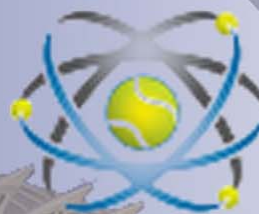


11^o Congreso Mundial de la Sociedad de Medicina y Ciencias del Tenis

11th World Congress of Society for Tennis Medicine and Science

5-7

de noviembre
2009



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REAL FEDERACIÓN
ESPAÑOLA DE TENIS

100 AÑOS EN PISTA

VALENCIA



11th WORLD CONGRESS OF SPORTS MEDICINE AND SCIENCE IN TENNIS

Valencia, 5 – 7 November, 2009

SPECIAL FOCUS ON THE GROWING PLAYER

FRIDAY 6TH NOVEMBER 2009 – ROOM A

- 07:45 - 08:00 **Congress Opening: Documentation Delivery**
Welcome
- 1st PANEL DISCUSSION**
Theme Area: Sports Medicine – How to control a high level tennis player?
Chair: G. Di Giacomo
Discussion Leader: A. Estruch
- 08:00 - 08:10 General assessment of the young tennis player - **A. Estruch**
08:10 - 08:20 Cardiovascular assessment of the young tennis player. Cardiac ultrasound value - **D. Marcadet**
08:20 – 08:30 Specific orthopaedic assessment and overuse injury prevention – **A. Ruiz-Cotorro**
08:30 – 08:40 Lab control, nutrition and ergogenic help. **Garcia del Moral**
08:40 – 08:50 Take home message. 5 main ideas. Discussion
- 08:50 - 09h15 PLENARY SESSION**
- Growth factors in the treatment of tennis injuries – **R. Cugat**
- 2nd PANEL DISCUSSION**
Theme Area: Sports Medicine: Different areas of prevention. Team work
Chair: K. Weber
Discussion Leader: R. Balius
- 09:15 - 09:25 Overload prevention strategies for players in training: A multidisciplinary approach. – **M. Crespo**
09:25 - 09:40 Training of the tennis player as a mean of injury prevention – **A. Cascales**
09:40 - 09:55 Physical training as a mean of injury prevention - **V. Calvo, J. Forcades, W. Navarro**
09:55 - 10:05 Physiotherapy as a mean of injury prevention – **J. Casanova, L. Badal, D. Rodríguez, R. Maymo**
10:05 - 10:20 Psychological help in injury prevention – **I. Eraña**
10:20 - 10:30 Take home message. 5 main ideas
- 10:30 – 11:00 Coffee Break

3rd PANEL DISCUSSION

Theme Area: Traumatology and Orthopaedic: Shoulder

Chair: P. Renström

Discussion Leader: J. Vilaro

- 11:00 – 11:10 Clinical approach to painful shoulder in the young tennis player - **A. Castagna**
- 11:10 – 11:20 Risk factors in the young tennis player's shoulder and its prevention. – **A. Castagna**
- 11:20 – 11:30 Image studies – **A. Rolon**
- 11:30 – 11:50 Neurological and micro-traumatic injuries.
- Supraescapular nerve – **J. Vilaro**
- Charles Bell nerve - **G. Daubinet**
- 11:50 – 12:30 Specific pathology
- Scapular dyskinesia and its relationship with cuff pathology in junior tennis players - **R. Silva**
- Shoulder instability. Treatment – **G. Di Giacomo, N. De Gasperis**
- 12:30 – 12:45 Slap injuries and minor instabilities of the tennis player's shoulder. - **A. Castagna**
- 12:45 – 13:00 Take home message. 5 main ideas. Discussion

13:00 OFFICIAL OPENING

13:30 Lunch

15:00 – 15:25 PLENARY SESSION

Consensus statement on epidemiological studies of medical conditions in tennis – **B. Pluim**

4th PANEL DISCUSSION

Theme Area: Traumatology y Orthopaedic. Elbow and Wrist pathology

Chair: M. Safran

Discussion Leader: I. Muñoz

Wrist

- 15:25 – 15:35 Clinical approach to the young tennis player painful wrist. - **C. Irrisarri**
- 15:35 – 15:45 Risk factors of the young tennis player's wrist and prevention– **J. Parier, B. Montalvan**
- 15:45 – 16:20 Specific pathology
- Triangular fibrocartilage avulsions in the tennis player – **J. Vilaro**
- Metacarpal stress fractures of the dominant hand – **R. Balius Mata**
- Osseous oedema vs. Kienbock disease in the young tennis player. - **C. Irrisarri**
- Forearm dynamic compartment syndrome of the tennis player. – **I. Muñoz**

Elbow

- 16:20 - 16:30 Clinical approach to the young tennis player's painful elbow. – **Gil Rodas**
16:30 - 16:40 Risk factors of the young tennis player and prevention. - **M. Safran**
16:40 – 16:50 Image of the tennis elbow and wrist. **E. Llopis**
16:50 – 17:35 Specific pathology and treatment.
- Osteocondritis dissecans and condral lesions of the young tennis player's elbow - **M. Safran**
 - Syndrome of the partition in the young tennis player' s elbow – **A. Ruiz-Cotorro**
 - Medial and Lateral tennis elbow. Non operative and surgical treatment – **R. Nirschl**
 - Arthroscopic treatment of lateral epicondylitis. – **G. Daubinet**

17:35 – 17:50 Take Home Message. 5 main ideas. Discussion

17:50 – 18:15 PLENARY SESSION

How much is too much tennis – **N. Jayanthi**

End of the day

ROOM B

07:45 - 08:00	Congress Opening: Documentation Delivery Welcome
08:00 – 08:50	1st PANEL DISCUSSION Theme Area: Free communications Discussion Leader: J. Cerrato
08:50 - 09h15	PLENARY SESSION – Room A Growth factors in the treatment of tennis injuries – R. Cugat
09:15 – 10:30	2nd PANEL DISCUSSION Theme Area: Free communications. Biomechanical Discussion Leader: J. Maquirriain
10:30 – 11:00	Coffee Break
11:00 – 12:30	3rd PANEL DISCUSSION Theme Area: Sports Medicine Discussion Leader : J. Parier
13:00	OFFICIAL OPENING
13:30	Lunch
15:00 – 15:25	PLENARY SESSION – Room A Consensus statement on epidemiological studies of medical conditions in tennis – B. Pluim
15:25 – 16:55	4th PANEL DISCUSSION Theme Area: Workshops – Physiotherapy – Recovery measures after a match in the Davis and Fed Cup Team. J. Casanova, D. Rodriguez, L. Badal
17:50 – 18:15	PLENARY SESSION – Room A How much is too much tennis – N. Jayanthi
<hr/> <p>End of the day</p> <hr/>	

SATURDAY 7TH NOVEMBER 2009 – ROOM A

5th PANEL DISCUSSION

Theme Area: Sports Medicine

Chair: B. Pluim

Discussion Leader: J. Maquieirrain

- 08:00 – 08:15 Modulated microcurrents (BCR) and Tennis injuries – **V. Voracek**
08:15 – 08:25 When should young tennis player take antioxidants vitamins – **J. Viña**
08:25 – 08:40 Dermatologic diseases in tennis. Prevention – **C. Guillem**
08:40 – 09:00 Value of laparoscopy in the professional tennis player. – **S. Movellan**
09:00 – 09:15 Discussion
09:15 – 09:30 Take home Message. 5 main ideas.

6th PANEL DISCUSSION

Theme Area: Traumatology and Orthopaedic - Hip

Chair: R. Cugat

Discussion Leader: M. Safran

- 09:30 – 09:40 Clinical approach of the painful young tennis player's hip. – **M. Safran**
09:40 – 09:50 Risk factors of the young tennis player's hip and prevention – **M. Philippon**
09:50 – 09:55 Image of the hip – **L. Bellaiche, A. Rolon**
09:55 – 10:45 Specific Pathology
- Femoro-acetabular impingement and labral lesions in the young professional tennisman – **M. Philippon**
- Pathology of the ilio psoas for the high-level tennis – **J. Parier**
- Hip injuries rehabilitation. – **D. Rodríguez**
10:45 - 11:00 Take Home Message. 5 main ideas. Discussion

11:00 – 11:30 Coffee Break

7th PANEL DISCUSSION

Theme Area: Traumatology and Orthopaedic – The lower limb

Chair: G. Daubinet

Discussion Leader: G. Rodas

- 11:30 – 11:40 Stress Fractures in the competitive Tennis Player – **J. Maquieirrain**
11:40 – 11:50 Cuadricipital tendinopatias. – **J.C. Monllau**
11:50 – 12:05 Patellar Tendinopathy-an increasing problem in tennis – **P. Renström**
12:05 – 12:15 Biomechanical analysis of the foot and injury prevention.– **M. Rueda**
12:15 – 12:30 Discussion
12:30 – 12:45 Take Home Message. 5 main ideas.

13:00 – 16:00 Lunch

TENNIS TOURNAMENT within the Open de Valencia Complex

8th PANEL DISCUSSION

Theme Area: Traumatology and Orthopaedic – The Spine

Chair: M. Philippon

Discussion Leader: J.Roig

- 16:00 – 16:10 Clinical approach of the painful young tennis player's spine – **J. Roig**
16:10 – 16:20 Risk factors of the young tennis player's back and prevention – **R. Balius**
16:20 – 16:30 Diagnostic diferencial Spondilolisis-listhesis - Facetary Syndrome -Bastrump-
Disc Pathology – **J. Mota**
16:30 – 16:45 Specific Pathology
- Screening for lumbar spine abnormalite in elite tennis players – **M. Turner**
- Bone Stress injuries of the sacrum in tennis players: A differential diagnosis
for low back pain – **R. Silva**
16:45 – 17:00 Take Home Message. 5 main ideas. Discussion

9th PANEL DISCUSSION

Theme Area : Sports Medicine

Chair: C. Irrisarri

Discussion Leader: M. Turner

- 17:00 – 17:15 Cardiac risk factors and its follow up – **S. Grima**
17:15 – 17:30 Injury trends in American competitive junior tennis players – **M. Kovacks**
17:30 – 17:45 Antidoping in tennis: an update and controversies – **J. Maquirrain**
17:45 – 18:00 Current results of systematical match analysis for leading male and female
world class tennis players: deduction of new emphasis in training - **K.
Weber**
18:00 – 18:10 Value of Anesthesia in the professional tennis player - **C. Morros**
18:10 – 18:20 Take Home Message. 5 main ideas. Discussion

18:30 – 19:00 PLENARY SESSION

Prevention of injuries in tennis - **Profesor P. Renström**

Congress Closing

ROOM B

- 08:00 – 09:30 **5th PANEL DISCUSSION**
Theme Area: Free Communications
Discussion Leader: R.Silva
- 09:30 – 11:00 **6th PANEL DISCUSSION**
Theme Area: Free Communications
Discussion Leader: D. Marcadet
- 11:00 – 11:30 Coffee Break
- 11:30 – 12:45 **7th PANEL DISCUSSION**
Theme Area: Workshop – Biomechanical Study – Podology
Discussion Leader : Prof. Javier Torralba Estellés
- 13:00 – 16:00 Lunch
- TENNIS TOURNAMENT within the Open de Valencia Complex**
- 16:00 – 17:30 **8th PANEL DISCUSSION**
Theme Area: Workshop – Ultrasound scan muscle – tendon
Discussion Leader: R. Balius
- 17:30 – 18:30 **9th PANEL DISCUSSION**
Theme Area: Sports Medicine – New Technologies in Tennis
Discussion Leader: N. Jayanthi
- 18:30 – 19:00 PLENARY SESSION – Room A**
- Prevention of injuries in tennis - **Profesor P. Renström**

Congress Closing
