

THE 2ND SERBIAN INTERNATIONAL SPORTS MEDICINE CONFERENCE

SAVA CENTER, BELGRADE, MAY 23-25. 2019



New Dimension in Sports Medicine



ЗАВОД ЗА СПОРТ И МЕДИЦИНУ СПОРТА
РЕПУБЛИКЕ СРБИЈЕ

SERBIAN INSTITUTE OF SPORT AND SPORTS MEDICINE

SUPPORTED BY





Welcome
to
The 2nd Serbian International
Sports Medicine Conference

NEW DIMENSION IN SPORTS MEDICINE
GENERAL SCIENTIFIC PROGRAM

May 23–25, 2019

Sava Center, Belgrade,
Republic of Serbia

PROGRAM CONFERENCE

Official Conference language: English

Simultaneous translation to Serbian language provided

Preconference events

Session 1: *New Dimension in Sport Medicine*

Session 2: *Preparticipation Screening*

Session 3: *Sport Injuries, Preventive Program*

Session 4: *Sport Cardiology*

Session 5: *Key Notes Lecturers*

Session 6: *Sports Performance & Nutrition*

Session 7: *Health Promotion and Healthy Lifestyle Programs for All*

Session 8: *Doping in sport, supplements / TUE*

Session 9: *New technology in sport medicine*

Session 10: *FIFA panel*

Poster Presentations

Parallel sessions:

Workshop A: *Sport Injuries, Treatment and New Techniques*

Workshop B: *Sport Injuries, Treatment and New Techniques*

PROGRAM

PRECONFERENCE EVENTS

Thursday - May 23rd

PLACE: **Klub Poslanika, Tolstojeva 2, Belgrade**

Time	EVENTS
16.00 - 16.30	Opening
16.30 - 18.00	Session 1: <i>New dimension in sport medicine</i>
18.15 - 19.30	Opening Ceremony and Welcome drink
19.30 - 21.30	Dinner (only with invitation)

CONFERENCE PROGRAM - DAY 1

Friday – May 24th 2019

PLACE: **Sava Center, Conference Hall**

Time	SESSION
7.30 - 18.00	Registration
8.30 – 9.00	Official Opening
9.00 – 10.30	Session 2: <i>Preparticipation screening</i>
9.00 – 18.00	<i>Posters Presentations</i>
10.30 – 11.00	Coffee / Exhibition
10.00 – 13.00	Session 3: <i>Sport injuries, preventive program</i>
13.00 – 13.45	Lunch / Exhibition
14:00 – 16.15	Session 4: <i>Sport Cardiology</i>
16.30 – 16.45	Coffee / Exhibition
16.45 – 19.00	Session 5: <i>Key notes lecturers</i>

CONFERENCE PROGRAM - DAY 2
Saturday – May 25th 2019

Time	SESSION
8.30 – 18.00	Registration
9.00 – 10.30	Session 6: <i>Sports performance & Nutrition</i>
10.30 – 11.00	Coffee / Exhibition
10.30 – 11.30	Poster Presentations/ SC Hall
11.00 – 12.30	Session 7: <i>Health Promotion and Healthy Lifestyle Programs for All</i>
11.00 – 12.30	Parallel Sessions Workshop A: <i>Sport Injuries, Treatment and New Techniques</i> Hall 5/I or 6/I
12.30 – 13.15	Lunch / Exhibition
13.30 – 15.00	Session 8: <i>Doping in Sport, Supplements / TUE session</i>
14.00 – 15.30	Parallel Sessions Workshop B: <i>Sport Injuries, Treatment and New Techniques</i> Hall 5/I or 6/I
15.00 – 15.15	Coffee / Exhibition
15.15 – 16.30	Session 9: <i>New technology in sport medicine</i>
16.30 – 18.00	Session 10: <i>FIFA panel</i>
18.00	Closing



9.00 – 10.30	Session 2: <i>Preparticipation screening</i>
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CHAIRS:

Tamara Gavrilović (Serbia), Dragan Radovanović (Serbia) and Mats Borjesson (Sweden)

Time	Topic	Lecturer
9.00 – 9.20	Preparticipation screening / SCD in athletes	Fabio Pigozzi (Italy)
9.20 – 9.40	The new prescreening procedure for general population: decreasing the barriers to participation in physical activity	Dragan Radovanović (Serbia)
9.40 – 10.00	Screening of master athletes	Mats Borjesson (Sweden)
10.00 – 10.20	Importance of preventive screening of young athletes - SISSM experience	Tamara Gavrilović (Serbia)
10.20 – 10.30	Panel discussion and questions	
10.30 – 11.00	Coffee / Exhibition	

11.00 – 13.00	Session 3: <i>Sport injuries, preventive program</i>
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CHAIRS:

Zdeslav Milinković (Serbia) and Demitri Constantionou (South Africa)

Time	Topic	Lecturer
11.00 – 11.20	Improving the health of the athlete: Load monitoring in high level professional cycling to prevent injury and illness	Jeroen Swart (South Africa)
11.20 – 11.40	New techniques in diagnostic and treatment	Demitri Constantionou (South Africa)
11.40 – 12.00	Evaluation of human movement dysfunction and injury risks factors	Predrag Božić (Serbia)
12.00 – 12.20	Development of A Model for Safe and Effective Return to Sports after Injuries	Rado Pišot (Slovenia)
12.20 – 12.40	Treatment of musculoskeletal system injuries in elite athletes and PRP & AdMSC method - case report	Aleksandar Jakovljevic (Republic of Srpska)
12.40 – 12.50	Regenerative ortopedics in sport medicine	Dušan Marić (Serbia)
12.50 – 13.00	Panel discussion and questions	
12.30 – 13.45	Lunch / Exhibition	

14.00 – 16.15	Session 4: Sport Cardiology <i>(Joint Session with Serbian Society of Cardiomagnetic Resonance)</i>	
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CHAIRS:

Marija Zdravković (Serbia) and Ivana Nedeljković (Serbia)

Time	Topic	Lecturer
14.00 – 14.20	MRI diagnostic	Marija Zdravkovic (Serbia)
14.20 – 14.40	The athlete with arrhythmias - risk stratification, sport eligibility and indications for PM/ICD s	David Niederseer (Switzerland)
14.40 – 15.00	Management of athletes with cardiovascular condition	Milena Antić (Serbia)
15.00 – 15.20	Exercising recommendations for paroxysmal AF in young and middle-aged athletes - PAFIYAMA syndrome	Ivana Nedeljković (Serbia)
15.20 – 15.40	Sudden cardiac death in young athletes	Vojislav Parezanović (Serbia)
15.40 – 16.00	Exercise induced arrhythmias in children and adolescents	Vladislav Vukomanović (Serbia)
16.00 – 16.15	Panel discussion and questions	
16.30 – 16.45	Coffee / Exhibition	

16.45 – 19.00	Session 5: Key notes lecturers	
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CHAIRS:

Branislav Jevtić (Serbia) and Yannis Pitsiladis (UK)

Time	Topic	Lecturer
16.45 – 17.10	Direct to consumer genetic testing: helpful, harmful or pure fun	Yannis Pitsiladis (UK)
17.10 – 17.35	The current development of sports medicine	Fabio Pigozzi (Italy)
17.35 – 18.00	Improvement of competition results in elite and professional sports - challenges for sports medicine and sports sciences	Branislav Jevtić (Serbia)
18.00 – 18.25	Athlete Health Evaluation, Aspetar Model	Emin Ergen (Aspetar, Qatar)
18.25 – 18.50	Health exercise: the problem of dosing	Duško Spasovski (Serbia)
18.50 – 19.00	Panel discussion and questions	

CONFERENCE PROGRAM - DAY 2
Saturday May 25th 2019

8.30 – 18.00

Registration (Sava Center, Belgrade)

Place: Hall 1/0

9.00 – 10.30

Session 6: Sports performance & Nutrition

CHAIRS:

Vladimir Jakovljević (Serbia) and Nenad Dikić (Serbia)

Time	Topic	Lecturer
9.00 – 9.20	Dietary supplementation practices in high-performance athletes	Marija Andjelković (Serbia)
9.20 – 9.40	Supplementation in team sports: antioxidative and other properties	Vladimir Jakovljević (Serbia)
9.40 – 10.00	n-3 PUFA and n-6 PUFA supplementation in young male soccer players	Vladimir Živković (Serbia)
10.00 – 10.20	Food intolerance and sport performance	Nenad Dikić (Serbia)
10.20 – 10.30	Panel discussion and questions	
10.30 – 11.00	Coffee / Exhibition	

11:00 – 12:30

Session 7: Health Promotion and Healthy Lifestyle Programs for All

CHAIRS:

Nebojša Tasić (Serbia) and James Bilzon (FIMS, UK)

Time	Topic	Lecturer
11.00 – 11.20	HISPA – program and results	Nebojša Tasić (Serbia)
11.20 – 11.40	How can we provide and contribute a quality of life	Saša Plečević (Serbia)
11.40 – 12.00	The role of water in improving nutrition and healthy lifestyles	Mašenjka Katić (Croatia)
12.00 – 12.20	Exercise Guidelines for the Maintenance of Health and Wellbeing in People with Physical Disabilities	James Bilzon (UK)
12.20 – 12.30	Panel discussion and questions	
12.30 – 13.15	Lunch / Exhibition	

Number	Time	Posters Presentations
P – 01	10.30 – 11.30	Ayurveda as sports injuries prevention program Aleksandra Sanader
P – 02	10.30 – 11.30	Gender differences in body composition of university students Ana Lilić
P – 03	10.30 – 11.30	Differences in Motor Skills Regarding to the Player Positions in the Team Badnjarević Nemanja
P – 04	10.30 – 11.30	Classification Serbian Road Cyclists by Specialty by Cardiovascular and Respiratory Variables Biljana Nikolić
P – 05	10.30 – 11.30	Does hypermobility impact on injury rate in artistic gymnastics: the descriptive observational study Bojan Bukva
P – 06	10.30 – 11.30	Body mass index and percentage of body fat among athletes Dušan Antić
P – 07	10.30 – 11.30	Sports Children Cardiological Problems Gordana Grujić Ilić
P – 08	10.30 – 11.30	Result Obtained by Screening of Posture of Schoolchildren in Belgrade Jadranka Plavšić
P – 09	10.30 – 11.30	Anthropometrical and physiological profile of elite female handball players from R. Macedonia J. Pluncevic Gligoroska
P – 10	10.30 – 11.30	Activities of children from rural and urban municipalities Jelena Stošić
P – 11	10.30 – 11.30	Differences In Postural Status OfThe Spinal Column In Female Volleyball Players Of Different Age Categories Katarina Nejić
P – 12	10.30 – 11.30	Diet and nutrition knowledge in prevention of overreachingand overtraining syndrome among kayakers Ljiljana Bjelaković
P – 13	10.30 – 11.30	Effects of mesotherapy procedures in knee pain treatment – case report Marija Macura
P – 14	10.30 – 11.30	Risk Factors for the Occurrence of Hypertension inAthletes Milena Antić
P – 15	10.30 – 11.30	Influence of sodium citrate on endurance and organism of active athletes Nikola Prvulović
P – 16	10.30 – 11.30	Physiological characteristics of theABA League players at the preparatory period Ratko Perić
P – 17	10.30 – 11.30	Contribution of Psychodiagnostics in Contemporary Sports-Practical Experience From Serbian Institute of Sport and Sports Medicine Tijana Ćirković Higl
P – 18	10.30 – 11.30	Differences of Q Angle in Male and Female Athletes Vasiljević Marko
P – 19	10.30 – 11.30	Sports medicine in health system in Serbia Zoran Šarčević

11.00 – 12.30	Parallel sessions Workshop A: <i>Sport Injuries, Treatment and New Techniques</i> Hall 5/I or 6/I
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LECTURERS:

Zdeslav Milinković, Marko Kadija, Aleksandar Crnobarić,
Zoran Bašćarević, Miroslav Milankov, Milan Ilić

Time	Topic Lecturer
11.00 – 11.20	Techniques of examinations and treatment injuries in sport (low back pain & deformities)
11.20 – 11.40	Techniques of examinations and treatment injuries in sport (knee)
11.40 – 12.00	Techniques of examinations and treatment injuries in sport (hip)
12.00 – 12.20	Hip injuries
12.20 – 12.30	Panel discussion and questions

13.30 – 15.00	Session 8: <i>Doping in Sport, Supplements / TUE</i>
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CHAIRS:

Milica Vukašinović Vesić (Serbia) and Yannis Pitsiladis (FIMS, UK)

Time	Topic	Lecturer
13.30 – 13.50	A Holistic Antidoping Approach for a Fairer Future for Sport	Yanis Pitsiladis (UK)
13.50 – 14.10	Innovations in sport science. Peak performance without doping	Irina Zelenkova (Russia)
14.10 – 14.30	New frontiers in Anti-Doping – from biomarkers to deterrence	Nenad Dikić (Serbia)
14.30 – 14.50	Current issues of Therapeutic Use Exemption (TUE): Practice, Problems and Perspectives	Viktoriya Badtieva (Russia)
14.50 – 15.00	Panel discussion and questions	
15.00 – 15.15	Coffee / Exhibition	

14.00 – 15.30	Parallel sessions Workshop B: <i>Sport Injuries, Treatment and New Techniques</i> Hall 5/I or 6/I
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LECTURERS:

Branislav Krivokapić, Boris Vukomanović,
Dejan Aleksandrić, Violeta Baščarević, Marko Bundalo

Time	Topic
14.00 – 14.15	Techniques of examinations and treatment injuries in sport (foot and ankle)
14.15 – 14.30	Techniques of examinations and treatment injuries in sport
14.30 – 14.45	Techniques of examinations and treatment injuries in sport (shoulder & elbow)
14.45 – 15.00	Techniques of examinations and treatment injuries in sport (hand)
15.00 – 15.15	INDIBA therapy
15.15 – 15.30	Treatment technique
15.30 – 15.45	Possible panel discussion and questions

15.15 – 16.30	Session 9: <i>New technology in sport medicines</i>
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CHAIRS:

Goran Vukomanović (Serbia) and Nael El Shal (UAE)/TBD

Time	Topic	Lecturer
15.15 – 15.35	HUMEDS mobile ECG	Goran Vukomanović (Serbia)
15.35 – 15.55	ACE and ACTN3 genes polymorphisms among elite male Serbian athletes	Tijana Durmić (Serbia)
15.55 – 16.15	Multi – modality approach to the diagnosis and management of muscle injuries Contemporary Methods of Physical Therapy & Latest Apparatus Shockwave	Nael El Shal (UAE) Milan Ilić (Serbia)
16.15 – 16.30	Panel discussion and questions	

16.30 – 18.00	Session 10: FIFA panel & Closing
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CHAIRS:

Yacine Zerguini (UAE) and Michiko Dohi (Japan)

Time	Topic	Lecturer
16.30 – 16.50	Screening U17 African players prior to the CAF Championship 2019. Age determination by MRI of the wrist in African football players: Reliability of MRI controls	Yacine Zerguini (UAE)
16.50 – 17.10	PCMA-Standard screening of professional players	Brajesh Mittal (India) /TBD
17.30 – 17.50	Guideline of training during pregnancy and postpartum for early RTP in elite athletes	Michiko Dohi (Japan)
17.50 – 18.00	Panel discussion and questions	Zoran Lakočević (Serbia) Slobodan Branković (Serbia)



