

www.fivbmedicine2011.org



FIVB Volleyball Medicine Congress 2011
13.-15. January, Bled - Slovenia

Welcome from the FIVB president

Dear Participants,

Volleyball and Beach Volleyball like other sports offer society a unique opportunity for individual and social development. Volleyball is a challenging game, where players learn a wide variety of skills – physical, mental and social. Volleyball is also an exciting game – for players and spectators alike!

Nevertheless, sports participation also entails a certain risk of injury. Studies from the 2004 Athens Olympic Games and 2008 Beijing Olympic Games document that the injury risk in Volleyball is much lower than the other Olympic team sports, and even lower than most individual sports. Even so, injuries can affect performance and even long-term health. Therefore, protecting the health of our athletes is the number one priority for the FIVB.

Through its Medical Commission, chaired by professor Roald Bahr, the FIVB has looked at how injuries and illness can be prevented, how the risk of long-term disability can be reduced by proper diagnosis, treatment and rehabilitation, and how to maintain volleyball as a drug-free sport. The FIVB is a signatory to the World Anti-doping Code, and our anti-doping education and testing program ranks second to none.

In keeping with our commitment to protect the health of our players, FIVB has taken the initiative to organize the FIVB World Congress on Volleyball Medicine in Bled, Slovenia in January 2011. This congress will be the perfect platform for physicians, physical therapists,

athletic trainers, biomechanists and other scientists to share their views on volleyball injuries and illnesses. Although it is not the first of its kind, this promises to be a landmark congress, covering the entire field of volleyball medicine with a star line-up of world-renowned experts. The FIVB is pleased to be able to fund this event.

I would also like to take this opportunity to acknowledge the hospitality of our hosts, the Slovenian Volleyball Federation, and all their partners. Not only have they whole-heartedly embraced the idea, but they have worked diligently to create the best possible conditions for the exchange of knowledge and ideas related to the health of our players. The FIVB also thanks the Scientific Committee, chaired by dr. Jonathan Reeser, for creating a superb program. You do not wish to miss this event!

Yours sincerely,
Jizhong Wei
FIVB President



Welcome from the Scientific Committee

On behalf of my colleagues on the Scientific Committee, I cordially invite you to attend the 2011 FIVB World Congress on Volleyball Sport Medicine, to be held in Bled Slovenia from 13.-15. January 2011. The keynote lectures and symposia, outlined in this first announcement, have been selected in order to cover the breadth of sports medicine as it applies to volleyball. The Congress features an outstanding faculty from around the world. In the months ahead, workshops will be added to the schedule. These workshops are intended to be small group, hands-on sessions that complement the main program. In addition, the Congress will provide a forum for presentation of original volleyball-related research. Our goal is to stimulate volleyball-specific investigation and thereby advance the existing “state of the art”. Look for the “call for abstracts” on page 9. Evening social events will punctuate each day. These gatherings will permit discussion and the sharing of ideas, fostering a culture of collaborative inquiry that will help carry the discipline forward.

Please contribute to the future of volleyball sport medicine by joining us for this landmark Congress in 2011. We look forward to welcoming you to Bled!



dr. Jonathan C. Reeser, MD, PhD
Chair, Scientific Committee

A handwritten signature in black ink, which reads "Jonathan C. Reeser". The signature is written in a cursive style. In the background, there is a faint, stylized illustration of a volleyball player in a blue and white uniform, performing a spike.

Speakers

Keynote speakers

- **Elizabeth Arendt, MD**
University of Minnesota, Minneapolis, MN, USA



- **Roald Bahr, MD PhD**
Oslo Sports Trauma Research Center, Oslo, Norway



- **Lars Engebretsen, MD PhD**
University of Oslo and Oslo Sports Trauma Research Center, Oslo, Norway



- **Pavels Mustafins, MD**
Riga Stradins University and Latvian Academy of Sports Pedagogy, Riga, Latvia



Invited speakers

- **Håkan Alfredson, MD PhD** Sports Medicine Unit, University Hospital of Umea, Umea, Sweden
- **William Briner, MD** Lutheran General Hospital, Park Ridge, IL, USA
- **Aaron Brock, MS, ATC** USA Volleyball, Anaheim, CA, USA
- **Álvaro Chamecki, MD PhD** Clinica Artro, Curitiba, Brazil
- **Ann Cools, PT PhD** Ghent University, Ghent, Belgium
- **Edvin Dervisevic, MD PhD** Faculty of Sport, Ljubljana, Slovenia
- **Karim Khan, MD PhD** Centre for Hip Health and Mobility, University of British Columbia, Vancouver, Canada
- **Jacek Kruczynski, MD PhD** Nicolaus Copernicus University in Torun, Bydgoszcz, Poland
- **Georg Lajtai, MD PhD** Altis Sports Medicine Clinic, Althofen, Austria
- **Willem Meeuwisse, MD PhD** University of Calgary, Calgary, Canada
- **Grethe Myklebust, PT PhD** Oslo Sport Trauma Research Centre, Oslo, Norway
- **Annie Peytavin, MD** Member, FIVB Medical Commission, Paris, France
- **Jonathan Reeser, MD PhD** Marshfield Clinic Research Foundation, Marshfield, USA
- **Helgi Thorsteinsson** FIVB, Lausanne, Switzerland
- **Markus Tilp, PhD** Institute of Sports Science, Karl-Franzens University, Graz, Austria
- **Prof. Hiroshi Toyoda** FIVB Technical Commission, Mikasa Corporation, Tokyo, Japan
- **Matjaž Veselko, MD PhD** University Medical Center, Ljubljana, Slovenia
- **Håvard Visnes, MD PhD** Oslo Sports Trauma Research Center, Oslo, Norway

Programme-at-a-glance

Session A

Thursday January 13th

- 10:00 Registration
14:00 OPENING CEREMONY
- 15:00 **Keynote 1:** **Sports medicine challenges in volleyball and beach volleyball** (Bahr, Norway)
16:00 **Symposium 1:** Advances in Volleyball Sport Science (Chair: Toyoda, Japan)
COFFEE BREAK
- 18:00 **Symposium 2:** Volleyball-related shoulder dysfunction (Chair: Cools, Belgium)
20:00 GET TOGETHER/DINNER IN CONFERENCE HALL

Friday January 14th

- 08:30 **Keynote 2:** **Treating the ACL-injured volleyball player - are there any special concerns?** (Engebretsen, Norway)
09:15 **Symposium 3:** Evaluation and treatment of the volleyball athlete with knee pain (Chair: Khan, Canada)
COFFEE BREAK
- 11:15 **Symposium 3** cont.
LUNCH
- 14:00 **Keynote 3:** **The female volleyball athlete** (Arendt, USA)
14:45 **Symposium 4:** Low back pain in volleyball players (Chair: Reeser, USA)
COFFEE BREAK
- 16:45 Abstract presentations
20:30 DINNER

Saturday January 15th

- 08:30 **Keynote 4:** **Preventing injuries in volleyball players** (Bahr, Norway)
09:15 **Symposium 5:** Periodic Health Examination of volleyball players (Chair: Meeuwisse, Canada)
COFFEE BREAK
- 11:15 **Symposium 6:** Ankle injuries in volleyball (Chair: Veselko, Slovenia)
LUNCH
- 14:00 **Keynote 5:** **The Paralympic Volleyball Athlete** (Mustafins, Latvia)
14:45 **Symposium 7:** Environmental issues in beach volleyball - The FIVB Heat Stress Monitoring Protocol (Chair: Avila-España - Spain)
15:30 **Symposium 8:** The FIVB Anti-Doping Program (Chair: Holzgraefe - Germany)
COFFEE BREAK
- 16:45 **Symposium 9:** Minimizing and managing the risk of injury (Chair: Bahr, Norway)
18:15 CLOSING CEREMONY
20:30 GALA DINNER AT HOTEL TOPLICE

Session B/C

Workshops

Workshops

Workshops

Workshops

Abstract presentations

Workshops

Workshops

Workshops

Workshops

Programme - Thursday January 13th

10:00 Registration
14:00 OPENING CEREMONY
15:00 KEYNOTE 1:

Sports medicine challenges in volleyball and beach volleyball

(Roald Bahr, Norway)

16:00 Symposium 1 : Advances in Volleyball Sport Science

Chair: Hiroshi Toyoda, FIVB Technical Commission, Japan

- Scientific analysis of volleyball
(Hiroshi Toyoda, Japan)
- Biomechanics of jumping
(Markus Tilp, Austria)
- Biomechanics of overhead volleyball skills
(Jonathan Reeser, USA)
- Analysis of athletic performance
(Hiroshi Toyoda, Japan)
- Implications for training
(Markus Tilp, Austria)
- Cases and discussion (Panel)

COFFEE BREAK



18:00 Symposium 2 : Volleyball-related Shoulder Dysfunction

Chair: Ann Cools, Belgium

- Clinical approach to shoulder pain in the overhead athlete
(Ann Cools, Belgium)
- Risk factors for volleyball-related shoulder dysfunction
(Jonathan Reeser, USA)
- Suprascapular neuropathy and other entrapments in the overhead athlete
(Georg Lajtai, Austria)
- Vascular problems in the overhead athlete
(Jonathan Reeser, USA)
- Surgical management of shoulder problems
(Georg Lajtai, Austria)
- Rehabilitation strategies for the overhead athlete with shoulder pain
(Ann Cools, Belgium)
- Cases and discussion (Panel)

20:00 GET TOGETHER/DINNER IN CONFERENCE HALL

Programme - Friday January 14th

08:30

KEYNOTE 2:

Treating the ACL-injured Volleyball Player - Are There Any Special Concerns? (Lars Engebretsen, Norway)

09:15

Symposium 3 : Evaluation and Treatment of the Volleyball Athlete with Knee Pain

Chair:

Karim Khan, Canada

- What is tendinopathy?
(Karim Khan, Canada)
- Risk factors for patellar tendinopathy in volleyball players
(Håvard Visnes, Norway)
- What is mechanotransduction?
(Karim Khan, Canada)

COFFEE BREAK

- Does eccentric training really work?
(Roald Bahr, Norway)
- Ultrasound guided sclerosis and electrocoagulation
(Håkan Alfredson, Sweden)
- Platelet-rich plasma injections
(Lars Engebretsen, Norway)
- Ultrasound and Doppler guided mini surgery for patellar tendinopathy (Håkan Alfredson, Sweden)
- Case discussions:
Which is the first option, and which the last line of defense?

LUNCH

14:00

KEYNOTE 3:

The Female Volleyball Athlete (Elizabeth Arendt, USA)

14:45

Symposium 4: Low Back Pain in Volleyball Players

Chair:

Jonathan Reeser, USA

- The spine in overhead sports
(Jonathan Reeser, USA)
- The epidemiology of low back pain among VB players
(William Briner, USA)
- Evaluation and nonsurgical management of low back pain among volleyball players
(Aaron Brock, USA)
- Core stabilization: does it really work?
(Aaron Brock, USA)
- Indications for surgical intervention
(Elizabeth Arendt, USA)
- Cases and discussion

COFFEE BREAK

16:45 -19.15 Abstract presentation

20:30 DINNER

NOTE: Deadline for submission of abstracts is September 1, 2010.

Programme - Saturday January 15th

08:30

KEYNOTE 4:

Preventing injuries in volleyball players (Roald Bahr, Norway)

09:15

Symposium 5: Periodic Health Examination of Volleyball Players

Chair : Willem Meeuwisse - Canada

- The IOC PHE consensus statement (Willem Meeuwisse, Canada)
- The electronic pre-participation evaluation (Willem Meeuwisse, Canada)
- The role of isokinetic strength testing in volleyball (Edvin Dervisevic, Slovenia)
- Screening female athletes for risk of ACL injury (Grethe Myklebust, Norway)
- Monitoring athlete health: how the USA does it (Aaron Brock, USA)
- Cases and discussion

COFFEE BREAK

11:15

Symposium 6: Ankle Injuries in Volleyball

Chair : Matjaž Veselko, Slovenia

- Assessment of the acutely injured ankle (Roald Bahr, Norway)
- The role of surgery in acute ankle injury (Matjaž Veselko, Slovenia)
- Rehabilitation of acute ankle injuries (Grethe Myklebust, Norway)
- The chronically painful or unstable ankle (Álvaro Chamecki, Brazil)
- Cases and discussion

LUNCH

14:00

KEYNOTE 5:

The Paralympic Volleyball Athlete (Pavels Mustafins, Latvia)

14:45

Symposium 7: Environmental Issues in Beach Volleyball

Chair : Fernando Avila-Espana - Spain

- Historical risk of heat illness on the FIVB World Tour (Jonathan Reeser, USA)
- The FIVB Heat Stress Monitoring protocol (Roald Bahr, Norway)
- Recognizing and treating heat illness (William Briner, USA)

15:30

Symposium 8: The FIVB Anti-Doping Program

Chair : Manfred Holzgraefe - Germany

- The FIVB Anti-doping program (Roald Bahr, Norway)
- The FIVB: We play it clean! (Helgi Thorsteinsson, Switzerland)
- The FIVB TUE protocol (Annie Peytavin, France)
- Cases and discussion

COFFEE BREAK

16:45

Symposium 9: Minimizing and Managing the Risk of Injury

Chair : Roald Bahr, Norway

- Principles of risk management in a team setting (Roald Bahr, Norway)
- Empirical lessons learned (Willem Meeuwisse, Canada)
- Management of risk at the national team level: Poland (Jacek Kruczynski, Poland)
- Management of risk at the national team level: Brazil (Álvaro Chamecki, Brazil)

18:15

CLOSING CEREMONY

20:30

GALA DINNER AT HOTEL TOPLICE

Call for papers

Authors are kindly requested to submit their abstracts on the official website www.fivbmedicine2011.org.

All accepted abstracts will be published in the Abstract Book, as well as in a themed issue of the British Journal of Sports Medicine.

The organisers wish to present the state-of-the-art in volleyball-related research at the FIVB Volleyball Medicine Congress 2011, and will therefore include poster sessions and free communications to present the most recent research. The Conference is multidisciplinary, and we encourage abstracts to be submitted within all fields of volleyball research. This includes studies on epidemiology, risk factors, injury mechanisms, pathophysiology, intervention studies, relevant biomechanical studies, studies on behaviour and attitudes, performance & fitness, and related research from other fields.

Please follow the instructions carefully in order to ensure that your abstract is received successfully.

The deadline for submitting abstracts is **September 1st, 2010**.



Guidelines for Submission of Abstracts

- (1) - The abstract must be written in English.
- (2) - The abstract must not exceed 300 words.
- (3) - The body text of the abstract must not include the names of the authors or institution.
- (4) - Abbreviations can be used except title; but must be clearly defined in parenthesis the first time they are used.
- (5) - The title should be brief (maximum 30 words) and clearly reflecting the content of the study. Do NOT use capital letters.

Abstract Format

The abstract should be structured, using the following subtitles and sections:

Background: Provide the background for the study in one or two sentences.

Objective: State the main question or objective of the study and the major hypothesis tested, if any.

Design: Describe the design of the study, indicating, as appropriate, use of randomisation, blinding, criterion standards for diagnostic tests, temporal direction (retrospective or prospective), and so on.

Setting: Indicate the study setting, including the clinical setting or competitive level if relevant (e.g. youth team, high school league, elite division, World League team).

Patients (or Participants): State selection procedures, entry criteria, and numbers of participants entering and finishing the study.

Submit your abstract on www.fivbmedicine2011.org

Interventions (or Assessment of Risk Factors or other relevant subheading): Describe essential features of any interventions, including their method and duration of administration. For observational studies, clearly outline the independent variables.

Main Outcome Measurements: The primary study outcome measures (dependent variables) should be indicated as planned before data collection began. If the hypothesis being reported was formulated during or after data collection, this fact should be clearly stated.

Results: Report the main findings of the study.

Conclusions: State only those conclusions of the study that are directly supported by data, along with their clinical application (avoiding over-generalisation) or whether additional study is required before the information should be used in usual clinical settings.

Conference committees

Organizing Committee

- Vedran Hadzic, MD - President of the Organizing Committee
- Maja Apih - Organizing Committee Secretary
- Edvin Dervsevic, MD, PhD
- Tine Sattler, MSc
- Igor Dolinsek, Volleyball Federation of Slovenia
- Spela Kavcic - hotel logistics

Scientific Committee

- prof. Roald Bahr , MD, PhD, Norway
- prof. Helena Burger, MD, PhD, Slovenia
- assist. prof. Edvin Derviševic, MD, PhD, Slovenia
- dr. Fernando Avila España, MD, Spain
- prof. Jacek Kruszynski, MD, PhD, Poland
- dr. Jonathan C. Reeser, MD, PhD, USA,
Chair of the Scientific Committee
- prof. Matjaž Veselko, MD, PhD, Slovenia



Honorary Committee

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- President of Volleyball Federation of Slovenia - Matjaz Kovacic
- President of Olympic Committee of Slovenia - Janez Kocijancic
- FIVB President, Mr. Jizhong Wei
- CEV President, Mr. André Meyer
- FIVB Executive Vice-President, Dr. Amr Elwani

Hotel accomodation

DEADLINE FOR RESERVATIONS IS 1.november 2011. AFTER THIS DATE RESERVATION WILL BE MADE ON REQUEST.

For reservation use the reservation form on our official website www.fivbmedicine2011.org.

Reservation must be send in Hotel Jelovica Bled by e mail: jelovica@hotel-jelovica.si or by fax: 00386 4 5741 550.

Direct booking to chosen hotel is not possible.

NOTE: A supplementary tourist tax of 1.01 € will be charged per room per day.

Reservation must be confirmed with credit card number with exp. date. Hotel Jelovica will deliver all reservations directly to chosen hotel.

All guest will pay their costs directly in hotel, they will stay in. No cost cancellation till 10.11.2010.

Hotel Jelovica



Price for Bed&Breakfast
per room per day

Single/Lake:	57 €
Double/Stand.:	66 €
Double/Lake:	74 €



Remark: Tourist tax included.

www.hotel-jelovica.si

Best Western Lovec



Price for Bed&Breakfast
per room per day

Single/Stand:	128 €
Double/Stand.:	151 €



www.lovehotel.com

Hotel Astoria



Price for Bed&Breakfast
per room per day

Single/Stand:	119 €
Double/Lake:	139 €
Double/Su:	119 €



www.hotelastoria-bled.com

Best Western Kompas



Price for Bed&Breakfast
per room per day

Single/Stand:	123 €
Double/Stand.:	135 €



www.kompashotel.com

Hotel accomodation

Grand Hotel Toplice



Price for Bed&Breakfast
per room per day

Single/Stand:	120 €
Single/Lake:	148 €
Double/Stand.:	140 €
Double/Lake:	172 €



www.hotel-toplice.com

Hotel Park



Price for Bed&Breakfast
per room per day

Single/Stand:	83 €
Single/Lake:	100 €
Double/Stand.:	104 €
Double/Lake:	120 €



www.hotel-park-bled.com

Hotel Golf



Price for Bed&Breakfast
per room per day

Single/Stand:	100 €
Single/Lake:	112 €
Double/Stand.:	120 €
Double/Lake:	136 €



www.hotel-golf-bled.com

Hotel Savica



Price for Bed&Breakfast
per room per day

Single/Stand:	71 €
Double/Stand:	80 €



www.hotel-savica.com

Registration

For those wanting to attend the upcoming FIVB Volleyball Medicine Congress 2011, please visit us on www.fivbmedicine2011.org and register online.

This exciting Congress is one not to be missed, so register before 1. September 2010 to secure your place and receive discounted registration. Note that all persons intending to attend the Congress must register, including invited Authors and Chairpersons.

	Up to 1.9.2010	After 1.9.2010
Delegate Full Registration (13.-15. January)	200 EUR	300 EUR
One-day registration fee	100 EUR	150 EUR

To view the current foreign exchange rates, please visit www.x-rates.com

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Congress City and Venue - Bled, a jewel among the alpine resort.

With immense natural beauty, Bled, together with its surroundings, ranks among the most beautiful alpine resorts, renowned for its mild, healing climate and thermal lake water. The beauty of the mountains reflected on the lake, the sun, the serenity and the fresh air arouse pleasant feelings in visitors throughout the year, guaranteeing an ideal base for a relaxing break or an active holiday. Bled attracts businessmen, artists, athletes, explorers, sport enthusiasts, the old and the young, from all over the world, enchanting them to return again and again.

www.bled.si





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