



Sports Medicine Association  
of Greece

International Federation  
of Sports Medicine



Under the auspices of H.E.  
the President of the Hellenic Republic

Athens

2020

FIM



36<sup>th</sup>

*sports medicine promotes active lifestyle*

**HYBRID EDITION**

[www.fims2020.com](http://www.fims2020.com)



# World Congress of Sports Medicine

23 - 26 September 2021 | Athens, Greece

Divani Caravel Hotel

**PRELIMINARY PROGRAM**



## ORGANIZER



**INTERNATIONAL FEDERATION OF SPORTS MEDICINE**



In collaboration with  
**SPORTS MEDICINE ASSOCIATION OF GREECE**

## UNDER THE AUSPICES



## AFFILIATION



## TABLE OF CONTENTS

|  |           |
|--|-----------|
| <b>Welcome Address</b>                           | <b>5</b>  |
| Important Dates and Deadlines                    | 6         |
| <b>Committees</b>                                | <b>7</b>  |
| Speakers   | 11        |
| <b>Chairs</b>                                    | <b>13</b> |
| Main Topics                                      | 15        |
| <b>Preliminary Program</b>                       | <b>16</b> |
| Abbreviations                                    | 33        |
| <b>Pre-Congress Courses</b>                      | <b>34</b> |
| Registration Information                         | 35        |
| <b>Abstract Submission Guidelines</b>            | <b>37</b> |
| Registration - Accommodation Information         | 40        |
| <b>General Information</b>                       | <b>41</b> |
| CME Accreditation                                | 41        |
| <b>The Venue</b>                                 | <b>41</b> |
| Accessibility                                    | 41        |
| <b>Athens Metro (current map)</b>                | <b>42</b> |
| Official Language                                | 42        |
| <b>Visa Regulations for travelling to Greece</b> | <b>43</b> |
| Congress Partners                                | 45        |

# WELCOME ADDRESS

Dear Colleagues and Friends,

Despite the difficult conditions that we are facing due to COVID-19 pandemic, I would like to announce the organization of the **XXXVI World Congress of Sports Medicine (FIMS 2020 Congress)** in hybrid format, on **September 23<sup>rd</sup> - 26<sup>th</sup>**, at the Divani Caravel Hotel, in Athens, Greece.

We are continuing with intense enthusiasm for the upcoming 2021 FIMS Congress. A Congress with an exceptional scientific program composed of worldwide experts presenting the latest progress in the field of Sports Medicine. Over 200 distinguished speakers have confirmed their participation to this major event.

We expect to host more than 2000 delegates from over 117 countries, with physical and virtual participation.

**“Sports Medicine promotes active lifestyle”** is the official motto of the Congress that will host a multidisciplinary perspective on Sports injury and disease, their epidemiological background and risk factors, their prevention, diagnosis and treatment on a wide variety of sports and exercise.

A special focus will be given on genetics, molecular biology and sports, as well as on wearable and other technologies in Sports Medicine.

Some of the Conference hot topics include:

***Exercise Prescription for Health***

***Pre-participation screening in sport and exercise***

***Anti-Doping***

***Sports Medicine in obesity and diabetes treatment***

***Nutrition, metabolism and exercise***

***Physical Activity and women, as well as physical activity and elderly***

***Sports Cardiology***

***Legal issues of Sports Medicine***

***Sport equipment and health***

***Sport and environment assessment and***

***Impact of COVID-19 pandemic on Sport and physical activity***

Athens, a bustling and cosmopolitan metropolis, is the center of the economic, financial, industrial, political and cultural life of Greece. Located at the crossroads of three continents, Athens is a modern and vibrant city, with great charm and strong links with the past and many future prospects. Athens is among the most beautiful, hospitable and exciting European cities. Thus, there is so much to discover and see in this magnificent and historical city!

Despite the distressing situation with the COVID-19 pandemic, I remain optimistic anticipating a successful Congress. As hosts and organizers, we will put all our efforts to make your participation scientifically rewarding and as meaningful as possible.

We are looking forward to your active participation and to welcoming you in Athens!

Sincerely yours,



**Prof. Konstantinos Natsis**  
Congress President



## IMPORTANT DATES & DEADLINES

Abstracts deadline  
***May, 31<sup>st</sup> 2021***

Notifications to authors  
***June, 30<sup>th</sup> 2021***

Deadline for early registration  
***June, 15<sup>th</sup> 2021***

## COMMITTEES

### CONGRESS PRESIDENTS

Fabio Pigozzi, *Italy*

Konstantinos Natsis, *Greece*

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 Stathopoulos Konstantinos, *Greece*  
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 Theos Christos, *Greece*  
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 Torres Georgia, *South Africa*  
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 Tsitsopoulos Parmenion, *Greece*  
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 Vágó Hajnalka, *Hungary*  
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 Verhagen Evert, *Holland*  
 Verneq Alan, *Canada*

Vikhodets Igor, *Russian Federation*  
 Viviers Pierre, *South Africa*  
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 White Susan, *Australia*  
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 Xie Minhao, *China*  
 Yargıç Melda Pelin, *Turkey*  
 Yiannakopoulos Christos K., *Greece*  
 Yildiz Bulent, *Turkey*  
 Yung Kate, *Hong Kong*  
 Yung Patrick, *Hong Kong*  
 Zahar Maher, *Tunisia*  
 Zapelli Pierre, *Switzerland*  
 Zarrillo Daniel, *Uruguay*  
 Zdravkovic Marija, *Sebia*  
 Zelenkova Irina, *Spain*  
 Zembroń-Łacny Agnieszka, *Poland*  
 Zhan Hui, *China*  
 Zhou Jingbin, *China*  
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 Zupet Petra, *Slovenia*

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 Bigard Xavier, *France*  
 Bilzon James, *UK*  
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 Borjesson Mats, *Sweden*  
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 Givissis Panagiotis, *Greece*  
 Godolias George, *Germany*  
 Grimm Katharina, *South Africa*  
 Hantes Michael, *Greece*  
 Hawkes Roger, *UK*  
 Hutchinson Mark, *USA*  
 Ionescu Anca, *Romania*  
 Iosifidis Michael, *Greece*  
 Jegier Anna, *Poland*  
 Kallweit Christiane, *Germany*  
 Kaux Jean-Francois, *Belgium*  
 Kawazoe Lazzoli Jose, *Brazil*  
 Klissouras Vassilios, *Greece*  
 Koukoulis Nikolaos, *Greece*  
 Kurashvili Vladimir, *Russia*  
 Li Guoping, *China*  
 Louie Lobo, *Hong Kong*  
 Lyrtzis Christos, *Greece*  
 Martos Eva, *Hungary*  
 McNamee Mike, *Belgium*  
 Menetrey Jacques, *Switzerland*  
 Motta-Pensabene Julio, *Guatemala*  
 Muaidi Qassim, *Saudi Arabia*  
 Natsis Konstantinos, *Greece*  
 Nikolaidis Evagoras, *Cyprus*  
 Nikolaou Pantelis, *Greece*  
 Nikolic Ivan, *Serbia*  
 Papadakis Michael, *UK*  
 Papadopoulos Pericles, *Greece*  
 Papadopoulou Theodora, *UK*  
 Papagelopoulos Panagiotis, *Greece*  
 Papakostas Emmanouil, *Qatar*  
 Papastergiou Stergios, *Greece*  
 Pappas Evangelos, *Greece*  
 Paxinos Odysseas, *Greece*  
 Pereira de Almeida Joao, *Portugal*  
 Piagkou Maria, *Greece*  
 Pigozzi Fabio, *Italy*  
 Pitsiladis Yannis, *UK*  
 Porcelli Simone, *Italy*  
 Racinais Sebarstien, *Qatar*  
 Raikos Nikolaos, *Greece*  
 Roberts William, *USA*  
 Robles Cabrera Rafael Augusto, *Guatemala*  
 Rolf Christer, *Sweden*  
 Roussis Xenofon, *Greece*  
 Rozenstoka Sandra, *Latvia*  
 Schneider Christian, *Germany*  
 Schober Peter, *Austria*  
 Serrato Mauricio, *Colombia*  
 Sgantzos Markos, *Greece*  
 So Raymond, *Hong Kong*  
 Stefanadis Christodoulos, *Greece*  
 Steinacker Juergen, *Germany*  
 Swart Jeroen, *South Africa*  
 Tanos Andreas, *Cyprus*  
 Terzidis Ioannis, *Greece*  
 Torres Fernando, *Brazil*  
 Totlis Tryfon, *Greece*  
 Tsiroidis Eleftherios, *Greece*  
 Tsitsiropoulos Dimitrios, *Greece*  
 Tsitsopoulos Parmenion, *Greece*  
 Tsoukas Dimitrios, *Greece*  
 Tzoutzas Ioannis, *Greece*  
 Ulkar Bulent, *Turkey*  
 Van Rensburg Christa Janse, *South Africa*  
 Vlasis Konstantinos, *Greece*  
 Vogiatzis Ioannis, *UK*  
 Xie Minhao, *China*  
 Yung Patrick, *Hong Kong*  
 Zahar Maher, *Tunisia*  
 Zelenkova Irina, *Spain*  
 Zhan Hui, *China*  
 Zupet Petra, *Slovenia*

## SPORTS MEDICINE MAIN TOPICS

Pre-participation screening in sport and exercise

Genetics, molecular biology and sport

Prescription of physical activity - prevention and treatment of disease

Physical activity and women

Wearable and other technologies in Sports Medicine

Nutrition and metabolism in sports

Doping and antidoping

Sports supplements

Sports injuries: prevention, rehabilitation and return to play

Injury prevention strategies for elite athletes

Ethical and legal aspects in Sports Medicine

Tendinopathies in Sports Medicine

Physical activity and disability

The athlete's shoulder, elbow, wrist, hip, knee, ankle and foot

Sports Cardiology: prevention and rehabilitation

Sudden death in sports

Head and spine injuries in sports

Prevention, treatment and rehabilitation of cartilage damage in Sports Medicine

Sports injuries in children and adolescents

Exercise Physiology and elite athletes

The impact of physical activities in elderly

Sports medicine physician: medical and legal issues

Athlete care and Internal Medicine

Indications and contraindications for sports participation

Life style integrated physical activity

Sport participation and chronic diseases

Sport equipment, health and performance

Sport and environment assessment - prevention of injuries

Assessment of elite athletes - the contribution of science for health and performance

Training and competition and extreme conditions

Obesity and diabetes and sports and exercise medicine

# PRELIMINARY PROGRAM





## PRELIMINARY PROGRAM

### Tuesday, September 21<sup>st</sup>, 2021

07:45-21:15

FIMS Team Physician Development Course  
Emergency and First Aid in Sports Medicine Hands on Training

### Wednesday, September 22<sup>nd</sup>, 2021

09:00-16:15

FIMS - WADA Pre-Congress Course  
Antidoping in Sport

13:00-21:00

FIMS Pre-Congress Course  
Sports Cardiology: ECG and Imaging

14:00-20:00

FIMS Commissions Meetings

## PRELIMINARY PROGRAM

Thursday, September 23<sup>rd</sup>, 2021

| 08:30-12:30 | FIMS Executive Committee Meeting  |   |   |  |                 |
|-------------|---|---|---|--|-----------------|
|             | HALL A  | HALL B  | HALL C  | HALL D   | POSTER AREA     |
| 08:30       | Registration  |   |   |  |                 |
| 09:30-10:30 | Welcome Coffee-Visit to the exhibition  |   |   |  |                 |
| 10:30-11:30 |   |   |   |  | Posters Session |
| 11:30-12:30 | Oral Presentations  | Oral Presentations  | Oral Presentations  | Oral Presentations   |                 |
| 12:30-14:30 | <p><b>WADA SYMPOSIUM FROM CODE CHANGES TO CLINICAL CASES</b><br/>Chairs: <b>Alan Vernec (Canada), Yannis Pitsiladis (UK)</b></p> <p>Key changes to the code and ISTUE<br/><b>Elizabeth Riley (UK)</b></p> <p>List - How to keep out of trouble<br/><b>Alan Vernec (Canada)</b></p> <p>Interesting Clinical Cases:</p> <ul style="list-style-type: none"> <li>• ADHD: The diagnosis in the world of sport<br/><b>Susan White (Australia)</b></li> <li>• Delayed growth: what are the indications for growth hormone (GH)?<br/><b>John Lombardo (USA)</b></li> </ul> <p>Medical Marijuana: a global view and ad hoc rules<br/><b>Jamie Kissick (Canada)</b></p> <p>Pain management: treatment approach in elite athletes<br/><b>Young-Hee Lee (South Korea)</b></p> | <p><b>SUPPORTED SYMPOSIUM COPAMEDE EXERCISE AND SPORTS MEDICINE IN THE AMERICAS</b><br/>Chairs: <b>José Kawazoe Lazzoli (Brazil), Ana Cintrón (Puerto Rico)</b></p> <p>Muscle injuries: evaluation and follow-up using new devices<br/><b>Andrea Mattiozzi (Uruguay)</b></p> <p>Sarcopenia: management and 360° vision for its prevention<br/><b>Julio Motta-Pensabene (Guatemala)</b></p> <p>Santiago Return to Play test after anterior cruciate ligament surgery<br/><b>Marcelo Sajuria (Chile)</b></p> <p>The use of wearable technologies for the screening of ECG patterns during sports practice<br/><b>Daniel Zarrillo (Uruguay)</b></p> <p>Integrated methods for the evaluation of hydration in sports participants<br/><b>Marco Antonio Ojeda (Mexico)</b></p> <p>A novel hypoxic tolerance test to implement strategies to compete in altitude<br/><b>Mauricio Serrato (Colombia)</b></p> | <p><b>SUPPORTED SYMPOSIUM HELLENIC ARTHROSCOPY ASSOCIATION ADVANCED EVALUATION AND TREATMENT OF KNEE AND SHOULDER INJURIES IN ELITE ATHLETES</b><br/>Chairs: <b>Michael Iosifidis (Greece), Christer Rolf (Sweden)</b></p> <p>Quantitative evaluation of knee and shoulder dysfunction using inertial sensor technology<br/><b>Christos K. Yiannakopoulos (Greece)</b></p> <p>Energy expenditure in the ACL-deficient knee. The Role of ACL reconstruction<br/><b>Nikiforos Galanis (Greece)</b></p> <p>Advanced cartilage restoration techniques<br/><b>Michael Iosifidis (Greece)</b></p> <p>Recognition and treatment of shoulder pathology in athletes<br/><b>Pericles Papadopoulos (Greece)</b></p> <p>Meniscus preservation and substitution in elite athletes<br/><b>Vasilios Chouliaras (Greece)</b></p> <p>Evaluation and management of recurrent patella instability in athletes<br/><b>Andreas Panagopoulos (Greece)</b></p> | <p><b>SUPPORTED SYMPOSIUM FIMS COLLABORATING CENTER THE TRAVELLING ATHLETE</b><br/>Chairs: <b>Christa Janse van Rensburg (South Africa), Sandra Rozenstoka (Latvia)</b></p> <p>Coping with travel fatigue and jet lag<br/><b>Christa Janse van Rensburg (South Africa)</b></p> <p>The influence of travel on fatigue. Biomarkers and monitoring tools in elite sports<br/><b>Jeroen Swart (South Africa)</b></p> <p>The role of the team physician<br/><b>Demitri Constantinou (South Africa)</b></p> <p>Screening and infection risk<br/><b>Pierre Viviers (South Africa)</b></p> |                 |
| 14:30-15:30 | Lunch Break   |   |   |  |                 |

# PRELIMINARY PROGRAM

## Thursday, September 23<sup>rd</sup>, 2021

|             | HALL A  | HALL B  | HALL C  | HALL D   | POSTER AREA |
|-------------|---|---|---|--|-------------|
| 15:30-16:45 | <p><b>SUPPORTED SYMPOSIUM AFMS</b><br/> <b>CURRENT ADVANCES IN SPORTS INJURY MANAGEMENT AND PREVENTION</b><br/>           Chairs: <b>Talia Alenabi (Iran), Panagiotis Givissis (Greece)</b></p> <p>Shoulder rotator cuff injuries in throwing sports athletes &amp; injury prevention<br/> <b>Joo Han Oh (South Korea)</b></p> <p>Hand and Wrist Injuries: management and prevention<br/> <b>Roshankm Moradi (Iran)</b></p> <p>ACL injury management and its prevention<br/> <b>Razi Mohammad (Iran)</b></p> <p>Current Evidence in treatment &amp; prevention of Ankle Ligament Injuries<br/> <b>Samuel Ling (Hong Kong)</b></p> | <p><b>SUPPORTED SYMPOSIUM SPORTS MEDICINE</b><br/> <b>PORTUGUESE SOCIETY THE FEMALE ATHLETE ACROSS THE LIFE SPAN: FROM RECREATIONAL TO ELITE LEVEL</b><br/>           Chairs: <b>João Pereira de Almeida (Portugal), Stergios Papastergiou (Greece)</b></p> <p>Biological aspects of the young female maturation<br/> <b>Marcos Miranda (Portugal)</b></p> <p>RED-S primary prevention is enough?<br/> <b>Maria João Cascais (Portugal)</b></p> <p>Hormonal regulation and injury risk in female athlete<br/> <b>Beatriz Cardoso-Marinho (Portugal)</b></p> <p>ACL injuries in female athletes<br/> <b>Artur Pereira de Castro (Portugal)</b></p> | <p><b>SUPPORTED SYMPOSIUM EUROPEAN SOCIETY OF PHYSICAL AND REHABILITATION MEDICINE</b><br/>           Chairs: <b>Nicholas Christodoulou (Cyprus), Jean-François Kaux (Belgium)</b></p> <p>Prevention of shoulder injuries in volleyball players: the usefulness and efficiency of a warm-up routine<br/> <b>Camille Tooth (Belgium)</b></p> <p>Virtual reality in Sports Injuries Rehabilitation<br/> <b>Markos Sgantzos (Greece)</b></p> <p>Rehabilitation and return-to-play after PRP injection for lower limb tendinopathy<br/> <b>François Delvaux (Belgium)</b></p> <p>Return-to-play criteria following shoulder dislocation in overhead athletes<br/> <b>Amandine Gofflot (Belgium)</b></p> | <p><b>ROUND TABLE INTERNAL MEDICINE IN SPORTS MEDICINE</b><br/>           Chair: <b>Triantafyllos Didagelos (Greece)</b></p> <p>Lungs and exercise<br/> <b>Konstantinos Porpodis (Greece)</b></p> <p>Exercise for a future without Diabetes Mellitus<br/> <b>Triantafyllos Didagelos (Greece)</b></p> <p>Exercise and Cardiovascular System<br/> <b>Georgios Sofidis (Greece)</b></p> <p>Long term sequelae of cerebral injuries in athletes<br/> <b>Thomas Tegos (Greece)</b></p> |             |
| 16:45-17:15 | <p><b>LECTURE</b><br/>           Chair: <b>Pantelis Nikolaou (Greece)</b></p> <p>Robotic Sportsman Hernia Repair<br/> <b>Konstantinos Konstantinidis (Greece)</b></p>   | <p><b>LECTURE</b><br/>           Chair: <b>Konstantinos Natsis (Greece)</b></p> <p>Exercise and Mental Health: a reciprocal issue?<br/> <b>Fabio Pigozzi (Italy)</b></p>  | <p><b>LECTURE</b><br/>           Chair: <b>Grigoris Bogdanis (Greece)</b></p> <p>Physical activity for health: no pain - yes gain<br/> <b>Labros Sidossis (USA)</b></p>   | <p><b>LECTURE</b><br/>           Chair: <b>Irina Zelenkova (Spain)</b></p> <p>Innovation for sports selection. Complex testing methods<br/> <b>Andrei Kalinin (Russia)</b></p>   |             |
| 17:15-18:00 | Coffee Break-Visit to the exhibition  |   |   |  |             |

## PRELIMINARY PROGRAM

Thursday, September 23<sup>rd</sup>, 2021

|             | HALL A   | HALL B   | HALL C   | HALL D   | POSTER AREA |
|-------------|--|--|--|--|-------------|
| 18:00-19:15 | <p><b>SUPPORTED SYMPOSIUM<br/>SPORT CARDIOLOGY</b><br/>Chairs: <b>Christodoulos Stefanadis (Greece), Fabio Pigozzi (Italy)</b></p> <p>Pre-participation cardiovascular screening in athletes<br/><b>Domenico Corrado (Italy)</b></p> <p>Evaluation of athletes with coronary artery disease<br/><b>Michael Papadakis (Greece)</b></p> <p>Evaluation of athletes with ventricular arrhythmias<br/><b>Alessandro Biffi (Italy)</b></p> <p>Evaluation and management of athletes with cardiomyopathy<br/><b>Aris Anastasakis (Greece)</b></p> | <p><b>SUPPORTED SYMPOSIUM<br/>BASEM</b><br/>Chairs: <b>Theodora Papadopoulou (UK), Roger Hawkes (UK)</b></p> <p>Moving Medicine-<br/>-Prescribing movement for people with physical impairments<br/><b>Richard Collins (UK)</b></p> <p>Use it or lose it: maintaining muscle mass for health and disease prevention<br/><b>James Bilzon (UK)</b></p> <p>Is it time to prioritise the biopsychosocial approach in Sport and exercise Medicine? How it works in practice<br/><b>Theodora Papadopoulou (UK)</b></p> | <p><b>SUPPORTED SYMPOSIUM<br/>HKSMSS<br/>INJURY PREVENTION PROGRAM AND RETURN TO PLAY CRITERIA AFTER SPORTS INJURIES</b><br/>Chairs: <b>Patrick Yung (Hong Kong), Panagiotis Papagelopoulos (Greece)</b></p> <p>Preseason cardiac screening in prevention of sudden cardiac death<br/><b>Gary Mak (Hong Kong)</b></p> <p>Injury prevention through training load monitoring &amp; management<br/><b>Kate Yung (Hong Kong)</b></p> <p>ACL Injury Prevention program: How does it work?<br/><b>Mok Kam Ming (Hong Kong)</b></p> <p>Evidence based practice for return to play after ACL Reconstruction<br/><b>George Law (Hong Kong)</b></p> | <p><b>SUPPORTED SYMPOSIUM<br/>POLISH SOCIETY OF SPORTS MEDICINE<br/>PHYSICAL ACTIVITY AND PREVENTION OF NONCOMMUNICABLE CHRONIC DISEASES</b><br/>Chairs: <b>Anna Jegier (Poland) Metin Ergun (Turkey)</b></p> <p>Molecular mechanisms underlying adaptation to exercise<br/><b>Agnieszka Zembro-Łacny (Poland), Ewa Brzezińska-Lasota (Poland)</b></p> <p>Long- term effect of different physical activity levels in prevention of cardiovascular disease in men: a 30-years prospective study<br/><b>Katarzyna Szmigielska (Poland), Magdalena Kwaśniewska (Poland), Anna Jegier (Poland), Wojciech Drygas (Poland)</b></p> <p>Physical activity in prevention and treatment of cognitive disorders<br/><b>Andrzej Ziemia (Poland)</b></p> <p>Sport in older adults<br/><b>Tomasz Kostka (Poland)</b></p> |             |
| 19:15-19:30 | <p><b>SHORT LECTURE</b><br/>Chairs: <b>Konstantinos Natsis (Greece), Konstantinos Vlasis (Greece)</b></p> <p>The establishment of the sports medicine specialty in the European Union<br/><b>Nicholas Christodoulou (Cyprus)</b></p>   | <p><b>SHORT LECTURE</b><br/>Chair: <b>Emmanouil Antonogiannakis (Greece)</b></p> <p>Evaluation and treatment of the Athletic painful shoulder<br/><b>Christos Sinopidis (Greece)</b></p>   | <p><b>SHORT LECTURE</b><br/>Chair: <b>Maria Piagkou (Greece)</b></p> <p>IGF-1Ec isoform regulation in skeletal muscle damage and regeneration<br/><b>Anastassios Philippou (Greece)</b></p>  | <p><b>SHORT LECTURE</b><br/>Chair: <b>Fabio Pigozzi (Italy)</b></p> <p>A united front against physical inactivity: The Hamburg Declaration<br/><b>Juergen Steinacker (Germany)</b></p>   |             |

Thursday, September 23<sup>rd</sup>, 2021

## PRELIMINARY PROGRAM

|             | HALL A  | HALL B | HALL C | HALL D | POSTER AREA |
|-------------|---|--------|--------|--------|-------------|
| 19:30-20:00 | <b>KEYNOTE LECTURE</b><br>Chair: <b>Konstantinos Natsis (Greece)</b><br><br>Dealing with multi-ligament knee injuries - examples from the Olympic World<br><b>Lars Engebretsen (Norway)</b> |        |        |        |             |
| 20:00       | Opening Ceremony  |        |        |        |             |
| 21:00       | Welcome Reception   |        |        |        |             |

## PRELIMINARY PROGRAM

Friday, September 24<sup>th</sup>, 2021

| 08:30-12:00 | EFSMA Executive Committee Meeting   |   |   |  |             |
|-------------|---|---|---|--|-------------|
|             | HALL A  | HALL B  | HALL C  | HALL D   | POSTER AREA |
| 08:00-09:00 | Oral Presentations  | Oral Presentations  | Oral Presentations  | Oral Presentations   |             |
| 09:00-10:15 | <p><b>SUPPORTED SYMPOSIUM TEAM DENTIST FOR SAFE SMILE</b><br/>Chairs: <b>Ioannis Tzoutzas (Greece), Maher Zahar (Tunisia)</b></p> <p>In the 21<sup>th</sup> century, sports dentistry can prevent muscles and joints' injury<br/><b>Maher Zahar (Tunisia)</b></p> <p>How does nutrition and hydration impact athletes' oral health? New findings and updates<br/><b>Christos Rahiotis (Greece)</b></p> <p>Preventing sports-related dental trauma. The key role of individualized mouthguards<br/><b>Evangelos Loizos (Greece)</b></p> <p>Dental Injury in Sports: Current Evidence<br/><b>Maria Piagkou (Greece)</b></p> | <p><b>EFSMA SUPPORTED SYMPOSIUM EXERCISE PERSCRIPTION FOR HEALTH</b><br/>Chairs: <b>Anca Ionescu (Romania), Yannis Pitisiladis (UK)</b></p> <p>Exercise capacity and sarkopenia in cancer<br/><b>Juergen Steinacker (Germany)</b></p> <p>Exercise prescription in health and diseases: The EFSMA approach<br/><b>Herbert Löllgen (Germany)</b></p> <p>Exercise Prescription for Health in Practise<br/><b>Petra Zupet (Slovenia)</b></p> <p>Is sitting (sedentary life-style) the new Smoking<br/><b>Andre Debruyne (Belgium)</b></p> | <p><b>SUPPORTED SYMPOSIUM HKSMSS IMPROVING SPORTS PERFORMANCE &amp; RECOVERY FOR ELITE ATHLETES</b><br/>Chairs: <b>Lobo Louie (Hong Kong), Julio Motta-Pensabene (Guatemala)</b></p> <p>Updates of recovery methods in Elite Sports Training<br/><b>Raymond So (Hong Kong)</b></p> <p>Yoga Medicine for sports recovery<br/><b>Bryan Lau (Hong Kong)</b></p> <p>Recovery Strategies in performance enhancement for Sprint vs Endurance Sports<br/><b>KK Lo (Hong Kong)</b></p> <p>Application of Velocity based monitoring on Strength and Power Training in Elite Sportsmen<br/><b>Hardaway Chan (Hong Kong)</b></p> | <p><b>SUPPORTED SYMPOSIUM SISSM NEW DIMENSION &amp; APPROACH IN EXAMINATION SERBIAN ATHLETES /ALL NECESSARY LINKS THAT CREATE WINNERS</b><br/>Chairs: <b>Dejan Cubrilo (Serbia), Aris Anastasakis (Greece)</b></p> <p>HUMEDS mobile ECG (session with modern technology)<br/><b>Goran Vukomanovic (Serbia)</b></p> <p>Genes polymorphisms among elite Serbian athletes<br/><b>Tijana Durmic Acimovic (Serbia)</b></p> <p>Human movement dysfunction and injury risk factors as a part of preventive program<br/><b>Pedrag Bozic (Serbia)</b></p> <p>Cardiovascular magnetic resonance as a key stone of the advanced heart imaging diagnosis<br/><b>Marija Zdravkovic (Serbia)</b></p> |             |
| 10:15-10:45 | Coffee Break-Visit to the exhibition  |   |   |  |             |
| 10:45-11:15 | <p><b>KEYNOTE LECTURE</b></p> <p>Chair: <b>Juergen Steinacker (Germany)</b></p> <p>Why the injury predictor screening does not work, while the prevention program does?<br/><b>Roald Bahr (Norway)</b></p>  |   |   |  |             |

# PRELIMINARY PROGRAM

## Friday, September 24<sup>th</sup>, 2021

|             | HALL A  | HALL B  | HALL C   | HALL D  | POSTER AREA |
|-------------|---|---|--|---|-------------|
| 11:15-12:30 | <p><b>SUPPORTED SYMPOSIUM</b><br/><b>TURKISH SPORTS</b><br/><b>MEDICINE ASSOCIATION</b><br/><b>SPORT AND ATHLETE</b><br/><b>SPECIFIC INJURY</b><br/><b>PREVENTION</b><br/><b>PROGRAMS</b><br/>Chairs: <b>Bülent Ulkar</b><br/><b>(Turkey)</b>,<br/><b>Ioannis Terzidis (Greece)</b></p> <p>Football specific injury<br/>prevention programs<br/><b>Gürhan Dönmez (Turkey)</b></p> <p>Basketball specific injury<br/>prevention programs<br/><b>Uğur Diliçiki (Turkey)</b></p> <p>Injury prevention strategies<br/>in running sports<br/><b>Melda Pelin Yargıç</b><br/><b>(Turkey)</b></p> <p>Injury prevention strategies<br/>for female athletes<br/><b>Sabriye Ercan (Turkey)</b></p> | <p><b>SUPPORTED SYMPOSIUM</b><br/><b>UCI</b><br/><b>THE RISK REDUCTION IN</b><br/><b>CYCLING</b><br/>Chairs: <b>Xavier Bigard</b><br/><b>(France)</b>,<br/><b>Michael Papadakis (UK)</b></p> <p>Sudden deaths in cycling.<br/>Origins and prevention<br/>strategies<br/><b>Alessandro Biffi (Italy)</b></p> <p>Cycling, a discipline at<br/>risk of Relative Energy<br/>Deficiency in Sports (RED-S)<br/><b>Katharina Grimm (South</b><br/><b>Africa)</b></p> <p>The management of<br/>concussions in cycling<br/><b>Jeroen Swart (South</b><br/><b>Africa)</b></p> <p>Prevention of injurious falls<br/>in competitive cycling<br/><b>Xavier Bigard (France)</b></p> | <p><b>SUPPORTED SYMPOSIUM</b><br/><b>BRAZILIAN SOCIETY OF</b><br/><b>SPORTS AND EXERCISE</b><br/><b>MEDICINE</b><br/><b>EXERCISE AND SPORTS</b><br/><b>MEDICINE IN BRAZIL</b><br/>Chairs: <b>Fernando Torres</b><br/><b>(Brazil)</b>,<br/><b>Rafael Robles,</b><br/><b>(Guatemala)</b></p> <p>Delayed onset muscle<br/>soreness (DOMS) and dos<br/><b>Roberto Lohn Nahon</b><br/><b>(Brazil)</b></p> <p>Can we prevent<br/>osteoarthritis with ACL<br/>surgery?<br/><b>Ivan Pacheco (Brazil)</b></p> <p>Physical exercise and<br/>myocardial ischemic<br/>preconditioning<br/><b>Daniel Arkader Kopiler</b><br/><b>(Brazil)</b></p> <p>Updated Brazilian<br/>recommendations for<br/>return to play at the post<br/>COVID-19 era<br/><b>Marcelo Bichels Leitão</b><br/><b>(Brazil)</b></p> | <p><b>ROUND TABLE</b><br/><b>INTEGRATING</b><br/><b>TRANSWOMEN AND</b><br/><b>FEMALE ATHLETES</b><br/><b>WITH DSD INTO</b><br/><b>ELITE COMPETITION:</b><br/><b>FUTURE RESEARCH</b><br/><b>CONSIDERATIONS</b><br/>Chairs: <b>Yannis Pitsiladis</b><br/><b>(UK)</b>,<br/><b>Juergen Steinacker</b><br/><b>(Germany)</b></p> <p>Lessons from World Rowing<br/><b>Juergen Steinacker</b><br/><b>(Germany)</b></p> <p>Lessons from Polycystic<br/>Ovary Syndrome<br/><b>Bulent Yildiz (Turkey)</b></p> <p>Genetophysiological<br/>research required at the<br/>male-female eligibility<br/>boundary<br/><b>Alun Williams (UK)</b></p> <p>Integrating transwomen<br/>and female athletes with<br/>DSD<br/><b>Blair Hamilton (UK)</b></p> |             |
| 12:30-13:00 | <p><b>LECTURE</b><br/>Chair: <b>Fabio Pigozzi</b><br/><b>(Italy)</b></p> <p>Importance of ethical rules<br/>for the healthy practice of<br/>the International Panathlon<br/>Sporting Role<br/><b>Pierre Zappelli</b><br/><b>(Switzerland)</b></p>   | <p><b>LECTURE</b><br/>Chair: <b>Chiara Fossati</b><br/><b>(Italy)</b></p> <p>Gene therapy, genetic<br/>enhancement: a dream or a<br/>nightmare?<br/><b>Giuseppe Novelli (Italy)</b></p>   | <p><b>LECTURE</b><br/>Chair: <b>Konstantinos</b><br/><b>Natsis (Greece)</b></p> <p>Evidence based behind<br/>treatment of tendon<br/>injuries in Athletes<br/><b>Christer Rolf (Sweden)</b></p>  | <p><b>LECTURE</b><br/>Chair: <b>Yannis Pitsiladis</b><br/><b>(UK)</b></p> <p>Concussion Consensus;<br/>certainty or confusion?<br/><b>Michael Turner (UK)</b></p>   |             |
| 13:00-14:00 | Oral<br>Presentations   | Oral<br>Presentations   | Oral<br>Presentations  | Oral<br>Presentations   |             |
| 13:30-14:30 | Lunch Break   |   |  |   |             |

## PRELIMINARY PROGRAM

Friday, September 24<sup>th</sup>, 2021

|             | HALL A  | HALL B  | HALL C  | HALL D   | POSTER AREA     |
|-------------|---|---|---|--|-----------------|
| 14:30-15:30 |   | <b>FILM SCREENING</b>   |   |  | Posters Session |
| 15:30-16:45 | <p><b>SUPPORTED SYMPOSIUM</b><br/> <b>CHINESE ASSOCIATION</b><br/> <b>OF SPORTS MEDICINE</b><br/> <b>MEDICAL SUPPORT</b><br/> <b>FOR CHINESE OLYMPIC</b><br/> <b>ATHLETES PARTICIPATING</b><br/> <b>2020 TOKYO OLYMPIC</b><br/> <b>GAMES</b><br/>           Chairs: <b>Guoping Li (China),</b><br/> <b>Hui Zhan (China)</b></p> <p>Nutrition support for Chinese Olympic athletes participating Tokyo Olympic Games<br/> <b>Minhao Xie (China)</b></p> <p>Fighting against Covid-2019 to protect Chinese Olympic athletes preparing for Tokyo Olympic Games<br/> <b>Hui Zhan (China)</b></p> <p>Injury prevention of Chinese Olympic Athletes<br/> <b>Jingbin Zhou (China)</b></p> <p>Medical care of Chinese athletes during Tokyo Olympic Games<br/> <b>Jing Li (China)</b></p> | <p><b>AT THE HEART OF GOLD</b></p> <p>Discussion panel: <b>Steven Ungerleider, Producer of the film, a survivor of “At the Heart of Gold”;</b><br/> <b>Katharina Grimm (South Africa),</b><br/> <b>Theodora Papadopoulou (UK)</b></p> | <p><b>SUPPORTED SYMPOSIUM</b><br/> <b>RELATIVE ENERGY</b><br/> <b>DEFICIENCY IN SPORT</b><br/> <b>(RED-S), HORMONES</b><br/> <b>HEALTH &amp; PERFORMANCE</b><br/>           Chairs: <b>Luigi Di Luigi (Italy),</b><br/> <b>Maria Piagkou (Greece)</b></p> <p>TTAS project and implications for Relative Energy Deficiency in Sport (RED-S) and the biological female athlete<br/> <b>Fergus Guppy (UK)</b></p> <p>The female athlete's endocrinology: from physiology to hormonal imbalance<br/> <b>Luigi Di Luigi (Italy)</b></p> <p>Female and Male Athlete Triad and RED-S. Following their evolution<br/> <b>Ana Virginia Cintrón (Puerto Rico)</b></p> | <p><b>SUPPORTED SYMPOSIUM</b><br/> <b>FOOTBALL TEAM</b><br/> <b>PHYSICIAN</b><br/>           Chairs: <b>George Godolias (Germany),</b><br/> <b>Odysseas Paxinos (Greece)</b></p> <p>National Team Doctor - Sports Medicine on the Run<br/> <b>Odysseas Paxinos (Greece)</b></p> <p>Injuries of female football players<br/> <b>Pantelis Nikolaou (Greece)</b></p> <p>How to implement prevention injury program with your team? The role of Team Physician<br/> <b>Christos Theos (Greece)</b></p> <p>Team Physician: the relationship between physician and team<br/> <b>Emmanouil Papakostas (Qatar)</b></p> |                 |
| 16:45-17:15 | Coffee Break-Visit to the exhibition  |   |   |  |                 |
| 17:15-20:00 | FIMS Council of Delegates   |   |   |  |                 |

## PRELIMINARY PROGRAM

Saturday, September 25<sup>th</sup>, 2021

| 08:00-10:00 | FIMS Sports Medicine Collaborating Centers Directors Meeting   |  |   |  |                 |
|-------------|--|--|---|--|-----------------|
|             | HALL A   | HALL B   | HALL C  | HALL D   | POSTER AREA     |
| 09:15-10:15 |  |  |   |  | Posters Session |
| 10:15-10:45 | Coffee Break-Visit to the exhibition   |  |   |  |                 |
| 10:45-11:15 | <b>LECTURE</b><br>Chair: <b>George Godolias (Germany)</b><br><br>Spine surgery and sports – New options with full-endoscopic techniques in disc herniation and spinal stenosis<br><b>Sebastian Ruetten (Germany)</b>   | <b>LECTURE</b><br>Chair: <b>Raymond So (Hong Kong)</b><br><br>The value of physical exercise in preconception and early life<br><b>Sergio Pecorelli (Italy)</b>  | <b>LECTURE</b><br>Chair: <b>Anna Jegier (Poland)</b><br><br>Clean sport needs more than fighting against drugs: the place of anti-doping in protecting sport integrity<br><b>Andrea Petroczi (UK)</b>   | <b>LECTURE</b><br>Chair: <b>Christian Schneider (Germany)</b><br><br>The health impact of life-long participation in Olympic sport: Lessons from Tokyo 1964<br><b>Michiko Dohi (Japan)</b>   |                 |
| 11:15-12:15 | <b>SHORT LECTURES</b><br>Chairs: <b>Mats Borjesson (Sweden), Konstantinos Ditsios (Greece)</b><br><br>Advances in the treatment of chronic exertional compartment syndrome<br><b>Panagiotis Symeonidis (Greece)</b><br><br>How to predict and prevent serious medical encounters in endurance competitions<br><b>Mats Borjesson (Sweden)</b><br><br>Hot topics in the treatment of Athletic Leg Pain<br><b>Mark Hutchinson (USA)</b> | <b>SHORT LECTURES</b><br>Chairs: <b>Mauricio Serrato (Colombia), Nikolaos Koukoulis (Greece)</b><br><br>Vitamin D and the athlete: the science and practice<br><b>Luigi Di Luigi (Italy)</b><br><br>The role of physical exercise in neuroprotection and brain health<br><b>Chiara Fossati (Italy)</b><br><br>Weight-Bearing MRI: an innovative imaging technique for the assessment of functional pathologies of the hip in athletes -<br><b>Silvana Giannini (Italy)</b> | <b>SHORT LECTURES</b><br>Chairs: <b>Peter Schober (Austria), Michiko Dohi (Japan)</b><br><br>The problem of overtraining in young competitive athletes<br><b>Peter Schober (Austria)</b><br><br>Muscle injuries: from classification to treatment strategies<br><b>Christian Schneider (Germany)</b><br><br>Covid-19 and athletes, new experience and knowledge<br><b>Viktoriya Badtieva (Russia)</b> | <b>SHORT LECTURES</b><br>Chairs: <b>James Bilzon (UK), Yannis Pitsiladis (UK)</b><br><br>KAATSU, the past, present and future of blood flow restriction (BFR)<br><b>Borja Muniz-Pardos (Spain)</b><br><br>KAATSU The Original BFR: an alternative form of exercise training for elite athletes, the military, the elderly and the general population<br><b>Ifigeneia Giannopoulou (Greece)</b><br><br>The World Olympian Health Study<br><b>Mike Miller (UK)</b> |                 |
| 12:15-12:30 | <b>SHORT LECTURE</b><br>Chair: <b>Konstantinos Natsis (Greece)</b><br><br>Ultrasound musculotaneous anatomy and sports injuries<br><b>Marios Loukas (USA)</b>  | <b>SHORT LECTURE</b><br>Chair: <b>Anastasios Beletsiotis (Greece)</b><br><br>Achilles' tendon rupture in athletes-Minimal approach and return to sports<br><b>Konstantinos Manoglou (Greece)</b>   | <b>SHORT LECTURE</b><br>Chair: <b>Yannis Pitsiladis (UK)</b><br><br>The bigger picture of athlete health<br><b>Evert Verhagen (Holland)</b>   | <b>SHORT LECTURE</b><br>Chair: <b>Christian Schneider (UK)</b><br><br>Lessons learned from a very special biathlon world cup season<br><b>Wolfarth Bernd (Germany)</b>   |                 |

## PRELIMINARY PROGRAM

Saturday, September 25<sup>th</sup>, 2021

|             | HALL A   | HALL B  | HALL C   | HALL D   | POSTER AREA |
|-------------|--|---|--|--|-------------|
| 12:30-13:45 | <p><b>SUPPORTED SYMPOSIUM INTERNATIONAL PARALYMPIC COMMITTEE</b><br/>Chairs: <b>Osnat Fliess Dour (Israel), Markos Sgantzos (Greece)</b></p> <p>Concussion in Para Sport<br/><b>James Kissick (Canada)</b></p> <p>Technology Doping in Paralympics<br/><b>Osnat Fliess Dour (Israel)</b></p> <p>Sports and Paralympics as means of rehabilitation<br/><b>Alexandros Taxildaris (Greece)</b></p> <p>Classification controversies in Paralympic Sport: the white, black and grey areas<br/><b>Sandra Rozenstoka (Latvia)</b></p> | <p><b>SUPPORTED SYMPOSIUM RUSSIAN ASSOCIATION OF SPORTS MEDICINE AND REHABILITATION OF PATIENTS AND THE DISABLED</b><br/><b>RUSSIAN EXPERIENCE IN THE MEDICAL SUPPORT OF SPORTS RESERVE</b><br/>Chairs: <b>Vladimir Kurashvili (Russia), Viktoriya Badtieva (Russia)</b></p> <p>Cardioprotection in young athletes<br/><b>Larisa Balykova (Russia)</b></p> <p>Features of medical support organization of sports reserve<br/><b>Vladimir Kurashvili (Russia)</b></p> <p>Features of therapeutic tactics in young athletes suffering from bronchial asthma<br/><b>Mikhail Didur (Russia)</b></p> <p>Experience in organization the medical support for major competitions of young athletes<br/><b>Igor Vikhodets (Russia)</b></p> | <p><b>SUPPORTED SYMPOSIUM INTERBALKAN MEDICAL CENTER</b><br/>Chairs: <b>Eleftherios Tsiridis (Greece), Konstantinos Natsis (Greece)</b></p> <p>Stress fractures in children<br/><b>Nikolaos Laliotis (Greece)</b></p> <p>Elbow sports injury<br/><b>Konstantinos Ditsios (Greece)</b></p> <p>Current concepts in management of shoulder instability<br/><b>Chryssanthos Chryssantou (Greece)</b></p> <p>Femoroacetabular impingement (FAI) and sports<br/><b>Alexandros Tzaveas (Greece)</b></p> | <p><b>SUPPORTED SYMPOSIUM HEAT, COLD, ALTITUDE: SPORTS UNDER EXTREME CONDITIONS</b><br/>Chairs: <b>Yannis Pitsiladis (UK), Sebastien Racinais (Qatar)</b></p> <p>Too Hot to Start: Developing Cancellation Parameters for Road Racing<br/><b>William O. Roberts (USA)</b></p> <p>Muscle Cramp, hyponatremia, and the psychology of overdrinking<br/><b>Kevin Miller (USA)</b></p> <p>From prevention to treatment: the toolbox to train and compete safely in the heat<br/><b>Sebastien Racinais (Qatar)</b></p> <p>Individualisation of altitude training: a comparison of different approaches to quantify the hypoxic dose<br/><b>Irina Zelenkova (Spain)</b></p> |             |
| 13:45-14:30 | Lunch Break  |   |  |  |             |

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## Saturday, September 25<sup>th</sup>, 2021

|             | HALL A  | HALL B   | HALL C  | HALL D   | POSTER AREA |
|-------------|---|--|---|--|-------------|
| 14:30-15:30 | Oral Presentations  | Oral Presentations   | Oral Presentations  | Oral Presentations   |             |
| 15:30-16:45 | <p><b>SUPPORTED SYMPOSIUM FIMS CCSM EXERCISE-BASED REHABILITATION IN PATIENTS WITH SINGLE AND MULTIPLE CHRONIC CONDITIONS: COMPARING VARIOUS APPROACHES</b></p> <p>Chairs: <b>Demitri Constantinou (South Africa), Nikiforos Galanis (Greece)</b></p> <p>Arthritis: does exercise play a role in management?<br/>Christa Janse van <b>Rensburg (South Africa)</b></p> <p>Managing multiple conditions : community-based and private healthcare models<br/><b>Philippe Gradidge (South Africa)</b></p> <p>Managing chronic conditions in autistic population<br/><b>Natalia Neophytou (South Africa)</b></p> <p>The “simple 7” and its application to exercise prescription for multiple chronic conditions<br/><b>Georgia Torres (South Africa)</b></p> | <p><b>SUPPORTED SYMPOSIUM ESSKA RETURN TO SPORTS AFTER MENISCAL SURGERY</b></p> <p>Chairs: <b>Jacques Menetrey, Switzerland, Michael Hantes (Greece)</b></p> <p>Return to sports after partial meniscectomy<br/><b>Angelina Lukaszenko (Russia/Abu Dhabi)</b></p> <p>Return to sports after meniscal repair<br/><b>Jacques Menetrey (Switzerland)</b></p> <p>Return to sports after bucket handle meniscal repair<br/><b>Gian Luigi Canata (Italy)</b></p> <p>Return to sports after meniscal transplantation: is it an option?<br/><b>Michael Hantes (Greece)</b></p> | <p><b>SUPPORTED SYMPOSIUM SPORT MEDICINE ASSOCIATION OF SERBIA PERSONALIZED SPORT NUTRITION</b></p> <p>Chairs: <b>Nenad Dikic (Serbia), Ivan Nikolic (Serbia)</b></p> <p>Personalized sports nutrition for elite athletes<br/><b>Sava Stojanovic (Serbia)</b></p> <p>Eating disorders in sport<br/><b>Marija Andjelkovic (Serbia)</b></p> <p>Drugs and supplements for high performance<br/><b>Tamara Stojmenovic (Serbia)</b></p> <p>Pharmacology research of prohibited substances<br/><b>Jelena Rasic (Serbia)</b></p> | <p><b>SUPPORTED SYMPOSIUM SLOVENIAN SPORTS MEDICINE ASSOCIATION SPORTS WITH HIP AND KNEE OSTEOARTHRITIS</b></p> <p>Chairs: <b>Matej Drobnič (Slovenia), Emmanuel Papakostas (Qatar)</b></p> <p>Articular cartilage and sports - Introduction (basics in cartilage biology, incidence of injuries, OA symptoms)<br/><b>Nejc Planinc (Slovenia)</b></p> <p>Non-pharmacological management of hip and knee OA (activity modification, exercise, physiotherapy and orthotic braces)<br/><b>Petra Zupet (Slovenia)</b></p> <p>Pharmacological management of hip and knee OA (Topical, oral, injections and orthobiologics)<br/><b>Matej Drobnič (Slovenia)</b></p> <p>Joint preserving surgery for hip and knee OA (Debridement, osteotomies and cartilage repair)<br/><b>Klemen Stražar (Slovenia)</b></p> |             |
| 16:45-17:15 | Coffee Break-Visit to the exhibition  |  |   |  |             |

## PRELIMINARY PROGRAM

Saturday, September 25<sup>th</sup>, 2021

|             | HALL A  | HALL B   | HALL C   | HALL D   | POSTER AREA |
|-------------|---|--|--|--|-------------|
| 17:15-17:45 | <p><b>KEYNOTE LECTURE</b><br/>Chair: <b>Fabio Pigozzi (Italy), Konstantinos Natsis (Greece)</b></p> <p>Artificial Intelligence and Sport Medicine-Revolution or digital cage?<br/><b>Norbert Bachl (Austria)</b></p>  |  |  |  |             |
| 17:45-18:45 | <p><b>SHORT LECTURES</b><br/>Chairs: <b>Eduardo Henrique De Rose (Brazil), Nikolaos Raikos (Greece)</b></p> <p>Doping in sports<br/><b>Eduardo Henrique De Rose (Brazil)</b></p> <p>Problems and perspectives of Sports Medicine and Science in Central America<br/><b>Rafael Robles (Guatemala)</b></p> <p>The role of physical exercise in the cardiovascular risk reduction - a clinician's perspective<br/><b>José Kawazoe Lazzoli (Brazil)</b></p> | <p><b>SHORT LECTURES</b><br/>Chairs: <b>Parmenion Tsitsopoulos (Greece), Antonio Fiore (Italy)</b></p> <p>Eye injuries in athletes<br/><b>Konstantinos Boboridis (Greece)</b></p> <p>Facial injuries in athletes<br/><b>Christos Perisanidis (Greece)</b></p> <p>Cranio-cerebral injuries<br/><b>Parmenion Tsitsopoulos (Greece)</b></p> | <p><b>SHORT LECTURES</b><br/>Chairs: <b>Simone Porcelli (Italy), Tryfon Totlis (Greece)</b></p> <p>Importance of the evaluation of the Specific Sport Risk for the emergency organization on sport fields: FMSI PSS-D<br/><b>Vincenzo Maria Ieracitano (Italy)</b></p> <p>Exercise prescription for the healthy elderly: the importance of a multidomain approach (NESTORE Project)<br/><b>Simone Porcelli (Italy)</b></p> <p>Sports and cancer: sports coaching in prevention and treatment<br/><b>Andrea Pietrabissa (Italy)</b></p> | <p><b>SHORT LECTURES</b><br/>Chairs: <b>Jeroen Swart (South Africa), Konstantinos Ditsios (Greece)</b></p> <p>Sports after common foot and ankle surgeries<br/><b>Matej Drobnič (Slovenia)</b></p> <p>Mesenchymal stem cells in cartilage tissue engineering: from bench to Sports Medicine<br/><b>Eleftherios Tsiridis (Greece)</b></p> <p>High Intensity Exercise Training<br/><b>Grigoris Bogdanis (Greece)</b></p> |             |

# PRELIMINARY PROGRAM

## Saturday, September 25<sup>th</sup>, 2021

|             | HALL A  | HALL B   | HALL C   | HALL D  | POSTER AREA |
|-------------|---|--|--|---|-------------|
| 18:45-20:00 | <p><b>SUPPORTED SYMPOSIUM</b><br/> <b>SPORTS MEDICINE</b><br/> <b>ASSOCIATION OF GREECE</b><br/> <b>HAMSTRINGS INJURIES</b><br/> <b>IN ATHLETES</b><br/>           Chairs: <b>Konstantinos Natsis (Greece),</b><br/> <b>Andreas Tanos (Cyprus)</b></p> <p>Hamstrings muscles anatomy, classification and mechanism injuries<br/> <b>Trifon Totlis (Greece)</b></p> <p>Hamstring injuries prevention program<br/> <b>Christos Lyrtzis (Greece)</b></p> <p>Hamstrings injuries: conservative or surgery treatment<br/> <b>Konstantinos Natsis (Greece)</b></p> <p>Hamstrings injuries: Return to play<br/> <b>Ioannis Terzidis (Greece)</b></p> | <p><b>ROUND TABLE</b><br/> <b>WINTER SPORTS</b><br/> <b>INJURIES, HOW DO WE</b><br/> <b>HAVE TO DEAL WITH.</b><br/> <b>AN EXPERIENCE FROM</b><br/> <b>EUROPE</b><br/>           Chairs: <b>Savvas Giakoumakis (Greece),</b><br/> <b>Christiane Kallweit (Germany)</b></p> <p>Common fractures of the upper extremities admitted to the Emergency Room during winter sports activities<br/> <b>Ioannis Seferlis (UK)</b></p> <p>Skiing acute sports injuries of the lower extremities in mature and immature skeleton. Trauma support<br/> <b>Konstantinos Pantazis (Sweden)</b></p> <p>Common acute sports injuries during a bobsleigh competition<br/> <b>Christiane Kallweit (Germany)</b></p> <p>Rehabilitation and return-to-play guidelines of the most common winter sports injuries<br/> <b>Panagiotis Antzoulas (Greece)</b></p> | <p><b>SUPPORTED SYMPOSIUM</b><br/> <b>ATHENS MEDICAL GROUP</b><br/> <b>DEALING WITH SPORTS</b><br/> <b>INJURIES AND WITH</b><br/> <b>COVID-19 ON ATHLETES</b><br/>           Chairs: <b>Pantelis Nikolaou (Greece),</b><br/> <b>Mark Hutchinson (USA)</b></p> <p>Short and long-term effects of COVID-19 on football players<br/> <b>Haris Lalos (Greece)</b></p> <p>Can hamstrings injuries be predicted by training load?<br/> <b>Gregory C. Bogdanis (Greece)</b></p> <p>Common Sports Injuries in Triathlon. How to avoid them<br/> <b>Aristotelis Kourtis (Greece)</b></p> <p>The young arthritic knee. Following treatment returning to sports?<br/> <b>Pantelis Nikolaou (Greece)</b></p> | <p><b>SUPPORTED SYMPOSIUM</b><br/> <b>FIMS COLLABORATING</b><br/> <b>CENTRE SYMPOSIUM</b><br/> <b>WITH PARTICULAR FOCUS</b><br/> <b>ON INTERNATIONAL</b><br/> <b>COLLABORATION</b><br/>           Chairs: <b>Yannis Pitsiladis (UK),</b><br/> <b>Fabio Pigozzi (Italy)</b></p> <p>International Sport Trauma Training Centre<br/> <b>Dimitri Constantinou, (South Africa)</b></p> <p>Let's talk about global medicine<br/> <b>Francisco Arroyo (Mexico)</b></p> <p>The FIMS CCSM Strategy<br/> <b>Yannis Pitsiladis (UK)</b></p> <p>Conclusions<br/> <b>Fabio Pigozzi (Italy)</b></p> |             |

## PRELIMINARY PROGRAM

Sunday, September 26<sup>th</sup>, 2021

|             | HALL A   | HALL B  | HALL C   | HALL D   | POSTER AREA     |
|-------------|--|---|--|--|-----------------|
| 08:00-09:00 |  |   |  |  | Posters Session |
| 09:00-10:00 | Oral Presentations   | Oral Presentations  | Oral Presentations   | Oral Presentations   |                 |
| 10:00-11:15 | <p><b>SUPPORTED SYMPOSIUM</b><br/> <b>CYPRUS ASSOCIATION OF SPORTS MEDICINE TOPICS FROM THE CYPRUS SPORTS MEDICINE ASSOCIATION</b><br/>           Chairs: <b>Evagoras Nicolaidis (Cyprus), Simeon Galitsanos (Greece)</b></p> <p>Allergic disease in sports<br/> <b>Andreas Liveris (Cyprus)</b></p> <p>The principles of physical activity in patients with cardiovascular disease; what the non-cardiologist should know<br/> <b>Evagoras Nicolaides (Cyprus)</b></p> <p>Sports and health enhancing measures in special community groups<br/> <b>Michalis Michaelides (Cyprus)</b></p> <p>Peripheral vascular disease in athletes,<br/> <b>Nicos Angelides (Cyprus)</b></p> | <p><b>SUPPORTED SYMPOSIUM</b><br/> <b>BASEM MENTAL HEALTH &amp; GOLF</b><br/>           Chairs: <b>Theodora Papadopoulou (UK), Roger Hawkes (UK)</b></p> <p>Injury profile in the professional game<br/> <b>Tim Swan (UK)</b></p> <p>Golf on Referral- Golf as a health enhancing Physical Activity<br/> <b>Danny Glover (UK)</b></p> <p>Inclusive Golf. Golf for players with Disability<br/> <b>Roger Hawkes (UK)</b></p> | <p><b>ROUND TABLE</b><br/> <b>THE ART AND SCIENCE OF MONITORING AND EVALUATING ABUSE PREVENTION PROGRAMS IN INTERNATIONAL SPORT</b><br/>           Chairs: <b>Katharina Grimm (South Africa), Mike McNamee (UK)</b></p> <p>Athletes' rights are human rights: implementing a rights-based, trauma-informed approach to intentional violence prevention in sport settings<br/> <b>Mike McNamee (UK)</b></p> <p>The research context of safeguarding interventions in sport<br/> <b>Gretchen Kerr (Canada)</b></p> <p>Disability and disenfranchisement: practical considerations for assessing harassment and abuse in vulnerable athlete populations<br/> <b>Yetsa Tuakli-Wosornu (USA)</b></p> <p>First, do no harm: the role of the sports medicine physician in assessing athlete safety and building a safety net culture in clinical settings<br/> <b>David Gerrard (New Zealand)</b></p> | <p>10.00-11.00</p> <p><b>ROUND TABLE</b><br/> <b>HUMAN TELEMETRICS</b><br/>           Chairs: <b>Yannis Pitsiladis (UK), Iphigenia Keramitsoglou (Greece)</b></p> <p>Wearable and telemedicine innovations for Olympic events and elite sport<br/> <b>Yannis Pitsiladis (UK)</b></p> <p>Innovative solutions to survive the Heat<br/> <b>Iphigenia Keramitsoglou (Greece)</b></p> <p>The telemedicine musculoskeletal examination<br/> <b>Edward Laskowski (USA)</b></p> <p>11.00-11.15</p> <p><b>SHORT LECTURE</b></p> <p>Indications and efficacy of Whole Body cryotherapy (-110 / -140 °C) and Localized cryotherapy in sports traumatology<br/> <b>Silvana Giannini (Italy)</b></p> |                 |
| 11:15-11:45 | Coffee Break-Visit to the exhibition   |   |  |  |                 |

# PRELIMINARY PROGRAM

## Sunday, September 26<sup>th</sup>, 2021

|             | HALL A   | HALL B  | HALL C  | HALL D   | POSTER AREA |
|-------------|--|---|---|--|-------------|
| 11:45-13:00 | <p><b>SUPPORTED SYMPOSIUM HAOST</b><br/> <b>SHOULDER DISLOCATION / SHOULDER INSTABILITY</b><br/>           Chairs: <b>Dimitris Tsoukas (Greece), Klaus-Michael Braumann (Germany)</b></p> <p>Conservative treatment for the management of the 1st time dislocation. Considerations, indications, methods, outcomes<br/> <b>Konstantinos Kateros (Greece)</b></p> <p>Soft tissue procedures for the management of shoulder instability. Augmenting Bankart repair<br/> <b>Emmanouil Brilakis (Greece)</b></p> <p>Bony procedures for the management of shoulder instability. When soft tissue procedures are not enough<br/> <b>Emmanouil Antonogiannakis (Greece)</b></p> <p>Return to play after shoulder stabilization surgery (soft tissue or bony procedure). Current concepts and considerations<br/> <b>Efstathios Chronopoulos (Greece)</b></p> | <p><b>SUPPORTED SYMPOSIUM HUNGARIAN SOCIETY OF SPORTS MEDICINE</b><br/> <b>MANAGEMENT OF COVID-19 PANDEMIC IN HUNGARIAN ATHLETES</b><br/>           Chairs: <b>Éva Martos (Hungary), Petra Zupet (Slovenia)</b></p> <p>Introducing the Hungarian National Sports Medical Service. Regular tasks and COVID-related experiences<br/> <b>Marianna Kiss, Anita Megyeriné Szabó (Hungary)</b></p> <p>Covid strategy and prevention activity of the National Medical Service for elite athletes<br/> <b>József Tomán (Hungary)</b></p> <p>Sports cardiology registry of athletes recovered from COVID-19<br/> <b>Hajnalka Vágó, Orsolya Kiss, Nóra Sydó, Béla Merkely (Hungary)</b></p> <p>Return to sport after arthroscopic labrum refixation in handball players<br/> <b>Attila Pavlik, Miklós Tátrai, András Tállay (Hungary)</b></p> | <p><b>ROUND TABLE MENTAL HEALTH OF ATHLETES: THE IMPORTANCE OF SPORTS PSYCHOLOGY AND SPORTS PSYCHIATRY</b><br/>           Chairs: <b>Evangelos Pappas (Greece), William O. Roberts (USA)</b></p> <p>Challenges in conducting Sports Concussion Research<br/> <b>David Baron (USA)</b></p> <p>Mental health of athletes: the importance of depression screening<br/> <b>Evangelos Pappas (Greece)</b></p> <p>Covid-19 pandemic and its physical, psychological and social impacts on older adults<br/> <b>Francesco Landi (Italy)</b></p> <p>The role of combination of cognitive and body exercise in patients with Mild Cognitive Impairment and dementia during the pandemic of Covid-19<br/> <b>Magdalini Tsolaki (Greece)</b></p> | <p><b>SUPPORTED SYMPOSIUM OLYMPIC COMMITTEE OF ISRAEL</b><br/> <b>Speakers TBC</b></p> |             |

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Sunday, September 26<sup>th</sup>, 2021

|             | HALL A   | HALL B  | HALL C   | HALL D   | POSTER AREA |
|-------------|--|---|--|--|-------------|
| 13:00-14:00 | <p><b>SHORT LECTURES</b><br/>Chairs: <b>Ioannis Vogiatzis (UK), Pericles Papadopoulos (Greece)</b></p> <p>New data on new anti-doping study on ocular motor deception testing (OMDT)<br/><b>Jeroen Swart (South Africa)</b></p> <p>Intermittent exercise training in COPD<br/><b>Ioannis Vogiatzis (UK)</b></p> <p>Common sports-related extremity fractures in children<br/><b>Savvas Giakoumakis (Greece)</b></p>  | <p><b>SHORT LECTURES</b><br/>Chairs: <b>Minhao Xie (China), Daniel Arkader Kopiler (Brazil)</b></p> <p>Perceptual-cognitive abilities in competitive athletes<br/><b>Klaus-Michael Braumann (Germany)</b></p> <p>Sports injuries in athletes with disabilities<br/><b>Dimitrios Metaxiotis (Greece)</b></p> <p>Specific tests in the Hungarian top-level sports<br/><b>Gábor Pavlik (Hungary)</b></p>   | <p><b>SHORT LECTURES</b><br/>Chairs: <b>Muaidi Qassim, (Saudi Arabia), Christos Lyrtzis (Greece)</b></p> <p>Osteoporosis and exercise-positive association<br/><b>Christiana Zidrou (Greece)</b></p> <p>Osteoporosis and exercise-negative association<br/><b>Konstantinos Stathopoulos (Greece)</b></p> <p>Optimal loading at exercise programs in Osteoporosis<br/><b>Dimitrios Aftosmidis (Greece)</b></p>  | <p><b>SHORT LECTURES</b><br/>Chairs: <b>Theodora Papadopoulou (UK), Vasileios Chouliaras (Greece)</b></p> <p>Return to sports after ACL reconstruction. Evidence-based approach<br/><b>Nikolaos Koukoulis (Greece)</b></p> <p>Internal and external stressors faced by the performance team<br/><b>Stephen Boyce (Scotland)</b></p> <p>Development, monitoring and analysis of performance health and wellbeing measurements<br/><b>Stephen Mutch (Scotland)</b></p> |             |
| 14:00-15:15 | <p><b>SUPPORTED SYMPOSIUM AFMS WHEN THE EAST MEET THE WEST IN SPORTS MEDICINE</b><br/>Chairs: <b>Li GP (China), Patrick Yung (Hong Kong)</b></p> <p>Sports Medicine in Asia: Past, Present &amp; Future<br/><b>Patrick Yung (Hong Kong)</b></p> <p>Sports Medicine in China National Team<br/><b>Zhan Hui (China)</b></p> <p>Sports Medicine in Kingdom of Saudi Arabia<br/><b>Qassim Muaidi (Saudi Arabia)</b></p> <p>Sports Medicine In India<br/><b>Jaspal Sandhu (India)</b></p> | <p><b>SUPPORTED SYMPOSIUM ATHLOME</b><br/>Chairs: <b>Vassilis Klissouras (Greece), Yannis Pitsiladis (UK)</b></p> <p>The Genetics of sex testing in Sport<br/><b>Alun Williams (UK)</b></p> <p>Challenges and opportunities in the application of whole genome sequencing in sports and exercise medicine: lessons from the 1000 Athlomes Project<br/><b>Kumpei Tanisawa (Japan)</b></p> <p>Next generation “omics” approach in the fight against doping<br/><b>Giscard Lima (Italy)</b></p> <p>Nutritional Genomics and Direct-to-Consumer Genetic Testing<br/><b>George Dedousis (Greece)</b></p> | <p><b>SUPPORTED SYMPOSIUM ATHLETIA SPORTS MEDICINE IN COVID-19 ERA</b><br/>Chairs: <b>Xenofon Roussis (Greece), Dimitrios Tsitsiropoulos (Greece)</b></p> <p>Professional soccer during the CoVid-19 pandemic-The Greek Superleague experience<br/><b>Yanni Levakos (Greece)</b></p> <p>Sports Medicine practice during Covid-19 pandemic<br/><b>Georgios Papadopoulos (Greece)</b></p> <p>Cardiovascular effect in young athletes recovering from COVID-19 infection<br/><b>Eleftherios M. Protopapas (Greece)</b></p> <p>Retraining after COVID - Key areas for rebuilding performance<br/><b>Georgios Ziogas (Greece)</b></p> | <p><b>SUPPORTED SYMPOSIUM FIMS COLLABORATING CENTRE RESEARCH</b><br/>Chairs: <b>Francisco Arroyo, (Mexico), Borja Muniz-Pardos (Spain)</b></p> <p>The sport physician and athlete relationship for performance and health benefit<br/><b>Sandra Rozenstoka (Latvia)</b></p> <p>Update on stem cells and cartilage<br/><b>Francisco Arroyo (Mexico)</b></p> <p>Interplay between science, medicine, technology and performance<br/><b>Ali Erdoğan (Turkey)</b></p>    |             |
| 15:15       | Closing Ceremony   |   |  |  |             |

## PRELIMINARY PROGRAM

### ABBREVIATIONS

|                 |   |
|-----------------|---|
| <b>AFMS</b>     | <b>ASIAN FEDERATION OF SPORTS MEDICINE</b>                                    |
| <b>BASEM</b>    | <b>BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE</b>                     |
| <b>COPAMEDE</b> | <b>PANAMERICAN CONFEDERATION OF SPORTS MEDICINE</b>                           |
| <b>ESSKA</b>    | <b>EUROPEAN SOCIETY FOR SPORTS TRAUMATOLOGY, KNEE SURGERY AND ARTHROSCOPY</b> |
| <b>HAOST</b>    | <b>HELLENIC ASSOCIATION OF ORTHOPAEDIC SURGERY AND TRAUMATOLOGY</b>           |
| <b>HKSMSS</b>   | <b>HONG KONG ASSOCIATION OF SPORTS MEDICINE AND SPORTS SCIENCE</b>            |
| <b>SISSM</b>    | <b>SERBIAN INSTITUTE OF SPORT AND SPORTS MEDICINE</b>                         |
| <b>UCI</b>      | <b>UNION CYCLISTE INTERNATIONALE</b>  |
| <b>WADA</b>     | <b>WORLD ANTI-DOPING AGENCY</b>   |

## PRE-CONGRESS COURSES



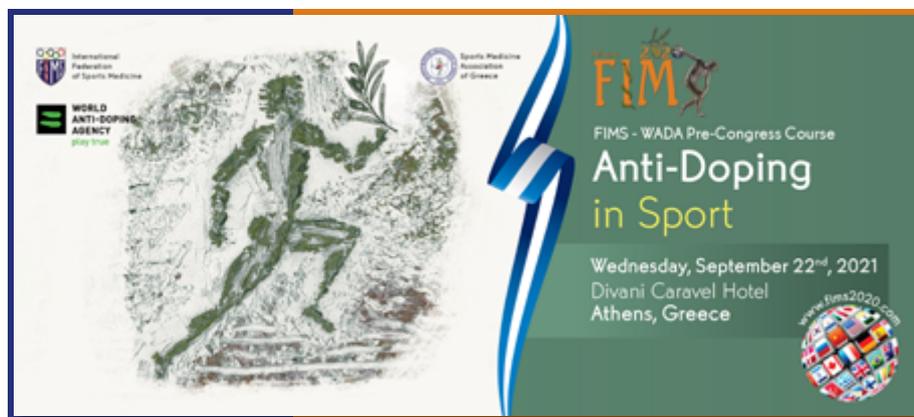
**FIMS**  
FIMS Team Physician Development Course  
**Emergency & First Aid  
in Sports Medicine**  
Hands on Training

Tuesday, September 21<sup>st</sup>, 2021  
Divani Caravel Hotel  
Athens, Greece

International Federation of Sports Medicine  
Sports Medicine Association of Greece

[www.fims2020.com](http://www.fims2020.com)

The banner features a photograph of a person in athletic gear lying on a stretcher on a grass field, with medical supplies nearby. A large blue and white ribbon graphic is on the right side.



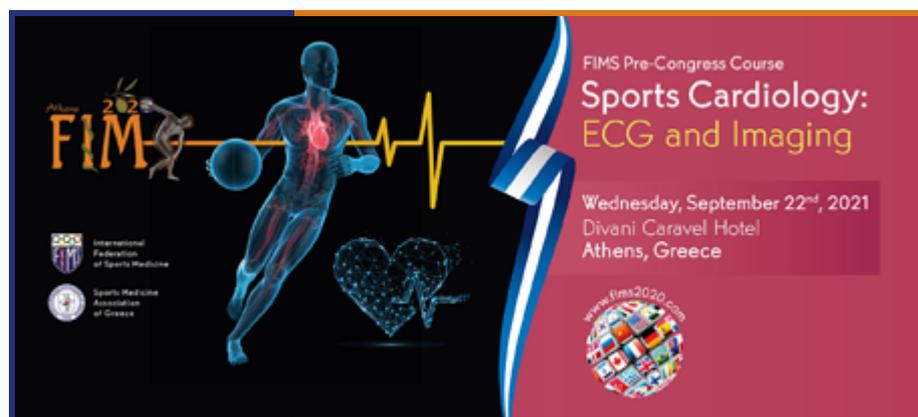
**FIMS**  
FIMS - WADA Pre-Congress Course  
**Anti-Doping  
in Sport**

Wednesday, September 22<sup>nd</sup>, 2021  
Divani Caravel Hotel  
Athens, Greece

International Federation of Sports Medicine  
Sports Medicine Association of Greece  
WORLD ANTI-DOPING AGENCY  
play true

[www.fims2020.com](http://www.fims2020.com)

The banner features a classical-style illustration of a muscular man holding a laurel wreath. A large blue and white ribbon graphic is on the right side.



**FIMS**  
FIMS Pre-Congress Course  
**Sports Cardiology:  
ECG and Imaging**

Wednesday, September 22<sup>nd</sup>, 2021  
Divani Caravel Hotel  
Athens, Greece

International Federation of Sports Medicine  
Sports Medicine Association of Greece

[www.fims2020.com](http://www.fims2020.com)

The banner features a 3D anatomical illustration of a human torso with a glowing heart and an ECG line. A large blue and white ribbon graphic is on the right side.

For more information about the Pre-Congress Courses visit the link below:  
<https://www.fims2020.com/pre-congress-courses>

## ON-LINE REGISTRATION

- The congress will be held in hybrid form featuring in person physical attendance or online participation.
- The number of in person participants will be determined occurring to the Greek Government Health Protocols which will be in effect during the congress period.
- First-come-first-served basis will apply to all in person participants.
- For online attendance, participants will receive their login details by e-mail 2 days prior to the commencement of the congress.

## REGISTRATION INFORMATION

| Registration Fees  |   |  |                    |
|--|---|--|--------------------|
| Registration Type  | Live attendance                                 |  | Virtual Attendance |
|  | Early bird (until June 15 <sup>th</sup> , 2021) | Late (from June 16 <sup>th</sup> , 2021 & on site) |                    |
| Regular Full Fee   | 500 €   | 600 €  | 350 €              |
| FIMS Members*  | 400 €   | 500 €  | 300 €              |
| Physiotherapists, Nurses, Trainers, Other Health Professionals | 400 €   | 450 €  | 250 €              |
| Residency in Sports Medicine*                                  | 300 €   | 350 €  | 200 €              |
| Postgraduate Students*   | 300 €   | 350 €  | 200 €              |
| Undergraduate Students*  | 150 €   | 200 €  | 125 €              |
| One day Registration **  | 250 €   | 250 €  |                    |
| Exhibitors   | 250 €   | 250 €  | 125 €              |

\* For final confirmation of your registration, a proof of status is to be submitted to the PCO via email at [registrations@fims2020.com](mailto:registrations@fims2020.com). The Organizing Secretariat reserves the right to allocate your registration to the appropriate category, should we not receive proper documentation. Member fees are applicable only if membership status is active at the time of registration. Membership status will be verified.

\*\* Available only for live attendance

| Registration Type                               | Live attendance                                 |  | Virtual Attendance |
|---|---|--|--------------------|
|   | Early bird (until June 15 <sup>th</sup> , 2021) | Late (from June 16 <sup>th</sup> , 2021 & on site) |                    |
| Emergency & First Aid in Sports Medicine Course | 300 €   | 300 €  | 200 €              |
| Antidoping in Sport Course                      | 300 €   | 300 €  | 200 €              |
| Sports Cardiology Course                        | 300 €   | 300 €  | 200 €              |

**Registration fees for in person physical attendance include:** Admission to the scientific sessions | Admission to the exhibition area | Certificate of attendance | Coffee breaks | Welcome cocktail

**Exhibitors fees for in person physical attendance include:** Admission to the scientific sessions | Admission to the exhibition area | Coffee breaks | Welcome cocktail

**Registration fees for online attendance include:** Admission to all sessions on the e-platform | e-Certificate of attendance

**24% VAT is included in the above registration rates**

## GROUP REGISTRATIONS

- *Group registration requires a minimum of 10 registrations. 10% discount will apply to the total amount.*
- *Only one invoice will be issued per group.*
- *Should any participant decide to cancel their registration, the registration fee will not be refunded.*

## ABSTRACTS SUBMISSION GUIDELINES

1. Abstracts may be submitted no later than **May 31<sup>st</sup> 2021**. Later submissions will not be accepted.
2. Abstracts must be unpublished prior to the submission to the Congress.
3. **Important note:** Abstracts only in English language will be accepted.
4. The Scientific Committee will review all submissions and determine suitability for a poster or oral presentation. This decision is final.
5. Registration of papers will be made exclusively on the website through an online form;
6. To submit an abstract, registration of an author is necessary. The registration will be made on the website. Abstracts are accepted under the condition that at least the presenting author has paid the full registration fee. The registration will be made via the website.
7. Each main author may submit up to **three abstracts**.
8. There are no limits for participating as co-author of abstracts of scientific papers.
9. The institution or institutions where the work was carried out and the names of authors should not be mentioned in the body of the text.
10. Abstracts should be prepared in a structured format by completing the appropriate fields on the website:
  - a) Title
  - b) Authors
  - c) Affiliations
  - d) Introduction and Purpose
  - e) Material and Methods
  - f) Results
  - g) Conclusions
11. References should not be included.
12. Abstracts should have a maximum length of 250 words, written in Times New Roman and font size 12. Characters of the names of authors and affiliations are not counted.
13. Abstracts that do not meet the format guidelines and number of characters will not be accepted.
14. Abstracts that have been accepted for submission should have the same content that will be presented at Congress and the names of authors and affiliations will not be corrected later.
15. All abbreviations will be specified in the body of the text, when used for the first time.
16. The main author will be informed of the acceptance or not of the abstract by e-mail.
17. The review process is confidential and reviewers will sign a non-disclosure agreement.
18. **Abstracts accepted for presentation will be published in the Journal MEDICINA DELLO SPORT.**
19. Authors acceptance or rejected notification, **June 30<sup>th</sup>, 2021**.

*The submitted abstracts will be valid until then and there is no need for resubmission.*

## INSTRUCTIONS FOR PRESENTATION OF ABSTRACTS AS POSTERS

Abstracts selected under the category Printed Poster must be PRESENTED in the format indicated below:

Posters must be self-explanatory with dimensions 80cm wide X 120cm high - BANNER type

Posters will be displayed by authors in the area designated by the Scientific Committee.

All the materials required for displaying Posters will be available at the registration desk.

Essential elements for each poster are as follows:

- a) Title**
- b) Authors**
- c) Introduction and purpose**
- d) Introduction**
- e) Material and Methods**
- f) Results (we recommend the use of tables and images that facilitate viewing)**
- g) Conclusions**

To enable reading at approximately one meter distance, font 28 must be used.

Authors will be requested to attend the poster presentation session at the exhibition area at the date and time of presentation will specified by the Scientific Committee.

The purpose of this invitation is to promote interaction between authors and congress delegates.

## INSTRUCTIONS FOR PRESENTATION OF ABSTRACTS AS ORALS

### ABSTRACTS PRESENTATION WILL BE IN ENGLISH

The abstracts approved for Oral Presentation will be presented by one of the authors registered in the Congress on the date and at a time to be informed by the Scientific Committee.

The AV equipment available for presentation will be a laptop, multimedia screen and projector; other equipment should be brought by the speaker.

The presenter of the Oral presentation should hand the presentation in a format compatible with Power Point to the media-desk (AV reception) at least one hour before the time scheduled for presentation.

Oral Presentation Structure:

- a) Introduction**
- b) Purpose**
- c) Material and Methods**
- d) Results**
- e) Discussion and Conclusions**

The date and time for presentation and questions will be notified by e-mail.

### CRITERIA FOR ABSTRACTS EVALUATION

Abstracts will be reviewed based on the following criteria:

- Originality
- Adequate Methodology
- Adequate Case Study
- Significant Findings and Conclusions
- Interest and/or Practical Applications

## NEW INVESTIGATORS AWARDS

New Investigators Awards for Oral and Poster presentations:

**2 Prizes for Oral Presentation:** Euro 500 each

**2 Prizes for Poster Presentations:** Euro 500 each

The new investigators awards will be awarded by **ASPETAR**



Award requirements include: Being the main author of an accepted abstract for presentation at the **36<sup>th</sup> World Congress of Sports Medicine, FIMS 2020**.

Applicant must be within six years of completing a research degree or within six years of completing medical residency, and must not hold a level higher than assistant professor.

If you wish to be included in the Award selection process please indicate so in the appropriate option of your **Contact Details** in the **Abstract Submission Portal**.

## TERMS & CONDITIONS

It is self-evident that the payment of the registration fee is not associated with the acceptance of the abstract. In case of rejection or withdrawal of an abstract, there will be no reimbursement for the registration fees.

The abstract submission indicates acknowledgement and consent for publication in the Journal **MEDICINA DELLO SPORT**

Acceptance / rejection notification to the author should be received no later than **June 1<sup>st</sup> 2021**, otherwise please contact the Congress Secretariat Chryssa Grepsiou, [info@fims2020.com](mailto:info@fims2020.com)

## ACCOMMODATION INFORMATION

| Hotel          | Cost (single room) |
|----------------|--------------------|
| Divani Caravel | 210,00€            |

The above rates are daily per room and include buffet breakfast.

City tax (4,00€ per day) is not included and must be paid by the client directly to the hotel receptionist.

## GENERAL INFORMATION

### CME ACCREDITATION

The Congress has been accredited by the European Accreditation Council for Continuing Medical Education (EACCME<sup>®</sup>) for a maximum of **27** European CME credits (ECMEC<sup>®</sup>s).

*Each medical specialist should claim only those credits that he/she actually spent in the educational activity*

### THE CITY

Athens, the cosmopolitan metropolis where the Olympic Games were born, is the host city of the **36<sup>th</sup> FIMS World Congress of Sports Medicine** delegates.

Athens is the capital and largest city of Greece, it dominates the Attica region and is one of the world's oldest cities, with its recorded history spanning over 3,400 years. Modern Athens is a vibrant metropolis and Greece principal centre for business and foreign trade. Regenerated and transformed to hold the highly successful 2004 Olympic Games, Athens demonstrated it has the facilities, services and infrastructure to host the most demanding global event. Easily accessible to global destinations through Athens International Airport, the capital of Greece has a long history of hosting international conferences and arts events.

The Organizing Committee will make every effort for a scientifically fruitful meeting since worldwide known experts will have the opportunity to share their knowledge and experience upon the latest developments in Sports Medicine, as well as to have a socially rich and memorable stay in Greece.

### THE VENUE



The Congress will be held at the Divani Caravel Hotel. Divani Caravel Hotel was chosen by the Organizing Committee, being a unique venue, in a unique city, offering a unique experience. With its ideal location and world-class amenities less than 30 minutes drive combining a stunning environment, elegance, and the latest in technological amenities.

### ACCESSIBILITY

Divani Caravel Hotel is on a direct metro line to the award winning Athens International Airport «Eleftherios Venizelos», journey time 50 minutes, making it extremely accessible for international delegates travelling from and to global destinations. Easily accessible by:

#### **Metro service**

There is direct access from the airport and the city center to Divani Caravel Hotel from the metro station “Evangelismos” on metro line 3 (blue line)

Please visit the Athens Metro website for detailed information at [www.stasy.gr](http://www.stasy.gr) and [www.oasa.gr](http://www.oasa.gr)

#### **Bus service**

The following buses, express and trolley buses pass stop near the Divani Caravel Hotel.

Buses: 550, A5

Express Buses: X95 (direct airport line), E14

For more information about the public transportation network in Athens please visit: [www.oasa.gr](http://www.oasa.gr)

## ACCESSIBILITY

### Car

Access by car is estimate approximately 28 minutes without traffic. Toll roads are included.

### If you wish to access the Divani Caravel Hotel directly from the «Eleftherios Venizelos» Airport:

Athens International Airport “Eleftherios Venizelos” is located in Spata, 33 km southeast of Athens and serves all international and domestic flights. An average journey by taxi from the airport to the city center should take approximately 40-50 minutes, depending on traffic, costing around €25-30. The express bus line X95 (direction Syntagma) serves Athens city center. A ticket for the airport express line costs €5,00. It allows unlimited travel by all public transport means (incl. bus and metro) for 24 hours from the time of validation. The metro line 3 runs every 10 minutes from the airport and the trip to the city center takes approximately 30 minutes and costs €6.

## ATHENS METRO (CURRENT MAP)



## OFFICIAL LANGUAGE

The official language of the Congress is English.

## VISA REGULATIONS FOR TRAVELLING TO GREECE

Greece is a Member-State of the European Union and has signed the Schengen Agreement. While traveling within the E.U., you only need your Identity card. However, a passport is necessary for a number of other transactions, such as currency exchange, purchases, etc.

Visas are not required by European citizens from countries that are part of the Schengen Area. Greece as a member of the Schengen Agreement has abolished controls on common internal lands, at air and sea borders and allows member-state citizens to travel around without a visa for a short stay period of up to three (3) months. However, keep in mind that airlines and other carriers require a valid passport and/or identity card.

Citizens coming from countries that have not yet joined Schengen Area may require a visa to enter Greece. The E.U. visitors from these countries can acquire further information from the Hellenic Embassies or Consulates in their countries, or from their travel agencies. Before visiting Greece, please consult the detailed information on the Ministry of Foreign Affairs' website and find out whether you require a Visa (<https://www.mfa.gr>)

Note: During your stay in Greece, if you require a Visa, you are advised to have suitable insurance coverage for emergency medical or other needs.

Check updates in the official congress website:  
[www.fims2020.com](http://www.fims2020.com)

## CONFERENCE SECRETARIAT



*Global Events*  
*...makes the difference!*  
Conference & Event Management

**Thessaloniki:**

Stadiou 50A, 55534 Pylea, Thessaloniki, Greece

**T:** +302310 247743, +302310 247734, **F:** +302310 247746, **E:** info@globalevents.gr

**Athens:**

2 Valestra Str. & 168 Syngrou Av., 17671 Kallithea, Athens, Greece,

**T:** +30210 3250260, **E:** athens@globalevents.gr

[www.globalevents.gr](http://www.globalevents.gr)

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OF SPORTS DENTISTRY



FACULTY OF HEALTH SCIENCES AUTH



Faculty of  
Health Sciences

Fakulteit Gesondheidswetenskappe  
Lefapha la Dikensense lha Maphelo



FEDERACION MEXICANA DE MEDICINA  
DEL DEPORTE



FMSI  
FEDERAZIONE MEDICO  
SPORTIVA ITALIANA



GLORIA  
SPORTS ARENA



HEALTH COMMITTEE OF  
ARISTOTLE UNIVERSITY OF THESSALONIKI



HELLENIC REPUBLIC  
National and Kapodistrian  
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## CONGRESS PARTNERS



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