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
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| 13:55-14:20 | **Title:** Lumbar disc herniation in the athlete: Considerations for management and surgical treatment  
               | **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  
               | **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  
               | **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  
               | **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  
               | **Title:** Superior labrum anterior posterior lesions (SLAPs) in athletes: An overview  | Valerio Pace, University of Perugia, Italy |
| 16:00-16:15 | **Title:** Lumbar disc herniation in the athlete: Considerations for management and surgical treatment  
               | **Title:** Lumbar disc herniation in the athlete: Considerations for management and surgical treatment  | Michiel Frederik Vande Kerckhove, St. Trudo Hospital, Belgium |
| 16:15-17:15 | **Title:** 3R system-Rebalance- Reeducation – Retraining  
               | **Title:** 3R system-Rebalance- Reeducation – Retraining  | Juan Castellano, Life Pilates, Spain |

**Panel Discussion**

**DAY-2**  
November 15, 2018  
Meeting Hall: Clerwood Suite

**KEYNOTE FORUM**

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| 10:00-10:35 | **Title:** Caring for the health and fitness in the disciplined forces  
               | **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  
               | **Title:** Personalized lifestyle approaches: From sports to medical diagnostics  | Ahmad Alkhatib, Dasman Diabetes Institute, Kuwait |
| 11:10-11:25 | **Title:** Lumbar disc herniation in the athlete: Considerations for management and surgical treatment  
               | **Title:** Lumbar disc herniation in the athlete: Considerations for management and surgical treatment  | Michiel Frederik Vande Kerckhove, St. Trudo Hospital, Belgium |

**Workshop**

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| 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  
               | **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
Natallia Maroz-Vadalazhskaya, 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