



The 1st Serbian International Sports Medicine Conference

21st - 23rd May,
2015

Sava Center,
Belgrade, Serbia



A PARTNERSHIP BETWEEN

**ASPETAR AND
SERBIAN INSTITUTE
OF SPORTS AND SPORTS MEDICINE**

TOWARDS EXCELLENCE IN SPORTS MEDICINE

SUPPORTED BY:



SERBIAN
ACADEMY OF
SCIENCES
AND ARTS

ORGANIZED BY:



**ЗАВОД ЗА СПОРТ И МЕДИЦИНУ СПОРТА
РЕПУБЛИКЕ СРБИЈЕ**

SERBIAN INSTITUTE OF SPORT AND SPORTS MEDICINE



Republic of Serbia

Under the auspices
of





Welcome

to the

1st Serbian International Sports Medicine Conference

May 21st – 23rd, 2015

Sava Center, Belgrade
Serbia



ASPETAR
Orthopaedic and Sports Medicine Hospital



**ЗАВОД ЗА СПОРТ И МЕДИЦИНУ СПОРТА
РЕПУБЛИКЕ СРБИЈЕ**

SERBIAN INSTITUTE OF SPORT AND SPORTS MEDICINE

Respected participants of the Conference,

Dear Guests,



During the pre-Olympic year, while our athletes are preparing for the biggest global sporting event — the Olympic Games, we wanted to provide them an exclusive international education project, through which they will benefit by obtaining precious information from various research fields and which will serve them as a guideline in facilitating the preparation period and preserving their health and well being so that they may be fit in facing the numerous challenges that are ahead of them and all this besides the support from the systemic financing through which the athletes are given adequate conditions for the preparation period.

Sport is an area with a highly expressed upward trend of demands in regard to the physical fitness of athletes, which makes the path to superb results highly unpredictable and complicated. The combination of experience and science is the best way to achieving superb results. However, regardless of the importance of the competition, the main priority for us all is the health of athletes. We have decided to host this conference, recognizing the importance of sports medicine for the overall development of sport and for all our athletes.

Sport is an area of general interest for the Republic of Serbia and the system of sport is regulated by the Law on Sport and planned for the long term by the Strategy of Sport. The field of sports medicine is a part of that carefully planned system and is strategically being developed through numerous activities among which this Conference takes a special place.

Serbia has fully institutionalized the field of sport through the Ministry of Youth and Sport, Anti-Doping Agency and Institute of Sport and Sports Medicine. The Associations for Sports Medicine are supported through program financing which is very important for the overall and continuous development of sport.

As the head of the Ministry that is hosting this Conference, but also as an ex athlete that participated in many sport competitions and won Olympic medals, I am convinced that the Conference is the right place for your medical knowledge and your lines of expertise to be used at the highest level with the aim of improvement and availability of remarkable sports medicine practice. This is why I am confident of your active participation in the Conference, from which the sporting public has huge expectations.

On behalf of all Serbian athletes, the Ministry of Youth and Sport and myself, as the Minister in the Government of the Republic of Serbia, but also as an ex top athlete, who recognizes the important contribution your work has on sport, I wish to welcome all guests, participants and lecturers.

I wish you a successful event!

A handwritten signature in blue ink, appearing to read 'Vanja Udovičić'.

Vanja Udovičić

Minister

Republic of Serbia Ministry of Youth and Sports



Respected ladies and gentleman,

On behalf of the Organizing Committee and the Serbian Institute of Sport and Sports Medicine, I was given the honor to greet you and to welcome you to the 1st Serbian International Sports Medicine Conference. The Conference is a product of co-operation between the Serbian Institute of Sport and Sports Medicine, the leader in area of sport not only in our country but also in the region and the world famous Qatari orthopedic sports medicine hospital ASPETAR. The common objective of our two institutions is to present the latest accomplishments and findings in sports medicine through this Conference.

It is widely known that sport medicine contributes to sport accomplishments, as well as to the preservation of the overall health of the athlete while participating in the contest. The Serbian Institute of Sport and Sport Medicine was founded in 1956. Our institution was the first to introduce ergospirometry testing for athletes, chest and heart imaging for cardiovascular evaluation, laboratory for the neuro-muscular examinations, scientifically based supplementation and adequate sport diet programs in the region. In 1975 the Institute established an anti-doping control system.

Through accomplishing its goals in the area of sport medicine the Institute has both organized and supported professional training. Up until this moment our institution had done it on a local level through organizing continuous educational programs for sports doctors and other medical staff whose main focal point was sport en generale. Now the time has come for us to continue our development and accept the bigger role the State has offered us. The 1st Serbian International Conference of Sport Medicine is the right way of doing it.

The Conference can work only if a large number of people contribute to it. I express my gratitude to the Ministry of Youth and Sport of Serbia and the Serbian Academy of Science and Arts for their unselfish and generous help. I also thank the sponsors for recognizing the importance of this event and embarking on this wonderful journey with us all. And last but not least, I thank all the people and fellow colleagues responsible for organizing this great event.

We hope this Conference will help improve the area of expertise for all the participants, make new friendships happen and contribute in general to the overall progress of sport medicine.

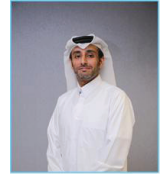
The Organizing Committee wishes a great time for all the participants and dear guests here in Belgrade, and quotes the famous Serbian poet Dusko Radovic who said about Belgrade: "He who was lucky enough to have woken up in Belgrade this morning, can consider it a great accomplishment in life. Any further request would be considered discourteous."

President of the Organizing Committee

Mr Goran Bojović

Director

Serbian Institute of Sport and Sports Medicine



Dear friends and colleagues,

The first Serbian International Sports Medicine Conference in Belgrade is a milestone in our collaboration with the Serbian Institute for Sports and Sports Medicine which was established in 2013. Aspetar is honoured to work together with this distinguished institution to promote Sports and Exercise Medicine not only in Serbia, but in the whole Balkan region. It has been our ambition to put a programme together that will not only attract participants regionally and internationally, but represent a highlight in this year's calendar of the sports medicine community worldwide. Under the theme of 'New Directions in Sports and Exercise Medicine', I dare say we have surely succeeded and delivered on this objective.

While featuring the most recent advances in sports medicine, orthopaedic surgery, cardiology and rehabilitation for athletes, the programme also comprehensively addresses the impact of exercise as part of a healthy lifestyle on public health. This aspect is continuously gaining more attention and importance among decision makers at different levels of societies all over the world who realise the unrivalled power of an active lifestyle in combating chronic disease. For us physicians, it opens new opportunities to serve our communities and improve their well-being.

The Balkan region has a long and rich tradition in Sports Medicine, and there are many excellent practitioners caring for athletes at all levels and promoting physical activity among the general population. In Qatar, the discipline is still comparably young, but rapidly developing, benefitting from the inclusion of experienced and skilled colleagues who come from all seven continents. The aim of this unique conference is for fruitful discussion and the sharing of experiences, knowledge and expertise between local, regional and international experts to benefit our athlete and non-athlete populations."

Dr Mohamed Ghaith Al-Kuwari,

Director General,
Aspetar Orthopaedic and Sports Medicine Hospital



Serbian Academy of Sciences and Arts

Serbian Academy of Sciences and Arts (SASA) has the great pleasure to accept auspice of 1 st Serbian International Sports Medicine Conference. Today, sport is a planetary phenomenon, whose importance and influence are present in almost all dimensions of life and civilization. Long ago sport has left the coast of only superior and competitive: in developed societies recreational sports representing nearly everyday necessities. Nowadays this makes the role of sports medicine more important because the responsible assessment of the possibilities for prevention and possible consequences of inadequate set of goals, as well as the treatment of disorders that uncontrolled practice of sport can cause, do not restrict either gender nor age. In the efforts of organizers I find an imperatively appropriateness and praiseworthy attempt to stay on the trail of classic and unsurpassed attitude “mens sana in corpore sano”.

Vladimir S. Kostić

President of SASA

Conference Honorary Board

Zlatibor Lončar MD,
Minister of Health, Government of the Republic of Serbia

Srđan Verbić, PhD,
Minister of Education, Science and Technological Development,
Government of Republic of Serbia

MR. Salah bin Ghanem bin Nasser Al Ali,
Minister of Youth and Sport, Government of the State of Qatar

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Minister of Health, Government of Montenegro

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Prof. dr Dana Badau,
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Medical Faculty University of Niš, Republic of Serbia

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Medical Faculty University of Kragujevac, Republic of Serbia

Prof. dr Dejan Madić,
Faculty of Sport and Sports Education University of Novi Sad, Republic of Serbia

Prof. dr Milovan Bratić,
Faculty of Sport and Sports Education University of Niš, Republic of Serbia

Siniša Mali,
Mayor of Belgrade, Republic of Serbia

Organizing Committee

Presidents:

Mr Goran Bojović

Director of the Serbian Institute of Sport and Sports Medicine
Belgrade, Republic of Serbia

Dr Mohamed Ghaith Al-Kuwari

MBBS, AB Director General, ASPETAR

Members of organizing committee

Dr Cristiano Eirale MD, ASPETAR, Doha, Qatar

Dayanah Cheik, ASPETAR, Doha, Qatar

Dr Bassam Qambar, ASPETAR, Doha, Qatar

Rana Albraich, ASPETAR, Doha, Qatar

Faten Smiley, ASPETAR, Doha, Qatar

Aleksandra Vlahović, SISSM, Belgrade, Republic of Serbia

Dr. Predrag Božić PhD, SISSM, Belgrade, Republic of Serbia

Dr. Jelena Ivanović PhD, SISSM, Belgrade, Republic of Serbia

Dr. Vesna Repić-Ćujić PhD, SISSM, Belgrade, Republic of Serbia

Dragica Milašin, SISSM, Belgrade, Republic of Serbia

Dr Jadranka Plavšić MD, SISSM, Belgrade, Republic of Serbia

Darko Lazić, SISSM, Belgrade, Republic of Serbia

Dr Vladimir Marković, Clinical Centre of Serbia Department for Colorectal Surgery,
Belgrade, Republic of Serbia

Volunteers

Anđelka Janjić, Marija Kostić, Milena Čanović, Nevena Dobrosavljević, Milica Loteran,
Marinko Stojaković, Miloš Obradović.

Scientific Committee

Chairman: Prof. dr Nebojša Popović,
Acting Chief Medical Officer
ASPETAR, Doha, Qatar



Chairman: Dr Tamara Gavrilović MD,
Serbian Institute of Sport and Sports Medicine
Belgrade, Republic of Serbia



Chairman: Prof. dr Zoran Krivokapić,
Clinic for Digestive Surgery,
Belgrade, Republic of Serbia



Members of scientific committee

Dr. Mohamed Ghaith Al Kuwari,
ASPETAR, Doha, Qatar

Prof. dr Karim Kan,
ASPETAR, Doha, Doha, Qatar

Prof. dr Olaf Schumacher,
ASPETAR, Doha, Qatar

Prof. dr Tomislav Jovanović,
Medical Faculty, University of Belgrade, Belgrade, Republic of Serbia

Prof. dr Vladimir Jorga,
Medical Faculty, University of Belgrade, Belgrade, Republic of Serbia

Prof. dr Nikola Grujić,
Medical Faculty, University of Novi Sad, Republic of Serbia

Prof. dr Vladimir Koprivica,
Faculty of sport and sports education University of Belgrade,
Belgrade, Republic of Serbia

Prof. dr Marko Kadija,
Clinical Centre of Serbia, Belgrade, Republic of Serbia

Doc. dr Zoran Baščarević,
Institute for Orthopaedic Surgical Illnesses Banjica, Belgrade, Republic of Serbia

Dr. Zoran Radojičić,
University Children's Hospital, Belgrade, Republic of Serbia

Prof. dr Miljko Ristić,
Clinical Centre of Serbia, Belgrade, Republic of Serbia

Dr Nenad Dikić,
Antidoping Agency of Serbia, Belgrade, Republic of Serbia

1st Serbian International Sports Medicine Conference

LECTURERS
(in alphabetical order)

May 21st – 23rd, 2015

Sava Center, Belgrade
Serbia



Adam Weir

Sports Medicine Physician
Clinical Lead of the Aspetar's Sports Groin Pain Centre
Doha, Qatar



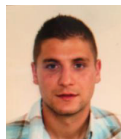
Ali Guerrazi

Director of the Quantitative Imaging Center, Professor of Radiology
and Section Chief of Musculoskeletal Imaging
at Boston University School of Medicine
Boston, USA



Antonio Pelliccia

Scientific Director of the Institute of Sports Medicine
of the Italian National Olympic Committee
Roma, Italy



Branislav Krivokapić

Institute for Orthopedic – Surgical Diseases Banjica
Belgrade, Republic of Serbia



Cristiano Eirale

Sport Medicine Physician
Instructor of Clinical Medicine WCMC-Q at Aspetar
Doha, Qatar



Erik Witvrouw

Lead research and education physiotherapist at Aspetar
Doha, Qatar



George Nassis

Sport science and exercise physiologist
Lead Physiologist in the Excellence
in Football Project-National Sports Medicine Programs at Aspetar
Doha, Qatar



Gilles Reboul

Visceral surgeon at Aspetar
Doha, Qatar



Guillermo J. Olcina Camacho

Associate Professor – Dean Universidad de Extremadura
Faculty of Sports Sciences
Extremadura, Spain



Jay R. Hoffman

Health and Exercise Science
Chair and Professor at the Health and Exercise Science Department
of the College of New Jersey (TCNJ)
New Jersey, USA



Johannes Tol

Sports Medicine Physician
Clinical Research Coordinator at Aspetar
Doha, Qatar



Julien Périard

Research Scientist in the Research
and Education Centre at Aspetar
Doha, Qatar



Karim Khan

Director of Research and Education at Aspetar
Doha, Qatar



Katarina Anđelkov

Founder of the BelPrime Clinic in Belgrade
Medical Director of the BSA
London, UK



Marc Martens

Professor at Antwerp University, Belgium
Orthopedic Surgery Visiting Surgeon Program at Aspetar
Doha, Qatar



Marcos Sforca

Plastic Surgery
Medical Director of the Hospital Group
London, UK



Mathew G. Wilson

Aspetar's Lead Performance Physiologist
Head of Athlete Health and Performance Research
Doha, Qatar



Michel D'Hooghe

President of FIFA Medical Commission
Belgium



Milica Vukašinović-Vesić

Director of the Antidoping Agency of the Republic Serbia
Belgrade, Republic of Serbia



Mohamed Ghaith Al-Kuwari

Director General of Aspetar
Qatar Orthopedic and Sports Medicine Hospital
Doha, Qatar



Nebojša Popović

Aspetar Acting Chief Medical Officer and Senior Orthopedic Surgeon, Associate
Professor of Clinical Orthopedic Surgery,
Weill Cornell Medical College, Qatar
Editor-in-Chief Aspetar Sports Medicine Journal
Doha, Qatar



Pieter D'Hooghe

Orthopedic Surgeon at Orthopedic Surgery Department at Aspetar
Doha, Qatar



Rado Pišot

Full Professor at the University of Primorska
Science and Research Centre, Institute for Kinesiology Research
Koper, Slovenia



Riad Miladi

Director of the Rehabilitation Department at Aspetar
Director of National Sports Medicine Programme – Clubs and Federations
Doha, Qatar



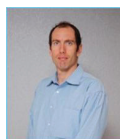
Roald Bahr

Head of the Aspetar Sports Injury & Illness Prevention Program
Doha, Qatar



Rod Whiteley

Senior Research & Education Physiotherapist at Aspetar
Doha, Qatar



Sebastien Racinais

Research Scientist
Research and Education Centre of Aspetar
Doha, Qatar



Sergej M. Ostojić

Faculty of Sport and Sports Education
University of Novi Sad
Novi Sad, Republic of Serbia



Slobodan Jarić

Health, Nutrition, & Exercise Sciences
Human Performance Lab
Delaware University
Delaware, USA



Stjepan Heimer

Full Professor and Executive
Editor of the international scientific journal Kinesiology
Zagreb, Croatia



Tamara Gavrilović

Sports Medicine Physician
Assistant Director for Sports Medicine
Serbian Institute of Sport and Sports Medicine
Belgrade, Republic of Serbia



Ulrike Muschaweck

Surgical chief and founder at the
Hernia Center Dr. Muschaweck Munich
Munich, Germany



Yorck Olaf Schumacher

Sports Medicine Physician
Deputy Director of Research at Aspetar
Doha, Qatar



Velvet Garvey

Managing Editor of a publication
Doha, Qatar



Žarko Vučković

General Surgeon Sports Surgery
Department member of Aspetar's Groin Pain Center
Doha, Qatar



Zoran Baščarević

Institute for Orthopedic – Surgical Diseases Banjica
Belgrade, Republic of Serbia

1st Serbian International Sports Medicine Conference

SCIENTIFIC PROGRAM

May 21st – 23rd, 2015

Sava Center, Belgrade
Serbia

Official Conference language: English

Simultaneous translation to Serbian language provided

Sessions:

Session I — Sport medicine: Importance and Perspective (Serbian Academy of Science and Arts)

Session II — Athlete Screening and Sports Injury Prevention

Session III — Sports Injury Management

Session IV — The Aspetar Vs. European Experiences

Session V — Key notes lecturers

Session VI — Sports Medical Issues in Athletes

Session VII — Sports Performance & Nutrition

Session VIII — Exercise is Medicine

Session — Special Champion Panel

Session — Special lecture

Workshops:

Workshop I — The athlete's groin (Hall 2)

Workshop II — ECG interpretation in athletes (Hall 2)

Workshop III — Examination of the foot and ankle (Hall 2)

Workshop IV — Examination of the knee (Hall 3)

Workshop V — Rehabilitation for knee injuries (Hall 3)

Workshop VI — Rehabilitation for shoulder injuries (Hall 3)

	Thursday - May 21 st	Friday - May 22 nd	Saturday - May 23 nd
Morning		7.30 – 18.00 Registration	8.30 – 12.00 Registration
		8.45 – 9.00 Welcome and official opening	
		9.05 – 11.15 Session II: Athlete Screening and Sport Injury Prevention	9.00 – 10.20 Session VI: Sports Medical Issues in Athletes
			10.25 – 10.40 Coffee/Exhibition
		11.15 – 11.30 Coffee/Exhibition	10.45 – 12.35 Session VII: Sports Performance & Nutrition
		11.35 – 13.00 Session III: Sports Injury Management	12.40 – 13.25 Lunch/Exhibition
Afternoon	14.00 – 18.15 Open speech Session I: Sport medicine: Importance and Perspective Serbian Academy of Sciences and Arts	13.00 – 13.55 Lunch/Exhibition	13.30 – 14.30 Session VIII: Exercise is Medicine
		14.00 – 16.30 Session IV: The Aspetar Vs. European Experiences	14.55 – 15.15 Coffee/Exhibition
		14.00-16.25 Parallel Session: Workshops Hall 5 and Hall 6	15.20 – 16.00 Special Champion Panel
	16.00 – 19.30 Registration Congress Center Sava	16.30 – 16.45 Coffee/Exhibition	16.05 – 16.35 Special lecture
		16.50 – 18.35 Session V: Key notes lecturers	16.40 Closing remarks
Evening	19.00 - 21.00 Opening ceremony National Theatre in Belgrade		

Thursday – May 21st

16.00 – 19.30	Registration	Congress Center Sava	
14.40 – 18.15	Opening speech and Session I	Serbian Academy of Sciences and Arts 35 Kneza Mihaila Str., Belgrade	
	14.40 – 15.00	Welcome drink	
	15.00 – 15.20	Opening speech	Protocol
	15.20 – 17.25	Session I	Sport medicine: Importance and Perspective

Chairs:

Vladimir Kanjuh, Mohamed Ghaith Khalifa Al Kuwari, Nebojša Popović and Zoran Krivokapić

Time	Lecturer	Topic
15.20 – 15.40	Mohamed Ghaith Al Kuwari	Prescribing exercise tablets for Qatari patients
15.42 – 16.02	Riadh Miladi	The Aspetar model of sports physiotherapy practice
16.04 – 16.24	Zoran Baščarević	Total hip arthroplasty in young and very active patients
16.26 – 16.46	Katarina Andelkov, Markos Sforza, Branislav Krivokapić	Potential applications of stem cells from fat tissue in sport injuries
16.48 – 17.08	Milica Vukašinović-Vesić	Doping – history and future
17.10 – 17.25	Discussion	

Dr Nebojša Popović Inauguration to the Visiting professor of Medical School of Belgrade University

Chairs: Nebojša Lalić

Time	Lecturer	Topic
17.30 – 18.15	Nebojša Popović	Serbia and sports medicine – proud past exciting future

19.00 – 21.00	Opening Ceremony	National Theatre in Belgrade, 3 Francuska Str., Belgrade
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Friday- May 22nd

7.30 – 18.00	Registration	Congress Center Sava
8.45 – 9.00	Welcome and Official Opening	
9.05 – 11.15	Session II	Athlete Screening and Sports Injury Prevention

Chairs:

Karim Khan and Miljko Ristić

Time	Lecturer	Topic
9.05 – 9.25	Mathew Wilson (Aspetar/UK)	Overview on athlete screening – Why do we do it?
9.27 – 9.47	Antonio Pelliccia (Italy)	Cardiac screening in athletes – 25 years of experience
9.49 – 10.09	Michel D'Hooghe (FIFA / Belgium)	Medical strategy of football . A world vision of FIFA
10.11 – 10.31	Roald Bahr (Norway/Aspetar)	Injury prevention – what is the evidence?
10.33 – 10.55	Rod Whiteley /Erik Witvrouw Aspetar/Australia/Belgium)	Injury prevention – for whom and how?
10.55 – 11.15	Discussion	

11.15 – 11.30	Coffee/Exhibition
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11.35 – 13.00	Session III	Sports Injury Management
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Chairs:

Chairs: Nebojša Popović and Marko Kadija

Time	Lecturer	Topic
11.35 – 11.50	Johannes Tol (Nederland)	Muscle Injuries in athletes
11.52 – 12.12	Ulrike Muschaweck (Germany)	Groin injuries in athletes
12.14 – 12.29	Pieter D'Hooghe (Aspetar/Belgium)	Ankle injuries and surgical treatment in Sports
12.31 – 12.46	Johannes Tol (Nederland/Aspetar)	Novel Treatment approaches in Sports Medicine: PRP, HVI etc. - What is the evidence?
12.46 – 13.00	Discussion	

13.00 – 13.55	Lunch/Exhibition
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Friday- May 22nd

14.00 – 16.30	Session IV	The Aspetar Vs. European Experiences
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Chairs:

Chairs: Cristiano Eirale and Slobodan Jarić

Time	Lecturer	Topic
14.00 – 14.20	Julien Periard (Canada /Aspetar)	What mechanisms influence exercise performance in the heat
14.22 – 14.42	Karim Khan (Aspetar)	Latest developments in altitude training
14.44 – 15.04	Mohamed Ghaith Al Kuwari (Aspetar/Qatar)	An opportunity for Qatar
15.06 – 15.26	Stjepan Heimer (Croatia)	Exercise for public health: Evidence- based approach
15.28 – 15.48	Rado Pišot (Slovenia)	Effects of inactivity on health outcomes: New perspectives
15.50 – 16.10	Tamara Gavrilović (Serbia)	Exercise prescription in clinical sports medicine
16.15 – 16.30	Discussion	

16.30 – 16.45	Coffee/Exhibition
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16.50 – 18.35	Session V	Key notes lecturers
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Chairs:

Popović Nebojša, Zoran Baščarević

Time	Lecturer	Topic
16.55 – 17.20	Ali Guermazi (USA/Aspetar)	Musculoskeletal imaging in 2015-State of the art and application in sports medicine
17.22 - 17.47	Jarić Slobodan (USA)	Can we test muscle mechanical properties through multi-joint movements?
17.49 – 18.19	Marc Martens (Belgium/Aspetar)	40 years of ACL surgery- ACL Story
18.19 – 18.35	Discussion	

Friday - 22nd May 2015

14.00 – 16.25

Parallel sessions

Sport Workshops

Hall 4

Time	Lecturer	Topic
14.00 – 14.45	Žarko Vučković (Aspetar/Serbia) Gilles Reboul (France/Aspetar)	Workshop I The athlete's groin
14.50 – 15.35	Antonio Pelliccia (Italy) Mathew Wilson (Aspetar/UK)	Workshop II ECG interpretation in athletes
15.40 – 16.25	Pieter D'Hooghe (Aspetar/Belgium)	Workshop III Examination of the foot and ankle

Hall 5

Time	Lecturer	Topic
14.00 – 14.45	Marc Martens (Belgium/Aspetar)	Workshop IV Examination of the knee
14.50 – 15.35	Erik Witvrouw (Aspetar/ Belgium)	Workshop V Rehabilitation for knee injuries
15.40 – 16.25	Rod Whiteley (Aspetar/ Australia)	Workshop VI Rehabilitation for shoulder injuries

Saturday - 23rd May 2015

08.30 – 12.00	Registration	Congress Center Sava
9.00 – 10.20	Session VI	Sports Medical Issues in Athletes

Chairs:

Karim Khan, Goran Milašinović

Time	Lecturer	Theme
09.20 – 09.40	Antonio Pelliccia (Italy)	Sudden cardiac death: Prevention or Emergency care?
09.42 – 10.02	Velvet Garvey (Australia)	The Aspetar sports medicine journal: How a good team made it work
10.02 – 10.20	Discussion	
10.25 – 10.40	Coffee/Exhibition	

Saturday - 23rd May 2015

9.00 – 10.20	Session VII	Sports Performance& Nutrition
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Chairs:

Roald Bahr, Vladimir Jorga

Time	Lecturer	Theme
10.45 – 11.15	Jay R. Hoffman (USA)	Beta-alanine Supplementation for Elite Performance
11.17 – 11.47	G. J. Olcina Camacho (Spain)	Training and nutrition for ultra-endurance events: an update
11.49 – 12.19	Sergej M. Ostojić (Serbia)	Mitochondria-related Nutraceuticals for Post-exercise Recovery
12.20 – 12.35	Discussion	
12.40 – 13.25	Lunch/Exhibition	

Saturday - 23rd May 2015

13.30 – 14.30	Session VIII	Exercise is Medicine (Healthy lifestyle)
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Chairs:

Mathew Wilson, Dragan Radovanović

Time	Lecturer	Theme
13.30 – 13.50	Karim Khan (Aspetar/Canada)	A global perspective
13.52– 14.12	George Nassis (Aspetar/Greece)	Sport science application in football
14.14 – 14.34	Sergej Ostojić (Serbia)	Fitness vs. fatness in children: Can you be overweight and healthy?
14.35 – 14.50	Discussion	

14.55 – 15.15	Coffee/Exhibition	
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Saturday - 23rd May 2015

15.20– 16.00	Special Session	Special Champion Session
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Champion Panel:

Nebojša Popović, Vlade Divac, Vanja Udovičić, Nasser Al Attiyah

Special lecture

Chairs:

Nebojša Popović, Michael D'Hooghe, Zoran Krivokapić

Time	Lecturer	Theme
16.05 – 16.35	Cristiano Eirale (Aspetar/Italy)	Qatar 2022 Football World Cup – A challenge for Sports Medicine?

16:40	Closing Remarks	
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1st Serbian International Sports Medicine Conference

ABOUT HOSTS

May 21st – 23rd, 2015

Sava Center, Belgrade
Serbia

Serbian Institute of Sport and Sports Medicine

Serbian Institute of Sport and Sports Medicine is an interdisciplinary research and development organization established to provide professional support to the development of sport in the Republic of Serbia.

Ever since it was established in 1956, the Institute has strived to provide top quality specialized health care and testing of physical and psychological performances of athletes in the country. Our teams of doctors, sports scientists and psychologists strive to meet the highest international standards in providing athletes with adequate physical management, health and performance strategies.

Training capacities of the Institute have been recognized by the Government of the Republic Serbia as the First National training Centre, a unique, logistically ideally positioned centre for all kinds of sports activities.

The Institute is located in the heart of Belgrade, in the Košutnjak forest, covering over 40 hectares of land with several multi-purpose sports halls, indoors and outdoors swimming pools, open tennis, basketball, volley ball and boles courts, mini golf courts, a modern running track and a trim trail.

Sports hall of the First National training Centre possesses one large training hall, four small training halls (gymnastics, judo, boxing, and one multipurpose), a gym, a swimming pool and a sauna.

The complex of outdoors swimming pools comprises one olympic size swimming pool, a diving pool, swimming pool for children and a recreation swimming pool. There is also an infirmary, a gym, beach volley court and two cafes.

A double-walled inflatable bubble is installed every autumn over the Olympic swimming pool to make it available during winter season for national selections, sporting and recreational clubs and individuals.

Athletic stadium of the First National training Centre is one with six lanes, one pole vault pit and a 1700 seat audience platform.

Trim trail is 1200m long, 1,6m wide, lit with solar and wind lamps, with 11 training stops for specific exercises.

The Institute can also offer facilities of the Hotel Trim to athletes and general public. The hotel is equipped with 16 single rooms, 14 double rooms, 3 triple rooms and one suite. The beds are specially designed for athletes, 2.1 meters long. Food in the hotel restaurant is adapted to the specific needs of the guests, especially athletes, with specifically designed vegetarian menus



Activities of the Serbian Institute of Sport and Sports Medicine

EVALUATION OF HEALTH STATUS OF THE PARTICIPANTS IN PHYSICAL ACTIVITIES

Examination and testing of elite athletes, amateurs and all active participants in sports
Certification of sports and competition cards
Examination of judges, delegates, controllers and coaches
Examination and issuance of certificates for admission to university sports schools and sports academies

PHYSICAL AND PSYCHOLOGICAL ASSESSMENT OF ELITE AND TALENTED YOUNG ATHLETES

Morphological testing
Functional testing
Testing of motor abilities
Psychological measurements

EVALUATION OF PHYSICAL FITNESS OF CHILDREN, YOUNG PEOPLE, ADULTS AND SENIORS

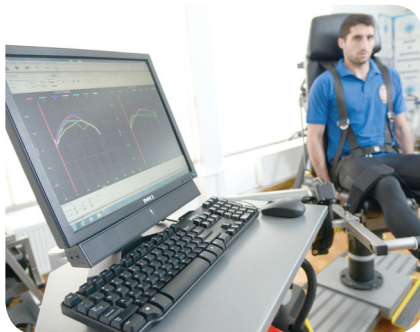
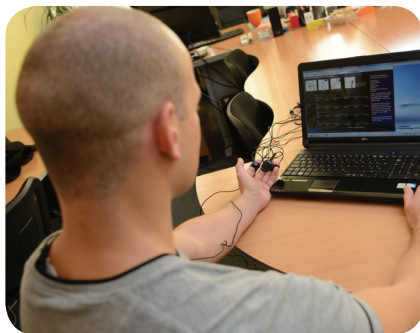
Health related physical fitness testing
Performance or skill related physical fitness testing

PROVIDING PROFESSIONAL ADVICE

Athletic training and conditioning, health related fitness training
Physical and corrective gymnastic therapy and rehabilitation
Cardiology and dentistry

FITNESS PROGRAMS FOR CHILDREN, ADULTS AND SENIORS INDOC

Maintenance of National registration records database (on sports organizations, facilities, athletes, programs of national interest in the area of sport, sports entrepreneurs, sports events, sports experts)
Continuous monitoring of results of athletes in Serbia • Informative, documentary and publishing activity



Aspetar

Aspetar is the first specialized Orthopedic and Sports Medicine Hospital in the Gulf region. It provides the highest possible medical treatment for sports-related injuries in a state-of-the-art facility, staffed by some of the world's leading sports medicine practitioners and researchers.

Through the delivery of excellence in sports medicine, physiotherapy, sports science, orthopedic surgery and rehabilitation, Aspetar services the needs of football and Sports Clubs and Federations throughout the state of Qatar, and regularly services international athletes and professional sportspeople. In 2009, Aspetar was officially accredited by F-MARC as a FIFA Medical Centre of Excellence.

Aspetar provides a full service offering from injury prevention to injury management and performance improvement. The philosophy of Aspetar is to provide sportspeople with the clinical support, knowledge and facilities to maximize their training and competitive potential. This is achieved through tailored education programmes and support in areas of health including fitness assessment, nutrition, psychology, physiology and physical training.

The hospital strives to meet the highest international standards obtainable in its treatment of muscular-skeletal injuries and combines best-practices with the latest technology to guide athletes from diagnosis through rehabilitation and recovery. Our teams of dedicated researchers and physicians couple leading methodologies with state-of-the-art technology to provide athletes with total health, physical management and performance strategies.

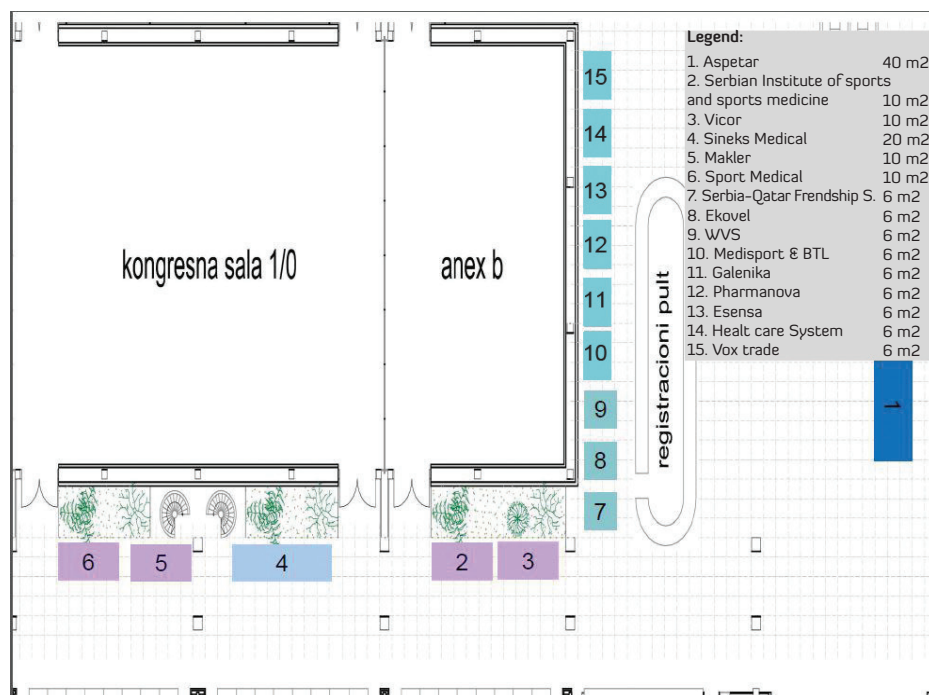
Aspetar is situated within Aspire Zone (www.aspirezone.qa), a modern multi-purpose leisure and recreation complex that played host to the Doha 2006 Asian Games.





ASPETAR اسبيتار

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SPORT MEDICAL ALLIANCE

ORDINACIJA ZA FIZIKALNU MEDICINU I REHABILITACIJU

Ordinacija koja postoji 6 godina, njen osnivač je Dr Milan Mileusnić, spec fiziklane medicine i rehabilitacije i osnivač društva za regenerativnu medicinu i prolo-terapiju. Kombinacija mladosti i iskustva, visoko specijalizovanih lekara i stručnih fizioterapeuta čini tim koji je u svakom trenutku na raspolaganju pacijentima.

- ULTRAZVUČNA DIJAGNOSTIKA
- FIZIKALNA MEDICINA
(Duboke elektrostatičke oscilacije, lasero terapija, magnetna terapija, kompletna elektroterapija i elektrostimulacija, ekstenzija kičmenog stuba, limfna drenaža, šok veju terapija, hidrogalvanse procedure..)
- PLAZMA TERAPIJA (PRP)
- OZONO TERAPIJA
- NE MEDIKAMENTOZNO LEČENJE OSTEOPOROZE (BioDensity)
- KINEZITERAPIJSKI PROGRAM I OSTEOPATSKI TRETMANI
- WELLNESS PROGRAM (sauna, parno kupatilo. masaža, hidromasaža, đakuzi)



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INDIBA ACTIV TERAPIJA je neinvazivna metoda kojom se stimulišu prirodni mehanizmi lečenja i oporavka tkiva na osnovu jedinstvenog PROIONIC dejstva u ćelijama. Aparat koji funkcioniše na bazi PROIONIC SISTEMA (TECAR tehnologija) stimuliše unutrašnju i spoljašnu ćelijsku razmenu jona obnavljajući fiziološku elektro aktivnost ćelija što vodi ka uspostavljanju normalnog funkcionisanja ćelija.

Ovaj sistem zasnovan je na frekvenciji od 448 kHz, što je ključ uspeha terapije, koja aktivira biostimulaciju, stimuliše biocirkulaciju i pospešuje metaboličku hiperaktivnost, poštujući fiziologiju ćelije.

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'Arhimedes Cyprus and Moskow '98 i '99'

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Ekovel Step Correct adjustable orthotic is an innovative tool for prevention and correction of feet deformities in children and adults.

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- Corrects 'Achilles tendons' and X-Knees.
- Prevents pain and deformities in bunions and toes.
- Supports the foot, relieving toes and heels of extreme pressure.
- Prevents pain in muscles and tendons, knees, hips, spine and neck.
- Reduces tiredness in legs caused by long standing or walking.
- Improves blood circulation in feet and legs.
- Corrects body posture.

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SERBIA QATAR

friendship society

Udruženje srpsko-katarskog prijateljstva postoji od 2013. godine, kada je osnovano u Beogradu.

Udruženje je osnovano uz podršku zvaničnih institucija obe države i sa ciljem povezivanja i saradnje u privrednim, naučnim, kulturnim, sportskim i drugim aspektima društvenog života.

Članovi Udruženja su eminentne ličnosti iz Srbije i Katara koje su tokom svoje karijere imale priliku da daju doprinos razvijanju odnosa ove dve zemlje.

Za nepune dve godine postojanja Udruženje je bilo organizator i suorganizator nekoliko značajnih manifestacija.

Izložba Doha — moje putovanje, autora Jelene Dubajic i Ivana Dimčeva koji su serijom fotografija i video zapisa predstavili svoje umetničke impresije o Dohi, organizovana je u renomiranoj beogradskoj galeriji Ozon.

Izložbu je otvorio srpski ministar za manjinska i ljudska prava Rasim Ljajić a o značaju i vrednovanju događaja govori i veliki broj zvanica iz diplomatskog kora i kulturnog umetničkog i političkog života Srbije.

U cilju unapređenja kulturne saradnje dveju zemalja, Udruženje srpsko-katarskog prijateljstva uspostavilo je saradnju sa katarskim kulturnim institucijama.

U toku je organizacija izložbe katarskog etnografskog muzeja koja će gostovati u srpskom Etnografskom muzeju.

Udruženje srpsko-katarskog prijateljstva planira dugoročno da radi na projektima kojima će jačati odnose i saradnju dveju zemalja u privrednim, kulturnim, naučnim, sportskim i drugim oblastima društvenog života.

1st Serbian International Sports Medicine Conference

ABOUT SERBIA

May 21st – 23rd, 2015

Sava Center, Belgrade
Serbia

Typically Serbian!

It does not take long for foreign visitors to Serbia to discover the hospitality, kindness, openness and warmth of the country's residents.

Shaking hands, done using the right hand, is customary when being introduced or meeting somebody of either gender. Kissing is not a necessity when meeting somebody for the first time, but every time you meet from then on, if you have developed affection for the person in question, kissing three times on the cheeks is the order of the day in Serbia. Of course, nobody will object if you only kiss once or twice while giving a long and sincere hug.

In Serbia, toasts are usually made with traditional rakija (brandy), often home-distilled. Toasts are made by clinking glasses, making direct eye contact and loudly proclaiming "Ziveli!" A speech is usually only made on formal occasions, normally by the host, but a guest may give one, too.

Serbs enjoy rich and flavorful food and normally have three meals a day, with lunch being the largest.

Paying the bill in restaurants is a big part of the Serbian mentality. The host will almost never allow a guest to pay for lunch, dinner or drinks because it is customary for the host to take care of all expenses while a guest is staying with him or her.

In contrast to the rest of Europe, there is no single day of the week in Serbia when you cannot have a night out and that holds true for all generations, for all lifestyles and musical tastes and for all available budgets. After a wild night out, somewhere around three or four o'clock, in the morning, people continue onward in search of grilled meat or burek.



About Belgrade

Welcome to Belgrade, city that has been a MEETING POINT for centuries among different civilizations.

METROPOLIS OF RIVERS with more than 100 boat restaurants and floating discotheques docked along 220 km of river banks makes Belgrade one of a kind capital in Europe. Enjoy the river lifestyle as well as the industrial heritage site now presenting the hot spot to be. From the street buzz and crowded cafes to the peaceful and royal courts and oasis just minutes away, you will experience Belgrade's COSMOPOLITAN LIFESTYLE. Relax after the meeting day in one of numerous cafes downtown.

The FUSION OF CULTURES is best expressed in the Serbian traditional cuisine, music and folklore. Make sure you visit one of famous taverns along XIX century old street for the never before experienced performance of live tambourine orchestra, traditional snaps and barbeque. And, the best of all, you don't have to pay attention to whether it is day or night, cause the MAGIC NEVER STOPS.

Referring to the city's nightlife the Lonely Planet Guide named Belgrade "ONE OF EUROPE 10 HOT SPOTS" and Sunday Times declared Belgrade "A NEW CAPITAL OF COOL".

The SOULFOOD, best Serbian cuisine will drive you through the emotions and experiences. Food in Serbia actually has taste, it is organic, and made using the traditional recipes. The language of food, just like the language of flowers and other niceties of nonverbal communication, is easy on the ear and long in the memory.

Located just minutes from city center Ada Lake is real oasis of Belgrade. Among riverside, lake, forest, 8 km long beach is a perfect place to escape from the conference routine and the city buzz. From golf, to water skiing, over café relaxing and nature environment, to the hidden restaurants.



Badges	<p>Delegates are asked to wear name badges at all time in the Congress Center.</p> <p>Legend:</p> <p>Red — Lecturers</p> <p>Blue — Participants</p> <p>Gold — Staff (Conference organization)</p> <p>Turquoise — Volunteers</p> <p>White — Sponsors</p>
Banks	<p>Most banks are opened from 08.00 — 17.00 and closed on Sundays</p>
Belgrade airport	<p>+381 (0) 11 — 209 4000, 209 4444</p>
Catering	<p>Coffee, refreshment drinks and lunch are included in the registration fee. Coffee and refreshment drinks will be served in the exhibition area.</p> <p>Lunch will be served in Congress Center Restaurant</p>
Certificates of attendance	<p>Certificates of attendance are issued at the Registration desk</p>
Language	<p>The official language of the meeting is English. Simultaneous translation in Serbian language will be provided</p>
Tourist information	<p>If you need more details on tourist information, please contact ARIA travel agency at the Registration desk</p>

Emergency calls

Police (192); Ambulance (194)

Bus station

+ 381 (0) 11 – 2636 299

Railway station

+ 381 (0) 11 – 2645 822

Taxi companies

Beogradski Taxi – 9801
Yellow Taxi – 9802
Halo Taxi – 3654 555
Bell Taxi – 9808
Pink Taxi – 9803

Weather

Average daily temperature is 12-24 C.

Official currency

Dinar (RSD)

Conference fee:

Participants	Before April 30th	After May 1st
High-income countries	120€	125€
Low income countries	70€	75€
Conference Dinner	25€	25€
Gala Dinner	25€	

Price includes:

Attending scientific sessions
Conference Material (conference bag, notebook, pencil)
Coffee breaks and lunch
Accreditation Card
Certificate

International Congress appointed by Serbian Health Council

Act No A-1-756/15

Lecturer – **15 points**

Passive attendance – **9 points**

Conference office:

Technical secretary of 1st Serbian International Sports Medicine Conference

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11030 Belgrade, Republic of Serbia

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