

# Scientific Program



4<sup>th</sup> International Conference on

# Sports Medicine and Fitness

November 14-15, 2018 | Edinburgh, Scotland

UK: Conference Series LLC Ltd  
47 Churchfield Road, London, W3 6AY  
Toll Free: +0-800-014-8923



# DAY-1

November 14, 2018

Meeting Hall: **Greyfairs**

08:00-08:30 Registrations

*Opening Ceremony* ..... **08:30-09:00**

## KEYNOTE FORUM

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09:00-09:15 Introduction

09:15-09:50 **Title: Prescription of exercise for special populations**  
Juan Castellano, Life Pilates, Spain

09:50-10:25 **Title: The integrated spring-mass model approach to treating Thoracic Outlet Syndrome**  
James Stoxen, Team Doctors Chiropractic Treatment Center, USA

## GROUP PHOTO

**Networking & Refreshments 10:25-10:40 @ Dunedin Bar Area**

10:40-11:15 **Title: Full Throttle Athlete: The physiological demands of driving a race car**  
Lara Carlson, University of New England, USA

**Sessions: Sports Science | Exercise Physiology and Metabolism | Sports Injuries and Treatment | Sports Psychology**

**Chair:** Juan Castellano, Life Pilates, Spain

**Co-Chair:** Ahmad Alkhatib, Dasman Diabetes Institute, Kuwait

## INTRODUCTION

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11:15-11:40 **Title: Injuries and time-motion analysis in surfers: Development of preventive strategies**  
Beatriz Minghelli, Piaget Institute, Portugal

11:40-12:05 **Title: Ramp lesion - menisco-capsular tears**  
Fahad Nasser Al-Khalaf, Al Razi Orthopedic Hospital, Kuwait

12:05-12:30 **Title: Healthy community-education and health promotion in athletes of Special Olympics**  
Hana Válková, Masarykova University, Czech Republic

12:30-12:55 **Title: Legal claims for the sports person injuries**  
Warren Collins, Penningtons Manches LLP, UK

**Lunch Break 12:55-13:55 @ Westview Restaurant**

**Sessions: Orthopedic Sports Medicine | Sports Nutrition | Sports Injuries | Treatment and Management**

**Chair:** Kirill Micallef Stafrace, Maltese Olympic Committee, Malta

**Co-Chair:** Juan Castellano, Life Pilates, Spain

**13:55-14:20** **Title: Lumbar disc herniation in the athlete: Considerations for management and surgical treatment**

**Michiel Frederik Vande Kerckhove**, St. Trudo Hospital, Belgium

**14:20-14:45** **Title: Dietary supplement usage of athletes in a South Asian regional country; Sri Lanka**

**Punchividanelage Nilu Jayashika Fernando**, Sri Lanka Anti-Doping Agency, Sri Lanka

**14:45-15:10** **Title: A new machine for evaluating the precision and response time of punches**

**Tossaphon Jaysrichai**, Srinakharinwirot University, Thailand

**15:10-15:35** **Title: The Role of Platelet Rich Plasma (PRP) in musculoskeletal problems & sports medicine**

**Kaydar Al-Chalabi**, Al Moosa Clinics & Day Surgery Center, UAE

**15:35-16:00** **Title: Superior labrum anterior posterior lesions (SLAPs) in athletes: An overview**

**Valerio Pace**, University of Perugia, Italy

**Networking & Refreshments 16:00-16:15 @ Dunedin Bar Area**

## WORKSHOP

**16:15-17:15** **Title: 3R system-Rebalance- Reeducation – Retraining**

**Juan Castellano**, Life Pilates, Spain

## Panel Discussion

# DAY-2

**November 15, 2018**

Meeting Hall: **Clerwood Suite**

## KEYNOTE FORUM

**10:00-10:35** **Title: Caring for the health and fitness in the disciplined forces**

**Kirill Micallef Stafrace**, Maltese Olympic Committee, Malta

**10:35-11:10** **Title: Personalized lifestyle approaches: From sports to medical diagnostics**

**Ahmad Alkhatib**, Dasman Diabetes Institute, Kuwait

**Networking & Refreshments 11:10-11:25 @ Dunedin Bar Area**

## WORKSHOP

**11:25-12:25** **Title: L.A.F method, a new approach in physiotherapy in the management of MD and injuries of the Loco-motor system**

**Juan Castellano**, Life Pilates, Spain

**Sessions: Sports Marketing and Media | Sports Psychology and Athlete Counseling | Physical Therapy and Rehabilitation**

**Chair: Ahmad Alkhatib**, Dasman Diabetes Institute, Kuwait

**Co-Chair: Kirill Micallef Stafrace**, Maltese Olympic Committee, Malta

## INTRODUCTION

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**12:25-12:50** **Title: How to improve sports performance and prevent injuries through individual constitution**  
André Marques, Abel Salazar Biomedical Sciences Institute, Portugal

**Lunch Break 12:50-13:50 @ Westview Restaurant**

**13:50-14:15** **Title: Life style habits and fitness of Czech elderly Special Olympic Athletes**  
Hana Válková, Masarykova University, Czech Republic

**14:15-14:40** **Title: Knowledge, perception and practice of elite athletes towards dietary supplements in a South Asian Country Sri Lanka**  
Shehani Anne Dilrushi Pigera, Sri Lanka Anti-Doping Agency, Sri Lanka

**14:40-15:05** **Title: Iselin's disease: Case report and literature review**  
Thomas Jan Gaetan Mathieu, University of Antwerp, Belgium

**15:05-15:30** **Title: Musculoskeletal injuries in foot volley athletes: Associated risk factors**  
Beatriz Minghelli, Piaget Institute, Portugal

## VIDEO PRESENTATIONS

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**15:30-15:55** **Title: Noninvasive and biochemical markers of exercise-induced myocardial injury in professional and non-professional athletes**  
Natalia Maroz-Vadalazhkaya, Belarusian State Medical University, Belarus

**15:55-16:20** **Title: Small sided recreational football and immunology: The effects on immune system**  
Rakesh Tomar, King Fahd University of Petroleum & Minerals, Saudi Arabia

**Networking & Refreshments 16:20-16:35 @ Dunedin Bar Area**

## POSTER PRESENTATIONS 16:35-17:35 @ DUNEDIN BAR AREA

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**Poster Judge:** Ahmad Alkhatib, Dasman Diabetes Institute, Kuwait

## PANEL DISCUSSION

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### Awards & Closing Ceremony

# Bookmark your Dates

5<sup>th</sup> International Conference on  
**Sports Medicine and Fitness**

**November 14-15, 2019 | Frankfurt Germany**

E: [sportsmedicine@healthconferences.org](mailto:sportsmedicine@healthconferences.org); [sportmedicine@healthcarespeakerexperts.org](mailto:sportmedicine@healthcarespeakerexperts.org)  
Website: [sportsmedicineworld.insightconferences.com](http://sportsmedicineworld.insightconferences.com)