schwellnus (South Africa), Nicola Sewry (South Africa), Mats Borjesson (Sweden), Sonja Swanevelder (South Africa), Esme Jordaan (South Africa)
- 12.10-12.20 | Slower runners, older females and route characteristics are independent risk factors for serious/life-threatening medical encounters in a 90 km ultramarathon: a SAFER study in 70328 runners over 5 years #1540
Nicola Sewry, Jeremy Boulter, Martin Schwellnus (South Africa)

Session E - FREE COMMUNICATIONS

- 11.30-12.30 Room Van Dongen
Para-athletes & special conditions
Chairs: **Christa JANSE VAN RENSBURG** - South Africa,
Yannis PITSILADIS - United Kingdom
- 11.30-11.40 | **Promotion of para athlete well-being in South Africa (the PROPEL studies), part II: identification of sleep-associated risk factors #1444**
Wayne Derman, Phoebe Runciman, James Craig Brown,
Marelise Badenhorst (South Africa)
- 11.40-11.50 | **Suicidal ideation among elite Athletics athletes: cross-sectional study of associations with sexual and physical abuse victimization and psychological resourcefulness #1570**
Toomas Timpka (Sweden), Armin Spreco (Sweden), Örjan Dahlström (Sweden), Jenny Jacobsson (Sweden), Jan Kowalski (Sweden), Victor Bargoria (Sweden/Kenya), Margo Mountjoy (Canada), Carl Göran Svedin (Sweden)
- 11.50-12.00 | **Athlete health monitoring in Paralympic athletes: a 52-week prospective study #1462**
Kristina Fagher, Örjan Dahlström, Jenny Jacobsson, Toomas Timpka, Jan Lexell (Sweden)
- 12.00-12.10 | **The importance of health monitoring in competitive para athletes: results of the German injury and illness surveillance system #1719**
Anja Hirschmüller (Germany), Katharina Fassbender (Germany), Johanna Kubosch (Germany), Rainer Leonhart (Germany), Kathrin Steffen (Norway)
- 12.10-12.20 | **Injury risk in school children with probable developmental coordination disorder or attention deficit hyperactivity disorder #1488**
Kyle McCallum (Canada), Benjamin Tan (Canada), Rebecca Marjoram (Canada), Carly McKay (United Kingdom), Patricia K. Doyle-Baker (Canada), Tal Jarus (Canada), Deborah Dewey (Canada), Carolyn Emery (Canada)
- 12.20-12.30 | **Sport-related injury in high school students: checking in after a decade of injury prevention interventions #1088**
Amanda M. Black, Derek Meeuwisse, Paul H. Eliason, Kathryn Schneider, Brent E. Hagel, Carolyn Emery (Canada)

- Session H - WORKSHOP**
- 11.30-12.30 Room Lifar
The acute:chronic workload ratio: evolution or revolution? #1145
Stephen West, Ian Shrier - Canada
■ What are the limitations of the ACWR? And can these challenges be overcome?
We will discuss potential solutions to this issue.
- Session I - WORKSHOP**
- 11.30-12.30 Room Scotto
Studying techniques to reduce the risk of injuries in contact sports - from the lab to the field #1531
Sharief Hendricks - South Africa/United Kingdom,
Gregory Tierney - United Kingdom
■ Demonstrate current methodologies used to study techniques in contact sports for effective injury prevention and discuss potential future innovations.
- Session J - WORKSHOP**
- 11.30-12.30 Room Poulenc 1
Rugby-7s is fast, but are we running and about to knock-on! Evidence-based rugby-7s injury prevention concepts #1542
Victor Lopez Jr, Richard Ma - USA
■ What are developing markets rugby-7s injury risks? What interventions improve developing nations performance? We discuss evidence-based solutions.
- 13.00-14.30 Lunch

Session A - SYMPOSIUM 38

- 14.30-15.30 Room Salle des Princes
Heat injury and illness prevention for Tokyo 2020: what is the IOC doing? [354]
Chair: **Yannis PITSILADIS** - United Kingdom
- 14.30-14.42 | From risk analyses to evidenced based practice
Sébastien Racinais - Qatar
- 14.42-14.54 | Timing analyses for appropriate scheduling
Stéphane Bermon - France
- 14.54-15.06 | Anticipating the treatment needs
Douglas J. Casa - USA
- 15.06-15.18 | Wearable technologies: Future challenges and opportunities for implementation in athlete healthcare
Yannis Pitsiladis - United Kingdom
- 15.18-15.30 | Panel discussion: Success, challenge and legacy of the IOC adverse weather impact expert working group for the Olympics Games Tokyo 2020
Racinais, Bermon, Casa, Pitsiladis

Session B - SYMPOSIUM 39

- 14.30-15.30 Room Prince Pierre
Injury prevention in handball: What have we learned and where are we going? [568]
Chairs: **Lior LAVER**- United Kingdom/Israel, **Grethe MYKLEBUST** - Norway
- 14.30-14.42 | Laying the ground for the next step in injury prevention in Handball – The Handball Consensus statement on injury and illness data collection
Lior Laver - United Kingdom/Israel
- 14.42-14.54 | Injury prevention strategies for the lower extremities in handball: More than just a throwing sport!
Grethe Myklebust - Norway
- 14.54-15.06 | Risk factors and injury prevention for the upper extremities in handball
Martin Asker - Sweden
- 15.06-15.18 | The role of load management in injury prevention in handball
Merete Møller - Denmark
- 15.18-15.30 | Discussion

Session C - SYMPOSIUM 40

- 14.30-15.30 Room Camille Blanc
It's not complicated: Injury prevention in sport through a complex systems approach [218]
Chairs: **Sheree BEKKER** - South Africa/United Kingdom,
Nicol VAN DYK - Ireland/South Africa
- 14.30-14.35 | Introduction
Nicol van Dyk - Ireland/South Africa
- 14.35-14.45 | The evolution of injury prevention models in the past 30 years
Caroline Bolling - Netherlands/Brazil
- 14.45-14.55 | Risk factor identification to injury pattern recognition – key principles in complex systems theory
Natália F. N. Bittencourt - Brazil
- 14.55-15.05 | Small big data - How to apply complex approaches at an individual level
Nicol van Dyk - Ireland/South Africa
- 15.05-15.15 | What works in Melbourne on a muggy Monday won't work in Soweto on a sunny Saturday: considerations for successful implementation in complex settings
Sheree Bekker - South Africa/United Kingdom
- 15.15-15.30 | Panel discussion
van Dyk, Bolling, Bittencourt, Bekker

Session D - SYMPOSIUM 41

- 14.30-15.30 Room Auric
Prevention of long-standing groin pain in athletes [361]
Chair: **Per HÖLMICH** - Denmark
- 14.30-14.42 | Prevention with athletic exercise based on pathology
Sadao Niga - Japan
- 14.42-14.54 | Prevention of core muscle injuries in athletes
Alexander E. Poor - USA
- 14.54-15.06 | Cross-motion swing produces effective pelvic motion for prevention by three-dimensional movement analysis
Mitsunori Kaya - Japan
- 15.06-15.18 | Development of clinical entities, treatment, and prevention
Per Hölmich - Denmark
- 15.18-15.30 | Panel discussion: Future strategies for long-standing groin pain prevention
Niga, Poor, Hölmich

Session G • WORKSHOP

- 14.30-15.30 Room Bosio 2
Engaging with modern media: are sports medicine clinicians missing the mark for injury prevention? #1589
Osman Ahmed - United Kingdom, **Karen Litzky** - USA
- | Elevate your media game. Discover how you can tap into mainstream and social media platforms to disseminate evidenced based sports injury information to the public.

Session H - WORKSHOP

14.30-15.30

Room Lifar

#SoMe or Not #SoMe? How to turbocharge knowledge translation in sport and exercise medicine for real-world prevention impact #1600**Steffan Griffin, Andrew Murray** - United Kingdom

Interactive workshop to empower delegates to actively contribute towards #IOCprev2020 #SoMe strategy to spread key injury prevention message to a global audience.

Session I - WORKSHOP

14.30-15.30

Room Scotto

How hard do you have to be a hardened professional sportsperson?**Lessons from England Cricket's lumbar spine stress fracture research program, exploring bone density, bone adaptation, injury resilience and readiness to perform #1632****Nicholas Peirce, Pete Alway** - United Kingdom

How hard is a hardened sportsperson?
What does safe career bone progression look like?
England Cricket presents data that informs sport.

Session J - WORKSHOP

14.30-15.30

Room Poulenc 1

Youth elite football: Attacking injuries from an epidemiological and clinical perspective #1644**Olivier Materne** - Qatar, **Eirik Halvorsen Wik** - Qatar/Norway

This workshop will highlight methodological and clinical considerations related to injury risk and youth football development

15.30-16.00

Coffee break

THEMED POSTERS SESSIONS

16:00-17:00

Poster Area, Diaghilev Hall

Please refer to pages 99-108 for full details

Session 39 - Coatching etc.Chair: **Yannis PITSILADIS** - United Kingdom

Posters #1057 #1365 #1218 #1423

Session 40 - CyclingChair: **Luciana DE MICHELIS MENDONÇA** - Brazil

Posters #1770 #1577 #1575 #1392 #1737 #1454

Session 41 - Tests etc.Chair: **Jesper BENCKE** - Denmark

Posters #1635 #1352 #2038 #1006

Session 42 - Applied know-howChair: **Evert VERHAGEN** - Netherlands

Posters #2004 #2010

Session 43 - Multi-sportsChair: **Clare ARDERN** - Canada

Posters #2182 #1574 #1642 #1586

Session 44 - Winter sportsChair: **Hideyuki KOGA** - Japan

Posters #1908 #2164 #1031 #1203

Session 45 - Risk factors IIChair: **Michiko DOHI** - Japan

Posters #1972 #2019 #2036

Session 46 - ACL IIChair: **Rodney WHITELEY** - Qatar

Posters #2109 #1924 #2194 #2135 #1930 #1931

Session 47 - Concussion IVChair: **Michael TURNER** - United Kingdom

Posters #1991 #1878 #2074 #2070 #1927 #1938

Session 48 - Epidemiology methodology IIChair: **Kathryn ACKERMAN** - USA

Posters #2170 #2181 #2090 #2101 #2167

Session 49 - Football IIChair: **Markus WALDÉN** - Sweden

Posters #1872 #1870 #2085 #2159 #2157 #2099 #1928 #2158 #2102 #2117

Session 50 - Health and protective equipment IIChair: **Karim KHAN** - Canada

Posters #1876 #1693 #2146 #2107 #2142 #1904

Session 51 - Injury prevention measures VChair: **Jonathan DREZNER** - USA

Posters #1920 #1947 #1916 #1961 #1965 #1940

Session 52 - Injury prevention measures VIChair: **Natália F. N. BITTENCOURT** - Brazil

Posters #1980 #1966 #2002 #1996 #1970

Session 53 - Injury surveillance IIIChair: **Carolyn EMERY** - Canada

Posters #2080 #2069 #1950 #2011 #2005

Session 54 - Medicine IIChair: **Martin SCHWELLNUS** - South Africa

Posters #2079 #2168 #2108 #2127 #2128 #2103

Session 55 - Rugby IIChair: **Keith STOKES** - United Kingdom

Posters #2059 #1649 #2173

Session 56 - Running IIChair: **Jane THORNTON** - Canada

Posters #2071 #2153 #1838 #1726 #1919

Session 57 - Youth athletes IIChair: **Margo MOUNTJOY** - Canada

Posters #2065 #2154 #1911

Session A - SYMPOSIUM 42

17.00-18.00

Room Salle des Princes

Injury prevention apps – clap or scrap? [467]Chair: **Tron KROSSHAUG** - Norway

17.00-17.05

I Introduction**Tron Krosshaug** - Norway

17.05-17.15

I GET SET – the IOC/OSTRC app: The importance of user involvement**Kathrin Steffen** - Norway

17.15-17.25

I Real-world injury reduction after implementation of the Knee Control exercise based injury prevention programme: An app success story**Markus Waldén** - Sweden

17.25-17.30

I Taking it to the next level. Sophisticated 3D animations for injury prevention delivery**Tron Krosshaug** - Norway

17.30-17.40

I Injury prevention through apps, how to reach our audience?**Evert Verhagen** - Netherlands

17.40-18.00

I Panel discussion: Injury prevention through mobile apps – how can we improve?**Krosshaug, Steffen, Waldén, Verhagen**

Session B - SYMPOSIUM 43

- 17.00-18.00 Room Prince Pierre
Protecting respiratory health in athletes: What can we do better? [174]
Chairs: **James HULL, Michael LOOSEMORE** - United Kingdom
- 17.00-17.05 **I Introduction**
Michael Loosemore - United Kingdom
- 17.05-17.15 **I Respiratory problems in athletic individuals: What's hot and what's not?**
James Hull - United Kingdom
- 17.15-17.25 **I Pollution exposure when exercising: Can we do better to protect respiratory health?**
Michael Koehle - Canada
- 17.25-17.35 **I Respiratory tract infections: The good, the bad and the ugly**
Martin Schwellnus - South Africa
- 17.35-17.45 **I Delivery of optimal respiratory health in a world-class performance system: Can it be done?**
Michael Loosemore - United Kingdom
- 17.45-18.00 **I Panel discussion: Future directions in respiratory health: how can we help improve the most important medical problem in athletes**
Loosemore, Hull, Koehle, Schwellnus

Session C - SYMPOSIUM 44

- 17.00-18.00 Room Camille Blanc
Preventing primary cam morphology and femoroacetabular impingement syndrome in the young athlete: Is the 'hop' really the hip's demise? [227]
Chairs: **Paul DIJKSTRA** - Qatar, **Clare ARDERN** - Canada
- 17.00-17.12 **I Our confusing hip language is undermining prevention and protection**
Clare Ardern - Canada
- 17.12-17.24 **I To prevent and protect the hip, we have to understand primary cam morphology, its cause and prognosis – but can we yet?**
Paul Dijkstra - Qatar
- 17.24-17.36 **I Screening and intervention to prevent primary cam morphology – is too much sports medicine creating a mountain out of a molehill?**
Andrea Mosler - Australia
- 17.36-17.48 **I Protecting the athlete with primary cam morphology from developing femoroacetabular impingement syndrome and osteoarthritis**
Sion Glyn-Jones - United Kingdom
- 17.48-18.00 **I Panel Discussion : This discussion will focus on the current state of evidence on protecting athletes from developing cam morphology, femoroacetabular impingement syndrome and early hip osteoarthritis. The importance of multi-center collaboration for clinical research, to reach consensus on sharing data and experiences, and develop the foundations for a prospective Individual Patient Data Meta-analysis will also be discussed**
Ardern, Dijkstra, Glyn-Jones

Session D - SYMPOSIUM 45

17.00-18.00

Room Auric

Health impact of life-long participation in Olympic sport [574]

Chair: **Yannis PITSILADIS** - United Kingdom

17.00-17.12

Too much of good thing? The cardiovascular profile of older habitual high volume training endurance athletes

Jeroen Swart - South Africa

17.12-17.24

The benefits and consequences of a life in competitive sport: A musculoskeletal perspective

James Bilzon - United Kingdom

17.24-17.36

The health impact of life-long participation in Olympic sport: Lessons from Tokyo 1964

Michiko Dohi - Japan

17.36-17.48

The legacy of the Olympic Games and major sporting events: new horizons for life expectancy and health

Victoriya Badtieva - Russia

17.48-18.00

Questions and panel discussion

Pitsiladis, Swart, Bilzon, Dohi, Badtieva

Session E - FREE COMMUNICATIONS

17.00-17.40

Room Van Dongen

Injuries & load monitoring

Chairs: **Lars ENGBRETSEN** - Norway/Switzerland, **Karim CHAMARI** - Qatar

17.00-17.10

Spikes in external training load are associated with shoulder injuries in competitive adolescent tennis players – the SMASH cohort study #1675

Fredrik Johansson (Sweden), Ann Cools (Belgium), Jaime Fernandez-Fernandez (Spain), Eva Skillgate (Sweden)

17.10-17.20

Training load and other risk factors for soft tissue injury risk in professional rugby union: a 13 team, 2-season study of 383 injuries #1358

Stephen West, Sean Williams, Dario Cazzola, Matthew Cross, Simon Kemp, Keith Stokes (United Kingdom)

17.20-17.30

Workload weighted for tissue damage results in higher acute:chronic workload ratio for injured vs. uninjured athletes #1485

Lauren Benson (Canada), Oluwatoyosi Owoeye (Canada/USA), Carlyn Stilling (Canada), W. Brent Edwards (Canada), Carolyn Emery (Canada)

17.30-17.40

Monitoring workload to evaluate injury risk: the impact of missing data #1453

Lauren Benson (Canada), Carlyn Stilling (Canada), Oluwatoyosi Owoeye (Canada/USA), Carolyn Emery (Canada)

Session F - WORKSHOP

17.00-18.00

Room Bosio 1

Bridging the gap to keep them in the game: sharing a successful knowledge translation initiative to upscale evidence-informed sport injury prevention programs #1678

Carla van den Berg - Canada, **Kati Pasanen** - Canada/Finland

Sharing the KT process used to upscale injury prevention warm-ups in Canadian community sport: Tips on putting your research into practice.

- Session H - WORKSHOP**
17.00-18.00 Room Lifar
Getting hip with injury prevention: how to perform an effective hip screening exam to identify the “hip at risk” #1705
Joseph Ruzbarsky - USA
I We will discuss and demonstrate the importance of the hip screening exam in the understanding and prevention of FAI in athletes.
- Session I • WORKSHOP**
17.00-18.00 Room Scotto
Behave yourself, and avoid overuse injuries #1143
Ulrika Tranaeus - Sweden
I Why do athletes ignore warning signals of overuse injuries? Help them to identify signs of overuse injuries and coach them to awareness and a behavioural change. Start all over with ABC!
- Session K • WORKSHOP**
17.00-18.00 Room Genevoix 1
Prevention of concussion in sport: cervical spine and vestibular considerations #1730
Kathryn Schneider - Canada
I Addressing intrinsic and modifiable factors, such as sensorimotor function, may result in effective primary, secondary and tertiary prevention of concussion.
- Session L • WORKSHOP**
17.00-18.00 Room Genevoix 2-3
Sport related head injuries, “from the field-side whirlpool to recognize and remove” #1766
Louis Holtzhausen - Qatar, Nicol van Dyk - Ireland/South Africa
I Equip side-line decision makers to recognize suspected sport related head injuries and enable effective communication of findings to all relevant stakeholders.
- HONORARY KEYNOTE LECTURE**
18.00-18.20 Room Salle des Princes
Publishing in Exercise and Sport Science: 1790-2020
Speaker: **Howard G. KNUTTGEN - USA**
- CLOSING CEREMONY**
18.20-18.30 Room Salle des Princes
20.00 **FACULTY DINNER** (by invitation)

THEMED POSTERS SESSIONS - 15:30-16:30

Session 1 - Shoulder

Poster Area, Diaghilev Hall

Chair: **Kathryn ACKERMAN** - USA

I The impact of overhead sports: assessment of shoulder range of motion in 1st league professional volleyball players #2091

Joana Almeida, Maria João Martins, Márcia Sá, Beatriz Ribeiro, Maria João Almeida, João Torres (Portugal)

I The relationship between shoulder pain, physical exam findings, and structural pathology in elite wheelchair athletes #1430

Cheri Blauwet (USA/Germany), **Wayne Derman** (South Africa/Germany), Nick Webborn (United Kingdom/Germany), Dylan Morrissey (United Kingdom), Julian Chakraverty (United Kingdom), Paul Martin (United Kingdom), Guzel Idrisova (Russian Federation/Germany)

I Evaluation of sport specific adaptations at the shoulder joint and core endurance among elite female volleyball players with and without overuse related shoulder problems #1103

Lydia Bucher (Switzerland), Pierrette Baschung Pfister (Switzerland), Ann Cools (Belgium/Denmark)

I The epidemiology of sport-related shoulder injuries among youth: a systematic review #1960

Eric Gibson (Canada), Alexis Cairo (Canada), Anu Räisänen (Canada/USA), Colleen Kuntze (Canada), Carolyn Emery (Canada), Kati Pasanen (Canada/USA/Finland)

I Joint hypermobility in athletes is associated with shoulder injury and shoulder pain: a systematic review and meta-analysis #1884

Behnam Liaghat (Denmark), Julie Rønne Pedersen (Denmark), Young James J. (Denmark/Canada), Jonas Bloch Thorlund (Denmark), Birgit Juul-Kristensen (Denmark), Carsten Bogh Juhl (Denmark)

I The immediate effects of serving on shoulder rotational range of motion in tennis players #938

Katy Williams, Clair Hebron (United Kingdom)

Session 2 - Water sports

Poster Area, Diaghilev Hall

Chair: **Margo MOUNTJOY** - Canada

I Swimming-related complications during triathlon event #1118

Amilia Alifrangis, Martin Suzan, **Courtney Kipps** (United Kingdom)

I The incidence of Injuries and illness during open-water swimming events: Optimising swimmer safety #1220

Amilia Alifrangis, Martin Suzan, **Courtney Kipps** (United Kingdom)

I Risk factors for both retrospective and prospective shoulder injuries in water polo #1339

Félix Croteau, Shawn Robbins, David Pearsall, David Paradelo (Canada)

I Methods for monitoring training load in competitive swimming #1672

Stef Feijen (Belgium), Angela Tate (USA), Kevin Kuppens (Belgium), Filip Struyf (Belgium)

| Swim-training volume and shoulder pain across the life span of the competitive swimmer: a systematic review #1652

Stef Feijen (Belgium), Angela Tate (USA), Kevin Kuppens (Belgium), Anke Claes (Belgium), Filip Struyf (Belgium)

| The incidence of swimmer's shoulder and its relevance with the range of movement amongst young swimmers #1646

Gabriella Szendro, Károly Törös, Anna Schmidtka-Várnagy, Lehel Bálint, Ágnes Mayer (Hungary)

Session 3 - Combat sports

Poster Area, Diaghilev Hall

Chair: **Hideyuki KOGA** - Japan

| There is no consensus on mouthguard use across sports #1066

Irfan Ahmed, Lee James, Joslin Lynsey Abbey, Shezad Shahyr, Needleman Ian (United Kingdom)

| Impact of nutritional routine and training methods used by Sri Lankan national Taekwondo players for weight loss prior to competition #2000

Dilumini Kawshila Meegoda, **Shalika Harshani Perera**, Sameera Perera, Sarmilan Linganathan (Sri Lanka)

| Top-level karate athletes: are they implementing preventative injury measures? #1360

Montassar Tabben (Qatar), Dusana Cierna (Slovakia), Laura Perez Martin (Spain), Rafael Arriaza (Spain)

| The epidemiology of traumatic brain injuries within USA Fencing, 2015–2020: Prevention, care, and return to play considerations #1975

Adam Thompson, Jeremy Summers, Alan Freedman (USA)

Session 4 - Foot - Ankle

Poster Area, Diaghilev Hall

Chair: **Markus WALDÉN** - Sweden

| Current practice for safe return-to-play after lateral ankle sprain: A survey among French-speaking physicians #1449

Aude Aguilaniu (Belgium), Jean-Louis Croisier (Belgium), Cédric Schwartz (Belgium), Nadia Dardenne (Belgium), Pieter D'Hooghe (Qatar), Yanis Zahraoui (Belgium), Romain Collin (Belgium), Jean-François Kaux (Belgium), **Géraldine Martens** (Belgium)

| Balance control in chronic ankle instability and healthy subjects: traditional analysis of centre of pressure displacement and nonlinear analysis of its variability #1518

José Esteves, Ricardo Dinis, Orlando Fernandes, Maria António Castro, Raul Oliveira, Pedro Pezarat Correia (Portugal)

| Effect of a single short electrostimulation session of the fibularis muscles on dynamic postural stability and evertor muscles strength #1466

François Fourchet, Artiom Ganchine, Antoine Seurot, Nicolas Le Coroller, Guillaume Servant, Boris Gojanovic (Switzerland)

| Does ankle instability alter muscle activation of lower extremity and ground reaction force during landing? A meta-analysis #981

Sunghe Ha, Hyunggyu Jeon, Sae Yong Lee (Republic of South Korea)

| Association between ankle sprain history and ankle sprain incidence in national basketball association games #2171

Mackenzie Herzog, Christina Mack, Nancy Dreyer, Erik Wikstrom, Darin Padua, Mininder Kocher, Steve Marshall (USA)

| An unsupervised e-health supported neuromuscular training program is not effective in the prevention of recurrent ankle sprains in patients in primary care: The trAPP-study #2124

Adinda Mailuhu, Evert Verhagen, John Van Ochten, Patrick Bindels, Sita Bierma-Zeinstra, Marienke Van Middelkoop (Netherlands)

| Understanding the impact of ankle injuries among contemporary pre-professional dancers: incidence and risk factors #1334

Adinda Mailuhu, Rogier van Rijn, Janine Stubbe, Sita M.A. Bierma-Zeinstra, Marienke van Middelkoop (Netherlands)

| Acute effects of warming up on achilles tendon blood flow and stiffness #1989

Dries Pieters, Evi Wezenbeek, Roel De Ridder, Erik Witvrouw, Tine Willems (Belgium)

Session 5 -Load monitoring

Poster Area, Diaghilev Hall

Chair: **Evert VERHAGEN** - Netherlands

| The use of inertial measurement units for analyzing change of direction movement in sports: A scoping review #1922

Aki-Matti Alanen (Canada)

Anu Raisanen (Canada), Lauren Benson (Canada),

Kati Pasanen (Canada/Finland)

| Relationship between readiness indicators, training load and fatigue in collegiate female volleyball athletes #1619

Javier Peña (Spain), Laurie Eisler (Canada), Carolyn O'Dwyer (Canada), Albert Altarriba-Bartés (Spain),

Beatriz Gil (Spain), Clàudia Alba (Spain), Pierre Baudin (Canada)

| Application of the acute:chronic workload ratio in children #1530

Chinchin Wang, Tyrel Stokes, Russell Steele, Ian Shrier (Canada)

| The acute:chronic workload ratio: Why one size does not fit all #1356

Stephen West, Sean Williams, Dario Cazzola, Matthew Cross, Simon Kemp, Keith Stokes

(United Kingdom)

| Antioxidant blood plasma profiles during a period of heigh training loads at altitude in elite athletes #1317

Irina Zelenkova (Spain), Dmitriy Martinov (Russian Federation), Sergey Zotkin (Spain),

Elena Proskurnina (Russian Federation)

Session 6 - Dance

Poster Area, Diaghilev Hall

Chair: **Yannis PITSILADIS** - United Kingdom

- Association of spinopelvic alignment, lower extremity alignment, hamstring tightness, lower extremity range of motion with landing patterns in ballet dancers, folk dancers and football players #1292**
Neslihan Aksu, **Vefa Atansay**, Busra Akgonul, Ayhan Nedim Kara, Azmi Hamzaoglu (Turkey)
- Effects of hamstring flexibility and increased range of motion since childhood on spinal and pelvic sagittal balance and lower extremity alignment: an EOS X-ray-imaging system analysis in dancers and football players #1607**
Neslihan Aksu, **Vefa Atansay**, Busra Akgonul, Ayhan Nedim Kara, Azmi Hamzaoglu (Turkey)
- Return to dance following arthroscopic knee surgeries: what are the differences between return to sport and return to dance #1001**
Neslihan Aksu, **Vefa Atansay**, Busra Akgonul, Bugra Ayaz, Ayhan Nedim Kara, Azmi Hamzaoglu (Turkey)
- Bone mineral density and associated factors: do young female dancers and other recreational sport athletes differ? #1559**
Meghan Critchley, Clodagh Toomey, Stacey M. Lobos, Luz Palacios-Derflingher, Sarah J. Kenny, Carolyn Emery (Canada)
- Injury associated with dance education: a systematic review #2007**
Meghan Critchley (Canada), Sarah Kenny (Canada), Ashleigh Ritchie (United Kingdom), Katy Chambers (United Kingdom), Carly D McKay (United Kingdom)
- Association between baseline factors and risk of injury amongst pre-professional dancers #1576**
Sarah J. Kenny, Vineetha Warriya K. V., Luz Palacios-Derflingher, Jackie Whittaker, Carolyn Emery, **Meghan Critchley** (Canada)
- Achilles and patellar tendinopathy structure of elite ballet dancers remains stable across one year of training and performances #1595**
Aprine Tan, Richard Clark, Bhavesh Kumar (United Kingdom)
- Musculoskeletal injuries and dance exposure across three years in elite adolescent ballet dancers: is there a pattern? #1561**
Valeriya Volkova, Sarah J. Kenny (Canada)

Session 7 - Low Back & Pelvis

Poster Area, Diaghilev Hall

Chair: Jonathan DREZNER - USA

A cross-sectional study of low back pain among retired international athletes (runners, swimmers, rowers, and hockey players) #1354

Dale Cooper, Debbie Palmer, Mary O'Hanlon, Mark Batt (United Kingdom)

Low back pain and associated factors among Italian equestrian athletes: a cross-sectional study #1214

Mario Ferrante, Francesca Bonetti, Filippo Maria Quattrini, Maura Mezzetti, Sabrina Demarie (Italy)

Modified kettlebell squats could be safer for the low back of athletes with limited ankle dorsiflexion #1703

Sahin Dogukan Kasapoglu, Gulmez Irfan, Uzun Selda, Ramazanoglu Nusret, Goktug Sanli, Vildan Gozde Gumusbas, Yasar Tatar (Turkey)

Between-side differences in velocity of trunk rotations: can this identify the likelihood of low back pain? #1120

Erika Zemkova, Michal Jelen (Slovakia)

Session 8 - Fatigue

Poster Area, Diaghilev Hall

Chair: Yorck Olaf SCHUMACHER - Qatar

Psychological distress and wellbeing in UK Olympic and Paralympic athletes #1425

Craig Ranson, Sandra Leyland, Lisa Board, Rod Jaques, Alan Currie (United Kingdom)

Acute peripheral fatigue induces brain activity changes during predefined and reactive balance tasks: new insights concerning the fatigue-injury hypothesis #1200

Bruno Tassignon (Belgium), Jo Verschueren (Belgium), Sander De Bock (Belgium), Luk Buyse (Belgium), Kevin De Pauw (Belgium), Evert Verhagen (Netherlands), Romain Meeusen (Belgium)

Mental fatigue interacts with brain activity during predefined and reactive balance tasks: is it time to add some more context to injury prevention screening? #1193

Bruno Tassignon (Belgium), Jo Verschueren (Belgium), Jeroen Van Cutsem (Belgium), Kevin De Pauw (Belgium), Bart Roelands (Belgium), Evert Verhagen (Netherlands), Romain Meeusen (Belgium)

Psychological factors for an injury free athletic career #1149

Ulrika Tranaeus, Linn Hallgren, Hanna Jörlund (Sweden)

The effect of fatigue on trunk and pelvic jump-landing biomechanics: A systematic review #1809

Stefan Vermeulen (Belgium), Camilla De Bleecker (Belgium), Cedric De Blaiser (Belgium), Özge Onursal Kilinc (Turkey), Tine Willems (Belgium), Jos Vanrenterghem (Belgium), Philip Roosen (Belgium), Roel De Ridder (Belgium)

Session 9 - Risk factors I

Poster Area, Diaghilev Hall

Chair: **Natália F. N. BITTENCOURT** - Brazil

- I Modelling the risk of soft tissue non-contact injuries from multiple training monitoring data sources in a short track speed skating elite team #1456**
François Bieuzen, Jérémy Briand, Breault Pierre-Olivier, **Sylvain Gaudet** (Canada)
- I Core stability as a risk factor for the development of acute lower extremity injuries in an athletic population: a prospective study #1395**
Cedric De Blaiser, **Roel De Ridder**, Tine Willems, Stefan Vermeulen, Lieven Danneels, Philip Roosen (Belgium)
- I Psychological distress and maladaptive coping in Olympic-level swimmers following postponement of the 2020 Olympic Games due to COVID-19 #1882**
Nicholas Hooper, Curtis Reiber, Seth Cheatham, Tessa Johnson (USA)
- I Perceived injury risk among elite track & field athletes —a questionnaire-based study #1655**
Maria Mereman (Sweden)
- I A risk factor analysis for head, neck, and face injuries between US men and women rugby-7s players by age-groups #1594**
Christian Victoria (USA), Danielle C. Ompad (USA), Shen-Ying Richard Ma (USA/New Zealand), Meryle G. Weinstein (USA), Robert C. Cantu (USA/Ireland), Answorth A. Allen (USA), **Victor Lopez Jr** (USA/New Zealand)

Session 10 - Hamstring

Poster Area, Diaghilev Hall

Chair: Nicol VAN DYK - Ireland/South Africa

I The Nordic Hamstring Exercise: awareness, implementation and opinion of worldwide athletes #1874

Wesam Saleh A Al Attar (Saudi Arabia/Switzerland/Australia), Amirah M. Akkam (Saudi Arabia), Nada N. Al Hazmi (Saudi Arabia), Eman F Aljedaani (Saudi Arabia), Hussain Saleh H. Ghulam (Saudi Arabia), Hend A. Dorgham (Egypt), Ross H. Sanders (Australia)

I The Nordic Hamstring Exercise: awareness, implementation and opinion of worldwide professional and semi-professional soccer players and coaches #1873

Wesam Saleh A Al Attar (Saudi Arabia/Australia), Ramy G. Komir (Saudi Arabia), Ibrahim A Bukhari (Saudi Arabia), Ali A. Alzubeadi (Saudi Arabia), Hussain Saleh H. Ghulam (Saudi Arabia), Ross H. Sanders (Australia)

I Lower Extremity strains in the U.S. National Football League, 2015-2019 #2172

Wesam Saleh A Al Attar (Saudi Arabia/Australia), Ramy G. Komir (Saudi Arabia), Mackenzie Herzog, Leigh Weiss, Rebecca Lee, Allen Sills, Christina Mack (USA)

I Clinically-oriented assessments of hamstring muscle strength are reliable #1383

Ellevyn Irwin, Grainne O'Callaghan, Aine Tunney, Eamonn Delahunt, Ulrik McCarthy Persson (Ireland)

I The Nordic Hamstring exercise – is it a part of the weekly training in female elite football? #1658

Connie Linnebjerg, Hansen Mette, Clausen Mikkel Bek, Jesper Bencke, Mikkel Oxfeldt, Mads Bjørndal Sonne, Mads Karlsson, Per Hölmich, Mette Kreutzfeldt Zebis (Denmark)

I Predictors of time to return to play and reinjury following hamstring strain injuries with and without tendon involvement in professional football #1662

Scott McAuley, Nick Dobbin, Peter Goodwin, Chris Morgan (United Kingdom)

I Strength endurance and fatigability: candidate risk factors for hamstring re-injury in sprint sports? #1958

Kathelijn Polspoel, Jos Vanrenterghem, Stijn Bogaerts (Belgium)

I HaOS or CHaOS? The prognostic value of the Hamstring Outcome Score (HaOS) to predict the risk of hamstring injury #1520

Sander van de Hoef, Michel S. Brink, Nick van der Horst, Maarten van Smeden, Frank Backx (Netherlands)

I Eccentric hamstring strength and sprinting performance changes during the off-season in Spanish footballers #1613

Jordi Vicens-Bordas (Spain), Ernest Esteve (Spain), Azahara Fort-Vanmeerhaeghe (Spain), Martí Casals (Spain), Thomas Bandholm (Denmark), Lasse Ishoi (Denmark), David Opar (Australia), Anthony Shield (Australia), Kristian Thorborg (Denmark)

Session 11 - Concussion I

Poster Area, Diaghilev Hall

Chair: **Jane THORNTON** - Canada

- I High concussion rate amongst South African university rugby student tournament #964**
James Craig Brown (South Africa), Lindsay Starling (South Africa), Keith Stokes (United Kingdom), Pierre Viviers (South Africa), Sean Surmon (South Africa), Keith Derman (South Africa)
- I Normative baseline SCAT5 scores in a population of United States Olympic athletes #1691**
Lauren Pierpoint, Laura Zdziarski, David Taylor, William Moreau, Dustin Nabhan (USA)
- I How do we do better? Managing community rugby concussions in a primary care setting #1504**
Danielle Salmon (New Zealand), Janelle Romanchuk (New Zealand), Ian Murphy (New Zealand), John S. Sullivan (New Zealand), Simon Walters (New Zealand), Chris Whatman (New Zealand), Sierra Keung (New Zealand), Amanda Clacy (Australia)
- I Preliminary exploration of baseline concussion measures among premier league football athletes in Zambia #1341**
Jessica Wallace (USA), **Davie Mulenga** (Zambia), Philip Schatz (USA), Mark Lovell (USA), Tracey Covassin (USA)
- I Normative baseline SCAT5 scores in a population of United States Paralympic athletes #1701**
Laura Zdziarski, **Lauren Pierpoint**, David Taylor, Amber Donaldson, William Moreau, Dustin Nabhan (USA)

Session 12 - Concussion II

Poster Area, Diaghilev Hall

Chair: **Michael TURNER** - United Kingdom

- I The top 1% of head impacts cause visible signs and 'check engine' responses in athletes and military service members #2193**
Adam Bartsch (USA)
- I MSK injury likelihood is increased during the 4-month period after a concussion #1412**
Lee Herrington, **Joshua Wass**, Moses Wooten, Caroline Lander (United Kingdom)
- I Do future doctors in Scotland need further education to ensure they can adequately identify and manage concussions? #2092**
Christopher Jervis, Stephanie Adams, Samantha Fawkner, Steffan Griffin (United Kingdom)
- I Prevention and management of sport-related concussions: current knowledge and practices among field stakeholders of the French-Speaking IOC Research Centre (ReFORM) #2114**
Géraldine Martens (Belgium), Jean-François Kaux (Belgium), Aurore Thibaut (Belgium), Philippe Tscholl (Switzerland), Axel Urhausen (Luxembourg), Sébastien Le Garrec (France), Suzanne Leclerc (Canada)
- I Do cervical spine, vestibulo-ocular, dynamic balance, and divided attention measures in elite youth ice hockey players return to baseline levels at time of medical clearance to return to play? #2186**
Kathryn Schneider, Geoff Schneider, Carolyn Emery (Canada)
- I Primary prevention of sport-related concussion in youth ice hockey: A pilot randomized controlled trial #2185**
Kathryn Schneider, Paul Eliason, Cody van Rassel, Stacy Sick, Lauren Miurz, Geoff Schneider, Carolyn Emery (Canada)

Session 13 - Youth football

Poster Area, Diaghilev Hall

Chair: **Tim MEYER** - Germany

- I The effect of the Fédération Internationale de Football Association (FIFA) 11+ Kids injury prevention program on reducing injury rates in children's soccer: A cluster-randomized controlled trial #1883**
Wesam Saleh A Al Attar (Saudi Arabia/Switzerland/Australia), Saud Alarifi (Saudi Arabia), Hussain Saleh H. Ghulam (Saudi Arabia), Hosam Alzahrani (Saudi Arabia), Msaad M. Alzhrani (Saudi Arabia), Ross H. Sanders (Australia)

- I The Fédération Internationale de Football Association (FIFA) 11+ Kids injury prevention program: awareness, implementation, and opinion of worldwide children's soccer coaches #1866**
Wesam Saleh A Al Attar (Saudi Arabia/Switzerland/Australia), Saad M. Alhosaini (Saudi Arabia), Sami Z. Alharbi (Saudi Arabia), Yasser M. Alraddadi (Saudi Arabia), Hussain Saleh H. Ghulam (Saudi Arabia), Mashaer Alyami (Saudi Arabia), Ross H. Sanders (Australia)

- I Developmental changes in quadriceps and hamstring muscle strength from youth to senior: a cross-sectional study in 125 elite football players #1563**
Lasse Ishøi, Kasper Krommes, Mathias Nielsen, Kasper Thornton, Per Hölmich, Per Aagaard, Jacob Penalver, Kristian Thorborg (Denmark)

- I Acute effects of small-sided games on the lower limb functional asymmetry in young soccer players #1039**
Italo Sannicandro, Giacomo Cofano, Anna Rosa Rosa, Paolo Traficante, Andrea Piccinno (Italy)

- I Acute fatigue effects after Small-Sided Games on functional asymmetry and short sprint performance in young soccer players #1040**
Italo Sannicandro, Giacomo Cofano, Anna Rosa Rosa, Paolo Traficante, Andrea Piccinno (Italy)

- I Managing vitamin D supplementation in elite academy footballers #1727**
Amit Verma, **Thomas Maynard**, Jim Moxon (United Kingdom)

Session 14 - Olympics

Poster Area, Diaghilev Hall

Chair: Lars ENGBRETSSEN - Norway/Switzerland

- I Epidemiology of injury and retirement from sport among former international athletes #1355**
Dale Cooper, Mark Batt, **Debbie Palmer** (United Kingdom)
- I Epidemiology and impact of traveller's diarrhoea on participants of the pre-Olympic test event "Ready Steady Tokyo 2019" #1008**
Nebojša Nikolić (United Kingdom), Sergio Migliorini (Switzerland), Lidija Bilić-Zule (Croatia)
- I The Retired Olympian Musculoskeletal Health Study (ROMHS) cohort: recruitment of 3,357 Olympians and 1,735 general population controls #1458**
Debbie Palmer (United Kingdom), Dale Cooper (United Kingdom), Carolyn Emery (Canada), Mark Batt (United Kingdom), Lars Engebretsen (Norway/Switzerland), Brigitte Scammell (United Kingdom), Torbjørn Soligard (Switzerland), Kathrin Steffen (Norway), Jackie Whittaker (Canada), Richard Budgett (Switzerland)
- I Preventing heat stress before the Tokyo Olympic Games, the case of open water #1565**
Robin Pla, Anaël Aubry (France)
- I Referees can prevent injuries in wrestling; an experience from the 2018 Youth Olympic Games #1774**
Babak Shadgan (Switzerland/Canada), Loukas Konstantinou (Switzerland), Szabolcs Molnar (Switzerland)

Session 15 - ACL I

Poster Area, Diaghilev Hall

Chair: Holly SILVERS-GRANELLI - USA

- I Isokinetic deficits at 6 months after ACL reconstruction influence the rate of reinjuries and activity level #1346**
Renato Andrade, José Dias, Cátia Cardoso, Cristina Valente, Rogério Pereira, Alexandre Rebelo-Marques, Tiago Proença, Pedro Lamas, Nuno Cordeiro, Alcindo Silva, João Espregueira-Mendes (Portugal)
- I Assessments for neuromuscular control after an anterior cruciate ligament injury to decide upon return to sports #1357**
Angela Blasimann (Switzerland/Belgium), Irene Koenig (Switzerland), Isabel Baert (Belgium), Heiner Baur (Switzerland), Dirk Vissers (Belgium)
- I Risk factors for contra-lateral secondary anterior cruciate ligament injury: A systematic review with meta-analysis#1886**
Anna Cronström, Tengman Eva, Häger Charlotte K (Sweden)
- I Risk factors for graft rupture after anterior cruciate ligament reconstruction: A systematic review with meta-analysis #1885**
Anna Cronström, Tengman Eva, Häger Charlotte K (Sweden)
- I Preventing ACL reinjuries – is persistent knee underloading at return to sports after reconstruction the culprit? #1350**
Argyro Kotsifaki, Vasileios Sideris, Vasileios Korakakis, Rodney Whiteley (Qatar)
- I Running pattern asymmetry evaluation after anterior cruciate ligament reconstruction could be a way to detect re-injuries #1185**
Alexandre Rambaud, Thomas Neri, Jean-Benoit Morin, Remi Philippot, Jeremy Rossi, Pierre Samozino, Pascal Edouard (France)

Responsiveness of the Anterior Cruciate Ligament - Return to Sports after Injury (ACL-RSI) and Injury – Psychological Readiness to Return to Sport (I-PRRS) scales #991
Anton Slagers, Johannes Zwerver (Netherlands)

Challenging ACL reconstructed athletes and their sensorimotor system at return-to-sport: a vital step towards exposing the roots of their neuromuscular deficits #1414
Annemie Smeets, Sabine Verschueren, Filip Staes, Steven Claes, Hilde Vandenneucker, Jos Vanrenterghem (Belgium)

Session 16 - Biomechanics

Poster Area, Diaghilev Hall

Chair: Tron KROSSHAUG - Norway

Relationship between pole vault biomechanics and previous injuries #1251
Pascal Edouard (France/Switzerland), Hervé Sanchez (France), Cyprien Bourrilhon (France), Sébastien Homo (France), Julien Frère (France), Johan Cassirame (France)

High body fat alters throwing shoulder kinetics in softball pitchers: Implications for injury prevention #1937
Kenzie Friesen, Nicole Bordelon, Jessica Downs, Kyle Wasserberger, Gretchen Oliver (USA)

Variables associated to knee valgus in male soccer players during a single leg vertical landing task #1493
Gustavo Leporace, Matheus Vianna, Leonardo Metsavaht, Marcio Tannure, Alex Souto Maior (Brazil)

Session 17 - Injury prevention measures I

Poster Area, Diaghilev Hall

Chair: Carolyn EMERY - Canada

A dynamic warm up programme reduces knee and ankle injuries among youth male sub-elite football players #2115
Mojtaba Asgari, Thomas Jaitner (Germany)

Effects of the FIFA 11+ injury prevention programme on physical and technical performance, biomechanical measures and physiological responses #2111
Mojtaba Asgari (Germany), Jaitner Thomas (Germany), Bahareh Nazari (Islamic Republic of Iran)

What about BMX? A scoping review of injuries, risk factors, and prevention strategies #2018
Amanda M. Black, Srijal Gupta, Claire Rockcliff (Canada)

Performance of inertial measurement units to classify different upper limb activities in elite women's water polo: a cross sectional study #2123
Marguerite King (Australia), Amy Lewis (Australia), Watson Kate (Australia), Vicenzino Bill (Australia), Ciara McCallion (Ireland)

Injury prevention strategies in Portuguese youth soccer: perceptions of U14 male practitioners #2104
Mário A. Rodrigues-Ferreira, António Vences Brito, Félix Romero, Nuno Loureiro, Maria António Castro (Portugal)

Gender-specific differences in neuromuscular activation in the knee stabilizing muscles in adults - a systematic review #2110
Martina Steiner (Switzerland), Heiner Baur (Switzerland), Angela Blasimann (Switzerland/Belgium)

Is it possible to prevent running related injuries in adult novice runners with an online behavioral intervention? #2087
Henrike van der Does (Netherlands), Vincent Gouttebauge (Netherlands/South Africa),

Ellen Kemler (Netherlands)

- Development of a protocol to evaluate baseball pitcher's workload and prevention of injury #2078**
Jason L. Zaremski, Pazik N. MARRISA, Horodyski MaryBeth (USA)

Session 18 - Injury prevention measures II

Poster Area, Diaghilev Hall

Chair: Kristina FAGHER - Sweden

- Sports injury prevention practices and directions for improvement: A multi-centre qualitative study in physical education teacher education students #2141**
Sander Blienkendaal (Netherlands), Maarten Barendrecht (Netherlands), Janine Stubbe (Netherlands), Caroline Bolling (Netherlands/Brazil), Evert Verhagen (Netherlands)
- Comprehensive assessment of risk factors and constant load monitoring prevent overuse injuries of extensor mechanism in elite volleyball players #2156**
Ömer Serkan Kara, Erençan Kütük, Baran Akay, Mahir Emre Can (Turkey)
- Who's keeping score? The effect of a score differential based running time rule on head impact rates in Canadian high school tackle football #2131**
M. Patrick Pankow, Reid A. Strydiuk, Ash T. Kolstad, Sagar Grewal, Christian A. Clermont, Christopher R. Dennison, Brent E. Hagel, Martin Mrazik, Carolyn A. Emery (Canada)
- Development of wrestling mat materials to achieve better mechanical properties and improve the safety of the athletes #2175**
Márton Tomin, Ákos Kmetty (Hungary)
- Immunological biomarkers and injury prevention in athletes #2130**
Peter Vermeir, Annelies Goethals, Myrte Heyerick, Emma Houttekiet, Ruben Vermeir, An Mariman, Dirk Vogelaers, Luc Vanden Bossche (Belgium)
- The effectiveness of a judo-specific injury prevention programme: a randomized controlled trial #2183**
Amber von Gerhardt, Gustaaf Reurink, Gino Kerkhoffs, Evert Verhagen, Kai Krabben, Jeroen Mooren, Jessica Gal, Arnold Brons, Ronald Joorse, Benny van den Broek, Ellen Kemler, Johannes L Tol (Netherlands)
- Does increasing the severity of penalties assessed in association with the "zero tolerance for head contact" policy translate to a reduction in head impact rates in youth ice hockey? #2155**
Rylen A. Williamson, Ash T. Kolstad, Luc Nadeau, Claude Goulet, Brent Hagel, Carolyn A. Emery (Canada)

Session 19 - Injury surveillance I

Poster Area, Diaghilev Hall

Chair: **Martin SCHWELLNUS** - South Africa**I Injuries in Portuguese recreational surfers #2179****Maria Ant3nio Castro**, Rodrigo Fernandes, M3rio A. Rodrigues-Ferreira, Jo3o Madail, Ant3nio Vences Brito (Portugal)**I Do physical contacts and head contacts differ in female ice hockey and ringette?****A video-analysis study #2174****Emily E. Heming**, Alexandra J. Sobry, Alexis L. Cairo, Rylen A. Williamson, Ash T. Kolstad, Carolyn A. Emery (Canada)**I Injury and illness epidemiology during the 53rd FIS Nordic World Ski Championships 2021 in Oberstdorf: A prospective cohort study #2177****Karsten Hollander** (Germany), Kastner Tom (Germany), Weith Moritz (Germany), Disch Alexander (Germany), Porzig Florian (Germany), Wolfarth Bernd (Germany), Edouard Pascal (France), Junge Astrid (Germany)**I Wrestling injuries during the Tokyo 2020 Olympic Games #2165****Babak Shadgan** (Switzerland/Canada), Molnar Szabolcs (Switzerland), Abaeva Elena (Switzerland), Masujima Atsushi (Japan)**I Injuries in youth volleyball players at a national championship competition: Incidence, risk factors and mechanism of injury #2116****Kenzie Vaandering**, Derek Meeuwisse, Kerry J MacDonald, Paul H Eliason, Robert F Graham, Michaela K Chadder, Constance M Lebrun, Carolyn A Emery, Kathryn J Schneider (Canada)**I Perceiving, reporting and managing an injury – Perspectives from national team football players, coaches and health professionals #2094****Sandro Vella** (United Kingdom/Malta), Caroline Bolling (Netherlands/Brazil), Evert Verhagen (Netherlands), Isabel Sarah Moore (United Kingdom)**I Overall, region- and tissue-specific injury rates in UK summer Olympic male and female athletes #2144****Moses Wootten**, Steve McCaig, Anita Biswas, Michael Brownlow, Lee Herrington, Abbie Taylor, Freddie Brown, Richard Burden, Craig Ranson (United Kingdom)

THEMED POSTERS SESSIONS - 15:00-16:00**Session 20 - Indoor team sports**

Poster Area, Diaghilev Hall

Chair: **Merete MØLLER** - Denmark**| Understanding health problems of basketball referees #1651**Daniela Annanias Gimenes de Paula, **Luiz Augusto Borges Gomes**, Ronaldo Alves da Cunha, Carlos Vicente Andreoli (Brazil)**| Injury prevalence in Dutch handball over the season 2018-2019 #1521****Maarten Barendrecht**, Tim Arnts, Linda van Maanen-Coppens (Netherlands)**| Injury prevention policies in Dutch handball clubs #1527****Maarten Barendrecht**, Davey Driessen, Linda van Maanen-Coppens (Netherlands)**| Description of the context for injury prevention interventions development and implementation in youth Brazilian basketball: a cross-sectional study #1661****Luiz Augusto Borges Gomes**, Carlos Vicente Andreoli, Ronaldo Alves da Cunha, Helena Santos de Oliveira, Benno Ejnisman, Moises Cohen (Brazil)**| The prevention of musculoskeletal injuries in basketball players: the systematic development of an intervention and its feasibility #1596**Marina Stefani Souza Silva, **Luiz Augusto Borges Gomes** (Brazil)**Session 21 - Female sports**

Poster Area, Diaghilev Hall

Chair: **Kathryn ACKERMAN** - USA**| The prevalence of disordered eating and menstrual dysfunction among female university athletes in Sri Lanka #1999**Sajinika Ariyaratne, **Shalika Harshani Perera**, Sameera Perera (Sri Lanka)**| Anthropometrics and knee dynamic valgus as explanatory factors for landing kinetics and ACL injury risk: a female football cohort study #1411****Eder Bikandi** (Spain), Francisco Amú-Ruiz (Colombia), Aitziber Gómez (Spain), Jose Antonio Lekue (Spain), Jon Larruskain (Spain), Xabier Monasterio (Spain), Julen Arce (Spain), Igor Setuain (Spain), Mikel Izquierdo (Spain)**| Contact injuries predominate in female youth team sports: An opportunity for prevention #1971****Alexis Cairo**, Isla Shill, Anu Räisänen, Amanda Black, Carolyn Emery (Canada)**| Prevalence of menstrual disorders among German female elite athletes #2150****Elisabeth M. Kirschbaum**, Katharina Fischer, Jan C. Wuestenfeld, Bernd Wolfarth (Germany)**| Monitoring wellbeing and perceived exertion in relation to injury risk in elite female football players over 2 seasons #1127****Jon Larruskain** (Spain), Ane Uria (Scotland), Maialen Aldalur (Spain), Iraia Iturregi (Spain), Aritz Yarritu (Spain), Eder Bikandi (Spain), Julen Arce (Spain), Xabier Monasterio (Spain), Jose Antonio Lekue (Spain), Imanol Martin-Garetxana (Spain)**| Prevalence and burden of menstrual disorders in athletes: a questionnaire study #1740****Katie Lydon** (Ireland), Sharon Madigan (Ireland), Alan Rankin (United Kingdom)**| The prevalence and burden of pre-menstrual syndrome in the athletic population #1713****Katie Lydon** (Ireland), Sharon Madigan (Ireland), Alan Rankin (United Kingdom)

Session 22 - Rugby I

Poster Area, Diaghilev Hall

Chair: **Christa JANSE VAN RENSBURG** - South Africa

- Utility of the Health Action Process Approach (HAPA) Model to predict intention and adoption of the Activate injury prevention exercise programme by school rugby coaches #1482**
Craig Barden, Carly McKay, Keith Stokes (United Kingdom)
- Safe and sound for performance's sake? An exploration on health and safety awareness in elite rugby #1029**
Yanbing Chen, Conor Buggy, Seamus Kelly (Ireland)
- U.S. rugby-7s players injury incidence, severity and burden effects by positions and levels of play #1548**
Victor Lopez Jr (USA/New Zealand), Shen-Ying Richard Ma (USA/New Zealand), Meryle G. Weinstein (USA), Patria Hume (New Zealand), Robert C. Cantu (USA/Ireland), Christian Victoria (USA), Sophie C. Queler (USA), Khalil J.A. Webb (USA), Answorth A. Allen (USA/New Zealand)
- The epidemiology of head, neck and face injuries of adult men's and women's U.S. rugby-7s players #1550**
Shen-Ying Richard Ma (USA/New Zealand), Christian Victoria (USA), Danielle C. Ompad (USA), Meryle G. Weinstein (USA), Robert C. Cantu (USA/Ireland), Jordan Genece (USA), Answorth A. Allen (USA/New Zealand), Victor Lopez Jr (USA/New Zealand)
- New Zealand super rugby injury surveillance: match injuries from 2015-2018 #1622**
Danielle Salmon, Ian Murphy, Kenneth Quarrie, Greg MacLeod, Asheer Singh, Adam Letts, John Roche, Deborah Robinson, Martin Swan, Theo Dorfling, Cameron Shaw, Katherine Rottier, Kevin Bell, Stephen Kara, James McGarvey (New Zealand)
- A study on prevalence and risk factors associated with injuries of inter-university rugby players in Sri Lanka based on playing position #1943**
Pasindu Silva (Sri Lanka)

Session 23 - Screening and PHE

Poster Area, Diaghilev Hall

Chair: Jonathan DREZNER - USA

- | Relationship between balance and lower extremity ROM, H/Q ratio, hamstring tightness, beighton score in professional folk dancers and professional football players #1058**
Busra Akgonul, Vefa Atansay, Ayhan Nedim Kara, Azmi Hamzaoglu, Neslihan Aksu (Turkey)
- | Risk management through an assertive preseason assessment #1260**
Natália F. N. Bittencourt, Renato de Paula da Silva, Paola de Figueiredo Caldeira, Robson José Rodrigo Tavares de Almeida, Jomar Jorge Ottoni, Gustavo Damásio Magliocca, **Luciana De Michelis Mendonça** (Brazil)
- | Pre-season clinical assessment of the hip extensors, external rotators and abductors in competitive sprinters #1515**
Pedro Luiz Flores Fagnani (Spain), Natália F. N. Bittencourt (Netherlands/Brazil), Fabian Peralta (Spain)
- | Isokinetic profile and contralateral deficit of the lower limbs of artistic gymnastics athletes #1637**
Stefânia Gonçalves Dias, Natália Batista Albuquerque Goulart Lemos, Morgana Lunardi, Fernando de Aguiar Lemos, Caroline Pieta Dias, João Carlos Oliva, Marco Aurélio Vaz (Brazil)
- | The differences of static lower extremity alignment between female ballet students and female non-ballet students #1130**
Min Jin Kim, Sae Yong Lee (Republic of South Korea)
- | Influence of Lower Quarter Y-Balance Test™ screening protocol on dynamic balance outcomes #2129**
Scott Lawrance, Megan Jacobs, Emily Boss, Jennifer Popp, Larry Leverenz, Michael Weller (United States of America)
- | Should the side-hop test be reduced from 40 cm to 30 cm when used in developmental athletes? #949**
Isabel Schneider, Nicolai Kammann, Oliver Haertel (Germany)
- | The hidden cost of winning a medal: a narrative review on the mental health of elite athletes #2098**
Alina-Maria Smaranda (Romania), Alexandra Vlaic (Romania), Adela Caramoci (Romania), Anca-Mirela Ionescu (Romania/Switzerland)
- | Injuries in long distance racecar drivers: A longitudinal study of pre-participation examinations #1699**
Josefine Stoll, Lucie Risch, Michael Cassel, Frank Mayer (Germany)

Session 24 - Msk And Rehab

Poster Area, Diaghilev Hall

Chair: **Clare ARDERN** - Canada**I Stress fractures during top-level international Athletics championships #1249**

Pascal Edouard (France/Switzerland), Anders Vinther (Denmark)

I Community based rehabilitation implementation framework to address injuries & its risks among runners in under-resourced communities: Delphi Consensus #2126

Siyabonga Henry Kunene (South Africa)

I Slow, unilateral elastic resistance training elicits a cross-education effects in the contralateral limb, measured by dynamometry and electromyography #2121

Stephen Loke, Bhavesh Kumar, Kushal Varma, Krishan Patel, Henry Beckett, Flaminia Ronca (United Kingdom)

I A systematic review of musculoskeletal injuries in professional golfers #1769

Patrick Robinson, Lain Murray, Andrew Duckworth, Roger Hawkes, Danny Glover, Nigel Tilley, Rob Hillman, Chris Oliver, Andrew Murray (United Kingdom)

I A randomised controlled trial investigating the cross-education of strength and power following at-home unilateral calf exercises #1564

Niall Simmons, Sumona Mandal, Liang Zhi Wong, Andreas Mirallais, Flaminia Ronca, Bhavesh Kumar (United Kingdom)

I Commercially-available inertial measurement unit underestimates number of jumps for females more than males: implications for load monitoring and injury prevention #1650

Tyler J. Tait (Canada), Lauren C. Benson (Canada), Kimberley Befus (Canada), John Choi (Canada), Colin Hillson (Canada), Carlyn Stilling (Canada), Sagar Grewal (Canada), Kerry MacDonald (Canada), Kati Pasanen (Canada/Finland), Carolyn Emery (Canada)

Session 25 - Cricket and climbing

Poster Area, Diaghilev Hall

Chair: **Martin SCHWELLNUS** - South Africa**I The influence of BMI on chronic injuries and performance in climbing #1090**

Gudmund Grønhaug (Norway)

I Why not? Use of healthcare and reasons not to seek healthcare by Norwegian climbers with chronic injuries #1091

Gudmund Grønhaug, Atle Hole Sæterbakken (Norway)

I National teams world tournament performance is positively influenced by lower injury burden in international cricket over the 1-year prior to tournament #1990

Shane Hayes (Australia/Pakistan)

I Profile of injuries and illness in elite Pakistan cricketers: a longitudinal injury surveillance study over a season (52-weeks) #1562

Shane Hayes (Pakistan), Nirmala Perera (United Kingdom/Sweden/Australia)

I Risk factors associated with anxiety and depression in professional cricketers #1206

Sharief Hendricks (South Africa/United Kingdom), Nur Amino (South Africa), Ruan Schlebusch (South Africa), JP Van Wyk (South Africa), Stephen Mellalieu (United Kingdom), Vincent Gouttebauge (Netherlands)

I Epidemiology of hospital treated cricket-related hand injuries over a 5-year period in Victoria, Australia #1100

Karishma Shah (United Kingdom), Nirmala Perera (United Kingdom/Sweden/Australia)

Session 26 - Injury prevention measures III

Poster Area, Diaghilev Hall

Chair: **Andreas SERNER** - Denmark/Qatar

- I Impact of specific prevention training measured by the Star Excursion Balance Test modified (SEBTm) in young female soccer: a cluster randomised controlled trial #948**
Hugo Del Rabal, Brice Picot, **Alexandre Rambaud** (France)
- I Using infographics and video to prevent injuries and illnesses in athletics #1253**
Pascal Edouard (France/Switzerland), Pedro Branco (Switzerland), Danny Glover (United Kingdom), Jennifer Duncan (United Kingdom), Andy Richardson (United Kingdom), Marianna Kiss (Switzerland/Hungary), Frederic Depiesse (France), Andrew Murray (United Kingdom)
- I Field Hockey injuries and personal protective equipment: a status survey of German national teams #1379**
Sabrina Gorks, Thomas Henke, Petra Platen (Germany)
- I Implementation of injury prevention programs after their initial effectiveness trial #1953**
Jelena Haugg (Netherlands), **Evert Verhagen** (Netherlands), Joske Nauta (Netherlands), Ingrid Vriend (Netherlands), Carly D. McKay (United Kingdom), Caroline Bolling (Netherlands/Brazil), Femke van Nassau (Netherlands)
- I Kinesiotaping; does it really prevent sports injuries? #958**
Yonatan Kaplan (Israel)
- I A "step" towards prevention of OA in physically active amputees using a novel foot prosthesis: a randomised controlled cross-over trial #1640**
Phoebe Runciman, John Cockcroft, **Wayne Derman** (South Africa)

Session 27 - Injury prevention measures IV

Poster Area, Diaghilev Hall

Chair: **Carolyn EMERY** - Canada

- I Sports injury prevention programs: awareness, implementation and opinion of worldwide physical therapists #1868**
Wesam Saleh A Al Attar (Saudi Arabia/Switzerland/Australia), Sameer A. Yamani (Saudi Arabia), Eyad S. Alharbi (Saudi Arabia), Majed M. Aljabri (Saudi Arabia), Hussain Saleh H. Ghulam (Saudi Arabia), Saud Alarifi (Saudi Arabia), Ross H. Sanders (Australia)
- I The effect of the Fédération Internationale de Football Association (FIFA) 11+ Referees injury prevention program in reducing injury rates among soccer referees and assistant referees: a randomized controlled trial #1862**
Wesam Saleh A. Al Attar (Saudi Arabia/Switzerland/Australia), Fahad M. Alkabkabi (Saudi Arabia), Nasser G. Alshamrani (Saudi Arabia), Saud Alarifi (Saudi Arabia), Hussain Saleh H. Ghulam (Saudi Arabia), Hosam Alzahrani (Saudi Arabia), Eman F. Aljedaani (Saudi Arabia), Ross H. Sanders (Australia)
- I Characterizing injury preventative behavior: a sport psychology perspective #1871**
James Parker, Urban Johnson, Andreas Ivarsson (Sweden)

Session 28 - Injury surveillance II

Poster Area, Diaghilev Hall

Chair: Kathrin STEFFEN - Norway

- I Prevalence of CrossFit® related injuries in France: a retrospective study on 3023 participants #1310**
Flavio Bonnet, Hemrick Verwaerde (France)
- I Injury distribution analysis of the French handball championship using electronic game reports: a one-year longitudinal study among 323 628 players #1910**
Ronan Choupeaux, Christophe Guegan, Pascal Edouard, Olivier Remy-Neris, Brice Picot (France)
- I The clinical burden of severe sports injuries in England and Wales #1697**
Madeleine Davies, Tom Lawrence, Antoinette Edwards, Fiona Lecky, Carly McKay, Keith Stokes, Sean Williams (United Kingdom)
- I Injury rates and mechanisms of injury in female high school rugby #1603**
Isla Shill, Amanda M. Black, Stacy Sick, Ash Kolstad, Luz Palacios-Derflingher, Kathryn Schneider, Brent E. Hagel, Carolyn Emery (Canada)
- I Surveillance: Injury incidence and injury patterns in professional football players registered in Egyptian Football league #1643**
Mohamed Yahia (Egypt)
- I Throwing elbow injury prevention: Forearm flexor injury association with medial elbow Ulnar Collateral Ligament injury #1848**
Jason L. Zaremski, Marissa Pazik, Cooper W. Dean, Niran Vijayaraghavan, Nicholas P Fethiere, Kevin W. Farmer, MaryBeth Horodyski (USA)

Session 29 - Medicine I

Poster Area, Diaghilev Hall

Chair: York Olaf SCHUMACHER - Qatar

- I Mysterious breathing problems in athletes - what can it be? #1445**
Hege Clemm, Ida Hammer, Maria Vollsæter, Ola Røksund, Thomas Halvorsen (Norway)
- I Preventing injury to the fetus: Using 3-Dimensional power flow Doppler ultrasonography to analyze placental blood flow during resistance training in pregnant athletes to guard against fetal hypoperfusion #1544**
Sara Gould, Chase Cawyer, Louis Dell'Italia, Lorie Harper, Marcas Bamman (USA)
- I Clinical patterns, duration and impact of SARS CoV-2 infection in Olympic and Paralympic World Class Programme Athletes: UK experience #1941**
James Hull, Moiz Moghal, Biswas Anita, Herron Neil, Wotton Moses, Ranson Craig (United Kingdom)
- I Effects of salbutamol prior to diesel exhaust exposure does not affect dyspnea despite reducing the work of breathing in individuals with exercise-induced bronchoconstriction #1094**
Sarah Koch (Canada), Joseph Welch (USA), Andrew Ramsook (Canada), Christopher Carlsten (Canada), Jordan A. Guenette (Canada), Michael Stephen Koehle (Canada)
- I Cardiac fibrosis markers: Galectin-3 and Suppression of Tumorigenicity 2 measurement in participant at the Tor des Géants #1135**
Caroline Le Goff (Belgium), Jean-François Kaux (Belgium), Laurence Seidel (Belgium), Laurent Gergelé (France), Grégoire Millet (Switzerland), Magali Viallon (France), Géraldine Martens (Belgium), Pierre Croisille (France), Etienne Cavalier (Belgium)

I Attitudes of elite athletes and their support staff to the influenza vaccine #1276

Frank O'Leary, James O'Donovan (Ireland)

I Asthma-related sudden death in competitive athletes #1671Oliver Price (United Kingdom), Kristen Kucera (USA), Hannah Price (USA), Jonathan Drezner (USA), Andrew Menzies-Gow (United Kingdom), **James Hull** (United Kingdom)**Session 30 - Youth athletes I**

Poster Area, Diaghilev Hall

Chair: Jane THORNTON - Canada

I The Oslo Sports Trauma Research Center questionnaire on Health problems (Spanish version) compared to a traditional surveillance method for injury detection and severity estimation in youth sports: an observational study #1283

Javier Bailón-Cerezo (Spain), Benjamin Clarsen (Norway), María Torres-Lacomba (Spain)

I Epidemiology of youth injuries across seven sports at a single college in England #1258

Craig Barden (United Kingdom), Ken Quarrie (New Zealand), Carly McKay (United Kingdom), Keith Stokes (United Kingdom)

I Youth volleyball, basketball and futsal athletes performance on Y-Test over the sports season #1506Renato de Paula da Silva, Ellen Exmalte de Castro Aguiar, Leandro César Garcia, Felipe Ribeiro Pereira, Silvanio Miranda Signoretti Júnior, Renan Alves Resende, **Natália F. N. Bittencourt** (Brazil)**I Injury burden and characteristics in aesthetic sports among high school adolescents #1717**Sheila Downie, Amanda M. Black, **Paul H. Eliason**, Carolyn Emery, Sarah J. Kenny (Canada)**I Prevalence and burden of health problems in competitive adolescent distance runners: A 6-month prospective cohort study #1108**

Robert Mann (United Kingdom), Benjamin Clarsen (Norway), Carly McKay (United Kingdom), Bryan Clift (United Kingdom) Craig Williams (United Kingdom), Alan Barker (United Kingdom)

I The balance error scoring system: Failure to detect previous ankle injury or instability in youth athletes #2073

Jane Blackbourn (United Kingdom)

Session 31 - Football I

Poster Area, Diaghilev Hall

Chair: Markus WALDÉN - Sweden

I Does the FIFA 11+ shoulder injury prevention program reduce the incidence of upper extremity injuries among soccer goalkeepers? A randomised controlled trial #1022

Wesam Saleh A Al Attar (Saudi Arabia), Mansour Abdullah Alshehri (Saudi Arabia/Australia)

I The Fédération Internationale de Football Association (FIFA) 11+ Referees injury prevention program: awareness, implementation and opinion of worldwide soccer referees and assistant referees #1864

Wesam Saleh A Al Attar (Saudi Arabia/Switzerland/Australia), Fahad M. Alkabbabi (Saudi Arabia), Nasser G. Alshamrani (Saudi Arabia), Hussain Saleh H. Ghulam (Saudi Arabia), Ross H. Sanders (Switzerland)

I The Fédération Internationale de Football Association (FIFA) 11+ Shoulder injury prevention program: awareness, implementation and opinion of worldwide soccer goalkeepers and goalkeepers' coaches #1865

Wesam Saleh A Al Attar (Saudi Arabia/Switzerland/Australia), Sameer A. Yamani (Saudi Arabia), Eyad S. Alharbi (Saudi Arabia), Hussain Saleh H. Ghulam (Saudi Arabia), Ross H. Sanders (Australia)

- Increased acute exposure to soccer ball heading shows no response from biochemical markers for axonal injury #1441**
Kieran Austin (United Kingdom), Ben Lee (United Kingdom), Tessa Flood (United Kingdom), Jamie Toombs (United Kingdom), Mina Borisova (United Kingdom), Neal Smith (United Kingdom), Amanda Heslegrave (United Kingdom), Henrik Zetterberg (Sweden/United Kingdom)
- Skeletal muscle contractile properties before, during and after muscle injury in male professional football players #1151**
Ashley Jones (United Kingdom), Karen Hind (United Kingdom), Gareth Jones (United Kingdom), Hannah V. Wilson (United Kingdom), Peter Francis (United Kingdom/Ireland)
- The effect of a 90-min soccer match and fatigue on eccentric hamstring strength: implications for hamstring injury risk #1308**
Georgios Kakavas, **Afxentios Kekelekis** (Greece)
- Heading a soccer ball and the characterization of parameters that influence its peak impact force #1172**
Nicolas Leiva Molano, Joshua Auger, Justin Markel, Dimitri D. Pecoski, Tom M. Talavage, Larry Leverenz, Francis Shen, Eric A. Nauman, Scott Lawrance (USA)
- Studying of selected performance and skill test batteries for prediction of severity of injury in Iran premier league football players aged 16-21 years old #1406**
Negar Momeni, Mohammad Hossein Alizadeh, Hooman Minoonejad, Mostafa Zarei (Islamic Republic of Iran)
- An investigation into adherence to rehabilitation and performance programs in professional football players #1859**
Ryan Smith (United Kingdom)
- The force experienced by the head during football heading is mainly influenced by the speed of the ball rather than its mechanical properties #1839**
Gregory Tierney (United Kingdom), Jonathan Power (United Kingdom), Ciaran Simms (Ireland)

Session 32 - Growth and maturation

Poster Area, Diaghilev Hall

Chair: **Babette PLUIM** - Netherlands

- | Rectus femoris and iliopsoas contracture as a risk factors for Osgood-Schlatter disease in high performance youth athletes #1164**
Carlos Alonso Gomez Lopez, Citlali Martinez Martinez, Humberto Lopez Garcia (Mexico)
- | Injuries according to the percentage of adult height in an elite football academy #1421**
Xabier Monasterio, Susana María Gil, Iraia Bidaurrezaga-Letona, Jose Antonio Lekue, Gontzal Diaz-Beitia, Juan Maria Santisteban, Imanol Martin-Garetxana, Eder Bikandi, Julen Arce, Jon Larruskain (Spain)
- | A Qualitative scoring system of unilateral loading, assessment of movement quality in youth multisport athletes during growth #1353**
Gemma Parry (United Kingdom)
- | Effect of maturation on knee extensor and flexor strength in male and female adolescent athletes #1639**
Kerry Peek (Australia), Kevin Ford (USA), Gregory Myer (USA), Timothy Hewett (USA), Evangelos Pappas (Australia)
- | Knee and ankle overuse injuries in youth basketball players #1490**
Carlyn Stilling (Canada), Oluwatoyosi B.A. Owoeyea (Canada/USA), Lauren C. Benson (Canada), Kati Pasanen (Canada/Finland), Carolyn Emery (Canada/USA)

Session 33 - Concussion III

Poster Area, Diaghilev Hall

Chair: **Margo MOUNTJOY** - Canada

- | Sport-Related Concussion awareness and knowledge among worldwide sports physical therapists #1867**
Wesam Saleh A Al Attar (Saudi Arabia/Switzerland/Australia), Amir A. El Fiky (Saudi Arabia), Mashaer Alyami (Saudi Arabia), Ehdaa H. Khaledi (Saudi Arabia), Ahmed Qasem (Saudi Arabia), Fahad M. Alkabbabi (Saudi Arabia), Nasser G. Alshamrani (Saudi Arabia), Raed S. Almalki (Saudi Arabia), Amirah M. Akkam (Saudi Arabia), Ross H. Sanders (Australia)
- | Concussion publicity and differences in collegiate athletes' concussion awareness, understanding, and reporting behaviors in different countries #1246**
Erica Beidler (USA), Alia Alghwiri (Jordan), Jessica Wallace (USA), Siobhán O'Connor (Ireland)
- | The relationship between cervical proprioception and concussion in male professional rugby players #1877**
Theo Farley, Kath Bester, Alan Barbero, Ed Barry, Jack Thoroughgood, Richard Sylvester, Akbar De Medici, Mathew Wilson (United Kingdom)
- | Increased cervical strength is associated with reduced head impact magnitude in International Blind Football #1000**
Daniel Fitzpatrick, Peter Thompson, Courtney Kipps, Nick Webborn (United Kingdom)
- | Lifetime prevalence and one-year incidence of sport-related concussion in adolescents #1735**
Jocelyn McCallum, Carolyn Emery, Paul H. Eliason, Kathryn Schneider, **Amanda M. Black** (Canada)
- | Concussion knowledge and experience amongst football referees in England #1860**
Craig Rosenbloom, Carmody Sean, **Irfan Ahmed**, Beasley Ian, Cowie Charlotte (United Kingdom)

- | Playing the game or gaming the system: are US private high school student-athletes reporting, hiding or faking concussions? #1778**
Katherine Snedaker, Jason Bouton (USA)
- | Lower dynamic neck strength is associated with history of concussion in varsity female soccer players #1913**
Theo Versteegh (Canada)
- | The role of neck strength in mitigating sport related concussion: A systematic review and meta-analysis #2001**
Theo Versteegh (Canada), Elliott Jonny (Ireland), Ian Gilchrist (Canada), Neil Heron (Ireland/United Kingdom), Pooler Archbold (Ireland), Michael Webb (Ireland), Kerry Peek (Australia)
- | Effects of design elements of state-level traumatic brain injury laws on rates of new and recurrent concussions #1216**
Jingzhen Yang (USA), Hosea Harvey (USA), Lindsay Sullivan (USA), Lihong Huang (USA/China)

Session 34 - Running I

Poster Area, Diaghilev Hall

Chair: Lars ENGBRETSSEN - Norway/Switzerland

- | Prediction of running related injury incidence from training sessions descriptors of amateur trail runners #1674**
Gabriela Gonzalez-Saez, Pablo Huijse, Ruben Gajardo (Chile)
- | The effect of changing foot progression angle using real-time visual feedback on rearfoot eversion during running #1420**
Seyed Hamed Mousavi (Netherlands), Laurens van Kouwenhove (Netherlands), Reza Rajabi (Islamic Republic of Iran), Johannes Zwerver (Netherlands), Juha Hijmans (Netherlands)
- | Training factors and acute illness in marathon running event participants #1630**
Ashley Ridout, Laura Connolly, Deepa Bala, Courtney Kipps (United Kingdom)
- | What are the main risk factors for lower-extremity running-related injuries? A retrospective survey-based on 3669 respondents #1405**
Damien Sanfilippo, Charlotte Beudart, Olivier Bruyère, Jean-François Kaux, Géraldine Martens (Belgium)
- | Epidemiology of injury and illness among trail runners: a systematic review #1569**
Carel Viljoen (South Africa), Christa Janse van Rensburg (South Africa), Evert Verhagen (Netherlands), Willem van Mechelen (Netherlands/Australia/South Africa/Ireland), Rita Tomas (Portugal), Marlene Schoeman (South Africa), Susan Scheepers (South Africa), Elzette Korkie (South Africa)

Session 35 - MSK risk factors

Poster Area, Diaghilev Hall

Chair: **Michiko DOHI** - Japan

- | Relationship of patellofemoral angles and tibiofemoral rotational angles with jumper's knee in professional folk dancers: an MRI analysis #999**
Neslihan Aksu, **Vefa Atansay**, Isik Karalok, Ayhan Nedim Kara, Azmi Hamzaoglu (Turkey)
- | Hip extensor weakness is associated with lower limb muscle strain in male elite volleyball athletes #1450**
Natália F. N. Bittencourt, Renato de Paula da Silva, Paola de Figueiredo Caldeira, Alysson Lima Zuin, Daniel Bornelli Campos Serio, Petterson Moura da Silva, **Luciana De Michelis Mendonça** (Brazil)
- | Kinematic risk factors of lower extremity overuse injuries during landing tasks in a physically active population: a systematic review and meta-analysis #1397**
Camilla De Bleecker, Stefan Vermeulen, Cedric De Blaiser, Tine Willems, Joke Schuermans, Roel De Ridder, Philip Roosen (Belgium)
- | Alterations in whole-body biomechanics during failed and successful unanticipated single-leg landings: implications for injury prevention #1580**
Nicholas Romanchuk, Kenneth Smale, Michael Del Bel, Daniel Benoit (Canada)
- | Does hip strength predict dynamic valgus in female recreational runners? #1492**
Gabriel Zeitoune, Jurandir Nadal, Luiz Alberto Batista, Leonardo Metsavaht, Paulo Lucareli, **Gustavo Leporace** (Brazil)

Session 36 - Health and protective equipment I

Poster Area, Diaghilev Hall

Chair: **Carly MCKAY** - United Kingdom

- | Short Track vs Hockey Helmets: Investigating Impact Attenuation Properties of Helmets in two skating sports #1679**
Daniel Aponte, **Suzanne Leclerc**, David Pearsall (Canada)
- | Do mouthguards prevent oro-facial trauma in sport: a systematic review #1037**
Peter Fine (United Kingdom)
- | Can a behaviour change intervention improve athlete oral health? #990**
Julie Gallagher, **Paul Ashley**, Ian Needleman (United Kingdom)
- | Eye injuries in sports: an update #1435**
Thomas Henke, **Gernot Jendrusch**, Petra Platen (Germany)
- | How can we protect athletes from dental erosion? #1011**
Hesham Matabdin, Paul Ashley, Pete Wilde, Ian Needleman (United Kingdom)
- | Microbiome analysis in elite sport #1269**
Ian Needleman (United Kingdom), Brian Klein (USA), Jared Hendrickson (USA), Mehmet Davrandi (United Kingdom), Julie Gallagher (United Kingdom), Paul Ashley (United Kingdom), David Spratt (United Kingdom)

Session 37 - Epidemiology methodology I

Poster Area, Diaghilev Hall

Chair: **Karim KHAN** - Canada**I Using time to event methods to evaluate sports participation, specialization, and injury #1056****Julie Agel**, Todd Rockwood, Anne Eaton (USA)**I Two-year health surveillance and recommended methods for an international short-track speed skating team #1361****Michael Brownlow**, Steve McCaig (United Kingdom)**I The Swiss registry of fatalities in sports: How to overcome data gaps #1205**Steffen Niemann, Philip Derrer, Flavia Buergi, Mirjam Baechli, **Othmar Bruegger** (Switzerland)**Session 38 - Medication/nutrition/vit.D**

Poster Area, Diaghilev Hall

Chair: **Yannis PITSILADIS** - United Kingdom**I Vitamin D status and muscle injury risk in elite male football players over 3 seasons #1415****Julen Arce**, Toscana Viar, Jose Antonio Lekue, Paco Angulo, Imanol Martin-Garetxana, Eder Bikandi, Xabier Monasterio, Jon Larruskain (Spain)**I Can ibuprofen prevent acute mountain sickness in moderate altitude? #601****Ana Carolina Côrte**, Roberto Nahon, Breno Schor, Felipe Hardt, Rodrigo Sasson (Brazil)**I Self-medication in fitness centers #1368**Julien Dellatte, Victoria Leclercq, Jean-François Kaux, Olivier Bruyère, **Géraldine Martens** (Belgium)**I Knowledge, attitude and usage of doping drugs among national level athletes in Sri Lanka #972****Akhila Nilaweera**, Upuli Nadishani, Geeth Nipunya, Naveen Wijekoon (Sri Lanka)

THEMED POSTERS SESSIONS - 16:00-17:00**Session 39 - Coaching etc**

Poster Area, Diaghilev Hall

Chair: **Yannis PITSILADIS** - United Kingdom**I The impact of sport specialization on injury, success, and perceptions of health #1057**

Julie Agel, Todd Rockwood, Anne Eaton (USA)

I US youth soccer coaches do not possess adequate knowledge of non-contact ACL injuries and injury prevention programs #1365

Shelly Fetchen DiCesaro (USA)

I MOVE HEALTHY-The identification of current national injury prevention programs and beliefs of coaches and youth regarding injury prevention in 6 European countries #1218

Joske Nauta (Netherlands), Johan de Jong (Netherlands), Kristine De Martelaer (Belgium), Paul Dragos (Romania), Remo Mombarg (Netherlands), Danielle Nørager Johansen (Denmark), Thomas Skovgaard (Denmark), Paul Szabo-Alexi (Romania), Evert Verhagen (Netherlands), Anne Benjaminse (Netherlands)

I Shining a Light on Injury Status: Developing an effective method to monitor player availability and improve communication between coaches and medical staff #1423

Ciarán Purcell, Catherine Blake, Ulrik McCarthy Persson, Sinead McMahon, Caitriona Cunningham, Frank Kenny (Ireland)

Session 40 - Cycling

Poster Area, Diaghilev Hall

Chair: **Luciana DE MICHELIS MENDONÇA** - Brazil**I The ban of tramadol and hazard prevention in cycling #1770**

Xavier Bigard, Angeline Turin, Olivier Salamin, Raphael Faiss, Youssef Daali, Serge Rudaz, Francesca Rossi, Martial Saugy (Switzerland)

I Injuries among youth mountain bike racers: Three-year data from a nation-wide injury surveillance system in the United States #1577

Meredith Ehn, Daniel M. Cushman, Masaru Teramoto, Chris Spencer, Stuart Willick (USA)

I Injuries among youth mountain bike racing coaches: Three-year data from a nation-wide injury surveillance system in the United States #1575

Meredith Ehn, Daniel Cushman, Masaru Teramoto, Chris Spencer, Stuart Willick (USA)

I Changes in cycling kinematics in function of exercise intensity and association with injury prevalence in amateur road cyclists: A 3D kinematic motion analysis study using statistical parametric mapping #1392

Ewoud Jacobs, Joke Schuermans (Belgium)

I 23% of race entrants in a mass-participation community-based 100 mile cycling race report a pre-race long-term medical condition #1737

Courtney Kipps (United Kingdom), Martin Schwellnus (South Africa)

I Enduro mountain biking injuries during the Enduro World Series: a two-season prospective study #1454

Debbie Palmer, Chris Ball, Geraint Florida-James (United Kingdom)-

Session 41 - Tests etc.

Poster Area, Diaghilev Hall

Chair: **Jesper BENCKE** - Denmark**I Using a MOTIFS intervention to influence patient-reported outcomes: a randomized cross-over plausibility study #1635**

Niklas Cederström, Simon Granér, Gustav Nilsson, Eva Ageberg (Sweden)

I The test-retest reliability of bilateral and unilateral force plate derived parameters of the Countermovement Push Up (CMPU) in elite GB boxers #1352

Gemma Parry (United Kingdom)

I Pilot evaluation of risk assessment and enhanced protocols regarding contacts at an international professional golf event #2038

Patrick Robinson (United Kingdom), Andrew Murray (United Kingdom), Volker Scheer (Spain/France), Graeme Close (United Kingdom), Denis Kinane (Switzerland/United Kingdom)

I Test-retest, intra- and inter-rater reliability of the reactive balance test: A neurocognitive functional test to evaluate adaptability within injury risk profiling #1006

Bruno Tassinon (Belgium), Jo Verschueren (Belgium), Jonas De Wachter (Belgium), Alexandre Maricot (Belgium), Kevin De Pauw (Belgium), Evert Verhagen (Netherlands), Romain Meeusen (Belgium)

Session 42 - Applied know-how

Poster Area, Diaghilev Hall

Chair: **Evert VERHAGEN** - Netherlands**I The English Institute of Sport's mental health journey #2004**Samuel Cumming, **Craig Ranson** (United Kingdom)**I Implementation of psychiatric/psychotherapeutic support within a longitudinal health monitoring in competitive para athletes #2010**

Petra Dallmann, Rainer Leonhart, Anja Hirschmüller (Germany)

Session 43 - Multi-sports

Poster Area, Diaghilev Hall

Chair: **Clare ARDERN** - Canada**I Self-reported preventive strategies in overhead athletes #2182**

Thatia Regina Bonfim, Marina Oliveira Maciel Dias, Paloma Ferreira Russo (Brazil)

I There was a high incidence of match injuries at the 2019 International Netball World Cup Competition, mostly in the lower limb and following contact with other players #1574

Christa Janse van Rensburg (South Africa), Grace Bryant (Australia), Audrey Jansen van Rensburg (South Africa), Sharon Kearney (New Zealand), Praitmanand Singh (South Africa), Arnold Devos (Australia), Martin Schweltnus (South Africa), Tanita Cronje (South Africa)

I More than 80% of illnesses at the 2019 International Netball World Cup Competition are only reported on match day: Is there not a need to educate players? #1642

Audrey Jansen van Rensburg (South Africa), Christa Janse van Rensburg (South Africa), Grace Bryant (Australia), Sharon Kearney (New Zealand), Praitmanand Singh (South Africa), Arnold Devos (Australia), Martin Schweltnus (South Africa), Tanita Cronje (South Africa)

I The reliability and association of the repeated Copenhagen Adduction Exercise to Gaelic Football players with a history of groin injury: A Pilot Study #1586Rachel Tierney, Ahmad Salma, **Ulrik McCarthy Persson** (Ireland)

Session 44 - Winter sports

Poster Area, Diaghilev Hall

Chair: **Hideyuki KOGA** - Japan

- I Can a heat-and-moisture exchanger attenuate inflammatory responses to exercise in sub-zero conditions? #1908**
Helen G Hanstock, Alasdair S Tutt, Hampus Persson, Erik P Andersson, Mats Ainegren, Nikolai Stenfors (Sweden)
- I A comparison of the prevalence and severity of health problems in national team cross-country skiers over a competitive season #2164**
Øyvind Karlsson, Magnus Danemar, Marko S. Laaksonen, Kerry McGawley (Sweden)
- I The prevalence and burden of health problems in male senior ice hockey: a prospective study in the Norwegian professional league #1031**
Anine Nordstrom (Norway), Roald Bahr (Norway/Qatar), Ove Talsnes (Norway), Benjamin Clarsen (Norway)
- I Promotion for Japan skiing safety #1203**
Yukio Urabe, Kazuki Fukui, Junpei Sasadai, Makoto Komiya, Masanori Morikawa, Noriaki Maeda (Japan)

Session 45 - Risk factors II

Poster Area, Diaghilev Hall

Chair: **Michiko DOHI** - Japan

- I Preventing intentional injury (harassment and abuse) in sport: Assessing athletes' knowledge, attitudes, and beliefs about their human rights in the Olympic and Paralympic Movements #1972**
Demetri Goutos (USA), Sheree Bekker (United Kingdom), Natalie Galea (Australia), Katharina Grimm (United Kingdom), Margo Mountjoy (Canada), Yetsa Tuakli-Wosornu (USA)
- I Assessment of risk factors associated with inclusion in the US Center for SafeSport Centralized Disciplinary Database #2019**
Nida Naushad, Rebecca Fix, Allison Wagner, **Demetri Goutos**, Yetsa Tuakli-Wosornu (USA)
- I The association between preseason fitness level and risk of injury or illness – a prospective cohort study in male elite ice hockey #2036**
Anine Nordstrom (Norway), Roald Bahr (Norway/Qatar), Ben Clarsen (Norway), Ove Talsnes (Norway)

Session 46 - ACL II

Poster Area, Diaghilev Hall

Chair: **Rodney WHITELEY** - Qatar

- I Are IMUs sufficiently accurate to measure changes in 3D knee angles and velocities during the 70 ms weight acceptance phase of a jump landing? #2109**
So Young Baek, Mirel Ajdaroski, Payam Mirshams Shahshahani, Mélanie Beaulieu, Amanda Esquivel, James Ashton-Miller (USA)
- I Bone bruise pattern and mechanism of Anterior Cruciate Ligament injury in professional football players: Correlation between MRI and video-analysis #1924**
Pieter D'Hooghe (Qatar), Alberto Grassi (Italy), Francesco Della Villa (Italy), Khalid Alkhelaifi (Qatar), Emmanouil Papakostas (Qatar), Filippo Tosarelli (Italy), Stefano Zaffagnini (Italy)
- I Lateral-heel release-settings for special ski-bindings #2194**
Rick Howell (USA)
- I Incidence of pediatric Anterior Cruciate Ligament reconstructions in Norway from 2005 to 2019 #2135**
Caroline Kooy Tveiten, Anne-Marie Fenstad, Håvard Visnes, Andreas Persson, Lars Engebretsen, Guri Ekås (Norway)
- I High incidence of anterior cruciate ligament injuries within the two first months of the season in amateur team ball sports #1930**
Caroline Mouton, Alli Gokeler, Anouk Urhausen, Christian Nührenbörger, **Romain Seil** (Luxembourg)
- I Patients with knee injury have worse postural orientation than healthy controls #1931**
Jenny Nae, Eva Ageberg (Sweden)

Session 47 - Concussion IV

Poster Area, Diaghilev Hall

Chair: **Michael TURNER** - United Kingdom

- I Does somatosensory dysfunction exist at return to play following concussion in elite athletes #1991**
Theo Farley, Ed Owen, Louise Turner (United Kingdom)
- I The relationship between neck strength and concussion in male professional rugby players #1878**
Theo Farley, Ed Barry, Richard Sylvester, Akbar De Medici, Mathew Wilson (United Kingdom)
- I Does a mandatory 36-to-48-hour later assessment for sport-related concussions reduce the risk of athletes inappropriately returning to play? #2074**
Steffan Griffin, Matt Cross, Lewis Henderson, Geraint Ashton Jones, Keith Stokes, Simon Kemp (United Kingdom)
- I Does rugby need to adjust its threshold for in-match off-field head injury assessments (HIAs)? A retrospective analysis of concussions diagnosed post-match, where no in-match off-field HIA was performed #2070**
Steffan Griffin, Matt Cross, Geraint Ashton Jones, Simon Kemp, Keith Stokes (United Kingdom)
- I A profile of isometric cervical strength in elite professional male rugby players #1927**
Mairéad Liston (Ireland), Darren Dahly (Ireland), Rod McLoughlin (Ireland), Éanna Falvey (Ireland), Colm Fuller (Ireland), Deborah Falla (United Kingdom), Nicol van Dyk (Ireland/South Africa)
- I Acute concussion versus post-concussion syndrome (PCS): How can we prevent progression? #1938**
Sheharzad Mahmood, Ann-Marie Przyslupski, Teresa DeFreitas, Martin Mrazik, Constance Lebrun (Canada)

Session 48 - Epidemiology methodology II

Poster Area, Diaghilev Hall

Chair: **Kathryn ACKERMAN** - USA**I Methodological considerations for quantifying prior injury history to study risk of injury recurrence #2170****Mackenzie Herzog**, Steve Marshall, Nancy Dreyer, Christina Mack (USA)**I Population testing for COVID-19: An approach for infection prevention #2181**Christina Mack, Osterholm Michael, Wasserman Erin, Anderson Deverick, Myers Emily, Walton Patti, Solomon Gary, Hostler Christopher, Mancell Jimmie, Singh Navdeep, Mayer Thom, **Sills Allen** (USA)**I Injury trends in men's English professional football: an 11 year case series #2090****Ben Palmer**, Michael McBride, Gareth Jones, Lawrence Mayhew (United Kingdom)**I Assessing the risk of SARS-CoV-2 transmission in international professional golf #2101****Patrick Robinson**, Andrew Murray, Graeme Close, Denis Kinane (United Kingdom)**I Low back pain in breakers / Hip-hop dancers in Cyprus #2167****Nefeli Tsiouti** (Cyprus)**Session 49 - Football II**

Poster Area, Diaghilev Hall

Chair: **Markus WALDÉN** - Sweden**I The Copenhagen Adduction Exercise: awareness, implementation and opinion of worldwide professional and semi-professional soccer players and coaches #1872****Wesam Saleh A Al Attar** (Saudi Arabia/Switzerland/Australia), Ahmed Qasem (Saudi Arabia), Nawaf S. Al Masoudi (Saudi Arabia), Hussain Saleh H. Ghulam (Saudi Arabia), Ross H. Sanders (Australia)**I The Fédération Internationale de Football Association (FIFA) 11+ injury prevention program: awareness, implementation and opinion of worldwide professional and semi-professional soccer players and coaches #1870****Wesam Saleh A Al Attar** (Saudi Arabia/Switzerland/Australia), Ibrahim Alramadhani (Saudi Arabia), Majed M. Aljabri (Saudi Arabia), Hussain Saleh H. Ghulam (Saudi Arabia), Mashaer Alyami (Saudi Arabia), Saud Alarifi (Saudi Arabia), Ross H. Sanders (Australia)**I Injury prevention knowledge, beliefs, and practices among women's football teams in South Africa #2085****Ummukulthoum Bakare**, Benita Olivier, Corlia Brandt, Lonwabo Godlwana (South Africa)**I Salivary secretory immunoglobulin A in male Olympic football players #2159****João Brito**, Figueiredo Pedro (Portugal)**I Analysis of athletic injuries, biomechanical aspects and sports performance in amputee soccer - a systematic review #2157****Aneta Kasprzyk** (United Kingdom), Kasinska Zofia (Poland), Narloch Dominika (Poland), Grygorowicz Monika (Poland)**I Prevalence and burden of health problems in top-level football referees #2099****Christian Moen**, Thor Einar Andersen, Ben Clarsen, Gitte Madsen-Kaarød, Torstein Dalen-Lorentsen (Norway)**I Performance health management in English professional football #1928****Kunle Odetojinbo**, **McKay Carly** (United Kingdom)

- I Attitudes, beliefs, and behaviour to the Adductor Strengthening Programme in male professional football: Successfully adopted, but usually modified #2158**
Joakim Stensø, Thor Einar Andersen, Joar Harøy (Norway)
- I The association between COVID-19 and physical performance in professional football players: a prospective cohort study #2102**
Evi Wezenbeek, Sander Denolf, Jan Bourgois, Renaat Philippaerts, Bram De Winne, Erik Witvrouw, Steven Verstockt, Joke Schuermans (Belgium)
- I Applying Bayesian networks to injury occurrence in professional football #2117**
Kate Kai-Yee Yung (Australia/Germany), Paul Pao-Yen Wu (Australia), Clare Ardern (Canada), Tobias Tröb (Germany), Abed Hadji (Germany), Karen aus der Fünten (Germany), Anne Hecksteden (Germany), Fabio Serpiello (Australia), Sam Robertson (Australia)

Session 50 - Health and protective equipment II

Poster Area, Diaghilev Hall

Chair: Karim KHAN - Canada

- I Does exercising with a face mask affect athletes' performance? #1876**
Wesam Saleh A Al Attar (Saudi Arabia/Switzerland/Australia), Mohamed A. Husain (Bahrain)
- I Short Track vs Hockey Helmets: Using Finite Element Analysis to compare strain to the brain #1693**
Daniel Aponte, Suzanne Leclerc, David Pearsall (Canada)
- I A novel virtual helmet fit assessment for ice hockey and ringette players amidst the COVID-19 pandemic #2146**
Ash T. Kolstad, Linden C. Penner, Alexandra J. Sobry, Amanda M. Black, Brent E. Hagel, Carolyn A. Emery (Canada)
- I Protective equipment in youth ice hockey: Are mouthguards and helmet age relevant in evaluating concussion risk? #2107**
Ash T. Kolstad, Paul H. Eliason, Jean-Michel Galarneau, Amanda M. Black, Brent E. Hagel, Carolyn A. Emery (Canada)
- I Functional mouthguard design to enhance the protective capability and athletes comfort #2142**
Naser Nasrollahzadeh, Dominique P. Pioletti, Martin Broome (Switzerland)
- I COVID-19 and sports - an online survey on the impact of the pandemic and possible preventive measures #1904**
Friedemann Schneider (Austria), Armin Runer (Austria/Germany), Francesco Burkert (Austria), Jesse Seilern Und Aspang (Austria), Holm Schneider (Germany), Elena Pocecco (Austria)

Session 51 - Injury prevention measures V

Poster Area, Diaghilev Hall

Chair: **Jonathan DREZNER** - USA**I The effectiveness of a volleyball injury prevention program tailored to youth players #1920****Joske Nauta**, Vincent Gouttebauge, Ellen Kemler, Matthias Lang, Ingrid Vriend, Jacqueline de Wit, Daniel Zomerdijk, Victor Zuidema, Hans Zwerver, Evert Verhagen (Netherlands)**I Compliance with an individualized vs. the FIFA 11+ injury prevention program #1947**Meysam Razi (Islamic Republic of Iran), **Mohammad Hossein Alizadeh** (Islamic Republic of Iran), Hooman Minoonejad (Islamic Republic of Iran), Tim Meyer (Germany)**I Home-based injury prevention program during COVID-19 lockdown reduced injuries during the remaining season in semi-professional football players #1916**Meysam Razi (Islamic Republic of Iran), **Mohammad Hossein Alizadeh** (Islamic Republic of Iran), Hooman Minoonejad (Islamic Republic of Iran), Tim Meyer (Germany)**I The effectiveness of exercise interventions to prevent shoulder injuries in athletes: a systematic review and meta-analysis #1961****Johannes JW Swart**, Nina Myburg, Olivier Benita (South Africa)**I Does a peer to peer learning technology integrated workshop facilitate neuromuscular training injury prevention program coach learning? #1965**Larissa M. Taddei (Canada), Larry Katz (Canada), **Carla van den Berg** (Canada), Anu M. Räisänen (Canada), S. Nicole Culos-Reed (Canada), Carolyn Emery (Canada), Kati Pasanen (Canada/Finland)**I Bumbled Vibration: 144 Hz vibration does not enhance shoulder control #1940**Amber Winton, Nicholas Andriani, Erica Marshall, **James Lynch** (USA)**Session 52 - Injury prevention measures VI**

Poster Area, Diaghilev Hall

Chair: **Natália F. N. BITTENCOURT** - Brazil**I Evaluating exercise fidelity during neuromuscular training programs using wearable technology #1980****Lauren Benson**, Anu Räisänen, Sartaj Sidhu, Carolyn Emery (Canada)**I Longitudinal changes in force plate measures are valid indicators of musculoskeletal (MSK) health in professional American football players #1966****Timothy Hewett** (USA), Kate Webster (Australia), Sarah Cohen (USA), Phillip Wagner (USA)**I Injuries among football goalkeepers: risk factors and injury prevention program - a systematic review #2002**Jakub Myszkowski (Poland), Russell Mark (United Kingdom), Bialecka Martyna (Poland), **Grygorowicz Monika** (Poland)**I Athletes' perceptions of intentional injury (abuse): a qualitative study across three countries #1996**Emily A. Rutland (USA), Sakinah C. Suttiratana (USA), Sheila da S. Vieira (Belgium), Rekha Janarthanan (Belgium), Michael Amick (USA), **Demetri Goutos** (USA), Yetsa A. Tuakli-Wosornu (USA)**I Incidence of head contacts, penalties and player behaviour in youth ice hockey: Evaluating the "zero tolerance for head contact" policy change #1970****Rylen A. Williamson**, Ash T. Kolstad, Maciej Krolikowski, Luc Nadeau, Claude Goulet, Brent Hagel, Carolyn A. Emery (Canada)

Session 53 - Injury surveillance III

Poster Area, Diaghilev Hall

Chair: **Carolyn EMERY** - Canada**I Survival and risk analysis of 10 months surveillance in elite para athletes #2080**

Aglaja Busch (Switzerland/Germany), Eva Johanna Kubosch (Germany), Verena Meidl (Germany), Berit Bretthauer (Germany), Rainer Leonhart (Germany), Nina Wrobel (Germany), Petra Dallmann (Germany), Anja Hirschmüller (Germany/Switzerland)

I Injury and illness in elite athletics: a prospective cohort study over three seasons #2069

Shane Kelly (United Kingdom), Noel Pollock (United Kingdom), George Polglass (United Kingdom), Ben Clarsen (Norway)

I Sports injuries in adapted sports: a systematic review with quality assessment #1950

Sietske Luijten, Leonie te Loo, Joske Nauta, Thomas Janssen, Jasmijn Holla, René Otten, Ingrid Vriend, Evert Verhagen (Netherlands)

I Injury rates, types and mechanisms in sledge hockey: Implications for grassroots through elite participation #2011

Alexandra J. Sobry, Ash T. Kolstad, Leticia Janzen, Amanda M. Black, Carolyn A. Emery (Canada)

I Who? What? Where? Why? Describing the patterns of injury in high school male collision sports #2005

Stephen West, Eric Gibson, Mark Patrick Pankow, Amanda Black, Carolyn Emery (Canada)

Session 54 - Medicine II

Poster Area, Diaghilev Hall

Chair: **Martin SCHWELLNUS** - South Africa**I Tolerability and impact of SARS CoV-2 vaccination in elite athletes #2079**

James Hull, Wootton Moses, Ranson Craig (United Kingdom)

I High level of oral disease and self-reported performance impacts in Malaysian elite athletes #2168

Norul Husna Mohammad-Hassan (Malaysia), Nora Sakina Mohd Noor (Malaysia), Nor Shafina Mohamed Nazari (Malaysia), Zubaidah Zanol Abidin (Malaysia), Noor Hayati Azami (Malaysia), Ian Needleman (United Kingdom)

I The influence of subclinical hypothyroidism on physical performance of elite athletes #2108

Elena Tenyaeva, Elena Turova, Albina Golovach, **Victoria Badtieva**, Irina Artikulova (Russian Federation)

I The effect of sleep on the prevalence of sports injuries in athletes #2127

Peter Vermeir, Loïs Arickx, Emely De Clercq, Anse De Landsheer, Ruben Vermeir, Luc Vanden Bossche, An Mariman (Belgium)

I The Impact of sleep on the recovery of sport injuries #2128

Peter Vermeir, Margot De Leye, Robbe Grymonprez, Arthur Goethals, Ruben Vermeir, Luc Vanden Bossche, An Mariman (Belgium)

I The association between COVID-19 and muscle strain injury occurrence in elite soccer players: A prospective study #2103

Evi Wezenbeek, Sander Denolf, Dries Pieters, Jan Bourgois, Renaat Philippaerts, Bram De Winne, Joke Schuermans, Steven Verstockt, Erik Witvrouw (Belgium)

Session 55 - Rugby II

Poster Area, Diaghilev Hall

Chair: **Keith STOKES** - United Kingdom**I Safety and risk awareness for health and wellbeing evaluation in elite rugby: A quantitative survey development #2059**

Yanbing Chen, Conor Buggy, Seamus Kelly (Ireland)

I Knowledge of the importance of proper tackle contact techniques does not translate to proper tackle contact technique for injury prevention and performance #1649Steve den Hollander (South Africa), Mike Lambert (South Africa), Ben Jones (South Africa/United Kingdom/Australia), **Sharief Hendricks** (South Africa/United Kingdom)**I Narrowing the gender gap in rugby injury epidemiology: A novel video-analysis study in the women's game #2173****Stephen West** (Canada), Isla Shill (Canada), Jon Patricios (South Africa), Nicole Ainsworth (Canada), Andrew Everett (Canada), Jonathan George (United Kingdom), Bonnie Sutter (Canada), Preston Wiley (Canada), Carolyn Emery (Canada)**Session 56 - Running II**

Poster Area, Diaghilev Hall

Chair: **Jane THORNTON** - Canada**I Perceptions on injury and prevention strategies among recreational runners #2071****Thatia Regina Bonfim**, Laila Daiane de Souza Miranda, Vanessa Santos do Nascimento (Brazil)**I Can we prevent injuries in recreational runners? A randomized controlled trial #2153****Kyra Cloosterman** (Netherlands), Tryntsje Fokkema (Netherlands), Robert-Jan de Vos (Netherlands), Edwin Visser (Netherlands), Patrick Krastman (Netherlands), John IJzerman (Netherlands), Bart Koes (Netherlands/Denmark), Jan Verhaar (Netherlands), Sita Bierma-Zeinstra (Netherlands), Marienke van Middelkoop (Netherlands)**I Impact asymmetry among recreational runners: effects of sex, speed, and footwear #1838****Christopher Napier**, Paul Blazey, Carlo Menon (Canada)**I Long-term medical conditions (LTMCs) in marathon participants #1726**Ashley Ridout, Laura Connolly, Deepa Bala, **Courtney Kipps** (United Kingdom)**I Recreational runners' attitudes towards running-related injury prevention, self-management and the use of digital technology to prevent and self-manage injury #1919****Kathleen Walker**, Sheeran Liba, Phillips Nicola (United Kingdom)

Session 57 - Youth Athletes II

Poster Area, Diaghilev Hall

Chair: Margo MOUNTJOY - Canada**I Determinants of sports injury in young female Swedish competitive figure skaters #2065**

Moa Jederström (Sweden), Sara Agnafors (Sweden), Christina Ekegren (Australia),
Kristina Fagher (Sweden), Håkan Gauffin (Sweden), Laura Korhonen (Sweden), Jennifer Park (Sweden),
Armin Spreco (Sweden), Toomas Timpka (Sweden)

I Running-related injury in competitive adolescent distance runners: A qualitative study of psychosocial responses #2154

Robert Mann, Carly McKay, Alan Barker, Craig Williams, Bryan Clift (United Kingdom)

I Prevalence and burden of health problems in male junior elite ice hockey players - A 44-week prospective cohort study #1911

Anine Nordstrom (Norway), Roald Bahr (Norway/Qatar), Ben Clarsen (Norway), Ove Talsnes (Norway)



KEYNOTE 1

Unravelling SARS-CoV-2 in athletes...

Yorck Olaf Schumacher, MD

Head of Internal Medicine and Emergency Services

Aspetar Orthopaedic and Sports Medicine Hospital, Qatar

Dr. Yorck Olaf Schumacher completed his medical studies in Germany and South Africa. He obtained specialisation in Internal Medicine and Sports Medicine from the University of Freiburg, Germany. He holds additional qualifications in Emergency Medicine. Since 2012, he has joined Aspetar Orthopaedic and Sports Medicine Hospital, where he is the Head of Internal Medicine and Emergency Services and chairs the hospital's infection prevention and control team.

He has been team physician for the German Olympic Team from 2000-2012 and attended many international sporting events in that function.

His research interest ranges from Sports Science and Physiology to clinical Sports medicine.



Martin Schwellnus, MBBCh, MSc (Med), MD, FACSM

Director of International Olympic Committee (IOC) Research Centre

Professor of Sport and Exercise Medicine Faculty of Health Sciences

Director of Sport, Exercise Medicine and Lifestyle Institute (SEMLI)

University of Pretoria, South Africa

Martin Schwellnus is a full professor of Sport and Exercise Medicine at the Faculty of Health Sciences, University of Pretoria in South Africa. He is also a specialist sports and exercise medicine physician who regularly consults with athletes of all levels. He holds an MBBCh from University of the Witwatersrand (cum laude), a M.Sc. (Med) from University of Cape Town, and an M.D. (equivalent to a PhD) degree from University of Cape Town, and is a fellow of the American College of Sports Medicine. Among the many other responsibilities he holds, Prof Schwellnus is the Director of the Sport, Exercise Medicine and Lifestyle Institute (SEMLI) at the University of Pretoria, has been the Director of the International Olympic Committee (IOC) Research Center in South Africa for the last 11 years, is a longstanding member of the IOC Medical Commission (Medical and Science group), and is a member of the editorial board of a number of international journals including the British Journal of Sports Medicine. He has an interest in a number of areas in sport and exercise medicine notably the health benefits of regular exercise and the prevention and management of injuries and medical complications in active individuals. He recently chaired an IOC Consensus statement group on "Acute respiratory illness in the athlete" and leads an active research team focusing on acute respiratory infections in athletes. He promotes the safe prescription of regular exercise to all populations in order to reduce the global burden of non-communicable disease. He is an active researcher and has published over 300 scientific journal articles, chapters in books and conference proceedings.



KEYNOTE 2

Injury prevention in youth sport: why are we so afraid of change?

Carolyn Emery, PT PhD Professor

Chair Sport Injury Prevention Research Centre

Faculty of Kinesiology - University of Calgary

Calgary, Alberta, Canada

Carolyn Emery is a physiotherapist and epidemiologist. She completed her PhD in Epidemiology (Public Health Sciences, Faculty of Medicine) from the University of Alberta in 2004. Her BScPT is from Queen's University (1988) and her MSc (Epidemiology) is from the University of Calgary. Carolyn is a Professor in the Faculty of Kinesiology at the University of Calgary and holds a joint appointment in Pediatrics and Community Health Sciences, Cumming School of Medicine. Carolyn is a full member of the Hotchkiss Brain Institute, Alberta Children's Hospital Research Institute, O'Brien Institute for Public Health, and McCaig Institute for Bone and Joint Health. The focus of her research program is in injury prevention in youth sport, concussion, and pediatric rehabilitation; aimed to reduce the public health burden of sport injuries including their long-term consequences (e.g., reduced physical activity, post-traumatic osteoarthritis). Carolyn is the Chair of the Sport Injury Prevention Research Centre at the University of Calgary (one of the International Olympic Committee Research Centres for the Prevention of Injury and Protection of Athlete Health). Carolyn is a Canada Research Chair (Tier 1) in Concussion, Fellow of the Canadian Academy of Health Sciences, member of the Royal Society of Canada College of New Scholars, and and Killam Professor.



KEYNOTE 3

Tropical paradise or danger zone? Beat the heat to protect athletes in a sweltering 2020 Tokyo

Sébastien Racinais, PhD, FECSS

Athlete Health and Performance Research Centre

Aspetar Orthopaedic and Sports Medicine Hospital

Doha, Qatar

Sébastien Racinais obtained his PhD in 2004. Following research on the neural responses to fatigue and hyperthermia, he developed a research programme on the chronic adaptations to hot ambient conditions and their repercussions on sport performance for elite athletes. Prof Racinais has successfully guided over 20 professional and national teams in developing environmental training. Sébastien is also collaborating with international sports federations including UCI and World Athletics on consensus guidelines relating to exercising in hot ambient conditions. He has published more than 130 original research articles, with a citation index (H-index) of 45. His research is currently developing heat therapy for muscle rehabilitation.

Prof Racinais is head of Research at Aspetar. He leads the European Network in Sports Sciences (ENSS) in environmental physiology. He is also the Chair of the IOC Adverse Weather Impact expert working group for the Olympic Games Tokyo 2020; and a member of the Medical and Scientific Commission Games Group for the protection of athlete's health for the Olympic Games Tokyo 2020.



KEYNOTE 4

Injury prevention: when return to play is not the way

Michael Turner, MB BS, FFSEM

CEO and Medical Director

The International Concussion and Head Injury Research Foundation (ICHIRF)

The Institute of Sport and Exercise Medicine (ISEM)

Clinical Associate Professor, University College London
London, United Kingdom

Michael Turner is the CEO and Medical Director of the International Concussion and Head Injury Research Foundation (ICHIRF) and Hon Associate Professor at University College London (UCL).

His former substantive posts include - Chief Medical Adviser (CMA) to the Lawn Tennis Association (1994-2017), CMA to British Horseracing (1992-2013), CMA to the British Ski and Snowboard Federation (1975-2000) and membership of the Medical Committees of FIS, the ITF and European Horseracing. He was a member of the WADA TUE Expert Group (2014-2018), Deputy Director and Director of Medical Services at the British Olympic Association (1989-1994) and Team GB Medical Officer at the Calgary 1988, Albertville 1992 and Lillehammer 1994 Winter Olympic Games. His main areas of interest include safety in high risk sports, protective equipment in sport, child protection, concussion and anti-doping.



HONORARY KEYNOTE LECTURE

Publishing in Exercise and Sport Science: 1790-2020

Howard G. Knuttgen, PhD

Department of Physical Med. & Rehabilitation

Harvard Medical School

Boston, MA, USA

Howard Knuttgen was educated at Springfield College (B.S. 1952), the Pennsylvania State University (M.S. 1953), the Ohio State University (Ph.D. 1959), and the University of Copenhagen (Fulbright Scholar 1959-1961). He subsequently held faculty appointments at Boston University, Pennsylvania State University, and Harvard University Medical School. His research has centered on human performance and sports medicine. A Fellow in the American College of Sports Medicine since 1961, he served as President 1973-74 and as Secretary General of the Fédération Internationale de Médecine du Sport (FIMS) 1994-1998 and as Coordinator of Scientific Publications for the IOC Medical Commission 1996-present.

Kathryn E. Ackerman, MD, MPH, FACSM

Medical Director - Female Athlete Program
 Division of Sports Medicine
 Boston Children's Hospital
 Associate Professor - Harvard Medical School
 Chair - USA Rowing Medical Commission
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 Boston, MA, USA

Maria-Carmen Adamuz, MD, PhD

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 Doha, Qatar

Roar Amundsen, PhD Candidate

Oslo Sports Trauma Research Center
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 Norwegian School of Sports Sciences
 Oslo, Norway

Thor Einar Andersen, Professor Dr. Med.

Consultant in Physical & Rehabilitation Medicine
 Authorized Sports Medicine & Exercise Physician
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Fábio Arcanjo, PT, PhD

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 Department of Health Promotion Science
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Viktoriya Badtieva, Professor, MD

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 Moscow Research and Practical Centre for Medical
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 I.M. Sechenov First Moscow State Medical University

Roald Bahr, MD, PhD Professor

Oslo Sports Trauma Research Center & Norwegian Olympic
 Training Center, Oslo, Norway
 & Aspetar Orthopaedic & Sports Medicine Hospital, Doha, Qatar

**Ummukulthoum Bakare PT, PhD Candidate,
 Instructor (FIFA 11+ and FIFA 11 for Health)**

Medical and Scientific Commission, Nigeria Olympic Committee
 Department of Physiotherapy, School of Therapeutic Sciences
 University of the Witwatersrand
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Sheree Bekker, Dr.

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Jesper Bencke, PhD, Laboratory Director

Human Movement Analysis Laboratory,
 Copenhagen University Hospital, Hvidovre
 IOC Research Center, Copenhagen
 Hvidovre, Denmark

Amy Bender, PhD

Adjunct Professor of Kinesiology
 University of Calgary
 Calgary, Alberta, Canada

Stéphane Bermon, MD, PhD

Director, World Athletics Health & Science Department
 Monaco
 LAMHESS, Université Côte d'Azur
 Nice, France

James Bilzon, Professor

Department for Health Centre for Regenerative Medicine
 Institute for Policy Research (IPR) Centre for the Analysis of
 Motion, Department for Health at the University of Bath, Bath,
 United Kingdom

Abhinav Bindra

5 time Olympian, World Champion 2006,
 Olympic Champion 2008
 Member of the IOC's Athletes Commission
 India

Natália F. N. Bittencourt, PT, PhD

Head of Sports Physical Therapy Department at Clube
 Atletico Mineiro
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 Professor- Pos Graduation Programm at Faculty of Medical
 Sciences of Minas Gerais
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Director in charge - IOC Medical and Scientific Department
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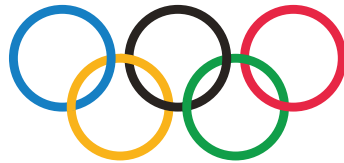
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SCIENTIFIC INFORMATION

Publication of abstracts

Abstracts presented at the IOC World Conference on Prevention of Injury & Illness in Sport will be published electronically in a special issue of the British Journal of Sports Medicine to coincide with the Conference, focusing on sports injury prevention. Further information will be available on the Conference website.

Online presentations

The following contents will be available online after the Conference, subject to the speaker's authorisation:

- Presentations of sessions A, B, C, D, E and workshops sessions

Presentation submission instructions (keynotes, symposia, workshops, free communications)

All presentations will be run from a central computer using PowerPoint only. Speakers and presenters will not be able to use their own laptop.

PowerPoint presentations can be viewed and tested by the speakers in the Speakers' Preview Room, located in the Apollinaire room on level -2 of the Grimaldi Forum.

Final presentations must be uploaded on the network the day before the presentation (for a morning session) or, at the latest, in the morning before the presentation (for an afternoon session). It is essential for the smooth running of the sessions that all speakers hand in their PowerPoint presentations on time.

The Apollinaire room will be open from Wednesday, 24 November at 16.00, with the technical team available until 20.00. The following days, the room will be open as follows:

- 25 November from 07.30 to 19.00
- 26 November from 07.30 to 19.00
- 27 November from 07.30 to 18.00

Presentation technical requirements

Supported media for transferring the presentations:

- USB storage device (USB stick, hard drive, etc.)

Supported file formats

The Preview System supports the presentations made with the following tools (latest versions):

- MS Office
- Adobe PDF
- Format ODP (Open Office)
- Keynote (to be converted to PPT format)

Slide format

The requested format for slides is 16:9. Please note that no Olympic rings should appear on your slides.

Conflict of interests

We kindly invite all speakers to provide a conflict of interests declaration as a second slide of the presentation.

Workshops

Please plan your workshop to last exactly 50 minutes, and allow ample time for an interactive session with questions and a discussion.

Free communications

Please plan your lecture for a maximum of eight minutes, to allow at least two minutes for questions and a discussion.

Posters

The allocated poster board space is a maximum size of 150cm high and 90cm wide, and text and figures should be large enough to be viewed from a distance of two metres.

Authors are responsible for the printing of their poster in advance.

There are no on-site facilities for poster printing.

Posters can be installed by the authors on 24 November from 16.00 until 20.00 and on 25 November from 08.00 to 09.00.

All posters will be displayed in the Poster Area of the Diaghilev Hall in the Grimaldi Forum.

A number will be assigned to each poster. Each poster will need to be hung on the poster board space matching this number. A list will be available on-site to inform you on which board your poster should be displayed.

Three themed posters sessions will be organised:

- The first session will be held in the Poster Area, Diaghilev Hall, on 25 November from 15.30 to 16.30.
- The second session will be held in the Poster Area, Diaghilev Hall, on 26 November from 15.00 to 16.00.
- The third session will be held in the Poster Area, Diaghilev Hall, on 27 November from 16.00 to 17.00.

Poster displays are grouped according to topic. The themed posters sessions will be led by moderators, and authors will be asked to give a three-minute oral presentation of their study in front of the poster, followed by questions and a discussion.

The posters will remain on display throughout the duration of the Conference. After the Conference, on 27 November at 18.30, all posters not yet removed will be destroyed.

Credits

The IOC World Conference on Prevention of Injury & Illness in Sport, Monaco, 25/11/2021-27/11/2021 has been accredited by the European Accreditation Council for Continuing Medical Education (EACCME®) with 17 European CME credits (ECMEC®s).

Certificate of attendance

A certificate of attendance will be available online after the Conference.

GENERAL INFORMATION



WI-FI

Username: CONFERENCE2021

Password: conferenceMonaco2021



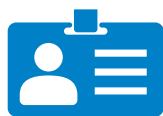
Admission & badge

The participants' name badges will be provided at the registration desk. All participants are requested to wear their badge throughout the Conference. Only badge holders will be admitted to the relevant sessions, exhibition and social events, based on their type of registration.

Participants can be identified by their specific badge colours:



FACULTY



PARTICIPANT



EXHIBITOR



PRESS



Health pass

To enter the Conference venue, it is compulsory to present one of the following document(s):

- A negative result of a PCR or antigen test dated within the last 72 hours
- Proof of full vaccination*:
 - *For the "COVID-19 Janssen Vaccine", 28 days after the administration of one dose
 - *For other vaccines, seven days after the second dose, or a single dose for those who have had COVID-19
- A certificate showing proof of recovery from COVID-19: a positive PCR test taken more than 11 days previously and within the last six months

Together with a personal identity document which includes a photo of the participant (ID card, passport, driving licence, etc.).



PCR or Antigen Test

In the absence of a valid vaccination certificate, a negative result of an antigen test taken either at the dedicated centre inside the Grimaldi Forum or in one of the pharmacies located all over Monaco will grant the user a health pass that is valid for three days (72 hours).

The Organisers will put in place during the days of the Conference an on-site test centre to get:

- PCR (credit card payment EUR 71), results available in 24 hours

or

- Antigen testing (payment by cash only EUR 35,00), results available in 20 minutes at the following times:

24 November 2021:	15.00 to 19.00
25 November 2021:	07.00 to 13.00
26 November 2021:	07.00 to 13.00
27 November 2021:	07.30 to 13.30



Registration fee

The Conference registration fee includes participation in all scientific sessions, access to the Exhibition area, the Conference kit, a certificate of attendance (to be downloaded after the Conference), the Opening Ceremony (25 November), participation in the Welcome Reception (25 November), refreshments served during coffee breaks and lunches (25, 26 and 27 November) and the Closing Ceremony (27 November).



Press

All journalists are invited to go to the registration desk to show their press card in order to register for the Conference (subject to IOC approval).



Baggage Drop

A baggage drop area is at the disposal of the participants at the entrance to the Conference, next to the Registration Area. Kindly note that, due to the current health restrictions, you will not be allowed to leave personal coats or clothes. Delegates are kindly requested not to leave their personal belongings after the secretariat/registration desk closing times.

GENERAL INFORMATION



Currency

The currency in Monaco is the Euro (€). There are a few currency exchange desks which are open all day, including Sundays and bank holidays. Your hotel will be able to provide you with the details of your nearest currency exchange. An ATM is at your disposal in the main hall of the Grimaldi Forum for cash withdrawals



Electricity

The standard voltage in Monaco is 220V.



Emergency numbers and first aid

European Emergency Number 112 (from mobile phones)
Police 17 – Fire service 18 – Paramedics 15 (Monaco local numbers)



Insurance

The Conference organisers cannot accept liability for personal injuries sustained, or for any loss or damage to property belonging to Conference participants, either during or as a result of the Conference.
Registration does not include insurance. Therefore, we strongly recommend that you take out personal travel insurance.



Language

The official language of the Conference is English. Simultaneous translation into French, will be provided for Sessions A, B & C (Room Salle des Princes, Room Prince Pierre and Room Camille Blanc) throughout the Conference and for Sessions D and E (Room Auric and Room Van Dongen) for Symposia.



Meals

Breakfast served in the dedicated restaurant area of your hotel is included in the room rate, if your accommodation was booked through the Organising Secretariat. All other breakfasts served outside these times and areas (i.e. room service) are at your own charge.
Lunches are served to the participants in the dedicated Ravel Room, and coffee breaks will be organised in the Diaghilev Poster Area of the Grimaldi Forum at the times indicated in the programme schedule. Due to the current health restrictions, lunches will be seated



Bus transport in Monaco

The use of public buses in Monaco will be free of charge from 23 to 27 November 2021 inclusive, upon presentation of your Conference badge. For more information regarding routes, please visit the website: www.cam.mc.



Airport Shuttle Express

Benefit from a 35 per cent discount on the normal fare on bus route 110 by using the dedicated code MCI0C2021 (valid until 30 November 2021).

Departure from Monaco to Terminal 2 (Nice Airport)

Journey time: 45 minutes

<https://www.niceairportxpress.com/en/home>



Secretariat desk / exhibition area

The secretariat/registration desk and the exhibition area, located in the main entrance of the Grimaldi Forum, will be open throughout the Conference at the following times:

24 November: 16.00 to 20.00

25 November: 07.30 to 19.00

26 November: 07.30 to 19.00

27 November: 07.30 to 18.30



Website

For any additional information, visit the Conference Website www.ioc-preventionconference.org



Conference venue

GRIMALDI FORUM

10, avenue Princesse Grace 98000 Monaco



13TH ADVANCED TEAM PHYSICIAN COURSE



SOCIAL EVENT



Thursday 25 November

09.00-09.30

Grimaldi Forum - Room Salle des Princes

Opening Ceremony

Free access upon presentation of your badge

19.00

Grimaldi Forum – Diaghilev Hall

Welcome Reception hosted by the Minister of State of the Principality of Monaco

Free access upon presentation of your badge



Friday 26 November

20.00

Salle des Etoiles

Sports Celebration Night

Dress code: formal/business attire

Ticket to be purchased, limited number of places



Saturday 27 November

18.20 - 18.30

Grimaldi Forum - Room Salle des Princes

Closing Ceremony

Free access upon presentation of your badge

20.00

Faculty Dinner

By invitation only



International
Olympic
Committee

Save the date 2022



CARDIOVASCULAR EVALUATION OF OLYMPIC ATHLETES

11TH COURSE



SOCIAL MEDIA GUIDELINES

Introduction

The IOC World Conference on Prevention of Injury and Illness in Sport is the premier international conference for those interested in sports and exercise medicine. The latest research innovations and developments from the pre-eminent international authorities in sports medicine are to be showcased from 25 to 27 November 2021 in Monaco, representing the diverse range of expertise in the field of injury and illness in sport. Open science communication is paramount for the IOC to achieve its aim of protecting athletes of all levels, and so research must be effectively translated into athlete management. The Organising and Scientific committees of the IOC World Conference on Prevention of Injury and Illness in Sport believe that good science communication is about sharing, and therefore recognise the importance and benefits of communicating the latest research findings through social media. We aim to increase the speed of knowledge translation, provide 24/7 connectivity and develop the desire for a two-way conversation. We encourage the participants to use social media to exchange about the topics addressed at the Conference, to stimulate new ideas and to inform people who are unable to attend the Conference. We also believe that for social media conversation to be an enjoyable experience for all the interested parties, certain basic rules should be respected. These rules are described in this document.

Be polite and respectful of speakers and other participants


Always respect the dignity and privacy of colleagues. Harassing, intimidating, offensive, abusive, threatening, menacing or hostile content communicated during the Conference will not be tolerated. Data related to others, including personal details and pictures, should be posted only with that party's consent. Photographs at public events, in public areas are admissible. Try to ensure that your online communications reflect openness, responsiveness, integrity and optimism.

Respect the speakers' instructions about NOT sharing content online

During the Conference, many of our speakers are likely to present exciting novel research that is not yet published.

ALL Conference presentations are sharable on social media by default. However, we respect the speakers' right to explicitly request that certain presentations, slides or findings be left out of the social media conversation, and this **MUST** be respected by all delegates. It is possible that sharing data without the speakers' consent in the public domain may preclude subsequent publication in a scholarly journal and/or compromise their scientific progress.

Additionally, data taken in isolation may be inappropriately interpreted and result in harmful consequences.

Social Media Opt-out policy: Speakers are responsible for providing CLEAR instructions at the beginning of each presentation to highlight any such requests. The "no tweeting" icon [see below] can be included on slides or posters to clearly indicate that results should not be posted on Twitter and/or any other social media sites. Please ensure that tweets do not misrepresent presented material. 

Delegates are encouraged to provide context around their social media posts and actively correct misunderstandings that arise about something they tweet.

No recording or live streaming without authorisation

We request all delegates to refrain from recording or reproducing audio, video or live streaming (for instance through applications such as Facebook Live or Periscope) any content presented at the Conference unless written permission from the Scientific and Organising committees has been provided. Collecting or distributing this content without permission is strictly prohibited.


Do not use the property of others without permission, or impersonate others

Delegates must refrain from using the Olympic symbol, trademarks or other designations which would imply an unauthorised association with the Conference or the IOC. They must also refrain from using any trademarks or designations related to the IOC or to the Conference for commercial or advertising purposes. Delegates use social media under their own responsibility, and it is not acceptable to impersonate any third party or organisation.

Follow us and use the Conference official hashtag

We encourage all delegates to interact with the Conference via:

 LinkedIn: <https://www.linkedin.com/groups/10306029/>

 Use the Conference hashtag #IOCprev2021 to follow the latest updates, share your experience and join the conversation.

We are expecting high volumes of tweets. Please do not flood the hashtag by quote-tweeting others. Please use the retweet function, or "break the hashtag" (i.e. delete the # character) in your quote-tweets.

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Promoting Scientific Knowledge in Exercise and Health



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3rd among International Sport Science Journals

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- Injury prevention and clinical rehabilitation
- Sport and exercise physiology
- Public health promotion
- Physical activity epidemiology
- Biomechanics and motor behavior
- Sport and exercise biochemistry and nutrition
- Sport and exercise psychology
- Exercise and brain health
- Physical education
- Traditional Chinese sports, exercise and health

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