



**At the fore-front of athletes-care:  
A European framework of applicable knowledge and standards in practice**

On behalf of the European Society of Athletic Therapy and Training, we are proud to host the inaugural conference in Jerzmanowice, Poland. Poland is a country at the geographical centre of Europe, with one of the oldest universities north of the Alps and a history of scientific advance reaching back to Copernicus. The time and location for the conference is 4-5 June, 2010.



The title of the conference is: **At the forefront of athletes-care: A European framework of applicable knowledge and standards in practice.** We would like to welcome you to share the recent scientific developments in the area of sports medicine, focusing on the orthopaedic management of sports injuries and the rehabilitation of these injuries, with a particular emphasis on return-to-participation and End Stage Functional Rehabilitation. We believe this meeting will provide a high quality scientific environment for the presentation of new research and offer an exchange of information by all disciplines related to sports and medicine. ESATT is a young and vibrant organization, with many ideas on developing an approach to athletes' injuries that is proactive, not reactive. It is this dynamism and expertise that are the hallmarks of a high calibre and carefully arranged scientific programme. We invite you to listen to lectures in basic science as well as clinically relevant topics, or to take part in hands-on workshops that are geared toward practitioners.

We hope to see you in Poland at the 1<sup>st</sup> ESATT Sports Medicine Conference, 4 to 5 June 2010, which will be informative and bring together a range of professionals with the same goal: Optimizing the health care delivery to all sports participants, and ensuring a rapid return to participation while minimizing the risk of re-injury. We look forward to being your hosts, knowing that the conference will be an enlightening and enjoyable experience that should not be missed.

Krzysztof Ficek, MD, PhD  
Congress Chair

Alice Mooney, MSc  
Conference Secretariat



## **GUIDELINES FOR ABSTRACT SUBMISSION**

The official language of the conference is English, therefore all abstracts must be submitted in English.

When submitting your abstract please ensure:

- Documents are submitted in MS Word format, Times New Roman 12 point font.
- Single line spacing must be used.
- All abstracts must be under 300 words, excluding the title.
- All submissions must use a structured abstract format, that contains a brief introduction (the purpose of the research), the methodology (explanation on data collection and processing), results and conclusions (discussion and major findings).
- It is text only, thus it must not include images, figures or graphs.
- It is in normal font: no bold, italic or capitalized text.
- All co-authors are acknowledged.
- The emphasis of the abstract should be on the results and the conclusion. If appropriate, the results and the discussion sections can be combined.
- References, if necessary, are kept to a maximum of 3
- It represents completed work.

Note: Abstracts shall not be accepted for review by anyone other than the Conference Secretariat. Abstracts which do not meet these requirements will not be accepted.

### **SUBMISSION & DEADLINE**

Email submissions to [a.mooney@worc.ac.uk](mailto:a.mooney@worc.ac.uk) by 15 April 2010.



## Conference Fees

The costs to register for the conference are as follows:

Students ..... 200 zloty  
( about €51 or £46 as of 02/03/2010)

Professionals ..... 400 zloty  
( about €102 or £92 as of 02/03/2010)

Check for the latest information on [currency conversion](#).

The fee covers entry to all session as well as your choice of hands-on workshops. Space will be limited for the hands on workshops, please identify which ones you prefer on the registration form.

Light refreshments will be provided during the day.

### Accommodation

The venue for the meeting is Chochołowy Dwór, in Jerzmanowice, Poland. The venue is about a 30 minute drive from the centre of Cracow, the home of Copernicus, the former capital of Poland and a city that hosts numerous institutions of higher learning.

The hotel can be contacted at  
CHOCHOŁOWY DWÓR  
<http://www.chocholowydwor.pl/>  
32-048 Jerzmanowice 54A  
e-mail: [kontakt@chocholowydwor.pl](mailto:kontakt@chocholowydwor.pl)  
Tel: (+48 12) 389 32 80  
e-mail: [recepcja@chocholowydwor.pl](mailto:recepcja@chocholowydwor.pl)

For further information, please contact the conference secretariat, Alice Mooney, at [a.mooney@worc.ac.uk](mailto:a.mooney@worc.ac.uk)



**Registration**

**Name** \_\_\_\_\_

**Title:** Mr. Ms. Mrs. Dr. Prof.

**Address:** \_\_\_\_\_

**Address2:** \_\_\_\_\_

**City:** \_\_\_\_\_

**Country:** \_\_\_\_\_ **Postal Code:** \_\_\_\_\_

**Phone (include country code):** + \_\_\_\_\_ **email:** \_\_\_\_\_

**Professional (or Educational) Affiliation:** \_\_\_\_\_

**Choose one category:**                      STUDENT                      PROFESSIONAL

Please indicate the workshop(s) you wish to attend:

	Friday	
	11:15	SEMG as a tool in neuromuscular reeducation & evaluation in physiotherapy
	14:00	Taping Techniques for Injury Prevention
	15:30	Software for clinical use
	Saturday	
	09:15	Student opportunities arising from ESATT
	10:00	The use of software in patient management and epidemiology research
	11:30	Functional Movement Screening Using the Overhead Squat Test
	14:00	Spine boarding technique and practical workshop

Please print this form and return to: ESATT  
 OŚRODEK MEDYCZNY GALEN  
 ul, Jerzego 6  
 43-150 BIERUŃ  
 Poland

Make checks payable to ESATT



## FRIDAY

<b>INTRO &amp; WELCOME</b>	
<b>ACUTE INJURY MANAGEMENT</b>	<b>9:00-11:00</b>
Krystian Wita, MD PhD, Medical University Katowice, Poland <i>Acute coronary syndromes in athletes</i>	
MaryBeth Horodyski, EdD, ATC, University of Florida <i>Cervical Spine Assessment and Management</i>	
M. Susan Guyer, DPE, ATC, CSCS, Springfield College <i>Recognition, Management &amp; Return to Play Criteria of Mild Traumatic Brain Injury</i>	
<b>Coffee 11:00-11:15</b>	
<b>Research Presentations</b>	<b>11:15-12:45</b>
<b>LUNCH 13:00- 14:00</b>	
<b>REHABILITATION</b>	<b>14:00-15:30</b>
Remigiusz Rzepka PT, AT, Fizjofit Rehabilitation Center, Gliwice , Poland <i>Overuse syndromes: can we prevent them?</i>	
William Tillson, MS, ATC, AC Milan Football <i>End Stage Functional Rehab in Football</i>	
Piotr Krol, PhD, AWF Katowice <i>Shock Wave Therapy in Rehabilitation</i>	
<b>Coffee break 15:30-15:45</b>	
<b>PERFORMING ARTS MEDICINE</b>	<b>15:45-16:45</b>
Boni Rietveld, MD Medical Centre for Dancers & Musicians, The Hague, The Netherlands	
Colleen Creighton, CATA (C) Cirque de Soleil Athletic Therapist	

# SATURDAY



<b>ORTHOPAEDICS</b>	<b>9:00 – 11:00</b>
Galen Orthopedic Clinic, Bierun, Poland: <i>Platelet Rich Plasma in ACL reconstruction surgery</i>	
MaryBeth Horodyski, EdD, ATC, University of Florida <i>Frozen Shoulder Syndrome</i>	
Kuba Liberski, Galen Orthopaedic Clinic, Bierun, Poland <i>Radioscintigraphy in pre- and post-operative assessment of bone loading</i>	
Arkadius Wiatr, Galen Orthopaedic Clinic, Bierun, Poland TBC	
<b>Coffee Break 11:00-11:20</b>	
<b>GENETICS</b>	<b>11:30- 13:00</b>
Pawel Cieszyk. PhD, AWF- Szczecin <i>The Role of Genetic Research in Sport</i>	
Agnieszka Maciejewska, PhD AWF- Szczecin <i>The Angiotensin Converting Enzyme Gene I/D Polymorphism In Rowers</i>	
TBC <i>The Potential for Gene Doping in Sports</i>	
<b>LUNCH 13:00-14:00</b>	
<b>TRAINING &amp; ADAPTATIONS</b>	<b>14:00-15:30</b>
Prof. Tomasz Gabrys, AWF Krakow, Poland: <i>Power Training in Sportsmen- Adaptations and methods</i>	
Antonio Paoli, MD, PhD, University of Padua <i>Resistance Training and Cardiovascular Risks</i>	
Davide Susta, MD, Dublin City University <i>The Role Of Eccentric Muscular Actions In Training And Therapy</i>	
<b>Coffee break</b>	
<b>The role of the ATT in modern sports medicine: Minimal qualifications and responsibilities at different levels 15:45-16:45</b>	
Panel Discussion: Mick Dwyer, Dani Sanchis, Bill Tillson, Remik Rzepka	

## PRACTICAL WORKSHOPS



Remigiusz Rzepka PT, AT, Fizjofit Rehabilitaion Center, Gliwice, Poland: Surface electromyography as effective tool in neuromuscular reeducation and evaluation in physiotherapy	Friday 11:15
Mick Dwyer, BSc (Hons) STEPS @ Ampthill Taping Techniques for Injury Prevention	Friday 14:00
Stephen Thorson Simtrak The use of software in patient management and epidemiology research	Friday 15:30
Alice Mooney, MSC University of Worcester Student opportunities arising from ESATT	Saturday 09:15
Stephen Thorson Simtrak E-records in sports medicine	Saturday 10:00
M. Susan Guyer, DPE, ATC, CSCS Springfield College Functional Movement Screening using the Overhead Squat Test	Saturday 11:30
MaryBeth Horodyski, EdD, ATC University of Florida Spine boarding technique and practical workshop	Saturday 14:00



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