

# PROGRAM



## Wednesday June 25<sup>th</sup>

16-20	Registration (Radisson SAS Hotel Tromsø)
20 -	Get together at Polaria - an Arctic Experience!

## Thursday June 26<sup>th</sup>

8 - 10	Registration (Radisson SAS Hotel Tromsø)			
10 – 10.30	OPENING CEREMONY (Tromsøsalen, Radisson SAS Hotel Tromsø)			
10.30-11.15	KEYNOTE LECTURE (Tromsøsalen, Radisson SAS Hotel Tromsø) <i>Roald Bahr (Norway) &amp; Karim Khan (Canada):</i> Injury prevention – do we need to shift focus from the ACL to overuse injuries?			
11.15 - 12	KEYNOTE LECTURE (Tromsøsalen, Radisson SAS Hotel Tromsø) <i>Jiri Dvorak (Switzerland):</i> Give Hippocrates a jersey – promoting health through sports			
12 - 13	LUNCH (Radisson SAS Hotel Tromsø & Rica Ishavshotel – please check your lunch ticket)			
	SESSION A (Tromsøsalen, Radisson SAS Hotel Tromsø)	SESSION B (Rica Hall 1, Rica Ishavshotel)	SESSION C (Rica Hall 2, Rica Ishavshotel)	SESSION D (Sydspissen, Radisson SAS Hotel Tromsø)
13 – 15.30	Tendons – from molecule to man <i>Chair: Henning Langberg</i>	Injury prevention in rugby union <i>Sponsored by the International</i>	Free communications <i>Chairs: Jon Karlsson (Sweden) &amp; Robert Johnson (USA)</i> <i>13.00-13.10 C Goulet, B Hagel,</i>	Workshops <i>13.00-13.50 R Celebrini (Canada):</i> A lower extremity injury prevention warm-up incorporating

<p>(Denmark)</p> <p>13.00-13.20 <b>Michael Kjaer</b> (Denmark): Tendon injuries – why is it a big problem</p> <p>13.20-13.40 <b>Mette Hansen</b> (Denmark): Do female hormones affect tendon trainability?</p> <p>13.40-14.00 <b>David Hart</b> (Canada): Molecular and cellular regulation in tendon responses to injury and overuse: where biology and biomechanics intersect</p> <p>14.00-14.20 <b>Bjarki Haraldsson</b> (Denmark): The relationship between structural properties in the patellar tendon and physical activity - a link to overuse injuries?</p> <p>14.20-14.40 <b>Jens Bojsen-Møller</b> (Denmark): Mechanical structure and function of the large human tendons – why are they so easily injured?</p> <p>14.40-15.00 <b>Mads Kongsgaard</b> (Denmark): Resistance and eccentric training as prevention and treatment of patellar tendinopathy</p> <p>15.00-15.10 <b>Henning Langberg</b> (Denmark): Future perspectives</p> <p>15.00-15.10 <b>All</b>: Panel discussion</p>	<p><b>Rugby Board (IRB)</b></p> <p><b>Chair: Mick Molloy</b> (Ireland)</p> <p>13.00-13.20 <b>Mick Molloy</b> (Ireland): Rugby scrum/injury mechanism and prevention</p> <p>13.20-13.35 <b>Simon Kemp</b> (UK): The influence of risk factors on the incidence of tackle injuries in professional rugby union</p> <p>13.35-13.50 <b>Andrew McIntosh</b> (Australia): Injury causation and prevention in the tackle in community rugby</p> <p>13.50-14.05 <b>Ken Quarrie</b> (New Zealand): Injury prevention in New Zealand</p> <p>14.05-14.20 <b>Martin Raftery</b> (Australia): Understanding and preventing catastrophic cervical spinal cord injury</p> <p>14.20-14.35 <b>Preston Wiley</b> (Canada): Special issues in injury prevention (including tournaments and women's rugby)</p> <p>14.35-14.50 <b>Colin Fuller</b> (UK): Rugby World Cup injury analysis</p> <p>14.50-15.10 <b>Paul McCrory</b> (Australia): Understanding and preventing concussion</p> <p>15.10-15.30 <b>All</b>: Panel discussion</p>	<p><b>D Hamel, G Légaré</b> (Canada): Self-reported skill level and injury severity in skiers and snowboarders (#1)</p> <p>13.10-13.20 <b>TT Bere, TW Flørenes, L Nordsletten, R Bahr</b> (Norway): Injuries among World Cup alpine skiers (#2)</p> <p>13.20-13.30 <b>TW Flørenes, L Nordsletten, S Heir, R Bahr</b> (Norway): Injuries to World Cup ski and snowboard athletes (#3)</p> <p>13.30-13.40 <b>A Brooks, FP Rivara</b> (USA): Evaluation of skiing and snowboarding injuries in terrain parks (#4)</p> <p>13.40-13.50 <b>K Aginsky, M Lambert, J Gray, W Derman</b> (South Africa): Effects of a core stability intervention programme on abdominal and lumbar muscle symmetry in elite high school cricketers (#5)</p> <p>13.50-14.00 <b>J Orchard, P Farhart, T James, M Portus, A Kountouris</b> (Australia): Pace bowlers in cricket with history of lumbar stress fracture have increased risk of lower limb muscle strains, particularly calf strains (#6)</p> <p>14.00-14.10 <b>J Orchard, T James, M Portus, A Kountouris, R Dennis</b> (Australia): Pace bowlers in cricket demonstrate 3-4 week delay between high workloads and increased risk of injury (#7)</p> <p><b>Chairs: Bruce Beynon</b> (USA) &amp; <b>Toru Fukubayashi</b> (Japan)</p> <p>14.20-14.30 <b>K Steffen, G Myklebust, TE Andersen, I Holme, R Bahr</b> (Norway): Self-reported injury history and lower limb function as risk factors for injuries in female youth football</p>	<p>a proximal to distal movement strategy (#A)</p> <p>14.00-14.50 <b>C Ortega</b> (chair, USA), <b>G Zuest</b> (USA): Efficient taping strategies to prevent injuries of the upper extremities (#B)</p> <p>15.00-15.50 <b>T Hewett</b> (co-chair, USA), <b>G Myklebust</b> (co-chair, Norway): Techniques for preventing ACL injuries (#C)</p>
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			<p>(#8)</p> <p><b>14.30-14.40 AH Engebretsen, AM Pensgaard, I Holme, L Engebretsen, R Bahr (Norway):</b> Self-reported psychological characteristics as risk factors for injuries among male football players (#9)</p> <p><b>14.40-14.50 K Steffen, AM Pensgaard, R Bahr (Norway):</b> Self-reported psychological characteristics as risk factors for injuries in female youth football (#10)</p> <p><b>14.50-15.00 AH Engebretsen, G Myklebust, I Holme, L Engebretsen, R Bahr (Norway):</b> Risk factors for ankle, knee, hamstring and groin injuries among male football players - a prospective cohort study (#11)</p> <p><b>15.00-15.10 D Twomey, L Otago, C Finch (Australia):</b> Do hard playing fields increase the risk of injury in community level Australian football? (#12)</p> <p><b>15.10-15.20 T Soligard, R Bahr, TE Andersen (Norway):</b> Risk of football injuries on artificial turf in youth football: 3-year data from the Norway Cup tournament (#13)</p> <p><b>15.20-15.30 J Bjørneboe, TE Andersen, R Bahr (Norway):</b> Risk of injury on artificial turf in elite football (#14)</p>	
15.30-16	COFFEE BREAK			
	SESSION A (Tromsøsalen, Radisson SAS Hotel Tromsø)	SESSION B (Rica Hall 1, Rica Ishavshotel)	SESSION C (Rica Hall 2, Rica Ishavshotel)	SESSION D (Sydspissen, Radisson SAS Hotel Tromsø)
16 - 18	The prevention of knee	The hierarchy of	Free communications	Workshops

**and lower leg injuries among elite alpine skiers and competitors**

**Chair: Robert Johnson (USA)**

**16.00-16.15 Robert Johnson (USA):** Comparison of injury trends among recreation versus elite and competitive alpine skiers

**16.15-16.30 Bruce Beynnon (USA):** ACL injuries among ski racers in New England

**16.30-16.45 Jasper Shealy (USA):** A review of key studies in the prevention of alpine skiing injuries

**16.45-17.00 Bruce Beynnon (USA):** Risk factors for ACL injuries among elite alpine skiers and competitors

**17.00-17.20 Carl Ettlinger (USA):** Knee and lower leg injury mechanisms among elite alpine skiers and competitors

**17.20-17.35 Jasper Shealy (USA):** Strategies for reducing the risk of injury among elite alpine skiers and competitors

**17.35-17.45 Robert Johnson (USA):** A comprehensive plan for injury reduction among elite alpine skiers and competitors

**17.45-18.00 All:** Panel discussion

**evidence in sports injury prevention: A methodological debate**

**Chair: Roald Bahr (Norway)**

**16.00-16.05 Roald Bahr (Norway):** Introduction and setting rules of debate

**16.05-16.20 Carolyn Emery (Canada):** The randomized controlled trial: the highest level of evidence in injury prevention in sport

**16.20-16.35 Willem van Mechelen (Netherlands):** RCT, CT or none? That's the question!

**16.35-16.50 Karim Khan (Canada):** RCTs are critical for good clinical practice

**16.50-17.05 Caroline Finch (Australia):** Observation of reality is what we need!

**17.05-17.20 Roald Bahr (Norway):** Questions/viewpoints from the floor

**17.20-17.25 All:** Summary statements on each side

**17.25-17.30 Roald Bahr (Norway):** Voting and consensus!

**Chairs: Bert Mandelbaum (USA) & Ingar Holme (Norway)**

**16.00-16.10 J Bjerneboe, R Bahr, TE Andersen (Norway):** Injury surveillance in male Norwegian professional football - a methodological study (#15)

**16.10-16.20 M Bizzini, A Junge, R Bahr, J Dvorak (Switzerland/Norway):** The need for injury prevention in elite football referees: data from the 2006 FIFA World Cup™ and the FIFA Women's World Cup 2007 (#16)

**16.20-16.30 O Bruegger (Switzerland):** Fatal accidents in sport: data collection, accident occurrence and prevention (#17)

**16.30-16.40 O Bruegger (Switzerland):** Cost of sports accidents to the Swiss national economy (#18)

**16.40-16.50 L Hasslan, J Iwasa, K Steffen, G Myklebust (Norway):** Shoulder pain is a common problem in elite female team handball players (#19)

**Chairs: Michael Kjaer (Denmark) & Paul McCrory (Australia)**

**17.00-17.10 S Gianotti, P Hume, W Hopkins, J Harawira, R Truman (New Zealand):** Effect of the scrum law change on injuries in rugby union (#20)

**17.10-17.20 T Soligard, G Myklebust, K Steffen, I Holme, H Silvers, M Bizzini, A Junge, J Dvorak, R Bahr, TE Andersen (Norway/USA/Switzerland):** F-MARC 11+: a complete warm-up program to prevent injuries in youth female football (#21)

**17.20-17.30 A Nilstad, T**

**16.00-16.50 TM Best (co-chair, Canada), L Maffey (co-chair, Canada):** Research evidence and clinical support for hamstring and "groin" muscle strains: an active approach to injury prevention/recurrence and rehabilitation (#D)

**17.00-17.50 L Maffey (Canada):** Research evidence and clinically practical elements of the "core" of physiotherapy pre-season evaluation: Using real-time ultrasound biofeedback (#E)

			<p><b>Soligard, A Junge, R Bahr, TE Andersen</b> (Norway/Switzerland): Compliance with F-MARC 11+: a complete warm-up program to prevent injuries in youth female football (#22)</p> <p>17.30-17.40 <b>S Sherker, K Abbott, P Klarenaar, A Donaldson</b> (Australia): Can risk management training improve the safety activity of community sports clubs? An evaluation of the 'SafeClub' program (#23)</p> <p>17.40-17.50 <b>H Silvers, M Gerhardt</b> (USA): Groin injury prevention program in professional soccer players (#24)</p> <p>17.50-18.00 <b>C Emery, W Meeuwisse</b> (Canada): The effectiveness of a neuromuscular prevention strategy to reduce injuries in youth soccer: a cluster-randomized controlled trial (#25)</p>	
18 -	Midsummer celebration at Otervika			

Friday June 27<sup>th</sup>

8 – 8.45

**KEYNOTE LECTURE (Tromsøsalen, Radisson SAS Hotel Tromsø)**

*Willem Meeuwisse (Canada):* Practical models of injury prevention

**SESSION A  
(Tromsøsalen, Radisson  
SAS Hotel Tromsø)**

**SESSION B (Rica Hall 1,  
Rica Ishavshotel)**

**SESSION C (Rica Hall 2,  
Rica Ishavshotel)**

**SESSION D (Sydspissen,  
Radisson SAS Hotel  
Tromsø)**

9 - 12

**Prevention of football  
injuries**

*Sponsored by FIFA/F-MARC*

*Chairs: Jiri Dvorak (Switzerland)  
& Colin Fuller (UK)*

*9.00-9.10 Astrid Junge  
(Switzerland):* Football injury  
epidemiology: what are we trying  
to prevent?

*9.10-9.30 Thor Einar Andersen  
(Norway):* Ankle injuries: how do  
they happen and what can be  
done for prevention?

*9.30-9.50 Árni Arnason  
(Iceland):* Hamstring strains: why  
so frequent and are prevention  
programs effective?

*9.50-10.20 Coffee break*

*10.20-10.40 Bert Mandelbaum  
(USA):* Knee injuries: the special  
case of ACL injury prevention in  
women

*10.40-11.00 William Garrett  
(USA):* Adductor-related soccer  
injuries: what are they and can  
they be prevented?

*11.00-11.20 Donald Kirkendall  
(USA):* Head injuries: are they  
preventable?

**A sport-specific  
approach to the  
prevention of shoulder  
problems among  
overhead athletes**

*Chair: Jonathan C. Reeser  
(USA)*

*9.00-9.10 Jonathan C. Reeser  
(USA):* Introduction and overview:  
what is the scope of the problem?

*9.10-9.20 Ann M. Cools  
(Belgium):* A brief overview of  
shoulder kinematics

*9.20-9.35 Mark R. Hutchinson  
(USA):* Strategies for the  
prevention of shoulder problems in  
baseball

*9.35-9.50 Jim Miller (USA):*  
Pathomechanics of shoulder  
problems in swimmers: strategies  
for prevention

*9.50-10.20 Coffee break*

*10.20-10.35 Mark R. Hutchinson  
(USA):* Strategies for the  
prevention of shoulder problems in  
tennis

*10.35-10.50 Jonathan C. Reeser  
(USA):* Practical strategies for  
preventing shoulder problems in

**Free communications**

*Chairs: Scott McLean (USA) &  
Tron Krosshaug (Norway)*

*9.00-9.10 S Shultz, MD Leonard-  
Garner, AD Nguyen, RJ Schmitz  
(USA)* Relationship between  
clinical measures of joint laxity and  
sagittal plane joint excursion and  
stiffness during a drop jump  
landing (#26)

*9.10-9.20 C Ekegren, WC Miller,  
RG Celebrini, DL MacIntyre, JJ  
Eng (Canada):* Agreement and  
validity of observational risk  
screening guidelines in evaluating  
ACL injury risk factors (#27)

*9.20-9.30 E Tsuda, Y Ishibashi,  
A Fukuda, H Tsukada, Y  
Hayashi, Y Kimura, S Toh  
(Japan):* Is dynamic lower limb  
alignment during landing a  
predictor of noncontact anterior  
cruciate ligament injury in high  
school basketball players? (#28)

*9.30-9.40 M Collins, A  
September, L van der Merwe, G  
Mokone, M Schwellnus (South  
Africa):* The COL5A1 genotype is  
associated with range of motion  
measurements (#29)

*9.40-9.50 J Hashemi, R  
Breighner, J Taekhyung, S*

**Workshops**

*9.00-9.50 JM Alonso (co-chair,  
Spain), À Basas (Spain), A  
Frohm (Sweden), M Kongsgaard  
(co-chair, Denmark):* Practical  
issues of patellar tendinopathy  
prevention on top level athletes  
(#F)

*10.00-10.50 J Drezner (USA):*  
Establishing an emergency action  
plan for high school, colleges, and  
clubs to respond to a collapsed  
and unconscious athlete and a  
potential cardiac emergency (#G)

*11.00-11.50 J Drezner (co-chair,  
USA), R Dimeff (co-chair, USA):*  
The preparticipation physical  
evaluation in the office and club  
setting utilizing standardized forms  
and protocols (#H)

11.20-11.30 **Astrid Junge** (Switzerland): Country-wide implementation of a prevention program: the Swiss experience

11.30-11.40 **Simon Gianotti** (New Zealand): Country-wide implementation of a prevention program: the New Zealand experience

11.40-12.00 **All**: Panel discussion

volleyball athletes

10.50-11.05 **Andrew Gregory** (USA): Practical strategies for preventing shoulder problems in developing athletes

11.05-11.15 **Jim Miller** (USA): Decades of dedication to sport: the master's shoulder

11.15-11.35 **Ann M. Cools** (Belgium): Effective rehabilitation (and secondary prevention) of shoulder problems

11.35-12.00 **All**: Panel discussion

**Ekwaro-Osire, N Chandrashekar** (USA/Canada): An in-vitro investigation of the role of quadriceps load during one-legged jump landing (#30)

**Chairs: Willem Meeuwisse** (Canada) & **Per Renström** (Sweden)

10.00-10.10 **S McLean, J Samorezov, R Palmieri-Smith** (USA): Non-contact ACL injury risk is linked directly to fatigue-induced central pathway degradation (#31)

10.10-10.20 **Y Kimura, Y Ishibashi, E Tsuda, A Fukuda, H Tsukada, Y Hayashi, S Toh** (Japan): Gender differences in dynamic lower limb alignment during a drop jump task in pubescent children (#32)

10.20-10.30 **R Schmitz, AD Nguyen, M Leonard, S Shultz** (USA): Relationship of clinical laxity measures to energy absorption during drop jump landings (#33)

10.30-10.40 **T Doyle, W Andrews, B Dawson, R Newton** (Australia): Functionally assessing bi-lateral differences and general effects of fatigue during a sport specific running protocol (#34)

10.40-10.50 **M Estriga, L Massada, J Bernardes, J Carvalho** (Portugal): The influence of sex hormones on ACL laxity of female handball players (#35)

**Chairs: Tim Hewett** (USA) & **Lars Engebretsen** (Norway)

11.00-11.10 11.50-12.00 **C Young, S Busey, J Rodriquez, D Mark** (USA): The effect of school-based instruction on the usage of protective equipment in in-line

			<p>skaters (#36)</p> <p>11.10-11.20 <b>D Goodman, C Ciavarro</b> (Canada): Changing behaviours of youth hockey players by innovative educational interventions (#37)</p> <p>11.20-11.30 <b>C Emery, I Shrier, W Meeuwisse, C Goulet, B Hagel, B Benson</b> (Canada): The risk of injury associated with body checking among pediatric ice hockey players (#38)</p> <p>11.30-11.40 <b>TM Straume-Næsheim, TE Andersen, J Dvorak, R Bahr</b> (Norway/Switzerland): Do football (soccer) players have a higher prevalence of cognitive deficits compared to athletes in non-contact sports? (#39)</p> <p>11.40-11.50 <b>S Hollis, M Stevenson, A McIntosh, A Shores, C Finch</b> (Australia): The incidence of mild traumatic brain injury (MTBI) in an Australian non-elite rugby cohort (#40)</p> <p>11.50-12.00 <b>B Benson, W Meeuwisse, C Burke</b> (Canada/USA): The NHL-NHLPA Concussion Program: a prospective study of 7 regular seasons (1997 - 2004) (#41)</p>	
<b>12 - 13</b>	<b>LUNCH (Radisson SAS Hotel Tromsø &amp; Rica Ishavshotel – please check your lunch ticket)</b>			
	<b>SESSION A</b> (Tromsøsalen, Radisson SAS Hotel Tromsø)	<b>SESSION B</b> (Rica Hall 1, Rica Ishavshotel)	<b>SESSION C</b> (Rica Hall 2, Rica Ishavshotel)	<b>SESSION D</b> (Sydspissen, Radisson SAS Hotel Tromsø)
<b>13 – 15.30</b>	<b>What makes injury prevention in children and adolescents different?</b>	<b>Preventing injuries in track and field</b> <i>Sponsored by the International Association of Athletics</i>	<b>Workshops</b> 13.00-13.50 <b>MH Binet</b> (France), <b>R Greenwald</b> (chair, Scotland), <b>M Langran</b> (Scotland), <b>J-D Laporte</b> (France): Preventing winter sport	<b>Workshops</b> 13.00-13.50 <b>T Fukubayashi</b> (chair, Japan), <b>S Niga</b> (Japan): Active conservative treatment for

	<p><b>Chair: Carolyn Emery (Canada)</b></p> <p><b>13.00-13.15 Carolyn Emery (Canada):</b> Overview of epidemiology/risk factors/ long-term consequences of injury in children and adolescents</p> <p><b>13.15-13.30 Willem Meeuwisse (Canada):</b> Injury surveillance issues in child and adolescent sport</p> <p><b>13.30-13.45 Tim Hewett (USA):</b> Non-contact injury mechanisms in youth</p> <p><b>13.45-14.00 Grethe Myklebust (Norway):</b> Lower extremity injury prevention strategies in youth soccer and handball</p> <p><b>14.00-14.15 Brent Hagel (Canada):</b> Injury prevention in child and adolescent skiing and snowboarding</p> <p><b>14.15-14.30 Brian Benson (Canada):</b> Concussion prevention in child and adolescent ice hockey</p> <p><b>14.30-14.45 Barbara Morrongiello (Canada):</b> Psycho-social factors related to the uptake of injury prevention strategies in child and adolescent sport</p> <p><b>14.45-15.00 Lorrie Maffey (Canada):</b> Preseason evaluation in youth sport</p> <p><b>15.00-15.15 Carolyn Emery (Canada):</b> Future directions for injury prevention in child and adolescent sport</p> <p><b>15.15-15.30 All:</b> Panel Discussion - moving the research agenda forward in injury prevention in child and adolescent sport</p>	<p><b>Federations (IAAF)</b></p> <p><b>Chair: Juan Manuel Alonso (Spain)</b></p> <p><b>13.00-13.20 Juan Manuel Alonso (Spain):</b> How large is the injury problem in athletics? – overall epidemiology</p> <p><b>13.20-13.40 Goffrey Verrall (Australia):</b> Preventing injuries among sprinters – the case of hamstring injuries</p> <p><b>13.40-14.00 Karim Khan (Canada):</b> Preventing injuries among middle distance and long distance runners – the case of stress fractures</p> <p><b>14.00-14.20 Henning Langberg (Denmark):</b> Preventing injuries among jumpers – the case of patellar and Achilles tendinopathy</p> <p><b>14.20-14.40 Mark Hutchinson (USA):</b> Preventing injuries among throwers</p> <p><b>14.40-15.00 Thomas Best (USA):</b> Surviving the decathlon – and the training for it!</p> <p><b>15.00-15.30 All:</b> Panel discussion - setting the research agenda for injury prevention in track and field</p>	<p>injuries among recreational skiers and snowboarders (#I)</p> <p><b>14.00-14.50 M Fitton (USA), B Pluim (co-chair, USA), M Turner (co-chair, UK), T Vaziri (USA):</b> Athletic Logic Injury Registration System (#J)</p>	<p>the prevention of groin pain (#K)</p> <p><b>14.00-14.50 C Finch (Australia), C Goulet (Canada), T Timpka (chair, Sweden):</b> Safe Sports International – a global program for sports safety promotion (#L)</p>
<p><b>15.30 - 16</b></p>	<p><b>COFFEE BREAK</b></p>			

	SESSION A (Tromsøsalen, Radisson SAS Hotel Tromsø)	SESSION B (Rica Hall 1, Rica Ishavshotel)	SESSION C (Rica Hall 2, Rica Ishavshotel)	SESSION D (Sydspissen, Radisson SAS Hotel Tromsø)
16 - 18	<p><b>Anatomical contributions to knee injury: Factors we can no longer ignore</b></p> <p><i>Chair: Scott McLean (USA)</i></p> <p>16.00-16.20 <b>Sandra J. Shultz (USA)</b>: Anatomical and postural contributions to knee injury risk – a relationship that remains poorly understood</p> <p>16.20-16.40 <b>Anh-Dung Nguyen (USA)</b>: Defining sex specific lower extremity postures: bridging the gap between static and dynamic lower extremity alignment</p> <p>16.40-17.00 <b>Scott McLean (USA)</b>: Anatomical predictors of high risk knee joint loading states</p> <p>17.00-17.30 <b>All</b>: Panel discussion - implications for injury prevention and future directions</p>	<p><b>Implementing an injury prevention programme</b></p> <p><i>Chairs: Holly Silvers (USA) &amp; Simon Gianotti (New Zealand)</i></p> <p>16.00-16.20 <b>Holly Silvers (USA)</b>: Implementing prevention programs: lessons from the field</p> <p>16.20-16.40 <b>Simon Gianotti (New Zealand)</b>: Documenting evidence of success or failure</p> <p>16.40-17.00 <b>Grethe Myklebust (Norway)</b>: Ensuring, monitoring, and promoting compliance</p> <p>17.00-17.15 <b>Mario Bizzini (Switzerland)</b>: Working with volunteer coaches and their teams</p> <p>17.15-17.45 <b>All</b>: Panel discussion</p>	<p><b>A methodological consensus statement for the reporting of sports injury intervention studies</b></p> <p><i>Chair: Caroline Finch (Australia)</i></p> <p>Editors of the leading international sports medicine research journals will discuss a new consensus statement for reporting of sports injury intervention studies. Draft guidelines will be developed by the Editors prior to the congress, and this symposium will focus on researcher feedback and promotion of the new guidelines. The symposium program will be determined during the pre-conference consensus statement development process.</p> <p><b>Contributors:</b></p> <p><b>Caroline Finch</b> (Editor, <i>Journal of Science and Medicine in Sport</i>; Australia)</p> <p><b>Paul McCrory</b> (Editor, <i>British Journal of Sports Medicine</i>; Australia)</p> <p><b>Michael Kjær</b> (Editor, <i>Scandinavian Journal of Science and Medicine in Sport</i>; Denmark)</p> <p><b>Willem Meeuwisse</b> (Editor, <i>Clinical Journal of Sports Medicine</i>, Canada)</p>	<p><b>Workshops</b></p> <p>16.00-16.50 <b>L Gill (USA), H Langberg (Denmark), R Smith (USA), ML Voight (chair, USA)</b>: Titleist Performance Institute Golf Fitness screen: Preventing injury and improving performance (#M)</p> <p>17.00-17.50 <b>AM Cools (co-chair, Belgium), JC Reeser (co-chair, USA)</b>: Clinical examination of the shoulder at risk in the overhead athlete: focus on injury prevention (#N)</p>
20 -	<b>Banquet at the Radisson SAS Hotel (Radisson SAS Hotel Tromsø)</b>			

## Saturday June 28<sup>th</sup>

8 – 8.45

### KEYNOTE LECTURE (Tromsøsalen, Radisson SAS Hotel Tromsø)

**Tim Hewett (USA):** Coupled biomechanical – epidemiological strategies for preventing ACL injuries: connecting the body's core to injury at the knee

#### SESSION A (Tromsøsalen, Radisson SAS Hotel Tromsø)

#### SESSION B (Rica Hall 1, Rica Ishavshotel)

#### SESSION C (Rica Hall 2, Rica Ishavshotel)

#### SESSION D (Sydspissen, Radisson SAS Hotel Tromsø)

9 - 12

#### Game, set, and match – prevention of tennis injuries

**Chair: Per Renström (Sweden)**

9.00-9.15 **Babette Pluim (Netherlands):** What is the extent of the problem and what risk factors have been identified?

9.15-9.30 **Todd Ellenbecker (USA):** USTA High Performance Profile

9.30-9.45 **Anna Frohm (Sweden):** Prevention of patellar tendinopathy

9.45-10.00 **Angel Ruiz-Cotorro (Spain):** Prevention of spondylolysis in young tennis players – the Spanish experience

10.00-10.15 **Michael Turner (UK):** Prevention of spondylolysis in young tennis players – the English experience

10.15-10.45 **Coffee break**

10.45-11.00 **Todd Ellenbecker (USA):** Preventative shoulder exercises

11.00-11.15 **Maarten Moen (Netherlands):** Prevention of stress

#### Influencing government policy development for sports injury prevention

**Chairs: Caroline Finch (Australia) & Willem van Mechelen (Netherlands)**

9.00-9.20 **Caroline Finch (Australia):** Introduction - the importance of data and why is it so important that we influence government policy for sports safety?

9.20-9.40 **Simon Gianotti (New Zealand):** Influencing government policies that impact on sport injury prevention - the implementation of the New Zealand Injury Prevention Strategy

9.40-10.00 **Toomas Timpka (Sweden):** Policies for safety in youth sports, an international perspective

10.00-10.30 **Coffee break**

10.30-10.50 **Claude Goulet (Canada):** Quebec governmental policies for sports safety: what they were, what they are, and what works

10.50-11.10 **Lars Engebretsen**

#### Studying sports injury mechanisms - from the field to the laboratory

**Chair: Andrew McIntosh (Australia)**

9.00-9.05 **Andrew McIntosh (Australia):** Introduction - the importance of understanding injury mechanisms

9.05-9.15 **Paul McCrory (Australia):** Studying sports injury phenomena - clinical perspective

9.15-9.25 **Paul McCrory (Australia):** What coaches, players and athletes report about injury mechanisms

9.25-9.40 **Ken Quarrie (New Zealand):** Playing situation & behaviour - match analysis using video

9.40-9.55 **Thor Einar Andersen (Norway):** Translation of player situation & behaviour analysis to football

9.55-10.25 **Coffee break**

10.25-10.40 **Trevor Savage (Australia):** Gross biomechanical description of injury situations

#### Workshops

9.00-9.50 **R Bahr (Norway), R Dick (USA), C Fuller (Chair, England), W Meeuwisse (Canada):** Recurrent injuries: How to define them and how to record them (#O)

10.00-10.50 **R Dick (USA), J Dvorak (chair, Switzerland), A Junge (Switzerland):** How to conduct an injury surveillance program I (#P)

11.00-11.50 **JM Alonso (Spain), R Dick (chair, USA), M Mountjoy (Canada), P Renström (Sweden):** How to conduct an injury surveillance program II (#Q)

	<p>fractures/reactions in the lower extremity</p> <p>11.15-11.30 <b>Christiaan Swier</b> (Netherlands): Stability exercise for the prevention of groin injuries</p> <p>11.30-12.00 <b>All</b>: Panel discussion - will chronic injuries remain a chronic problem in tennis?</p>	<p>(Norway): Obtaining government support for preventive research in sport injuries and the implementation of this research in Norway</p> <p>11.10-11.30 <b>Willem van Mechelen</b> (Netherlands): Discussant and sports injury prevention. Who is responsible - the 'Nanny State' or the individual?</p> <p>11.30-12.00 <b>All</b>: Panel discussion</p>	<p>10.40-10.55 <b>Tron Krosshaug</b> (Norway): Local analysis of injury mechanisms - from incident analysis using video to lab studies</p> <p>10.55-11.10 <b>James Slauterbeck</b> (USA): Laboratory studies of injury mechanisms - in vivo and in vitro</p> <p>11.10-11.25 <b>Bertrand Fréchéde</b> (Australia): Computer simulations of injury mechanisms</p> <p>11.25-11.40 <b>Andrew McIntosh</b> (Australia): Linking injury mechanism studies with interventions to prevent injury</p> <p>11.40-12.00 <b>All</b>: Panel discussion</p>	
12 - 13	LUNCH (Radisson SAS Hotel Tromsø & Rica Ishavshotel – please check your lunch ticket)			
	SESSION A (Tromsøsalen, Radisson SAS Hotel Tromsø)	SESSION B (Rica Hall 1, Rica Ishavshotel)	SESSION C (Rica Hall 2, Rica Ishavshotel)	SESSION D (Sydspissen, Radisson SAS Hotel Tromsø)
13 - 15	<p><b>Implementing training programs targeted to improve performance and prevent injury in team sports - successes, perils, pitfalls and politics</b></p> <p><b>Chair: Jiri Dvorak</b> (Switzerland)</p> <p>13.00-13.30 <b>Jiri Dvorak</b> (Switzerland): Introduction: overview of implementing training programs targeted to improve performance and prevent injury in team sports</p> <p>13.30-13.50 <b>Geoffrey Verrall</b> (Australia): Australian football</p> <p>13.50-14.10 <b>Thor Einar Andersen</b> (Norway): Soccer</p>	<p><b>ACL injury paradigm: ACL biology and its relationship to injury and prevention</b></p> <p><b>Chair: James Slauterbeck</b> (USA)</p> <p>13.00-13.10 <b>James Slauterbeck</b> (USA): Introduction of an "ACL Injury Paradigm" and its relationship to prevention</p> <p>13.10-13.30 <b>Javad Hashemi</b> (USA): ACL geometry, property, and morphology – a sex-based assessment</p> <p>13.30-13.50 <b>Bruce Beynnon</b> (USA): Load application to the knee and neuromuscular control</p> <p>13.50-14.10 <b>Dan Hardy</b> (USA): Relationship of sex hormones, gene expression profiles, and ACL</p>	<p><b>Behaviour and sports injuries</b></p> <p><b>Chair: Evert Verhagen</b> (Netherlands)</p> <p>13.00-13.20 <b>Evert Verhagen</b> (Netherlands): Behaviour: a peculiar injury risk factor</p> <p>13.20-13.40 <b>Barbara Morrongiello</b> (Canada): Attitudes, emotions, and cognitions. Influences on risk taking</p> <p>13.40-14.00 <b>Carly McKay</b> (Canada): Behaviours, attitudes, and injury risk</p> <p>14.00-14.20 <b>Brent Hagel</b> (Canada): Does the use of protective equipment cause injuries in sport and recreation activities by increasing risk taking</p>	<p><b>Workshops</b></p> <p>13.00-13.50 <b>S Gianotti</b> (New Zealand), <b>K Quarrie</b> (New Zealand): RugbySmart (#R)</p> <p>14.00-14.50 <b>M Bizzini</b> (co-chair, Switzerland), <b>A Junge</b> (co-chair, Switzerland), <b>G Myklebust</b> (co-chair, Norway): Basic and advanced version of an injury prevention program for amateur football players (#S)</p>

	<p>14.10-14.30 <b>James Moriarty (USA)</b>: American football</p> <p>14.30-15.00 <b>All</b>: Panel discussion</p>	<p>remodeling to ACL loading and failure</p> <p>14.10-14.30 <b>Jimmy Slauterbeck (USA)</b>: Where we need to go?</p> <p>14.30-15.00 <b>All</b>: Panel discussion</p>	<p>behaviour?</p> <p>14.20-14.40 <b>Barbara Morrongiello (Canada)</b>: Strategies to reduce risk-taking behaviour: a test of two interventions</p> <p>14.40-15.00 <b>Dorine Collard (Netherlands)</b>: Development of preventive strategies in sports, should we listen to the athletes?</p>	
<b>15-15.30</b>	<b>COFFEE BREAK</b>			
<b>15.30 – 17.30</b>	<b>SESSION A (Tromsøsalen, Radisson SAS Hotel Tromsø)</b>	<b>SESSION B (Rica Hall 1, Rica Ishavshotel)</b>	<b>SESSION C (Rica Hall 2, Rica Ishavshotel)</b>	<b>SESSION D (Sydspissen, Radisson SAS Hotel Tromsø)</b>
	<p><b>Mechanisms of hamstring muscle strain and implications for prevention</b></p> <p><b>Chair: Geoffrey Verrall (Australia)</b></p> <p>15.30-15.35 <b>Geoffrey Verrall (Australia)</b>: Introduction: is the mechanism of injury relevant?</p> <p>15.35-15.45 <b>Thomas M. Best (USA)</b>: Kinematics of the hamstring muscles during sprinting</p> <p>15.45-15.50 <b>Geoffrey Verrall (Australia)</b>: Why is the biceps the most commonly injured hamstring muscle?</p> <p>15.50-16.05 <b>David Morgan (Australia)</b>: From the lab: the non-uniform sarcomere model of hamstring muscle strain injury</p> <p>16.05-16.20 <b>Geoffrey Verrall (Australia)</b>: From the field: the force/fatigue model of hamstring</p>	<p><b>Adjustment for exposure to injury risks: considerations in the selection of controls, biomechanists vs. epidemiologists</b></p> <p><b>Chair: Karim Khan (Canada)</b></p> <p>15.30-15.35 <b>Karim Khan (Canada)</b>: Introduction and setting rules of debate</p> <p>15.35-15.50 <b>Andrew McIntosh (Australia)</b>: Torquing with epidemiologists - a biomechanical perspective on case control studies</p> <p>15.50-16.05 <b>Brent Hagel (Canada)</b>: An epidemiologic perspective on selection of controls for etiologic studies of protective equipment use in the sport and recreation context</p> <p>16.05-16.20 <b>David Lloyd (Australia)</b>: Why does it break? Biomechanics has the answer!</p> <p>16.20-16.35 <b>Caroline Finch</b></p>	<p><b>Free communications</b></p> <p><b>Chairs: John Orchard (Australia) &amp; Colin Fuller (UK)</b></p> <p>15.30-15.40 <b>G Myklebust, A Skjølberg, R Bahr (Norway)</b>: ACL injuries in female team handball players - national injury trends after the Norwegian injury prevention study (#42)</p> <p>15.40-15.50 <b>R Sasaki, Y Urabe, O Yamaguchi, Y Ueda, T Akimoto (Japan)</b>: Change of whole body reaction time by performing an ACL injury prevention program (#43)</p> <p>15.50-16.00 <b>MK Zebis, J Bencke, L Andersen, T Alkjær, P Magnusson, M Kjær, P Aagaard (Denmark)</b>: Neuromuscular training changes the timing of medial hamstring muscle activity during sidecutting in female elite soccer and handball players (#44)</p> <p>16.00-16.10 <b>Y Urabe, R Sasaki, A Miyazato, O Yamaguchi, Y Ueda, S Koshida (Japan)</b>: Effect</p>	<p><b>Workshops</b></p> <p>15.30-16.20 <b>M Bizzini (Switzerland), T Hewett (USA), R Smith (USA), ML Voight (chair, USA)</b>: ACL injury prevention programs: How to implement and are they effective (#T)</p> <p>16.30-17.20 <b>C Ortega (chair, USA), G Zuest (USA)</b>: Efficient taping strategies to prevent injuries of the lower extremities (#U)</p>

	<p>injury</p> <p>16.20-16.35 <b>Thomas M. Best (USA)</b>: The influence of inflammation on the healing pathway. Do the mechanisms matter?</p> <p>16.35-16.50 <b>Arni Arnason (Iceland)</b>: Does the mechanism of injury influence the prevention program</p> <p>16.50-17.00 <b>Geoffrey Verrall (Australia)</b>: Summary</p> <p>17.00-17.30 <b>All</b>: Panel discussion – areas of agreement and disagreement for the mechanics of hamstring injuries and implication for prevention programs</p>	<p>(Australia): When the load gets too big, epidemiology is the answer!</p> <p>16.35-16.50 <b>Karim Khan (Canada)</b>: Questions/viewpoints from the floor</p> <p>16.50-16.55 <b>All</b>: Summary statements on each side</p> <p>16.55-17.00 <b>Karim Khan (Canada)</b>: Voting and consensus!</p>	<p>of an ACL injury prevention program on decreasing ACL injury incidence: a three-year follow-up study (#45)</p> <p>16.10-16.20 <b>F Mohammadi (Iran)</b>: Comparison of three preventive methods to reduce the recurrence of ankle inversion sprains in male soccer players (#46)</p> <p><b>Chairs: John Bergfeld (USA) &amp; Sandra Shultz (USA)</b></p> <p>16.30-16.40 <b>K Bartholomeeusen, R Meeusen, E Cumps (Belgium)</b>: Is the novice runner at risk? A prospective cohort study of running injuries during a 10-week supervised training program (#47)</p> <p>16.40-16.50 <b>M Collins, A September, J Cook, C Handley, L van der Merwe (South Africa/Australia)</b>: Variants within the COL5A1 gene are associated with chronic achilles tendinopathy in a second population (#48)</p> <p>16.50-17.00 <b>M Schwellnus, K Schwabe, R de Villiers, M Collins (South Africa)</b>: Achilles tendon morphology and blood flow changes following an Ironman triathlon: a prospective cohort study (#49)</p> <p>17.00-17.10 <b>M Yagishita, K Kitaoka (Japan)</b>: The effect of eccentric exercise on the injured patella tendon healing (#50)</p> <p>17.10-17.20 <b>W Derman (South Africa)</b>: Does pre-treatment with NSAID prevent muscle pain and damage following unaccustomed eccentric exercise? (#51)</p> <p>17.20-17.30 <b>I Buist, S Bredeweg (Netherlands)</b>: Incidence and risk factors of running-related injuries in female recreational runners</p>	
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<b>17.30 – 18.15</b>	<b>KEYNOTE LECTURE (Tromsøsalen, Radisson SAS Hotel Tromsø)</b> <i>Colin Fuller (UK):</i> Risk management in sports: that ounce of prevention really is worth a pound of cure			
<b>18.15 – 18.30</b>	<b>CLOSING CEREMONY (Tromsøsalen, Radisson SAS Hotel Tromsø)</b>			
<b>20 -</b>	<b>Speaker's dinner – special event (by invitation)</b>			