

38<sup>th</sup> World Congress  
of Sports Medicine  
**FIMS-DUBAI**  
**2024**

*\*PRELIMINARY PROGRAM*

SCIENTIFIC PROGRAM

**FIMS - DAY 1**

**24<sup>th</sup> TO 27<sup>th</sup> OCTOBER, 2024**

**07:30 - 08:30 Registration**

**Session 1: Lectures**

- 07:30 - 08:30 Sport Medicine & Physical Therapy Joint Track  
**Abdulla Al Rahoomi, Murat Dalkilinc, UAE**
- 08:30 - 09:10 Emirates Physiotherapy Society | Emirates Society of Rehabilitation and Sport Medicine  
**Guest Speakers: TBA**
- 09:10 - 10:00 Rehabilitation and Return to Sport after Hamstring Injury - Clinical Approach from 450 Athlete Injuries Managed at Aspetar  
**Rod Whiteley, Qatar**

**10:00 - 11:00 Opening Ceremony and Coffee Break**

**Session 2: Lectures**

- 11:00 - 11:50 Physical Inactivity: Self-Regulation and Self-Responsibility or Nanny knows Best  
**Willem Van Mechelen, Netherland**

**Sport Medicine & Physical Therapy Joint Track**

**Theme: Teamwork at the Pitch-Side/ Sideline**  
**Moderator/Chairperson: Demitry Constantinou, South Africa**

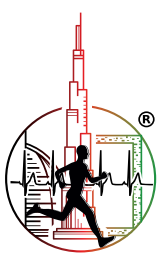
- 11:50 - 12:10 Medical Care in Marathon  
**William Roberts, USA**
- 12:10 - 12:30 Team Physician: Sideline Coverage and Traveling with Teams  
**Alan Kourie, UAE**
- 12:30 - 12:50 Team Physiotherapist: Sideline Coverage and Traveling with Teams  
**Ryan Kehoe, UAE**

**Global Alliance Track**

**Theme: Physical Activity Promotion**  
**Moderator/Chairperson: Fabio Pigozzi, Italy | Yannis Pitsiladis, Hong Kong**

- 11:50 - 12:10 What Is The "Global Alliance" And Why Is It Urgently Needed?  
**Yannis Pitsiladis, Hong Kong**
- 12:10 - 12:30 Physical Inactivity, a Global Public Health Problem and the Role of Sports Medicine  
**Fabio Pigozzi, Italy**
- 12:30 - 12:50 From Intention to Change Lifestyle to Applied Policies - The Role of Sport and Medicine  
**Juergen Steinacker, Germany**

**13:00 - 15:00 Commission Lunch Meeting**



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### Session 3: Lectures

14:00 - 14:50

.....  
**Fiona Bull, Australia**

#### Sports Sciences & Performance Track

**Theme: Training Load And Recovery**  
**Moderator/Chairperson: Ramzy Ross, UAE**

14:50 - 15:10      Update on Genetic Testing for Athlete Performance  
Enhancement and Injury Risk Assessment.  
**Glen Hagemann, UAE**

15:10 - 15:30      Optimal Recovery Strategies and Performance  
**Jimmy Wright, UAE**

15:30 - 15:50      Identifying and Proactive Management of Burnout in  
Athletes  
**Kate Jordan, UAE**

#### Global Alliance Track

**Theme: Physical Activity Promotion**  
**Moderator/Chairperson: Juergen Steinacker, Germany**

14:50 - 15:10      Why Cycling Should Be Used To Promote Physical  
Activity For The Global Population  
**Xavier Bigard, France**

15:10 - 15:30      Global Alliance Roundtable Discussion  
**Co-chair: Norbert Bachl, Austria**  
**Global Alliance Speakers**

**15:50 - 16:10      Coffee Break**

### Workshops, E-Posters, Symposia, Discussions & Debates

#### Workshop 1

#### Oral Abstract Presentation Moderators: Scientific Committee

#### Association/continent session

#### Workshop 2

**16:10 - 17:50**

Present And Future In Athlete  
Diagnostic Imaging  
**Silvana Giannini, Italy**

GRIP (International Research Group On  
the Injections PRP  
**Moderator: KAUX Jean-François, Belgium**

Abstract 1

Abstract 2

Abstract 3

Abstract 4

Abstract 5

Abstract 6

Abstract 7

Abstract 8

Abstract 9

Abstract

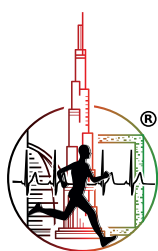
Asian Federation Of Sport Medicine  
**Moderators: Patrick Yung, Hong Kong**  
**Raymond So, Hong Kong**

Copamede / Brazilian Society Of Sports  
And Exercise Medicine  
The Role of Physical Exercise in the Cardiovascular  
Risk Reduction  
**Jose Kawazoe Lazzoli, Brazil**

Para-Athlete Care In Paralympics Games  
**Moderators: Abdulla Al Rahoomi, UAE**  
**Ana Cintron Rodriguez, Puerto Rico**  
**Sandra Rozenstoka, Latvia**

Emirates Society Of Physical Therapy  
**Murat Dalkilinc, UAE**

**17:50 - 18:30      Welcome Reception in The Exhibition Space**



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**FIMS - DAY 2**

**24<sup>TH</sup> TO 27<sup>TH</sup> OCTOBER 2024**

### Session 1: Lectures

08:00 - 08:50 Pain in Athletes: in the Mind, in the Muscles, or in the Brain?  
**Jo Nijis, Belgium**

#### Sport Medicine Track

**Theme: Sports Ophthalmology, Dentistry & Pharmacology**  
**Moderator/Chairperson: Abdullah Alrahoomi, UAE**

08:50 - 09:10	Sports Ophthalmology <b>Turkish Sports Medical Association</b>
09:10 - 09:30	Dental Screening in Sports <b>Maher Zahar, Tunisia</b>
09:30 - 09:50	Integrating Sports Pharmacy into Professional Education <b>Somer Helvaci, Turkey</b>
	Medication Safety and Sports Integrity: Adding a Sports Pharmacist to the Medical Team <b>Ashley Anderson, USA</b>

#### Physical Therapy Track

**Theme: Brain & Spine in Sport**  
**Moderator/Chairperson: Wasim Labban, UAE**

08:50 - 09:10	Concussion-1: Clinical Perspective <b>Thaer El Manaseer, Jordan</b>
09:10 - 09:30	Concussion-2: Combat Athlete Perspective <b>Reem Alhashmi, UAE</b>
09:30 - 09:50	Low Back Pain in Athlete <b>Mohamed AlRwaily, Jordan</b>

**09:50 - 10:20 Coffee Break & Exhibition Visit**

### Session 2: Lectures

10:20 - 11:10 Sport, Health and Fairness  
**Alan Vernec, Canada**

#### Sports Sciences & Performance Track

**Theme: Sports Nutrition & Supplements**  
**Moderator/Chairperson: Bulent Ulker, UK | Edvardo De rose, Brazil**

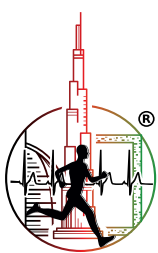
11:10 - 11:30	Athletic Diet Program for Performance <b>Yuri Nemoto, UAE</b>
11:30 - 11:50	UAE National Anti-Doping Agency (NADA) <b>Mai al Jaber, UAE</b>
11:50 - 12:10	Past, Present and Future of Ant-Doping <b>Eduardo De Rose, Brazil</b>
12:10 - 13:00	Towards Clean Sport <b>Andrea Petroczi, UK</b>

#### Physical Therapy Track

**Theme: Behavioral Change in Physiotherapy**  
**Moderator/Chairperson: Andre Debruyne, Belgium**

11:10 - 11:30	Behavior Change Strategies in Musculoskeletal Physiotherapy <b>Ismail Saracoglu, Turkey</b>
11:30 - 11:50	Sticking to the Plan: Effective Strategies to Improve Adherence in Physiotherapy <b>Carel Hugo, UAE</b>
11:50 - 12:10	Guest Speaker: Emirates Society of Physical Therapy <b>Ashokan Arumugam, UAE</b>

**13:00 - 14:00 Exhibition visit & Lunch Break**

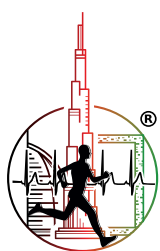


Workshops, E-Posters, Symposia, Discussions & Debates

	Workshop 3	Oral Abstract Presentation Moderators: Scientific Committee	Association/continent session	Workshop 4
14:00 - 15:50	Athelte with Concussion <b>Thaer Manaseer, Jordan</b>	Abstract 1	UAE NOC <b>Glen Hagemann, UAE   Ramzy Ross, UAE</b>	Field Management of Athlete with Spine Injury <b>Ali Ganai, UAE</b>
		Abstract 2		
		Abstract 3		
		Abstract 4		
		Abstract 5		
	Improving The Standards of Medical Care for Elite International Football Players: The FIFA concept <b>Moderators: Stephen Boyce, UK Marcelo Salazar, KSA</b>	Abstract 6	Emirates Society of Physiotherapy-Interdisciplinary Session <b>Ashokan Arumugam, UAE Wasim Labban, UAE</b>	<b>FIMS Scientific Commission:</b> Collaborating Centers of Sports Medicine
		Abstract 7		
		Abstract 8		
		Abstract 9		
		Abstract 10		

15:50 - 16:30      Coffee Break & Closing

14:00 - 18:00      FIMS Executive Committee Meeting



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**FIMS - DAY 3**

**24<sup>TH</sup> TO 27<sup>TH</sup> OCTOBER 2024**

### Session 1: Lectures

08:30 - 09:20

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**Marco Cardinale, Qatar**

#### **Sport Medicine & Sciences Joint Track**

**Theme: Extreme Environments**  
**Moderator/Chairperson: Alan Kourie, UAE**

09:20 - 09:30	Extreme Altitude-Role of Sports Medicine & Sciences in Mountaineering/Everst Expedition <b>Hashel Al Tunaiji, UAE</b>
09:30 - 09:50	How to Protect the Health of Athletes Competing in the Heat <b>Yannis Pitsiladis, Hong Kong</b>
09:50 - 10:10	How to Protect the Health of Athletes Competing in the Cold <b>Wolfgang Schobersberger, Austria</b> <b>Dünnwald Tobias, Austria</b>

#### **Physical Therapy Track**

**Theme: Behavioral Change in Physiotherapy**  
**Moderator/Chairperson: Andre Debruyne, Belgium**

09:20 - 09:30	Updates on Tendinopathy Management <b>Conall Hoey, UAE</b>
09:30 - 09:50	Biological Treatment for Rotator Cuff Injury <b>Ahlam Al Shamsi, UAE</b>
09:50 - 10:10	..... <b>Guest Speaker: Emirates Society of Physical Therapy</b>

**10:10 - 10:40 Coffee Break & Exhibition Visit**

### Session 2: Lectures

10:40 - 11:30

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**Kathryn Ackerman, USA**

#### **Sport Medicine Track**

**Theme: Female Athlete**  
**Moderator/Chairperson: Glen Hagemann, UAE**

11:30 - 11:50	Effects of Hormonal Cycle on Performance <b>Rahilla Bhatti, UAE</b>
11:50 - 12:10	Menopause and the Female Athlete <b>Ellie Mccarthy, UAE</b>
12:10 - 12:30	Exercise in Pregnancy: What's The Evidence <b>Kate Jordan, UAE</b>

#### **Physical Therapy Track**

**Theme: Behavioral Change in Physiotherapy**  
**Moderator/Chairperson: Andre Debruyne, Belgium**

11:30 - 11:50	The Incidence and Prevention of Injury in Bmx Racing World Championship and World Cup Events <b>Xavier Bigard, France</b>
11:50 - 12:10	UAE Team Emirates-UCI No.1. Team: Insights from a 5 year Journey to the Top <b>Jeroen Swart, South Africa</b>
12:10 - 12:30	Advances in Field Testing for Human Health and Performance <b>Raymond So, Hong Kong</b>

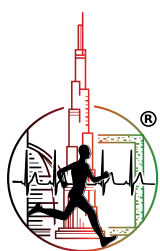
**12:30 - 13:00 Exhibitor's Interaction Award & Activity**

**13:00 - 14:00 Lunch Break**



## Workshops, E-Posters, Symposia, Discussions &amp; Debates

<b>15:50 - 16:30</b>	<b>Coffee Break &amp; Closing</b>	<b>16:00 - 20:00</b>	<b>FIMS Council Delegate Meeting</b>
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**FIMS - DAY 4**

**24<sup>TH</sup> TO 27<sup>TH</sup> OCTOBER 2024**

**08:30 - 12:30 FIMS CCSM Meeting**

**Sport Medicine Track**

**Theme: Rehabilitation and Return to Play**  
**Moderator/Chairperson: Kate Jordan, UAE**

08:30 - 08:50	Getting Back in the Game: Navigating the Complexities of Return to Sport <b>Qasim Al Mueidi, KSA</b>
08:50 - 09:10	..... <b>Mark Hutchinson, USA</b>
09:10 - 09:30	Return to Play versus Performance <b>Hay'dn Hill, UAE</b>
09:30 - 10:20	Safeguarding and Sport <b>Eva M. Carneiro, Qatar</b>

**10:20 - 10:40 Coffee Break & Exhibition Visit**

**Sports Sciences & Performance Track**

**Theme: Talent Identification & Development**  
**Moderator/Chairperson: Novert Bachl , Austria**

10:40 - 11:00	UAE National Sports Strategy <b>Dean Kenneally, UAE</b>
11:00 - 11:20	UAE Talent ID Framework <b>James Baker, UAE</b>
11:20 - 11:40	Developing High Performance Teams and Teams of the Future <b>Stephan Jacolino, UAE</b>
11:40 - 12:30	Leadership, a Critical but Undervalued Skill for Athlete Healthcare <b>Evert Verhagen, Netherland</b>

**12:30-13:30 Young Investigator Awards (FIMS-UAE Scientific Committee)**

**13:30 Closing Ceremony**

**Sports Sciences & Performance Track**

**Theme: Technology in Performance & Rehabilitation & Sports Sociology**  
**Moderator/Chairperson: Reem Alhashmi, UAE**

08:30 - 08:50	Wearable and Telemedicine Innovations for Olympic Events and Elite Sport <b>Borja Muniz, Spain</b>
08:50 - 09:10	Technology in Gait and Motion Analysis <b>Ashokan Arumugam, UAE</b>
09:10 - 09:30	Consent as a Central Feature of Healthy Sport – Some Consider Ations From an Ethnography of Visually Impaired and Guide Running <b>Marit Hiemstra, UK</b>

**Physical Therapy Track**

**Theme: Functional Physiotherapy**  
**Moderator/Chairperson: Ashokan Arumugam, UAE**

10:40 - 11:00	Performance Measurement after ACLR <b>Wasim Laban, UAE</b>
11:00 - 11:20	High Intensity Functional Pre-conditioning Program for Musculoskeletal Injuries <b>Zeljko Banicevic, UAE</b>
11:20 - 11:40	Modern Manual Therapy and Functional Restoration Models <b>Hani Alabbad, KSA</b>