Barcelona '08

XXX FIMS WORLD CONGRESS OF SPORTS MEDICINE

November 18-23 2008

SPORTS MEDICINE FOR A BETTER WORLD
### ORGANIZING COMMITTEE

<table>
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<th>Position</th>
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<tr>
<td>Chairman</td>
<td>D. Juan José González Iturri</td>
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<tr>
<td>Vice-Chairman I</td>
<td>D. César Fernández García</td>
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<td>Vice-Chairman II</td>
<td>D. Ramón Balius Juli</td>
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<td>Secretary General</td>
<td>D. Pedro Manonelles Marqueta</td>
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<tr>
<td>Treasurer</td>
<td>D. Félix Ceberio Balda</td>
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<td>Members</td>
<td>D. Jordi Ardevol Cuesta</td>
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<td>D. José María Carnero Elías</td>
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<td>D. Ángel Sánchez Ramos</td>
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<td>D. José María Vilarrubias Guillamet</td>
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### SCIENTIFIC COMMITTEE

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<tr>
<th>Position</th>
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<tr>
<td>Chairman</td>
<td>D. Miguel del Valle Soto</td>
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<td>Vice-Chairman</td>
<td>D. Carlos Pons de Beristain</td>
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<tr>
<td>Secretary</td>
<td>D. Franchek Drobnic Martinez</td>
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<tr>
<td>Members</td>
<td>Dª. Maite Aragonés Clemente</td>
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<td>D. José Antonio López Calbet</td>
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<td>D. Emilio Luengo Fernández</td>
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<td>D. Antonio Maestro Fernández</td>
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<td>D. José Naranjo Orellana</td>
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<td>D. Nicolás Terrados Cepeda</td>
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<td>D. José Antonio Villegas García</td>
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### ORGANIZERS

- Spanish Federation of Sports Medicine (FEMEDE)
- International Federation of Sports Medicine (FIMS)

### CO-ORGANIZER

- Institute Barcelona of Sports (Barcelona City Council)
PROGRAM OF OFFICIAL LECTURES (PROVISIONAL)

1. BENEFITS OF EXERCISE IN CHRONIC ILLNESS
Moderator: Luis Til Pérez. Barcelona (Spain).
Kai-Hakon Carlsen. Oslo (Norway).
Exercise and asthma in childhood and adolescence.
Juan Ricardo López Taylor. Guadalajara (Mexico).
Diabetes or prevention thorough exercise of the genetically predisposed patient.
Luis Serratosa Fernández. Madrid (Spain).
Hypertension.

2. SUDDEN DEATH IN SPORT
Chairman: Antonio Bayés de Luna. Barcelona (Spain).
Moderator: Araceli Boraita Pérez. Madrid (Spain).
Barry J. Maron. Minneapolis (USA).
Antonio Pellicia. Roma (Italy).
Clinical significance and long-term follow-up of abnormal ECGs in trained athletes.
Mª Paz Suárez Mier. Madrid (Spain).
Causes of sudden death during sport activities in Spain.

3. PHYSICAL EXERCISE FOR HEALTH AND LONGEVITY. PRESCRIPTION PATTERNS
Moderator: Emilio Luengo Fernández. Zaragoza (Spain).
Norbert Bachl. Wien (Austria).
Exercise and training as therapy in chronic diseases.
Alejandro Lucia Mulas. Madrid (Spain).
Exercise prescription in the cancer.
Herbert Lollgen. Germany.
Physical activity and prevention of cardiovascular diseases.

4. PHYSICAL TRAINING AND IMMUNITY
Chairman: Luigi di Luigi. (Italy).
Moderator: Mónica de la Fuente del Rey. Madrid (Spain).
Michael Gleeson. Loughborough (U.K).
Immune responses and risk of illness in elite athletes. Practical strategies to maintain immunocompetence.
Hinnak Northoff. Tubingen (Germany).
Influence of gender, training, and lifestyle on parameters of the immune system in athletes.
Eduardo Ortega Rincón. Badajoz (Spain).
Stress mediators in the modulation of inflammatory response during acute exercise and training. Practical applications.
5. STATE OF THE ART IN SPORT NUTRITION
Chairman: José Antonio Villegas García. Murcia (Spain).
Moderator: Nieves Palacios Gil-Antuñano. Madrid (Spain).
   Omega-3 fatty acid in relation with the sport practice. Significance of
   docosahexaenoic acid (DHA).
Fabio Pigozzi. Rome (Italy).
   Nutritional Supplements in Sports: merits and myths.
Ascensión Marcos Sánchez. Madrid (Spain).
   Nutrition-immunity interaction in athletes.

6. POST COMPETITION RECOVERY AND REST
Paul Dorochenko. Alicante (Spain).
   The importance of low-frequency pulsed sounds in the sport neuromotor
   reprogramming.
Nicolás Terrados Cepeda. Avilés (Spain).
   Physiologic and medical newness in post-competition recovery.
Wayne Derman. (South Africa).
   Fatigue in post competition recovery and rest.

7. THE DOPING. CLINICAL SIGNIFICANCE FOR SPORTS MEDICINE
Chairman: Jordi Segura Noguera. Barcelona (Spain).
Moderator: Juan Manuel Alonso Martín. Madrid (Spain).
   Is there a relation between doping and addiction?
Giselher Spitzer. Postdam (Germany).
   The consequences of doping in children.
José Naranjo Orellana. Sevilla (Spain).
   Use and abuse of medication in sport: Beta2 agonists, Corticosteroids, Growing
   Hormone and Anabolic steroids.

8. DETERMINANTS OF HUMAN PERFORMANCE AND FATIGUE IN HUMANS:
NEW INSIGHTS
Carsten Lundby. Copenhagen (Denmark).
   Eritropoyetin and exercise.
Ferdinando Iellamo. Rome (Italy).
   Heart rate variability in the control of training in elite athletes.
9. HYPOXIA “HEALTH AND PERFORMANCE”
Moderator: Pedro A. Galilea Ballarini. Barcelona (Spain).
Jean Paul Richalet. Paris (France).
Training in hypoxia and performance.
Paolo Cerretelli. Milan (Italia).
Living in hypoxia and performance.
Mauricio Serrato Roa. Bogotá (Colombia).
Sinergistic effect of hypoxia and training over hemoglobin mass.

10. SCIENTIFIC BASIS OF TENDINOPATHIES TREATMENT
Chairman: José Luis Martínez Romero. Murcia (Spain).
Moderator: Antonio Maestro Fernández. Gijón (Spain).
The scientific bases of modern approaches to tendinopathy management.
José Romero. Zurich (Switzerland)
Tendon overload.
Chen Chih-Hwa. Taiwan.
Invasive procedures in the treatment of tendinopathies.

11. BIOMECHANICS APPLIED TO EVALUATION AND IMPROVEMENT OF
SPORTS PERFORMANCE
Moderator: Miguel del Valle Soto. Oviedo (Spain).
Xavier Aguado Jodar. Toledo (Spain).
How to improve the subduing in the jump? Implication in the prevention of lesions.
The uses of computer simulation for improving sports performance.
Roger Bartlett. Dunedin (New Zealand).
What functions does movement variability fulfill?

12. LONG-TERM COMPLICATIONS OF EXERCISE
Moderator: Gil Rodas Font. Barcelona (Spain).
Urho M. Kujala. Jyvaskyla (Finland).
Long-term complications of sports and exercise.
Kai Ming Chan. Shatin (Hong Kong).
Long-term complications of exercise in the knee joint.
Hans Dickhut. Germany.
Long-term cardiac complications caused by exercise.
13. TRAINING IN ELITE ATHLETES
Moderator: Juan Ramón Barbany Cairó. Barcelona (Spain).
Roger Enoka. Colorado (USA).
Neuromuscular coordination and its connection with the sport training.
Dusan Hamar. Slovakia.
Serial stretch loading in strength training of athletes.
José Gerardo Villa Vicente. León (Spain).
Competition demands analysis as a help to professional cyclist’s training.

14. REHABILITATION IN SPORT
Chairman: Juan José González Iturri. Pamplona (Spain).
Moderator: César Fernández García. Barcelona (Spain).
Walter Frontera. San Juan (Puerto Rico).
Exercise in the rehabilitation of the hemiplegic patient.
Return to competition following athletic injury: sports rehabilitation as a whole.
Bruce D. Beynnon. Burlington (USA).

15. UPDATING IN MUSCULAR INJURIES
Chairman: Ramón Balius Matas. Barcelona (Spain).
Moderator: Jordi Ardévol Cuesta. Barcelona (Spain).
Markku Jarvinen. Tampere (Finland).
Recent advances in muscle injuries physiopathology.
Martin P. Schewellnus. Newlands (South Africa).
An update on muscle injuries and muscle cramping in athletes. Prevention, diagnosis and management.
Sakari Orava. Turku (Finland).
Recent advances in the surgical treatment of muscle injuries.

16. CARTILAGE AND SPORT
Chairman: Andre Debruyne. Hasselt (Belgium).
Moderator: José María Vilarrubias Guillamet. Barcelona (Spain).
Lyle L. Michelli. Boston (USA).
Management of osteochondritis dissecans in the young athlete.

17. ADVANCES IN STRENGTH PHYSIOLOGY AND ITS APPLICATION IN SPORT TRAINING
Moderator: Franchek Drobnic Martinez. Barcelona (Spain).
Per Aagaard. Copenhagen (Denmark).
Training-induced changes in muscle morphology and neural function.
Per Tesch. Stockholm (Sweden).
The importance of eccentric training.
Julio Tous. Barcelona (Spain).
Applications of strength training in elite athletes.
18. WHAT THE FUTURE WILL BRING IN EXERCISE PHYSIOLOGY
Moderator: José Naranjo Orellana. Sevilla (Spain).
Have changes in physical activity levels driven the obesity epidemic?
Guillermo López Lluch. Sevilla (Spain).
Calorie restriction, antioxidants and exercise.
José Antonio López Calbet. Las Palmas Gran Canaria (Spain).
The role of leptine during exercise.

SYMPOSIUM
Importancia de la elección del calzado deportivo en la prevención de lesiones.

TALLERES
Taller de ecografía cardíaca
Taller de pruebas de esfuerzo
Taller práctico de utilización del pulsómetro
Taller de entrenamiento deportivo
Taller de vendajes pre-competición
DATES: November, 18-23, 2008

VENUE OF CONGRESS:
Centro de Convenciones Internacional Barcelona (CCIB)
Rambla Prim, nº 1-17
08019 Barcelona
Tel: +34 932 301 000

OFFICIAL LANGUAGE
The official language of the Congress is English with simultaneous translation of the Official Papers to Spanish.
Scientific Secretariat:
Spanish Federation of Sports Medicine (FEMEDE)
Adress: P.O. Box Apartado de correos 1207. 31080 PAMPLONA
Phone: +34 948 267 706
Fax: +34 948 171 431
Email: fims2008@femede.es
Web site: http://www.femede.es

Organising Secretariat:
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IATA 78211733
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Teniente Borges, nº 5
41002 – Sevilla
Phone: + 34 954 506 603/04
Fax: + 34 954 222 479
Email: sevilladeportes@viajeseci.es
XXX FIMS WORLD CONGRESS OF SPORTS MEDICINE
XXX CONGRESO MUNDIAL DE MEDICINA DEL DEPORTE
November 18-23, 2008
Barcelona (Spain)
Sports Medicine for a Better World
Medicina del deporte para un mundo mejor

**ATTENDANCE FEES:**

<table>
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<th>Early registration by August 31, 2008</th>
<th>Late registration after August 31, 2008</th>
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<td>Registration Fee</td>
<td>400 euros</td>
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<td>Members FEMEDE/FIMS</td>
<td>350 euros</td>
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<tr>
<td>Trainees*</td>
<td>300 euros</td>
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<td>Students**</td>
<td>150 euros</td>
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<td>Educational Course (each)</td>
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<td>200 euros</td>
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<td>Accompanying Persons</td>
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**Last hour fee**

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<tr>
<td>General Registration</td>
<td>600 euros</td>
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<td>500 euros</td>
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<td>Trainees *</td>
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<tr>
<td>Students**</td>
<td>200 euros</td>
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<tr>
<td>Accompanying Persons</td>
<td>300 euros</td>
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</table>

* Certificate confirming status is mandatory. Without a certificate the registration fee will be charged.
** Degrees: Medicine, CC Actividad Física y Deporte, Psicología, CC de la Salud, Nutrición...).

Certificate confirming status is mandatory.
PAYMENT

**Bank transfer:** FEDERACIÓN ESPAÑOLA DE MEDICINA DEL DEPORTE. Indicate inscription to Congress FEMEDE CAIXA CATALUNYA. Account number: 2013.1512.82.0200147514 Bank address: CAIXA CATALUNYA: C/ Iturrama nº 28. 31007 PAMPLONA (SPAIN).

**Banker’s cheque:** Indicate to FEDERACIÓN ESPAÑOLA DE MEDICINA DEL DEPORTE. P.O. Box: 1207. 31080 PAMPLONA (SPAIN)

All payments are to be made in Euro, net of all bank charges and commissions for the receiver (Spanish Federation of Sports Medicine).

**Cancellations of registration**
- All cancellations must be notified in writing (by mail or facsimile) to the Congress Secretariat.
- All cancellations and/or changes including social activities will incur a minimum administration charge of 10.00 euros.
- A 90% refund on registration will be provided for cancellations before 15 June, 2008.
- A 50% refund on registration will be provided for cancellations after 15 June, 2008.
- No refund will be provided after 18 October, 2008.

**In all cases the inscription form must be given fulfilled.**

The Congress Organisation is not responsible for changes in the programme due to external causes to the Organising Committee.
### Speaker's and Chairmen's Profiles

<table>
<thead>
<tr>
<th>Name</th>
<th>Institution and Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Xavier Aguado Jodar</td>
<td>Biomechanics. University of Castilla-La Mancha. Faculty of Sports Sciences. Toledo (Spain).</td>
</tr>
<tr>
<td>Juan Manuel Alonso Martín</td>
<td>Medical Department. Royal Spanish Federation Atletics. President of Médical and Anti-Doping Comissions of International Atletics Federation. Madrid (Spain).</td>
</tr>
<tr>
<td>Jordi Ardévol Cuesta</td>
<td>Service of Orthopaedics Surgery and Traumatology. Asepeyo Hospital - Fiatc Clinic. Barcelona (España).</td>
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<tr>
<td>Norbert Bachl</td>
<td>President EFMSA. Department of Sports and Exercise Physiology. Wien (Austria)</td>
</tr>
<tr>
<td>Ramón Baliu Juli</td>
<td>Barcelona (Spain).</td>
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<tr>
<td>Ramón Balu Matas</td>
<td>Council Catalan of Sport of Catalonia Generalitat. FIATC Clinic. CMI Diagonal. Barcelona (Spain).</td>
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<tr>
<td>Roger Bartlett</td>
<td>Dunedin (New Zealand).</td>
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<tr>
<td>Antonio Bayés de Luna</td>
<td>Professor of Cardiology. Autonomous University of Barcelona. Institute Catalan of Cardiovascular Sciences. Hospital Sant Pau Barcelona (Spain).</td>
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<tr>
<td>Bruce D. Beynnon</td>
<td>Department of Orthopaedics &amp; Rehabilitation. University of Vermont. Burlington (USA).</td>
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<tr>
<td>Antonio Bulbena Vilarrasa</td>
<td>Institute of Psychiatric Treatment, Mental Health and Addictions. Professor of Autonomous University of Barcelona. Barcelona. (Spain).</td>
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<tr>
<td>Kai-Hakon Carlsen</td>
<td>Voksentoppen BKL, Rikshospitalet University Hospital. Oslo (Norway).</td>
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<tr>
<td>José María Carnero Elías</td>
<td>Graduate on Podiatry. Secretary of Spanish Association of Sport Podiatry (AEPODE). Secretary of College of Podiatrists of Catalonia. Barcelona (Spain).</td>
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<tr>
<td>Felix Ceberio Balda</td>
<td>Treasurer of FEMEDE. Ubarmin Clinic. Pamplona (Spain).</td>
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<tr>
<td>Paolo Cerretelli</td>
<td>Medical School, University of Milano. Institute of Bioimaging and Molecular Physiology. Italian Research Council. Segrate – Milano (Italy).</td>
</tr>
<tr>
<td>Kai Ming Chan</td>
<td>Center of Sports Medicine &amp; Sport Science. Department of Orthopaedics &amp; Traumatology. Chinese University. Shatin (Hong Kong).</td>
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</tbody>
</table>
Mónica de la Fuente del Rey
Department of Physiology. Faculty of Biology.
University Complutense. Madrid (Spain).

Andre Debruyne
Treasurer of FIMS. Treasurer of EFSMA.
Member of the Medical and Scientific
Commission of the EOC. Hasselt (Belgium).

Miguel del Valle Soto
Vice-Chairman of FEMEDE. President of the
Scientific Commission of FEMEDE. School of

Wayne Derman
Science Institute of South Africa (South Africa).

Hans Dickhut
Medical Commission EOC. Member FIMS
Executive Committee. (Germany).

Paul Dorochenko
International Center of Sports Rehabilitation.
La Calderona. Member of European Physical
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(Spain).

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Loughborough University. President of
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Juan José González Iturri
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Dusan Hamar
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Member Executive Board European
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Vice-Chairman of Medical Commission of
World Federation of University Sport.
Bratislava (Slovakia).

Ferdinando Iellamo
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Center San Raffaele Pisana. Rome (Italy).

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Hospital and University of Tampere
(Finland).

José Fernando Jiménez Díaz
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Urho M. Kujala
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Herbert Löllegen
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(Germany).

José Antonio López Calbet
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Canaria (Spain).
Guillermo López Lluch
Andalusian Center of Development Biology.
Pablo Olavide University. Sevilla (Spain).

Juan Ricardo López Taylor
Guadalajara (Mexico).

Alejandro Lucia Mulas
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Emilio Luengo Fernández

Luigi di Luigi
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Carsten Lundby
Copenhagen Muscle Research Center. Righospitalet section. Copenhagen (Denmark).

Antonio Maestro Fernández
Medical Service Royal Sporting. FREMAP. Gijón (Spain).

Nicola Maffuli
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Begoña Manuz González
Governing Body of FEMEDE. President of ACAMEDE. Torrelavega (Spain).

Ascensión Marcos Sánchez

Barry J. Maron
The Hypertrophic Cardiomyopathy Center, Minneapolis Heart Institute Foundation, Minneapolis (USA).

José Luis Martínez Romero
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Lyle L. Michelli

Italo Monetti Adamoli
Club Atlético Peñarol. Secretary General of Panamerican Confederation of Sports Medicine (COPAMEDE). Member of the FIMS Executive Committee. Montevideo (Uruguay).

Jose Naranjo Orellana
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Eduardo Ortega Rincón

Nieves Palacios Gil-Antuñano

Antonio Pellicia
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University of Paris 13. Paris (France).

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Nicolás Terrados Cepeda  

Per A. Tesch  
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José Antonio Villegas García  
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