

TENNISMEDICINE CONFERENCE

Båstad Tennis Stadium
Hotel Skansen
May 18-20, 2010

DAY 1

Tuesday May 18th	Scientific program -tentative - for Physicians, Physiotherapists, Scientists	Coaches program -tentative - for Coaches, Physickal Trainers
10.00-10.20	Introduction - Per Renström, Tönu Saartok, Henrik Ekersund Welcome – Stefan Dahlbo, President Swedish Tennis Association	Introduction - Per Renström, Tönu Saartok, Henrik Ekersund Welcome – Stefan Dahlbo, President Swedish Tennis Association
10.20-12.00	Special topics in tennis medicine Moderator: <i>Per Renström</i> <i>Babette Pluim</i> : Epidemiology of tennis injuries' <i>Brian Hainline</i> : Cramping and Heat Illness: Understanding Boundaries and Continuum <i>Per Renström</i> : Medical Service in tennis –an update <i>Bo Berglund</i> : Effects of medication on Sports Performance <i>Kathleen Stroia, Nadine Waeghe</i> : Biomechanical and Anatomical Properties of the Professional Female Tennis Athlete's Foot for Footwear Design <i>Brian Hainline</i> : Back Pain: Functional Core and Mind-Body Consideration	Information from the ITF <i>Dave Miley</i> - The tennis I-coach - Play and Stay campaign; including the plans to change the rules of tennis for Tennis10s
12.00-13.00	Lunch	Lunch
13.00-14.00	Key note lecture: <i>Bruce Elliot</i> - Power development in tennis: A biomechanical approach	Key note lecture: <i>Bruce Elliot</i> - Power development in tennis: A biomechanical approach
14.10-17.00 refreshment break	Symposium: Elbow and wrist problems in tennis Moderator: <i>Marc Safran</i> <i>Bruce Elliot</i> : Biomechanics of the forehand <i>Ben Kibler</i> : The role of the kinetic chain in elbow injuries <i>Tim Woods</i> : Presentation, imaging and management of distal humeral bone stress ----- <i>Marc Safran</i> : The tennis player's elbow <i>Moroe Beppu</i> : Arthroscopic management of tennis elbow pain <i>Lars Adolfsson</i> : Why are wrist problems increasing in tennis	Symposium: Player development from a long term perspective Moderator: <i>Tönu Saartok, Henrik Ekersund</i> <i>Anna Skorodumova</i> : Periodization in tennis <i>Bernard Pestre</i> : Critical stages in player development ----- <i>Tönu Saartok</i> : Recovery - a part of the training process <i>Måns Nilsson</i> : Fluid management from flying blind to flying right
17.15-19.00	Practical instructions for everybody on the tennis courts Moderator: <i>Sami Seppänen, Anders Järryd</i> Instructors: <i>Students of Båstad Tennis Academy</i>	Strenght and power training to improve technical skills <i>Fredrik Johansson, Henrik Ekersund</i>
19.30-21.30	Welcome reception, at the Båstad Tennis Museum Host: <i>Jonte Sjögren</i> , Former captain for the Swedish Davis cup team.	Welcome reception, at the Båstad Tennis Museum Host: <i>Jonte Sjögren</i> , Former captain for the Swedish Davis cup team.

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Wednesday May 19th	Scientific program -tentative - for Physicians, Physiotherapists, Scientists	Coaches program -tentative - for Coaches, Physickal Trainers
08.30-09.25	Key note lecture: <i>Stuart Miller</i> - Equipment in tennis - News and impact of the game	Key note lecture: <i>Stuart Miller</i> - Equipment in tennis - News and impact of the game
09.30-12.00 refreshment break	Symposium: The shoulder in tennis Moderator: <i>Ben Kibler</i> <i>Bruce Elliot</i> : Biomechanics of the serve <i>Ben Kibler</i> : The role of the scapula in shoulder and arm function <i>Giovanni Giacomo</i> : From dysfunction to the lesion <i>Ann Cools</i> : Early detection of shoulder pathology -- a clinical reasoning algorithm with focus on clinical examination ----- <i>Giovanni Giacomo</i> : Shoulder instability <i>Marc Safran</i> : Internal impingement <i>Ben Kibler</i> : Superior labral injuries - pathophysiology, evaluation, and treatment	Symposium: The shoulder in tennis Moderator: <i>Ben Kibler</i> <i>Bruce Elliot</i> : Biomechanics of the serve <i>Ben Kibler</i> : The role of the scapula in shoulder and arm function <i>Giovanni Giacomo</i> : From dysfunction to the lesion <i>Ann Cools</i> : Early detection of shoulder pathology -- a clinical reasoning algorithm with focus on clinical examination ----- <i>Giovanni Giacomo</i> : Shoulder instability <i>Marc Safran</i> : Internal impingement <i>Ben Kibler</i> : Superior labral injuries - pathophysiology, evaluation, and treatment
12.00-13.00	Lunch	Lunch
13.00-13.45	Imaging in tennis Moderator: <i>Richard Frobell</i> <i>Richard Frobell</i> : MRI – bone bruise <i>Javier Maquirriain</i> : Imaging Evaluation of Stress Fractures in Tennis Players	Key mechanical features in stroke development - theory <i>Bruce Elliot, Ben Kibler</i>
13.50-15.30	Symposium: Hip and groin injury -- an increasing problem Moderator: <i>Per Hölmich</i> <i>Harald Roos</i> : Groin injury – a diagnostic and therapeutic challenge <i>Sam Smedberg</i> : When is surgery indicated? <i>Per Hölmich</i> : Non-surgical management of groin injury. <i>Marc Safran</i> : Hip Arthroscopy - Where we are in 2010	Stroke production in high performance tennis - practical (on court) <i>Bruce Elliot, Ben Kibler</i>
15.30-16.00	Refreshment break	Refreshment break

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16.00-18.00 A	<p>Symposium: Recovery – the clue to improved tennis performance and injury prevention Moderator: Tõnu Saartok</p> <p><i>Tõnu Saartok: Recovery- what is it?</i> <i>Bengt Saltin: Nutritional advice for optimal recovery in tennis.</i> <i>Ben Kibler: Recovery of the musculoskeletal system</i> <i>Göran Kenttää: Psychological recovery</i></p>	<p>Acquiring and improving technical skills Moderator: <i>Henrik Ekersund</i></p> <p><i>Bruce Elliot: Efficient training of technical skills</i> <i>Warren Pretorius: Stroke pattern analysis with Dartfish</i></p>
16.00-18.00 B	<p>Tennis rehabilitation Moderators: <i>Anna Frohm, Ann Cools</i></p> <p><i>Anna Frohm: Specific rehabilitation principles for tennis players</i> <i>Ann Cools: Scapular involvement in shoulder pain in the overhead athlete -scientific rationale and clinic</i> <i>Fredrik Johansson: Testing of Swedish young tennis players</i> <i>Ann Cools: Internal impingement in the tennis player -- rehabilitation guidelines</i></p>	
19.30-	<p>Conference buffet, at Båstad Skansen Hotel Guest speaker: <i>Stefan Edberg: How to become number one</i></p>	<p>Conference buffet, at Båstad Skansen Hotel Guest speaker: <i>Stefan Edberg: How to become number one</i></p>



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Thursday May 20th	Scientific program -tentative - for Physicians, Physiotherapists, Scientists	Practical program -tentative - for Coaches, Physickal Trainers
08.30-09.30	Key note lecture: <i>Ben Kibler</i> What makes the ball go - an overview of the kinetic chain	Key note lecture: <i>Ben Kibler</i> What makes the ball go - an overview of the kinetic chain
09.30-10.15	Health issues in tennis Moderator: <i>Michael Turner, Babette Pluim</i> <i>Babette Pluim</i> : Health benefits for tennis' <i>Karl Weber</i> : Cardio Tennis for Health: Fun, benefits and dangers for middle-aged players	Symposium: Working with Dartfish Moderator: <i>Warren Pretorius</i>
10.15-10.45	Coffee Break	Coffee Break
10.45-12.45	Symposium: Core stability and strength in tennis Moderators: <i>Anna Frohm, Ben Kibler</i> <i>Alf Thorstensson</i> : Neuromuscular mechanisms for core stability <i>Ben Kibler</i> : Core strength in tennis <i>Joanne Elphinston</i> : Core stability <i>Ann Cools</i> : Core stability and the shoulder <i>Javier Maquirriain</i> The role of core stability in injury prevention.	Symposium: Working with Dartfish Moderator: <i>Warren Pretorius</i>
12.45-14.00	Lunch	Lunch
14.00-	Opening of the Annual Spring Meeting of the Swedish Society of Sports Medicine (In Swedish)	Symposium: Working with Dartfish Moderator: <i>Warren Pretorius</i> 17.00 Closing of the coaches conference
18.30	Get together party, The Swedish Society of Sports Medicine	