

The Annual Meeting of the Israel Society of Sports Medicine  
INTERNATIONAL MEETING ON SPORTS MEDICINE

## Second Announcement

June 11-12, 2008

Dan Panorama Hotel  
Tel Aviv, Israel



In conjunction with



The Israel  
Physiotherapy Society



עמותה לקידום תזונה ודיאטה  
Israeli Dietetic  
Association



The Israeli  
Medical Association



Ground Forces  
Command  
Medical Branch



IDF - Special Units  
Medical Administration  
(ISUMA)

Under the Auspices  
of



"FIMS"



**The Annual Meeting of the Israel Society  
of Sports Medicine  
Tel-Aviv Dan Panorama Hotel, June 11-12, 2008**

In Cooperation with:

**FIMS** - International Federation of Sports Medicine

**EFSMA** - European Federation of Sports Medicine Association

**ISUMA** - IDF Special Units Medical Administration

**IDF** - Ground Command - Medical Branch

Israeli Physiotherapy Society

Israel Dietetic Association



**Chairman:**

Ron Arbel, MD

**Organizing Committee:**

Ron Arbel, MD

Yoram Epstein, PhD

Aharon Frank, MD

Jonathan Yarom, MD

Hadas Jacobi, Msc

**Scientific Committee:**

Maya Cale – Benזור, PT, Msc

Yoram Epstein, PhD

Yuval Heled, PhD

Omri Inbar, PhD

Liran Lifshitz, M.sc.P.T

David Morgenstern, MD

Ishay Ostfeld, MD, MHA

Rutie Pilz-Burstein, PhD

Ehud Rath ,MD

Ayelet Weinstein, RD

**Executive Committee of the Israel Society of Sports Medicine:**

Ron Arbel, MD

Maya Cale-Benזור, PT, Msc

Yoram Epstein, PhD

Mauricius Finkelstein, MD

Aharon Frank, MD

Liran Lifshitz, BPT

Mickey Scheinowitz, PhD

Jonathan Yarom, MD


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### Guest Speakers:

<b>Dr. Francesco Alegra</b>	Orthopedic Surgeon, Italy
<b>Nicholas D. Barringer</b>	Nutritionist, 75 <sup>th</sup> Ranger Regiment, US Army, USA
<b>Dr. Joseph Berman</b>	Orthopedic Surgeon, USA
<b>Dr. Jack Bert</b>	Orthopedic Surgeon, President of AANA, USA
<b>Dr. Thomas Byrd</b>	Orthopedic Surgeon, USA
<b>Prof. Patricia Deuster</b>	Uniformed Services Uni. of Health Sciences, Bethesda, USA
<b>Dr. Lennard Funk</b>	Orthopedic Surgeon, UK
<b>Prof. Anna Jeiger</b>	Cardiology, Medical University of Lodz, Poland
<b>Dr. Don Johnson</b>	Orthopedic Surgeon, Previous President of AANA, USA
<b>Prof. Peter Kurzweil</b>	Orthopedic Surgeon, USA
<b>Dr. Bert Mandelbaum</b>	Orthopedic Surgeon, President of ICRS., USA
<b>Dr. David McGuire</b>	Orthopedic Surgeon, Previous President of AANA, USA
<b>Danny McMillian</b>	Physical-Therapist, Athlete-Warrior Program Director, 75 <sup>th</sup> Ranger Regiment, US Army, USA
<b>Prof. Wang Peishan</b>	Medical College of Chinese People's Armed Police Forces, China
<b>Dr. Paul Yerys</b>	Orthopedic Surgeon, USA

## Program at a Glance

Wednesday - 11.06.2008		
	Hall 1	Hall 2
07:30-08:30	Workshop: Kettlebells	
07:00-08:45	Onsite Reception and Registration	
09:00-10:30	<b>Session 1:</b> Sports Injuries of the Upper Extremity - Shoulder	<b>Session 2:</b> Genetics in Sports and Exercise
10:30-11:00	<b>Coffee break and Exhibition</b>	
11:00-11:10	Opening Ceremony	
11:10-12:30	<b>Session 3:</b> Plenary: Keynote Lectures	
12:30-13:00	<b>Society Annual Business Meeting</b>	
13:00-14:00	<b>Lunch + Elections for Executive Committee and Chairman</b>	
14:00-15:30	<b>Session 4:</b> Knee Meniscus and Cartilage	<b>Session 5:</b> Nutrition and Food Supplementations in Sports and Exercise
15:30-16:00	<b>Coffee break and Exhibition</b>	
16:00-17:30	<b>Session 6:</b> Foot and Ankle	<b>Session 7:</b> Young Female Athletes - Aiming for More and Better
Thursday - 12.06.2008		
	Hall 1	Hall 2
07:30-08:45	Workshop: Let's talk about Strength	<b>Military Sports Medicine Seminar</b>
07:00-08:30	Onsite Reception and Registration	
08:30-10:30	<b>Session 8:</b> Issues in Management of Muscles Injuries	<b>Session 9:</b> Stress Fractures in Basic Training (09:00-10:30)
10:30-11:00	<b>Coffee break and Exhibition</b>	
11:00-12:30	<b>Session 10:</b> Plenary: Keynote Lectures	
12:30-12:40	<b>In Memory of Michal Lashkar</b>	
12:40-13:00	<b>Announcement of the elections results</b>	
13:00-14:00	<b>Lunch</b>	
14:00-15:30	<b>Session 11:</b> Knee - Ligaments	<b>Session 12:</b> Optimizing the Physical and Mental Development of Elite Warriors
15:30-16:00	<b>Coffee break and Exhibition</b>	
16:00-17:30	<b>Session 13:</b> Sports Injuries of the Upper extremity - Hand and Elbow	<b>Session 14:</b> Current Military Sports Medicine Issues



**Tuesday - June 10, 2008**  
**Pre Conference Course - Hip Arthroscopy**  
(Sponsored by Tradis Gat Israel)

**Lectures and live surgery - Dr. Thomas Byrd, USA**

**07:00 - Tel-Aviv Sourasky Medical Center (Ichilov)**  
**Main Lecture Hall, Sourasky Building**

## Scientific Program

**Wednesday - June 11, 2008**

- 07:30-08:30 **Workshop: Kettlebells**  
**A. Weisman & G. Hiskia**
- 07:00-08:45 **Onsite Reception and Registration**

### **Parallel Sessions**

- 09:00-10:30 **Session 1: Sports Injuries of the Upper Extremity - Shoulder** **Hall 1**
- 09:00-09:15 Orthobiologics in Shoulder Surgery  
**L. Funk, UK**
- 09:15-09:25 Rotator Cuff Repair Using Knotless Anchors  
**P. Yerys, USA**
- 09:25-09:35 Pec Major Reconstruction in Athletes  
**L. Funk, UK**
- 09:35-09:45 Post Traumatic Painful Shoulder: Ultrasound as a Primary Diagnostic Technique for Occult Fractures of the Proximal Humerus  
**N. Alkrinawi, Israel**
- 09:45-10:00 Accelerated Rehabilitation of the Shoulder After Surgery  
**L. Funk, UK**
- 10:00-10:10 Displaced Midshaft Clavicular Fractures in Athletes: Minimally Invasive Osteosynthesis by Elastic Titanium Nails  
**O. Tsvieli, Israel**
- 10:10-10:30 Panel Discussion
- 10:30-11:00 *Coffee break and Exhibition*

09:00-10:30 **Session 2: Genetics in Sports and Exercise** **Hall 2**

- 09:00-09:20 Does Interleukin-6 Gene Contribute to Exercise Induced Increase in Muscle Creatine Kinase?  
**Y. Heled**, Israel, **C. Contreras-Sesvold**, USA, **S. Zeno**, USA  
**J. L. Davis**, USA, **Q. Stephens**, USA, **P. A. Deuster**, USA
- 09:20-09:40 The ACE Deletion Allele Associated with Elite Endurance Athletes  
**R. Amir**, **N. Eynon**, **R. Mor**, **M. Sagiv**, **C. Yamin**, **U. Haviv**, **M. Sagiv**,  
**Y. Meckel**, Israel
- 09:40-10:00 Stress Fractures: Putative Contributing Genetic Factors and Proteomic Serum Analyses  
**R. Yanovich**, **D. Moran**, **E. Friedman**, Israel
- 10:00-10:20 Heat Acclimation, Heat Tolerance and Exercise Training-Remodelling of Genomic Responses  
**M. Horowitz**, **E. Kodesh**, **D. Moran**, Israel
- 10:20-10:30 Panel Discussion
- 10:30-11:00 *Coffee break and Exhibition*

11:00-12:30 **Session 3 - Plenary: Keynote Lectures** **Hall 1**

- 11:00-11:10 Opening Ceremony  
**R. Arbel**, Chairman Israel Society of Sports Medicine
- 11:10-11:40 Complications of Knee Arthroscopy  
**J. Bert**, USA
- 11:40-12:10 The "Renaissance Model" - Physical Activity in Prevention of Cardiovascular Diseases  
**A. Jegier**, Poland

12:10-12:30 Don't Think, Run - It Will Do - Integrative and Genomic Approches  
**E. Kodesh**, Israel

12:30-13:00 *Society Annual Business Meeting*

13:00-14:00 *Lunch + Elections for Executive Committee and Chairman*

### **Parallel Sessions**

14:00-15:30 **Session 4: Knee Meniscus and Cartilage**

**Hall 1**

14:00-14:15 How I Treat Cartilage Lesions of the Knee  
**B. Mandelbaum**, USA

14:15-14:30 Arthroscopic Treatment of Articular Cartilage Lesions / Arthroscopically Assisted Unicompartmental Replacement  
**J. Bert**, USA

14:30-14:45 The Current Status of Joint Restoration in USA  
**J. Berman**, USA

14:45-15:00 How and When To Do Proximal Tibial Osteotomy  
**J. Bert**, USA

15:00-15:15 Meniscus Tear Repair vs Resection  
**P.R. Kurzweil**, USA

15:15-15:30 Catastrophic Knee Injury Treated by Autologous Chondrocyte Implantation  
**J. Berman**, USA

15:30-16:00 *Coffee break and Exhibition*

14:00-15:30 **Session 5: Nutrition and Food Supplementations in Sports and Exercise**

**Hall 2**

In collaboration with "ATID" - Israel Dietetic Association

14:00-14:20 Nutrient Timing: Snacking Round the Clock  
**P. A. Deuster**, USA

- 14:20-14:40 HMB - Its Effect in Adolescent Athletes on Hormonal Profile, Body Composition, and Muscle Strength  
**S. Portal**, Israel
- 14:40-15:00 The Effect Exerted by BCAA, During Practice, on the Performance of Amateur and Top Athletes  
**M. Madar**, Israel
- 15:00-15:20 Updates on the Preventive Role and Rehabilitation Effect of Diet and Physical Activity on CA  
**G. Shalmon**, Israel
- 15:20-15:30 **Round Table**
- 15:30-16:00 *Coffee break and Exhibition*

**16:00-17:30 Session 6: Foot and ankle**

**Hall 1**

- 16:00-16:15 Treatment of Osteochondral Lesions of the Talus by Osteochondral Plug  
**F. Allegra**, Italy
- 16:15-16:30 The Double Postero-Medial Portals in the Ankle Arthroscopy  
**F. Allegra**, Italy
- 16:30-16:45 Rearfoot Endoscopy  
**G. Morag**, Israel
- 16:45-17:00 Endoscopic Plantar Fascia Release - Anatomical Considerations for Portal Choice and Clinical Results  
**E. Heller**, Israel
- 17:15-17:30 Panel Discussion

**16:00-17:30 Session 7: Young Female Athletes - Aiming for More and Better**

**Hall 2**

- 16:00-16:20 Gender Differences: Aerobic Capacity and Sports Performance in Young, Female Athletes  
**R. Pilz-Burstein**, Israel

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16:20-16:40 Special Consideration on Injuries Management in Young Female Athletes at the Wingate Center for Young Gifted Athletes.

**M. Cale-Benzoor**, Israel

16:40-16:55 Between Genders - Do Differences in Sports Performance Start at Puberty?

**Y. Ashkenazy**, Israel

16:55-17:10 How to Increase Motivation Among Girls who Participate in Sport?

**I. Orbach**, USA

17:10-17:30 What Can Be Done to Increase Female Participation in Sports - Not for Male Only

**M. Barak**, Israel

## Thursday - June 12, 2008

07:30-08:45 **Workshop: Let's Talk About Strength**

**I. Sela**, Israel

07:00-08:30 **Onsite Reception and Registration**

### Parallel Sessions

08:30-10:30 **Session 8: Issues in Management of Muscles Injuries** **Hall 1**

08:30-08:50 Return from Strain-Issues in Optimizing Rehabilitation & Return to Sport

**D. Yuval**, Israel

08:50- 09:10 Muscle Sprain: The Role of US Imaging

**E. Kots**, Israel

09:10-09:25 Additional Approach to Hamstring Tears Rehabilitation

**O. Diskin**, Israel

09:25- 09:45 Meir Medical Center - Treatment of Muscle Injury

**O. Mei-dan**, Israel

09:45-10:30 Panel discussion

10:30-11:00 *Coffee break and Exhibition*

09:00-10:30 **Session 9: Military Sport Medicine Seminar -** **Hall 2**

**Stress Fractures in Basic Training**

09:00-09:10 Chairman Opening Address

**I. Otsfeld**, Israel

09:10-09:30 Stress Fractures During Military Training

**A. Finestone**, Israel

09:30-09:55 Risk Factors of Military Training-Related Injuries in Recruits of Chinese People's Armed Police Forces

**W. Peishan**, China

- 09:55-10:15 Current Trends of Stress Fractures Among IDF Trainees  
**I. Otsfeld**, Israel
- 10:15-10:30 Physical Fitness Criteria for IDF Soldier's Training-Programs (The Effort-Gradation Table)  
**D. Ben Dov**, Israel
- 10:30-11:00 *Coffee break and Exhibition*

**11:00-12:30 Session 10: Plenary: Keynote Lectures Hall 1**

- 11:00-11:30 Allografts in Knee surgery - ACL, PCL, PLC, and Others  
**D. McGuire**, USA
- 11:30-12:00 PCL Injuries and Treatment- Updating  
**D. Johnson**, USA
- 12:00-12:30 Chronic Groin Pain: Hip Strength and Flexibility in Professional Soccer Players  
**L. Lifshitz**, Israel
- 12:30-12:40 *In Memory of Michal Lashkar*
- 12:40-13:00 Business Meeting - Announcement of the Election Results
- 13:00-14:00 *Lunch and Exhibition*

**Parallel Sessions**

**14:00-15:30 Session 11: Knee - ligaments Hall 1**

- 14:15-14:30 Revision ACL Reconstruction - Pitfalls and Tips  
**D. McGuire**, USA
- 14:30-14:45 New Technique to Enhance ACL Incorporation  
**P. Yerys**, USA
- 14:45- 15:00 Posterior Lateral Side Knee Injuries - Diagnosis, Related Injuries and Treatment Plans  
**D. McGuire**, USA
- 15:00-15:15 MCL/Posteromedial Corner-Injuries and Treatments  
**P. R. Kurzweil**, USA

- 15:15-15:30 Panel Discussion  
15:30-16:00 *Coffee break and Exhibition*

**14:00-15:30 Session 12: Military Sport Medicine Seminar - Hall 2**  
**Optimizing the Physical and Mental Development of Elite Warriors**

- 14:00-14:20 The Psychological Role in Training Elite Athletes and Elite Warriors  
**I. Orbach, USA**
- 14:20-14:50 The US Army's Ranger Athlete Warrior Program  
**D. McMililan, USA**
- 14:50-15:10 Israeli Training Program for Elite Warriors  
**A. Noll, Israel**
- 15:10-15:30 Orthopedic Role in Training Elite Warriors  
**D. Morgenstern, Israel**
- 15:30-16:00 *Coffee break and Exhibition*

**16:00-17:30 Session 13: Sports Injuries of the Upper Extremity - Hall 1**  
**Hand and Elbow**

- 16:00-16:15 Upper Extremity Sport Orthopedics  
**U. Dreifuss, Israel**
- 16:15-16:30 Shoulder Instability: Clinical Considerations  
**E. Rath, Israel**
- 16:30-16:45 Dislocation of Shoulder - Treatment Options Update  
**M. Gavriel, Israel**
- 16:45-17:00 Partial Tear of Rotator Cuff - Treatments Options  
**E. Mann, Israel**
- 17:00-17:15 Arthroscopic Repair of Bony Bankart Lesions  
**L. Funk, UK**
- 17:15-17:30 Panel Discussion

16:00-17:30 **Session 14: Sport Medicine Seminar -**

**Hall 2**

**Current Military Sports Medicine Issues**

- 16:00-16:15 Nutrition aspect of warrior training  
**N.D. Barringer**, USA
- 16:15-16:30 Caloric Needs During Elite Warrior Training  
**Y. Heled**, Israel
- 16:30-16:45 Hyponatremia During Military Trainings  
**Y. Epstein, T. Erlich**, Israel
- 16:45-17:00 Typical Injuries from Hand-To-Hand Combat in the IDF  
**T. Marom**, Israel
- 17:00-17:15 Intersex Patients in Military Service  
**D. Itskoviz**, Israel
- 17:15-17:30 Physical Training and Overuse Injuries Among Israeli K9  
**I. Frank**, Israel

אריאון  אופקים\*  
ותיירות פנים  
פנימים

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