

MESSAGE FROM JACQUES ROGGE, IOC PRESIDENT



Dear Colleagues,

As you may know, it is a tradition for the IOC Medical Commission to organise, during the Olympic Games, several symposia and workshops on sports medicine and sports physiotherapy.

Therefore, this summer, on the occasion of the Games of the XXX Olympiad in London, you will have the opportunity to attend one symposium on Periodic Health Evaluation (PHE) and Electrocardiography (ECG), and a second symposium on Overuse Injuries and Stress Fractures in the Lower Extremities. In addition, you will have the opportunity to attend 10 practical workshops on various topics that are part of this academic programme.

Our wish is to share with all NOC team doctors, physiotherapists and other healthcare providers the most recent methods and knowledge to provide the most effective medical advice and to ensure the best possible care for their athletes. As a former team doctor, I know how important it is to be informed of the latest research and medical practices and to be able to use these to serve the athlete, whether elite or amateur.

I look forward to your active participation and contribution.

Thank you.

Jacques Rogge

ACADEMIC PROGRAMME

Mon. 30.7.2012 15.00 – 17.00 Workshop	Hands-on musculotendinous Ultra Sound – small group tutorials David Wilson and Gina Allen	Treatment Room 8*
Tue. 31.7.2012 12.00 – 12.45 Short Workshop	Shockwave Therapy: Demonstration & Overview of Soft Tissue Treatment Applications Mark Henne and Christoph Schmitz	Top Floor Polyclinic 30*
Tue. 31.7.2012 15.00 – 17.00 Symposium	1st Olympic Course on Electrocardiography (ECG) in Periodic Health Evaluations (PHE) Lars Engebretsen, Antonio Pelliccia and Sanjay Sharma	CDM hall 300+*
Wed. 1.8.2012 15.00 – 16.30 Workshop	Achilles & Patella Tendinopathy: Pain, Performance and Rehabilitation Strategies Marie-Elaine Grant	Top Floor Polyclinic 30*
Thur. 2.8.2012 15.00 – 17.30 Symposium	Overuse Injuries and Stress Fractures in the lower extremities Lars Engebretsen, Per Renström, Winne Meeuwisse, Roald Bahr and Ben Clarsen	CDM hall 300+*
Fri. 3.8.2012 15.00 – 16.30 Workshop	Ankle Ligament Disruption – A Clinical and Sporting Dilemma Graham Smith	Top Floor Polyclinic 30*
Sat. 4.8.2012 15.00 – 16.30 Workshop	Specific Soft Tissue Mobilisation: Exploring clinical and performance possibilities Glen Hunter	Top Floor Polyclinic 30*
Sun. 5.8.2012 12.00 – 13.00 Short Workshop	Application of Isokinetic Testing and Rehabilitation of the Shoulder Complex George Davis	Top Floor Polyclinic & Physiotherapy Department 15*
Sun. 5.8.2012 15.00 – 16.30 Workshop	Rehabilitation Following ACL injury Nicki Phillips	Top Floor Polyclinic 30*
Mon. 6.8.2012 12.00 – 12.45 Short Workshop	Shockwave Therapy: Demonstration & Overview of Soft Tissue Treatment Applications Mark Henne and Christoph Schmitz	Top Floor Polyclinic 30*
Mon. 6.8.2012 15.00 – 17.00 Workshop	Hands-on musculotendinous Ultra Sound – small group tutorials David Wilson and Gina Allen	Treatment Room 8*

Tue. 7.8.2012 15.00 – 17.00 Symposium	1st Olympic Course on Electrocardiography (ECG) in Periodic Health Evaluations (PHE) Lars Engebretsen, Antonio Pelliccia and Sanjay Sharma	CDM hall 300+*
Wed. 8.8.2012 12.00 – 13.00 Short Workshop	Application of Isokinetic Testing and Rehabilitation of the Knee using an integrated OCK and CKC approach George Davis	Top Floor Polyclinic & Physiotherapy Department 15*
Wed. 8.8.2012 15.00 – 16.30 Workshop	Shoulder Rehabilitation in Sports – A Clinical View Hilde Fredriksen	Top Floor Polyclinic 15*
Thur. 9.8.2012 15.00 – 16.30 Workshop	The Role of Physiotherapy in: Injuries of the Throwing Shoulder Wendy Braybon	Top Floor Polyclinic 30*

* Capacity



SYMPOSIA

1ST OLYMPIC COURSE ON ELECTROCARDIOGRAPHY (ECG) IN PERIODIC HEALTH EVALUATIONS (PHE)

31st July 2012 Chef de Mission Hall, Olympic Village, London
7th Aug. 2012 IOC Medical and Scientific Department
15.00 – 17.00 Sport physicians representing NOCs
To provide the examining physician with the means for learning the appropriate interpretation of athlete's ECG

15.00 – 15.10	Welcome and Introduction The ECG abnormalities in athletes from diagnosis to management Lars Engebretsen
15.10 – 15.50	LV hypertrophy and repolarization abnormalities Antonio Pelliccia
15.50 – 16.00	Questions/Comments All participants
16.10 – 16.50	Channelopathies (Long & short QT syndromes, Brugada, CPVT) and arrhythmias Sanjay Sharma
16.50 – 17.00	Questions/Comments

OVERUSE INJURIES AND STRESS FRACTURES IN THE LOWER EXTREMITIES

2nd Aug. 2012 Chef de Mission Hall
15.00 – 17.30 IOC Medical and Scientific Department

15.00 – 15.30	How large is the problem? – Overuse injuries – Stress fractures Prof Winne Meeuwisse and Prof Per Renström
15.30 – 15.54	The challenge of detecting overuse problems Ben Clarsen
16.00 – 16.15	What are the risk factors? Prof Roald Bahr
16.15 – 16.30	Can overuse injuries be prevented? Prof Winne Meeuwisse
16.30 – 16.45	New treatment options? PRP and stem cells Prof Lars Engebretsen
16.45 – 11.15	Questions and discussion

GENERAL INFORMATION

- Each participant will receive a certificate of attendance.
- English and French interpretation will be available for the two symposia. All workshops will be in English only.
- Delegates will be awarded CPD hours for attendance at the physiotherapy workshops.
- Adequate access pass to the residential zone of the Olympic Village required.

ORGANISING COMMITTEE

A. Ljungqvist (Sweden)
R. Budgett (Great Britain)
P. Renström (Sweden)
M.-E. Grant (Ireland)

L. Engebretsen (IOC)
T. Soligard (IOC)
S. Greinig (IOC)



SPEAKERS

David Wilson	MBBS BSc MFSEM FRCP FRCR, Consultant Musculoskeletal Radiologist, Oxford University Hospitals (United Kingdom) djwilson@nexus.ox.ac.uk
Gina Allen	BM DCH MRCGP MRCP FRCR MFSEM DipSEM, Consultant Musculoskeletal Radiologist and Physician, Oxford University Hospitals and Oxford Soft Tissue Injuries Clinic (United Kingdom) georgina.allen@gtc.ox.ac.uk
Mark Henne	Orthopaedic + Trauma Surgeon, Specialisation in Sports Orthopaedics (Germany) mark_henne@arcor.de
Christoph Schmitz	Professor and Head of Department of Neuroanatomy, Ludwig- Maximilians University, Munich, Germany. Medical Scientific Officer, EMS Electro Medical Systems (Switzerland) cschmitz@ems-ch.com
Lars Engebretsen	Head of Scientific Activities, Medical & Scientific department, IOC (Norway) lars.engebretsen@medisin.uio.no
Antonio Pelliccia	MD, Professor of Pathophysiology in Sports Medicine, La Sapienza University of Rome (Italy) ant.pelliccia@libero.it
Sanjay Sharma	BSc (Hons), MD, FRCP, FESC, Professor of Cardiology, St George's University of London (United Kingdom) sasharma@sgul.ac.uk
Marie-Elaine Grant	Chartered PT, PhD, Dip Physio(NUI), MCSP, (S)MISCP, Specialist in Sports and Exercise Physiotherapy, IOC MC (Games Group), (Ireland) megrant@eircom.net
Per Renström	MD, PhD, Professor emeritus of Sports Medicine, Karolinska Institutet, (Sweden) per.renstrom@telia.com
Winne Meeuwisse	BA, MD, MPE, PhD, Professor, Faculty of Kinesiology, University of Calgary (Canada) w.meeuwisse@ucalgary.ca
Roald Bahr	MD, PhD, Professor of Sports Medicine, Norwegian School of Sports Sciences (Norway) roald.bahr@nih.no



Ben Clarsen	PT, MSc, PhD student Sports Medicine (Norway/Australia) ben.clarsen@nih.no
Graham Smith	Prof. Chartered PT, FCSP GradDipPhys DipTP CertED, Rehabilitation and Sports Consultant Glasgow (United Kingdom) g.smith@physiotech.biz
Glen Hunter	Chartered PT, MSc (dist), MCSP, CRP, Cert Ed FE, Consultant in Research and Innovation (Performance Medicine) at UK Sport (United Kingdom) 10glennh@gmail.com
George Davis	PT, MEd, ATC, FAPTA, Professor of Physical Therapy at Armstrong Atlantic State University, Savannah (United States) george.davies@armstrong.edu
Nicola Phillips	Chartered PT, PhD, MSc, MCSP (United Kingdom) phillipsn@cardiff.ac.uk
Hilde Fredriksen	PT, Specialist in Manual Therapy and Sports Physiotherapy, Norwegian Olympic Centre (Norway) hilde.fredriksen@olympiatoppen.no
Wendy Braybon	PT, Specialist in Sports Physiotherapy (FCAP) (Australia) wendy.braybon@vis.org.au

LONDON 2012 OLYMPIC GAMES

INVITATION

5th EDITION OLYMPIC ACADEMIC PROGRAMME ON SPORT MEDICINE AND SPORT PHYSIOTHERAPY

2 SYMPOSIA

London Olympic Village, Chefs de Mission Hall

1st OLYMPIC COURSE ON ELECTROCARDIOGRAPHY (ECG) IN PERIODIC HEALTH EVALUATIONS (PHE)

31st July 2012 + 7th August 2012, 15:00 – 17:00 hrs

OVERUSE INJURIES AND STRESS FRACTURES IN THE LOWER EXTREMITIES

2nd August 2012, 15:00 – 17:30 hrs

10 WORKSHOPS

London Olympic Village, Polyclinic
See inside for exact location, dates and times

Organised by the IOC Medical Commission



INTERNATIONAL
OLYMPIC
COMMITTEE

