

Scientific Program



4th 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

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

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

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

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

Poster Judge: Ahmad Alkhatib, Dasman Diabetes Institute, Kuwait

PANEL DISCUSSION

Awards & Closing Ceremony

Bookmark your Dates

5th International Conference on Sports Medicine and Fitness

November 14-15, 2019 | Frankfurt Germany

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