Day 1    December 08, 2016
09:00-09:30  Registrations

Independence B

9:30-09:55  Opening Ceremony

Keynote Forum

09:55-10:00  Introduction
10:00-10:40  Title: Berry polyphenols: New ergogenic aids in sport and exercise?
Mark Willems, University of Chichester, UK
10:40-11:20  Title: A case presentation of lengthening of short amputated foot stump
Ibrahim Aboumira, Al-Azhar University, Egypt

Group Photo & Refreshment Break 11:20-11:40 @ Foyer

11:40-12:20  Title: Radiographic evaluation of patients undergoing treatment of idiopathic clubfoot by the ponseti method
Antonio Luiz Goncalves Brandao, COT-Martagao, Brazil

Panel Discussion

Lunch Break 12:40-13:55 @ Foyer

Sessions:
Sports Food and Energy Drinks | Podiatry | Sports Nutrition | Orthopaedic Surgery | Rheumatology

Session Chair: Mark Willems, University of Chichester, UK

13:55-14:25  Title: Nutritional supplements and energy drinks-dissimilar or similar label and other information that may influence the consumer
Gary Gabriels, University of Cape Town, South Africa

14:25-14:55  Title: Surgical treatment strategy for diabetic forefoot osteomyelitis
Miki Fuji, Kitaharima Medical Center, Japan

14:55-15:25  Pure daidzein has hypocholesterolemic effect on female SD rats in nutritionally relevant amount: A nutrigenomic study
Keshab Bhattarai, UGAS- Ehime University, Japan

Video Presentations

15:25-15:45  Title: Overweight and Obesity and risk of developing rheumatoid arthritis among women: A pooled analysis from two large prospective cohort stuides
Bing Lu, Brigham and Women's Hospital and Harvard Medical School, USA

15:45-16:05  Title: Management of unstable pediatric long bones fracture with intramedullary rush pins
Pramod Lamichhane, Alive Hospital and Trauma Centre, Nepal

Networking and Refreshment 16:05-16-25 @ Foyer

16:25-16:45  Title: Modified posterior approach to the hip joint
Mohan Iyer, Retired Senior Orthopaedicians, India

16:45-17:05  Title: The effect of telephone reminder in physical activity amount and attitude? A randomized clinical trial
Parisa Nejati, Iran University of Medical Sciences, Iran

17:05-17:25  Title: Drilling simulation
Mohammed Mediouni, University of Sherbrooke, Canada
### Keynote Forum

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<th>Time</th>
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<th>Speaker</th>
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<tr>
<td>10:00-10:40</td>
<td><strong>Title: Best practices in nutritional supplementation and ergogenic aids: A scientific review</strong></td>
<td>Timothy M. Dornemann, Barton College, USA</td>
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<td>10:40-11:20</td>
<td><strong>Title: Caloric diet and recommendations: Macro nutrient needs based upon body shape</strong></td>
<td>Brad Johnson, University of Western States, USA</td>
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### Panel Discussion

Networking and Refreshment 11:20-11:40 @ Foyer

### Sessions:

- Dietary Supplement
- Fitness and Sports Nutrition
- Sports Food and Energy Drinks
- Orthopaedic Surgery

**Session Chair:** Antonio Luiz Goncalves Brandao, COT-Martagao, Brazil

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<td>11:40-12:10</td>
<td><strong>Title: Results of pwonseti Brazil program: Multicentric study in 1621 feet preliminary results</strong></td>
<td>Antonio Luiz Goncalves Brandao, COT-Martagao, Brazil</td>
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<td>12:10-12:40</td>
<td><strong>Title: Correction of Poliomyelitis foot deformity by ilizarov</strong></td>
<td>Ibrahim Aboumira, Al-Azhar University, Egypt</td>
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<td>12:40-13:10</td>
<td><strong>Title: Effect of New Zealand blackcurrant on performance during the running based anaerobic sprint test in elite and non-elite football players</strong></td>
<td>Mark Willems, University of Chichester, UK</td>
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Lunch Break 13:10-14:10 @ Foyer

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<td>14:10-14:40</td>
<td><strong>Title: Critical analysis of surgical options in hallux valgus</strong></td>
<td>Cristian Ortiz, Universidade del Desarrollo, Chile</td>
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<td>14:40-15:10</td>
<td><strong>Title: Sports drinks, glycerol and body hydration: Are recommendations and practice consistent with research</strong></td>
<td>Robert A Robergs, Charles Sturt University, Australia</td>
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### Poster Presentation 15:10-16:00 @ Benjamin's

**SNOC 1**

**Title:** Cool dudes and African body-image – sports food and energy drink consumption in a sports-resource-deficient urban area in South Africa

Darlene Miller, University of Witwaters rand, South Africa

**SNOC 2**

**Title:** A yeast fermentate prevents adverse effects of heat stress

Henri Alexandre Giblot Ducray, Auburn University, USA

**SNOC 3**

**Title:** Functional outcome of distal femoral shaft fractures after fixation with tibial nails

Siddieq Mohammed, Umm Alqura University, KSA

Networking and Refreshment 16:00-16:20 @ Foyer

**Award ceremony**

**Closing ceremony**