

Barcelona'08

XXX FIMS WORLD CONGRESS OF SPORTS MEDICINE

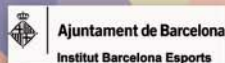
NOVEMBER
18-23 2008



FÉLIX MARTÍN 2008

SPORTS MEDICINE

FOR A BETTER WORLD



Generalitat
de Catalunya




GOBIERNO
DE ESPAÑA

MINISTERIO
DE EDUCACIÓN,
POLÍTICA SOCIAL Y DEPORTE



CONTACT: FEDERACIÓN ESPAÑOLA DE MEDICINA DEL DEPORTE (FEMEDE) P.O. BOX 1207 - 31080 PAMPLONA (SPAIN)
PHONE: 34 948 267 706 FAX: 34 948 171 431 E-MAIL: fims2008@femede.es WEBSITE: www.femede.es



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LABORATORIO DE APLICACIONES
FARMACODINAMICAS, S.A.



MESSAGE FROM MAYOR OF BARCELONA



On behalf of Barcelona, I want to welcome all the participants of the XXX International Federation of Sports Medicine (FIMS) World Congress.

Four years ago, we felt very proud about the vote of confidence given to us by the FIMS upon choosing our city to host this congress. Now I want you to know that it is a true honor to have you among us, debating, working and also enjoying Barcelona. As the host city, we hope to return this confidence making you feel at home during these days and meeting all the expectations created by the scientific program proposed by the Sports Medicine Spanish Federation, the congress organizer.

Barcelona is a warm and gentle city, Mediterranean, which projects its millennial history towards the future. A city committed to spread universal values such peace, the interaction of cultures and the promotion of activities that contribute to it, in which sports plays a prominent role.

I take this opportunity to congratulate the FIMS during its 80th anniversary and, at the same time, proclaim that Barcelona feels very proud to contribute its little brick to make possible what the congress slogan proclaims: a better world.

Jordi Hereu

Mayor of Barcelona

GREETINGS FROM PRESIDENT OF HIGH COUNCIL FOR SPORT



On behalf of the Government, as Secretary of State and President of High Council for Sport, I give the people participating in the 30th World Congress on Sports Medicine the most cordial and warm welcome, as well as my best wishes that they obtain some fruitful results from the intense program of work that they will be developing during the next few days.

Spain is hosting the 30th World Congress of the International Federation of Sports Medicine in Barcelona, an Olympic city identified with sports. This fact is reason for profound satisfaction for a Government that has made the promotion of sports and the protection of the health of those who practice sports a commitment and an unrenounceable political objective.

In the same way, the close institutional collaboration between the Government of Spain, the Regional Government of Catalonia and the City Council of Barcelona that have made this conference possible under the theme of *Sports Medicine for a Better World* is noteworthy. In addition, this institutional collaboration is proportional to that developed by the Spanish and the International Federations of Sports Medicine in the monumental preparatory work for this Congress for which I give them special thanks.

Today, there exists a broad consensus about the role carried out by sports as a decisive factor in the improvement of health and quality of life, and, in addition, that it has an educational dimension and develops a social, cultural, civic and recreational role of first order. Different studies provide empirical evidence indicating that a lack of physical activity increases the incidence of excess weight, obesity and a series of chronic diseases that diminish personal autonomy and put people's health at risk especially that of adolescents and youth, constituting an increasingly heavy burden for the health expenditures of governments and the economic balance of societies.

As medical professionals, you know well that health is much more than the absence of disease: it is an overall state of physical well-being, mental equilibrium and social cohesion. For this reason, I reiterate to you my best wishes that the intense program of official papers, symposiums, informal communication, debates and administrative meetings that you have before you will arrive at some positive outcomes and help to implement public health and sports policies that will improve people's lives.

Jaime Lissavetzky Díez

President of High Council for Sport, Spain

MESSAGE FROM PRESIDENT OF INTERNATIONAL FEDERATION OF SPORTS MEDICINE



It is a distinct pleasure and honor to welcome all of you to the XXX FIMS World Congress of Sports Medicine. The FIMS World Congress is held every two years in a city and country chosen by the Council of Delegates of FIMS. The Congress represents the most important scientific and educational activity of our biennial program. Delegates from dozen of countries around the world, young and older sports medicine professionals, students, and many invited guests come together for a few days to exchange recent information, knowledge, and wisdom. This activity truly brings people together with only one ideal in mind; the enhancement of human health through the practice of physical activity, exercise, and sports. Thus, the meeting represents a wonderful opportunity to learn about the spectrum of sports medicine topics ranging from the importance of exercise for public health and the prevention of chronic disease to the physiological and medical needs of the competitive athlete.

This time we come together in Barcelona, Spain, a city with wonderful sports-related and medical and scientific traditions. On behalf of our organization, I would like to thank the authorities of the City of Barcelona, the Generalitat de Catalunya, and the Spanish Ministry of Sports for supporting the Congress and its organizing committee and for hosting the international sports medicine community. Thanks to your generosity and contribution and enthusiastic support we have been able to convene experts and professionals from around the world in Barcelona, Spain. It is precisely because we live in a complex world and troubling times that an event like this deserves your support. It should not escape our attention that a gathering like this contributes, literally and allegorically, to a better world.

A special word of thanks to the Spanish Federation of Sports Medicine and the Organizing Committee of the Congress for accepting the challenge of organizing the Congress, pulling together an excellent scientific program, and facilitating the travel and attendance of hundreds of participants. The Spanish Federation of Sports Medicine has made a significant contribution to the world of sports medicine during the last few decades and it is a pleasure for FIMS to meet again in your country.

I wish all of you an outstanding experience, formal and informal, and look forward to meeting many of you personally.

Walter R. Frontera Roura

President of International Federation of Sports Medicine

THE IMPRINT OF A CONGRESS



Congresses are supreme forums to share, discuss and update knowledge among specialists, in this case in the field of Sports Medicine, as well as ideal opportunities for professional and personal interaction. Furthermore, they have a significant socioeconomic impact on the host location, especially when it comes to international events with major global appeal.

The XXX FIMS World Congress of Sports Medicine, taking place in Barcelona from the 18th to the 23rd November, offers a solid scientific programme, sixteen guest lectures, a wide variety of symposia and, above all, an outstanding number of papers being presented, thereby providing participants with many opportunities to perfect their knowledge of Sports Medicine.

Since the 1992 Olympic Games put Barcelona on the map so to speak, tourism – both business and recreation – has gone from strength to strength to become the city's primary economic activity.

We were delighted when the International Federation Assembly meeting held in Oman chose Barcelona to host the XXX FIMS World Congress of Sports Medicine.

80 years have passed since the International Federation of Sports Medicine was founded (FIMS) and we hope that Barcelona, through its participation and cooperation, will manage to raise the level of this area of medicine.

We firmly believe that a spirit of fraternity will pervade the Barcelona congress, not only in the scientific sessions but also in the corridors, where both scientific and social contacts established between participants will raise the profile of Sports Medicine in our country.

As the President of the Organising Committee for the XXX FIMS Congress and the Spanish Federation of Sports Medicine, I would like to thank you personally for taking part in this Congress.

I hope to have the pleasure of meeting you in person at this magnificent event in Barcelona '08.

Juan José González Iturri

President of the Spanish Federation of Sports Medicine (FEMEDE)

SPONSORING COMPANYS



OFFICIAL TRANSPORTER OF THE CONGRESS: IBERIA



The Organization doesn't assume the responsibility of the changes in the program due to circumstances outside the Organising Committee

HONOUR COMMITTEE

Chairman:	His Majesty the King Juan Carlos I.
Vice-Chairman:	Very honourable Mr. José Montilla Aguilera. President of the Generalitat of Catalonia.
Members:	Excellency Mr. Jordi Hereu Boher. Mayor of Barcelona. Ms. Mercedes Cabrera Calvo-Sotelo. Minister of Education, Social Political and Sport. Dr. Mr. Bernat Soria Escoms. Minister of Health and Consume. Mr. Jaime Lissavetzky Díez. President of the High Sport Council. Mr. Pere Alcober Solanas. Sports Councilman. Town Hall of Barcelona. Mr. Albert Soler Sicilia. General Manager of Sports. High Council for Sport. Mr. Antonio Fogué Moya. President of Barcelona Provincial Council. Dr. Mr. Walter Frontera Roura. President of the International Federation of Sports Medicine (FIMS). Dr. Mr. Antonio Turmo Garuz. The director of the School of Medicine of the Physical Education and of the Sport. Barcelona. Dr. Mr. Isacio Siguero Zurdo. President of the General Council of Official College of Physicians and the Spanish Medical Organisation. Dr. Mr. Miquel Bruguera Cortada. President of Barcelona's Official College of Physicians. Mr. Andreu Camps Povill. Director of National Institute of Physical Education of Catalonia. Dr. Mr. Norbert Bachl. President of the European Federation of Sports Medicine (EFSMA). Dr. Mr. Gustavo Liotta. Vice-president of the Iberoamerican Confederation of Sports Medicine (CIMED).

ORGANIZING COMMITTEE

Chairman:	Mr. Juan José González Iturri
Vice-Chairman I:	Mr. César Fernández García
Vice-Chairman II:	Mr. Ramón Balius Juli
Secretary General:	Mr. Pedro Manonelles Marqueta
Treasurer:	Mr. José María Carnero Elías
Members:	Mr. Jordi Ardevol Cuesta Mr. Juan N. García-Nieto Portabella Mr. José Fernando Jiménez Díaz Ms. Begoña Manuz González Mr. José Naranjo Orellana Mr. Ángel Sánchez Ramos Mr. Luis Til Pérez Mr. Antonio Turmo Garuz Mr. José María Vilarrubias Guillamet

GOVERNING BODY OF SPANISH FEDERATION OF SPORTS MEDICINE

Chairman:	Mr. Juan José González Iturri
Vice-Chairman:	Mr. Miguel del Valle Soto
Secretary General:	Mr. Pedro Manonelles Marqueta
Members:	Mr. César Fernández García Mr. José Fernando Jiménez Díaz Ms. Begoña Manuz González Mr. José Naranjo Orellana
Legal adviser:	Mr. Miguel Zulaica Balduz
Secretariat:	Ms. Marian Artazcoz

SCIENTIFIC COMMITTEE

Chairman:	Mr. Miguel del Valle Soto
Vice-Chairman:	Mr. Carlos Pons de Beristain
Secretary:	Mr. Franček Drobnič Martínez
Members:	Ms. Maite Aragonés Clemente Mr. José Antonio López Calbet Mr. Emilio Luengo Fernández Mr. Antonio Maestro Fernández Mr. José Luis Martínez Romero Mr. Nicolás Terrados Cepeda Mr. José Antonio Villegas García

FIMS (FÉDÉRATION INTERNATIONALE DE MÉDECINE DU SPORT) EXECUTIVE COMMITTEE

President:	Mr. Walter R. Frontera
Past President:	Mr. Kai-Ming Chan
Secretary General:	Mr. Fabio Pigozzi
Treasurer:	Mr. Andre Debruyne
1st Vice President:	Mr. Lyle J. Micheli
2nd Vice President:	Mr. Martin P. Schwellnus
3rd Vice President:	Mr. Wahid Al Kharusi
4th Vice President:	Mr. Norbert Bachl
Elected members:	Ms. Anita Green Mr. Guo-ping Li Mr. Italo Monetti Mr. C. Thuraija Mr. Joe Cumminskey Mr. Emin Ergen Mr. Hans Dickhut Mr. Milton Pinedo Soriano



Juan Carlos I

ORGANIZERS

Spanish Federation of Sports
Medicine (FEMEDE)



International Federation of
Sports Medicine (FIMS)



CO-ORGANIZERS

Institute Barcelona of Sports
(Barcelona City Council)



Ajuntament de Barcelona
Institut Barcelona Esports

Generalitat
of Catalunya



High Council for Sport



RECOGNITION OF SCIENTIFIC INTEREST

Congress recognized like of Scientific Interest by the Ministry
of Health and Consumption



Congress Declared of Scientific Interest for the Ibero-American Society
of Scientific Information



SCIENTIFIC PROGRAM

WEDNESDAY 19TH NOVEMBER

10.00 - OPENING OF THE ORGANISING SECRETARIAT

LA PEDRERA HALL

15.30-18.30 - WORKSHOP: CARDIAC ECHOGRAPHY

With the sponsorship of SONOSITE



Inscription in the Organising Secretariat
Limited number of inscriptions.

BARCELONA HALL

19.00 - INAUGURAL ACT

INAUGURATION OF THE COMMERCIAL EXHIBITION

WELCOME COCKTAIL

THURSDAY 20TH NOVEMBER

BARCELONA HALL

09.00-11.00 - OFFICIAL LECTURE: UPDATING IN MUSCULAR INJURIES

Chairman: Ramón Balius Matas. Barcelona (Spain).

Moderator: Jordi Ardévol Cuesta. Barcelona (Spain).

Markku Järvinen. Tampere (Finland).

Recent advances in muscle injury pathophysiology.

Martin P. Schewellnus. Newlands (South Africa).

An update on muscle injury and cramping in athletes. Prevention, diagnosis and management.

Sakari Orava. Turku (Finland).

Recent advances in the surgical treatment of muscle injuries.

11.00-11.30 Coffee break

11.30-13.30 - OFFICIAL LECTURE: SCIENTIFIC BASIS OF TENDINOPATHIES TREATMENT

Chairman: José Luis Martínez Romero. Murcia (Spain).

Moderator: Antonio Maestro Fernández. Gijón (Spain).

Nicola Maffulli. Hartshill (United Kingdom).

The scientific bases of modern approaches to tendinopathy management.

Yoshimasa Ishii. Hiroshima (Japan).

Hyperbaric oxygen on the healing process of ligament and tendon injuries.

Chen Chih-Hwa. Taiwan (Republic of China).

Invasive procedures in the treatment of tendinopathies.

Mikel Sánchez. Vitoria (Spain).

Preparation Rich in Growth Factors (PRGF) in tendon repair: basic research and clinical applications

13.30-15.30 Lunch (Auditori - Triangle)

15.30-17.30 - OFFICIAL LECTURE: CARTILAGE AND SPORT

Chairman: Andre Debruyne. Hasselt (Belgium).

Moderator: José María Vilarrubias Guillamet. Barcelona (Spain).

Lyle J. Micheli. Boston (USA).

Management of osteochondritis dissecans in the young athlete.

José Antonio Vega Álvarez. Oviedo (Spain).

Biology of the articular cartilage: genes, proteins... and exercise.

Lars Engebretsen. Oslo (Norway).

The future of chondrocyte transplantation.

Ingrid Möller. Barcelona (Spain).

Diagnostic and treatment of the condropathies in the athlete.

17.30-19.30 - SIMPOSIUM: THE SPORTS MEDICINE IN SPAIN

Organized by the Spanish Federation of Sports Medicine (FEMEDE)



Moderator: Pedro Manonelles Marqueta. Barcelona (España).

Juan José González Iturri.

The history of the Sports Medicine.

Juan José Rodríguez Sendín. Madrid (España).

Professional responsibility in the exercise of Sports Medicine.

Julio César Legido Arce. Madrid (España).

Sports Medicine training.

Pedro Manonelles Marqueta. Zaragoza (España).

Sports Medicine speciality current situation.

(In Spanish)

DALÍ HALL

09.00-11.00 - OFFICIAL LECTURE: POST COMPETITION RECOVERY AND REST

Chairman: Jose Luis Orizaola Paz. Albacete (Spain)

Moderator: Juan N. García-Nieto Portabella. Barcelona (Spain)

Paul Dorochenko. Valencia (Spain).

The importance of low-frequency pulsed sounds in the sport neuromotor reprogramming.

Nicolás Terrados Cepeda. Avilés (Spain).

Physiologic and medical newness in post-competition recovery.

Wayne Derman. Cape Town (South Africa).

Fatigue and underperformance in athletes following extensive competitive sport: strategies in diagnosis, monitoring & management.

11.00-11.30 Coffee break

11.30-13.30 - OFFICIAL LECTURE: LONG-TERM COMPLICATIONS OF EXERCISE

Chairman: Carlos de Teresa Galván. Granada (Spain)

Moderator: Italo Monetti Adamoli. Montevideo (Uruguay).

Urho M. Kujala. Jyväskylä (Finland).

Long-term complications of sport and exercise.

Manuel Ribas Fernández. Barcelona (Spain).
Long-term complications of hip injuries in athletes.
Hans-Hermann Dickhut. Germany.
Long-term cardiac complications of exercise.

13.30-15.30 Lunch (Auditori - Triangle)

15.30-17.30 - OFFICIAL LECTURE: HYPOXIA: HEALTH AND PERFORMANCE

Chairman: Fernando Gutiérrez Ortega. Madrid (Spain)
Moderator: Pedro A. Galilea Ballarini. Barcelona (Spain).
Jean Paul Richalet. Paris (France).
Training in hypoxia and performance.
Paolo Cerretelli. Milan (Italia).
Living in hypoxia and performance.
Mauricio Serrato Roa. Bogotá (Colombia).
Sinergistic effect of hypoxia and training on hemoglobin mass.

MIRÓ HALL

12.00-13.30 - PRESENTATION OF THE BOOK: GUIDE OF DIETETIC FOOD ADAPTED TO AN INTENSE MUSCULAR WEAR

With the sponsorship of Isostar



Nieves Palacios Gil-Antuñano. Madrid (Spain).
Presentation of the book: Guide of dietetic food adapted to an intense muscular wear, with description of food and drinks specially designed for the sport.
Antoni Garcia Gabarra, Doña Isabel de Fuenmayor.
Presentation Isostar products.

11.30-13.30 - WORKSHOP: MUSCULAR ECHOGRAPHY

With the sponsorship of Toshiba



Inscription in the Organising Secretariat
Limited number of inscriptions.

FRIDAY 21ST NOVEMBER

BARCELONA HALL

09.00-11.00 - OFFICIAL LECTURE: SUDDEN DEATH IN SPORT

With the sponsorship of
Boehringer Ingelheim



Organized by the National Record of
Sudden Death in Athletes

Chairman: Antonio Bayés de Luna. Barcelona (Spain).
Moderator: Carlos Pons de Beristain. Barcelona (Spain).
Josep Brugada Tarradellas. Barcelona (Spain).
Endurance sport practice: may be too much for the heart?
Antonio Pellicia. Roma (Italy).
Clinical significance and long-term follow-up of abnormal ECGs in trained athletes.
Araceli Boraita Pérez. Madrid (Spain)
Causes of sudden death during sport activities in Spain.

11.00-11.30 Coffee break

11.30-13.30 - OFFICIAL LECTURE: THE DOPING. CLINICAL SIGNIFICANCE FOR SPORTS MEDICINE

Chairman: Mario Zorzoli. Aigle (Switzerland).
Moderator: Jordi Segura Noguera. Barcelona (Spain).
Antonio Bulbena Vilarrasa. Francina Fonseca Casals. Barcelona (Spain).
Is there a relation between doping and addiction?
Giselher Spitzer. Postdam (Germany).
The consequences of doping in children.
José Naranjo Orellana. Sevilla (Spain)
Use and abuse of medication in sport: Beta2 agonists, corticosteroids, growth hormone and anabolic steroids.

13.30-15.30 Lunch (Auditori - Triangle)

15.30-17.30 - OFFICIAL LECTURE: STATE OF THE ART IN SPORT NUTRITION

Chairman: José Antonio Villegas García. Murcia (Spain).
Moderator: Nieves Palacios Gil-Antuñano. Madrid (Spain).
Fabio Pigozzi. Rome (Italy).
Nutritional Supplements in Sports: merits and myths.
Julia Warnberg. Madrid (Spain).
Nutrition, Immunity and physical activity.
Manuel J. Castillo Garzón. Granada (Spain).
Suitability of the beer in athletes metabolism recuperation in the context of the equilibrated diet.

17.30-18.00 Coffee break

DALÍ HALL

09.00-11.00 - OFFICIAL LECTURE: PHYSICAL EXERCISE FOR HEALTH AND LONGEVITY. PRESCRIPTION PATTERNS

With the sponsorship of
the Instituto Tomás Pascual



Chairman: Luis Giménez Salillas. Zaragoza (Spain).
Moderator: Emilio Luengo Fernández. Zaragoza (Spain).
Norbert Bachl. Wien (Austria).
Exercise and training as therapy in chronic diseases.
Alejandro Lucia Mulas. Madrid (Spain).
Exercise prescription in cancer.
Herbert Löllgen. Remscheid (Germany).
Physical activity and prevention of cardiovascular diseases.
Antonio López Farré. Madrid (Spain).
Right arrhythmogenic ventricular dysplasia: from genetic to proteomics in the athlete.

11.00-11.30 Coffee break

11.30-13.30 - OFFICIAL LECTURE: BENEFITS OF EXERCISE IN CHRONIC ILLNESS

Chairman: Miguel Chiacchio Sieira. Palma de Mallorca (Spain).
Moderator: Luis Til Pérez. Barcelona (Spain).
Kai-Hakon Carlsen. Oslo (Norway).
Exercise and asthma in childhood and adolescence.
Juan Ricardo López Taylor. Guadalajara (Mexico).
Diabetes or prevention through exercise of the genetically predisposed patient.
Luis Serratosa Fernández. Madrid (Spain).
Hypertension.

13.30-15.30 Lunch (Auditori - Triangle)

15.30-17.30 - OFFICIAL LECTURE: TRAINING IN ELITE ATHLETES

Chairman: Juan Roig Cañellas. Palma de Mallorca (Spain)
Moderator: Juan Ramón Barbany Cairó. Barcelona (Spain).
Dusan Hamar. Bratislava (Slovakia).
Serial stretch loading in strength training of athletes.
Pedro A. Galilea Ballarini. Barcelona (Spain).
Competition demands analysis as a help to professional cyclist's training.
Íñigo Mújica Antón. Vitoria (España).
Performance modelling and tapering.

17.30-18.00 Coffee break

18.00-20.00 - SIMPOSIUM THE PARALYMPIC SPORT: ADVANCES AND CONTROVERSIES

With the sponsorship of the Paralympic Spanish Committee



Chairman: Miguel Segarra Gadea. Madrid (Spain).
Moderator: Oriol Martínez Ferrer. Barcelona (Spain).
Almudena Ramón Cueto. Valencia (Spain).
Traumatic medullar lesion. Expectations of regenerative treatment and its sport's consequences.
Gert-Peter Brüggemann. Cologne (Germany).
The technical aids and the biomedical investigation The revolution of elite adapted sport in the XXI century.
Peter Van de Vliet. Bonn (Germany).
The promotion of biomedical investigation in the world adapted sport.

(In english with simultaneous translation to spanish)

MIRÓ HALL

09.30-11.00 - SIMPOSIUM: TRENDS IN NUTRITIONAL HABITS

With the sponsorship of Herbalife



Julián Álvarez García. Madrid (Spain).
Synergies between nutrition and exercise in health care.

(In spanish)

11.30-13.30 - SIMPOSIUM: NEW THERAPEUTIC PERSPECTIVES IN THE TREATMENT OF THE SPORTS INJURIES

With the sponsorship of Heel España Laboratories



Alejandro Orizola. Santiago de Chile (Chile).
New alternatives in the treatment of the muscle injuries: clinical experience.
Carlos Sánchez Marchori. Valencia (Spain).
Clinical experience with a modulator of the inflammation.

TAPIES HALL

11.30-13.30 - TECAR SIMPOSIUM: USE OF TECAR'S TECHNOLOGY IN REHABILITATION PROGRAMS OF HIGH PERFORMANCE ATHLETES

With the sponsorship of Tecar



Carlo Tranquilli. Roma (Italy).
Use of Tecar's technology in rehabilitation programs of high performance athletes.

SATURDAY 22ND NOVEMBER

BARCELONA HALL

09.00-11.00 - OFFICIAL LECTURE: BIOMECHANICS APPLIED TO EVALUATION AND IMPROVEMENT OF SPORTS PERFORMANCE

Chairman: Carlos Moreno Pascual. Salamanca (Spain).
Moderator: Miguel del Valle Soto. Oviedo (Spain).
Xavier Aguado Jodar. Toledo (Spain).
How to improve the landing movement after jump? Implications for injury prevention.
Maurice R. Yeadon. Loughborough (U.K.).
The use of computer simulation to improve sport performance.
Roger Bartlett. Dunedin (New Zealand).
What functions does movement variability fulfill?

11.00-11.30 Coffee break

11.30-13.30 - OFFICIAL LECTURE: PHYSICAL TRAINING AND IMMUNITY

Chairman: Luis Franco Bonafonte. Reus (Spain).
Moderator: Mónica de la Fuente del Rey. Madrid (Spain).
Michael Gleeson. Loughborough (U.K.).
Immune response and risk of illness in elite athletes. Practical strategies to maintain immunocompetence.
Hinnak Northoff. Tübingen (Germany).
Influence of gender, training, and lifestyle on parameters of the immune system in athletes
Eduardo Ortega Rincón. Badajoz (Spain).
Stress mediators in the modulation of inflammatory response during acute exercise and training. Practical applications.
Katarína Bergendiová. Bratislava (Slovakia).
Immunomodulating effect of Beta-1,3/1,6-D-Glucan on elite athletes.

13.30-15.30 Lunch (Auditori - Triangle)

15.30-17.30 - OFFICIAL LECTURE: REHABILITATION IN SPORT

Chairman: Juan José González Iturrí. Pamplona (Spain).
Moderator: César Fernández García. Barcelona (Spain).
Walter R. Frontera Roura. San Juan (Puerto Rico).
Exercise in the rehabilitation of the hemiplegic patient.
Giulio Sergio Roi. Bolonia (Italia)
Return to competition following athletic injury: sports rehabilitation as a whole.

Bruce D. Beynnon. Burlington (USA).
Rehabilitation following anterior cruciate ligament reconstruction.
Victoria Sotos. Barcelona (Spain).
Procedures of manual therapy in sports injuries.

17.30-18.00 Coffee break

18.00 - CLOSING CONFERENCE

Walter R. Frontera Roura. President FIMS.
Reflections on the future of Sports Medicine.

19.00 - CLOSING CONGRESS

21.30 - GALA DINNER (HILTON BARCELONA HOTEL)

DALÍ HALL

09.00-11.00 - OFFICIAL LECTURE: DETERMINANTS OF PERFORMANCE AND FATIGUE IN HUMANS: NEW INSIGHTS

Chairman: Julio César Legido Arce. Madrid (Spain).
Moderator: Gil Rodas Font. Barcelona (Spain).
Ralph Beneke. Colchester (England. U.K.)
The limits of human performance.
Carsten Lundby. Copenhagen (Denmark).
Eritropoietin and exercise.
Ferdinando Iellamo. Rome (Italy).
Heart rate variability in the control of training elite athletes.

11.00-11.30 Coffee break

11.30-13.30 - OFFICIAL LECTURE: ADVANCES IN STRENGTH PHYSIOLOGY AND ITS APPLICATION IN SPORT TRAINING

Chairman: Begoña Manuz González. Torrelavega (Spain).
Moderator: Franček Drobnič Martínez. Barcelona (Spain).
Per Aagaard. Copenhagen (Denmark).
Training-induced changes in muscle morphology and neural function.
Per-Axel Tesch. Östersund (Sweden).
The importance of eccentric training.
Julio Tous Fajardo. Barcelona (Spain).
Applications of strength training in elite athletes.

13.30-15.30 Lunch (Auditori - Triangle)

15.30-17.30 - OFFICIAL LECTURE: WHAT THE FUTURE WILL BRING IN EXERCISE PHYSIOLOGY

Chairman: Eloy Cárdenas. México D.F. (México).
Moderator: José Naranjo Orellana. Sevilla (Spain).
John R. Speakman. Aberdeen (Scotland, U.K.).
Have changes in physical activity levels driven the obesity epidemic?
Guillermo López Lluch. Sevilla (Spain).
Calorie restriction, antioxidants and exercise.
José Antonio López Calbet. Las Palmas Gran Canaria (Spain).
The role of leptin on exercise.

MIRÓ HALL

9.00-11.00: I SIMPOSIUM OF IBEROAMERICAN CONFEDERATION OF SPORTS MEDICINE. I

Organized by CIMED



Chairman: Juan José González Iturri. Pamplona (Spain)
Moderator: Miguel E. Del Valle Soto. Oviedo (Spain)
Italo Monetti. Montevideo (Uruguay).
Prevention of hydroelectrolytic disorders.
Milton Pinedo. Santo Domingo (República Dominicana).
Attitudes, beliefs and experiences with regard to the doping in athletes of elites of combat Dominicans.
Gustavo Liotta. Buenos Aires (Argentina)
Pubalgia: Physiopathology and biomechanics boarding.
José Gregorio Ramírez Rangel. Mérida (Venezuela)
Injuries of the mountain biking, adapting the treatment to the reasons.
Armando Pancorbo. Matanzas (Cuba)
Sub-severe fatigue in the sport of high performance: a new diagnosis.

11.00-11.30 Coffee break

11.30-13.30: I SIMPOSIUM OF IBEROAMERICAN CONFEDERATION OF SPORTS MEDICINE. II

Chairman: Juan José González Iturri. Pamplona (Spain)
Moderator: Miguel E. Del Valle Soto. Oviedo (Spain)
Eloy Cárdenas. México D.F. (México)
Lactate like diagnosis of the state of training.
Joao C. Bouzas. Viçosa (Brasil)
Can cardiac maximum frequency be a control ratio of the training?
Galo E Narváez Pérez. Quito (Ecuador)
Physiological behavior in competition: over 2500 meters.
Gianni Mazzoca. Caracas (Venezuela)
Feminine soccer: Venezuelan experience.

TAPIES HALL

09.00-11.00 - SYMPOSIUM: CONTRIBUTIONS OF THE KINANTHROPOMETRY TO THE WORLD OF SPORT AND THE PUBLIC HEALTH

Organized by the Spanish Group of FEMEDE's Kinanthropometry



Chairman: M. Dolores Cabañas Artesilla. Madrid (Spain).
Luis Bettencourt Sardiña. (Portugal).
Considerations on the validity of the new methods of analysis of corporal composition in athletes.
Julieta Arechiga Viramontes. Mexico DF (México).
Valuation the proportionality in the genetics of populations towards the health
Jordi Porta Manzanido. Barcelona (Spain).
Development of a new system of bioimpedancy for the corporal evaluation of body water.
Francisco Esparza Ros. Murcia (Spain).
Somatotype, evolution and practical applications.

(In spanish)

11.30-13.30 - SIMPOSIUM: SPORTS PODIATRY

Organized by the Spanish Association of Sports Podiatry (AEPODE)



Fernando Jiménez Díaz. Toledo (Spain).
The corporal composition as study factor in relation with pressure centre displacement in high performance sportsmen.
Martín Rueda Sánchez. Barcelona (Spain).
Foot balance and architecture concepts.
Agustín Montaña Vidal. Barcelona (Spain)
Balance measurement by means of a new optometric technique in marathon runners.
Manuela González Santander. Madrid (Spain).
Orthopodiatric treatment. Importance in femoropatellar syndrome.

(In spanish)

LUNCH AUDITORI (Triangle)

GALA DINNER

HILTON BARCELONA HOTEL

Avd. Diagonal, 589-591. 08014 Barcelona

ADMINISTRATIVE MEETINGS

FIMS. Executive Committee Meeting of International Federation of Sports Medicine.

FIMS. Commissions Meeting of International Federation of Sports Medicine.

FIMS. Council of Delegates Meeting of International Federation of Sports Medicine.

FEMEDE. Governing Body Meeting of Spanish Federation of Sports Medicine.

FEMEDE. General Ordinary Assembly of Spanish Federation of Sports Medicine.

FEMEDE. Groups Meeting of Spanish Federation of Sports Medicine.

FEMEDE. Assembly of Specialists Group of Medicine of Physical Education and Sports of FEMEDE.

EFSMA. Executive Committee Meeting of European Federation of Sports Medicine.

EFSMA. Commissions Meeting of European Federation of Sports Medicine.

CIMED. Assembly of Iberoamerican Confederation of Sports Medicine.

ORGANIZERS

Spanish Federation of Sports Medicine (FEMEDE).
International Federation of Sports Medicine. (FIMS).

CO-ORGANIZERS

Barcelona Sports Institute. City Council of Barcelona.
Generalitat of Catalonia.
High Sport Council.
The General Council of Official College of Physicians and the Spanish Medical Organisation.
Barcelona Provincial Council.
University of Barcelona.
European Federation of Sports Medicine (EFSMA).
Iberoamerican Confederation of Sports Medicine (CIMED).

CONTINUING MEDICAL EDUCATION (CME CREDITS)

The University of Barcelona (UB) has given the Congress 2,5 Continuing Medical Education (CME Credits) equivalent to 30 evaluated hours.

CONGRESS AWARDS

- FEMEDE award to the Best Communication. It will submit to the best communication of Medicine of the sport of Spanish authors.
- School of Medicine of the Physical Education and of the Sport award. It will submit to the best free communication presented by trainees of Medicine of the Sport of Spanish schools.
- Award to the best free communication on orthopedics. I reward to the best free communication on orthopedics presented in the Congress. Supported by the Orthopedics Grau Soler.

The awards will be granted by the Organizing Committee of the Congress at the suggestion of your Scientific Committee among the Oral Communications presented and defended in the Congress.

There are no awards for scientific communications in format poster

If the quality of the works is not sufficient, the award cannot be granted.

Only it is possible to give a award for Oral Communication.

Thursday 20

	Official Lectures		Simposium		Oral Communications			
	Barcelona	Dalí	Miró	Tapies	Roses	Sant Jordi	Rambla	Liceo
09.00-09.30	Updating in Muscular Injuries	Post Competition Recovery and Rest			Health-I	Cardiol-I	Nutrition-I	Managem-I
09.30-10.00					Spanish	Spanish	English	English
10.00-10.30					Kinanthrop-I	Nutrition-I	Health-I	Biomechan-I
10.30-11.00					Spanish	Spanish	English	English
11.00-11.30	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break
11.30-12.00	Scientific Basis of Tendinopathies Treatment	Long Term Complications of Exercise	Presentation: Guide of dietetic food		Imaging-I	Physiol-I	Medicine-I	Kinanthrop-I
12.00-12.30					Spanish	English	English	English
12.30-13.00							Medicine-II	
13.00-13.30							English	
13.30-15.30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
15.30-16.00	Cartilage and Sport	Hypoxia "Health and Performance"			Biomechan-I	Training-I	Physiol-II	Cardiology-I
16.00-16.30					Spanish	Spanish	English	English
16.30-17.00								
17.00-17.30								
17.30-18.00	Sport Medicine							
18.00-18.30								
18.30-19.00								
19.00-19.30								

Friday 21

	Official Lectures		Simposium		Oral Communications			
	Barcelona	Dalí	Miró	Tapies	Roses	Sant Jordi	Rambla	Liceo
09.00-09.30	Sudden Death in Sport	Physical Exercise for Health and Longevity Prescription Patterns	Trends in nutritional habits		Training-II	Physiol-III	Nutrition-II	Physiology-I
09.30-10.00					Spanish	English	English	Spanish
10.00-10.30						Athlete'care-I	Doping-I	Training-III
10.30-11.00						English	English	Spanish
11.00-11.30	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break
11.30-12.00	The Doping. Clinical Significance for Sports Medicine	Benefits of Exercise in Chronic Illness	New Therapeutic Perspectives in Treatment of Sports Injuries	Use of Tecar's Thecnology	Training-I	Physiol-IV	Injuries pre-I	Injuries pre-I
12.00-12.30					English	English	English	Spanish
12.30-13.00					Training-II			
13.00-13.30					English			
13.30-15.30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
15.30-16.00	State of the Art in Sports Nutrition	Training in Elite Athletes			Cardiology-II	Physiol-V	Diagnostic-I	Medicine-I
16.00-16.30					English	English	English	Spanish
16.30-17.00								
17.00-17.30								
17.30-18.00	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break
18.00-18.30		Simposium The Paralympic Sport						
18.30-19.00								
19.00-19.30								
19.30-20.00								

Saturday 22

	Official Lectures		Simposium		Oral Communications				
	Barcelona	Dalí	Miró	Tapiés	Roses	Sant Jordi	Rambla	Liceo	
09.00-09.30	Biomechanics Applied to Evaluation and Improvement of Sports Performance	Determinants of Human Performance and Fatigue in Humans	Simposium of Iberoamerican Confederation of Sports Medicine	Contributions of Kinanthropometry	Diagnost-I	Physiol-VI	Diagnostic-II	Training-III	
09.30-10.00					Spanish	English	English	English	
10.00-10.30					Managem-I	Health-II	Diagnostic-III	Injuries pre-II	
10.30-11.00					Spanish	English	English	English	
11.00-11.30	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	
11.30-12.00	Physical Training and Immunity	Advances in Strength Physiology and its Application in Sports Training	Simposium of Iberoamerican Confederation of Sports Medicine	Sports Podiatry	Medicine-III	Managem-II	Genetics-I	Medicine-II	
12.00-12.30					English	English	English	Spanish	
12.30-13.00									
13.00-13.30									
13.30-15.30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
15.30-16.00	Rehabilitation in Sport	What the Future will Bring in Exercise Physiology			Training-IV	Biomechan-II	Cardiology-III	Medicine-IV	
16.00-16.30					English	English	English	English	
16.30-17.00									
17.00-17.30									
17.30-18.00	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	
18.00-18.30	Closing conference								
18.30-19.00									
19.00-19.30									Congress Closure
19.30-20.00									
20.00-20.30									
20.30-21.00									
21.00-21.30									
21.30-22.00	Gala dinner								

Thursday 20

Poster communications

Montjuic	Plaza Catalunya
10.00-11.00	12.00-13.00
Medicine I	Injuries pre-I
Medicine II	Biomechan-I
Cardiology-I	Health-II
Physiol-I	Nutrition-I
Physiol-II	Nutrition-II
Training-II	Kinanthrop-I
Training-III	Managem-I
Diagnosis II	Managem-II

Friday 21

Poster communications

Montjuic	Plaza Catalunya
10.00-11.00	12.00-13.00
Medicine III	Injuries pre-II
Medicine IV	Biomechan-II
Cardiology-II	Health-I
Physiol-III	Nutrition-III
Physiol-IV	Kinanthrop-II
Doping-I	Managem-III
Training-I	Managem-IV
Diagnosis I	Genetics-I

Saturday 22

Poster communications

Montjuic	Plaza Catalunya
10.00-11.00	12.00-13.00
Medicine V	Injuries pre-III
Medicine VI	Biomechan-III
Physiol-V	Health-III
Doping-II	Nutrition-IV
Training-IV	Nutrition-V
Diagnosis-III	Managem-V
Diagnosis-IV	Genetics-II
Athlete'care-I	Imaging-I

LA MUERTE SÚBITA

PUEDA DIAGNOSTICARSE CON UNOS SENCILLOS EXÁMENES

Muchos deportistas profesionales y entidades deportivas ya han realizado estos exámenes genéticos pioneros en toda España

Para un individuo portador de una mutación propia o de un familiar pero que aún no presenta síntomas, la probabilidad de que sus descendientes hereden la misma mutación es del 50%, situando a la próxima generación en riesgo de desarrollar problemas cardíacos.

Las enfermedades cardíacas congénitas más importantes relacionadas con la Muerte Súbita son:

- Displasia Arritmogénica Ventricular Derecha (mutaciones en los genes PKP2, DSG y DSG2)
- Miocardiopatía Hipertrofica (mutaciones en los genes MYH7, MYBPC3 e TNNT2)
- Miocardiopatía Dilatada (mutaciones en los genes MYH7, LMNA/C e TNNT2)
- Miocardiopatía No Compactada (mutaciones en los genes TAZ, LDB3 e DTNA)

THE SUDDEN DEATH

CAN BE DIAGNOSED WITH A FEW SIMPLE TESTS

Many professional sportsmen and sporting bodies already have realized these genetic pioneering examinations in the whole Spain

For a carrying individual of an own mutation or of a relative but that still does not present symptoms, the probability from which his descendants inherit the same mutation is 50 %, placing the next generation in risk of developing cardiac problems.

The most important cardiac congenital diseases related with the Sudden Death they are:

- Right ventricular arrhythmogenic dysplasia (mutations in the genes PKP2, DSG y DSG2)
- Hypertrophy Myocardiopathy (mutations in the genes MYH7, MYBPC3 e TNNT2)
- Dilated Myocardiopathy (mutations in the genes MYH7, LMNA/C e TNNT2)
- Non-compacted Myocardiopathy (mutations in the genes TAZ, LDB3 e DTNA)



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Genetest estará presente los días 20, 21 y 22 de noviembre en el XXX CONGRESO MUNDIAL DE MEDICINA DEL DEPORTE, en el Stand 32

Genetest will be present on the 20th, November 21 and 22 in the XXX FIMS WORLD CONGRESS OF SPORTS MEDICINE, in the Stand 32

SPEAKERS AND ORGANIZERS

Aagaard, Per

Institute of Sports Sciences and Clinical Biomechanics. University of Southern. Copenhagen (Denmark).

Aguado Jodar, Xavier

Biomechanics. University of Castilla-La Mancha. Faculty of Sports Sciences. Toledo (Spain).

Aguilera Tapia, Beatriz

Service of Histopathology. National Institute of Toxicology and Forensic Sciences. Madrid (Spain).

Álvarez García, Julián

University Michael Hernández. Member of the Nutritional Advisory Board de Herbalife. Alicante (Spain).

Aragonés Clemente, Maite

Center of Sports Medicine. Government of Aragón. Zaragoza (Spain).

Ardévol Cuesta, Jordi

Service of Orthopaedics Surgery and Traumatology. Asepeyo Hospital - Fiatc Clinic. Barcelona (Spain).

Arechiga Viramontes, Julieta

University of México DF. México DF (México).

Bachl, Norbert

Dean of Faculty Sports Science. Centre for Sports Science. Vienna University. President EFSMA. Vice President FIMS. Member of the Medical Commission of IOC and EOC. Wien (Austria).

Balius Juli, Ramón

Honour Member of FEMEDE. Founder of Society of Sport Medicine.. Barcelona (Spain).

Balius Matas, Ramón

Council Catalan of Sport of Catalonia Generalitat. FIATC Clinic. CMI Diagonal. Barcelona (Spain).

Barbany Cairó, Juan Ramón

Department of Health and Applied Sciences. National Institute of Physical Education. Medical School. School of Sport Medicine. University of Barcelona. Barcelona (Spain).

Bartlett, Roger

Sports Biomechanics. University of Otago. Dunedin (New Zealand).

Bayés de Luna, Antonio

Professor in Cardiology. Autonomous University of Barcelona. Institute Catalan of Cardiovascular Sciences. Hospital Sant Pau. Barcelona (Spain).

Beneke, Ralph

Centre for Sport and Exercise Science. Department of Biological Sciences. University of Essex. Colchester (England. U.K.)

Bergendiová, Katarína

Pneu-Allergo Centrum. Bratislava. (Slovakia)

Bettencourt Sardiña, Luis

Portugal.

Beynon, Bruce D.

Department of Orthopaedics and Rehabilitation. University of Vermont. Member of the National Institutes of Health Osteoarthritis Biomarkers Network. Burlington (USA).

Boraita Pérez, Araceli

Service of Cardiology. Center of Sports Medicine. High Council for Sport. President of Sport Cardiology Working Group of Spanish Society of Cardiology. Madrid (Spain).

Bouzas, Joao C.

Laboratory of Human Performance. University of Viçosa. Viçosa (Brasil).

Brugada Tarradellas, Josep

President of the European Heart Rhythm Association. Medical Director. Hospital Clínic. Barcelona (Spain).

Brüggemann, Gert-Peter

Professor of Biomechanics. Institute of Biomechanics and Orthopaedics, German Sport University Cologne. Cologne (Germany).

Bulbena Vilarrasa, Antonio

Institute of Psychiatric Treatment, Mental Health and Addictions. Professor in Autonomous University of Barcelona. Barcelona. (Spain).

Cabañas Armesilla, M. Dolores

President of Spanish Group of FEMEDE's Kinanthropometry - Spanish Federation of Sports Medicine (GREC-FEMEDE) University Complutense. Madrid (España).

Cárdenas, Eloy

Vice-president of the Mexican Federation of Sports Medicine. Vice-president of the CIMED. Mexico D.F. (Mexico).

Carlsen, Kai-Hakon

Norwegian School of Sport Sciences. Paediatric Respiratory Medicine and Allergology. Voksentoppen. Rikshospitaller University of Oslo. Oslo, Norway. Chair of European Lung Foundation. Oslo (Norway).

Carnero Elías, José María

Graduate on Podiatry. Secretary of Spanish Association of Sport Podiatry (AEPODE). Secretary of College of Podiatrists of Catalonia. Barcelona (Spain).

Castillo Garzón, Manuel J.

Professor in Medical Physiology. University of Granada. Director of Group of Functional Evaluation and Exercise Physiology. Granada (Spain).

Centeno Prada, Ramón A.

Andalusian Center of Sports Medicine. Sevilla (Spain).

Cerretelli, Paolo

Medical School, University of Milano. Institute of Bioimaging and Molecular Physiology. Italian Research Council. Segrate – Milano (Italy).

Chiacchio Sieira, Miguel

Secretary of the Balearic Association of Sports Medicine. Palma de Mallorca (Spain).

Chih-Hwa, Chen.

Member of the Scientific Commission of FIMS. Department of Surgery. Department of medical research. Chang Gung Memorial Hospital. Department of Orthopaedic Surgery. Chang Gung University. Keelung (Republic of China).

De la Fuente del Rey, Mónica

Department of Physiology. Faculty of Biology. University Complutense. Madrid (Spain).

De Teresa Galván, Carlos

President of the Andalusian Society of Sports Medicine. Granada (Spain).

Debruyne, Andre

Treasurer of FIMS. Treasurer of EFSMA. Member of the Medical and Scientific Commission of the EOC. Hasselt (Belgium).

Del Valle Soto, Miguel

Vice-Chairman of FEMEDE. President of the Scientific Commission of FEMEDE. School of Sports Medicine. University of Oviedo. (Spain).

Derman, Wayne

Sports Science & Sports Medicine. UCT/ Sport Science Institute of South Africa. University of Cape Town. Scientific Commission of FIMS. Cape Town (South Africa).

Dickhut, Hans-Hermann

Member FIMS Executive Committee. Medical Commission EOC. Vicepresident of European Federation of Sportsmedicine Associations. University of Freiburg. Freiburg (Germany).

Dorochenko, Paul.

International Center of Sports Rehabilitation. La Calderona. Member of European Physical Conditioning Association. Valencia (Spain).

Drobnic, Franchek

Department de Physiology. High Performance Centre. Sant Cugat del Vallés. Medical Service F.C. Barcelona. Barcelona (Spain).

Engebretsen, Lars

Orthopaedic Center. Ulelvaal University, Hospital and Faculty of Medicine, University of Oslo. President ESSKA. Head of Sports Science of International Olympic Committee. Oslo (Norway).

Esparza Ros, Francisco

Chair of Sports Traumatology. Catholic University San Antonio of Murcia (UCAM). Murcia (España).

Fernández García, César

Governing Body of FEMEDE. Catalan Institute of Traumatology and Sport Medicine. University Institute Dexeus. Center of Rehabilitation and Sport Medicine Eurosport. Barcelona (Spain).

Fonseca Casals, Francina

Service of Addictions. Institute of Psychiatric Treatment, Mental Health and Addictions. Sea Hospital. Barcelona (Spain).

Franco Bonafonte, Luis

Unit of Sports Medicine. University Hospital San Juan. Reus (Spain).

Frontera Roura, Walter R.

President of FIMS. Faculty of Medicine. University of Puerto Rico. Harvard Medical School. San Juan (Puerto Rico).

Galilea Ballarini, Pedro A.

Department de Physiology. High Performance Centre. Sant Cugat del Vallés. Barcelone (Spain).

García-Nieto Portabella, Juan N.

Sports Medicine – I mesport - C.M. Teknon. Catalan Society of Sports Medicine. Barcelona (Spain).

Giménez Salillas, Luis

Physiatrist's Department. University of Zaragoza. President of the Group of Rehabilitation and Sport. Zaragoza (Spain).

Gleeson, Michael

School of Sport and Exercise Sciences. Loughborough University. President of International Society of Exercise and Immunology. Loughborough (U.K.).

González Iturri, Juan José

President of FEMEDE. Pamplona (Spain).

González Santander, Manuela

Service of Image and Postural Dynamics. Center of Sports Medicine. High Council for Sport. Madrid (Spain).

Gutiérrez Ortega, Fernando

Director of Center of Sports Medicine. High Council for Sport. Madrid (Spain).

Hamar, Dusan

Chairman FIMS Scientific Commission. Member Executive Board European Federation of Sport Medicine Associations. Vice-Chairman of Medical Commission of World Federation of University Sport. Bratislava (Slovakia).

Iellamo, Ferdinando

Department of Internal Medicine. University of Roma Tor Vergata. Cardiac Rehabilitation Center San Raffaele Pisana. Rome (Italy).

Ishii, Yoshimasa

Health and Sports Sciences. Graduate School of Education. Hiroshima University. Hiroshima (Japan).

Järvinen, Markku

Department of Surgery. University Tampere. Tampere (Finland).

Jiménez Díaz, José Fernando

Governing Body of FEMEDE. University of Castilla La Mancha. Cathedra of Traumatology of Sport (UCAM). Medical Services C. Basketball Fuenlabrada. Toledo (Spain).

Kujala, Urho M.

Department of Health Sciences. University of Jyväskylä (Finland).

Legido Arce, Julio César

Director of the School of Medicine of the Sport. Complutensian University of Madrid. President of the Commission of the Speciality of Medicine of the Physical Education and of the Sport. Madrid (Spain).

Leibar Mendarte, Xabier

Center of Fadura's Technical Development. Getxo (Spain).

Liotta, Gustavo

Director of the Medical Services of Boca Juniors. Vice-president of the CIMED. Buenos Aires (Argentina).

Löllgen, Herbert

Department of Medicine and Cardiology. Hospital Remscheid (Sana-Klinikum). Ruhr-University of Bochum. President of German Society of Sports Medicine and Prevention Remscheid (Germany).

López Calbet, José Antonio

Las Palmas University. Member of American Physiological Society. Las Palmas de Gran Canaria (Spain).

López Farré, Antonio

Unit of Cardiovascular Research. Coordinator of Research) Clinical hospital San Carlos. Madrid (Spain).

López Lluch, Guillermo

Andalusian Center of Development Biology. Pablo Olavide University. Sevilla (Spain).

López Taylor, Juan Ricardo

Director of Institute of Sciences Applied to Physical Activity and Sport. Guadalajara University. Guadalajara (Mexico).

Lucia Mulas, Alejandro

Professor in Physiology of Exercise. European University of Madrid. Madrid (Spain).

Luengo Fernández, Emilio

Member of the Scientific Commission of FEMEDE. Spanish Delegate of European Society of Cardiology for cardiovascular prevention. Cardiology Service. General Hospital of Defence. Zaragoza (Spain).

Lundby, Carsten

Copenhagen Muscle Research Center. Rigshospitalet section. Copenhagen (Denmark).

Maestro Fernández, Antonio

Medical Service Royal Sporting. FRE-MAP. Gijón (Spain).

Maffuli, Nicola

Department of Trauma and Orthopaedics Surgery. Keele University. School of Medicine. Hospital of North Staffordshire Hartshill (U.K.).

Manonelles Marqueta, Pedro

Secretary General of FEMEDE. Zaragoza (Spain).

Manuz González, Begoña

Governing Body of FEMEDE. President of ACAMEDE. Torrelavega (Spain).

Martínez Ferrer, Oriol

Internacional Wheelchair and Amputee Sports Federation (IWAS) Medical Officer IPC TUE Committee Chairperson. Barcelona (Spain).

Martínez Romero, José Luis

Sport Trauma. Chair of Sport Traumatology. Catholic University of Murcia. Murcia (Spain).

Mazzoca, Gianni

Venezuelan Federation of Soccer. Secretary General of the Medical Commission of CONMEBOL. Caracas (Venezuela).

Micheli, Lyle J.

Harvard Medical School. Division of Sports Medicine. Children's Hospital. Boston. Vice-President of FIMS Boston (USA).

Möller, Ingrid

Rheumatologist. Institute Poal. Hospital Platon. Barcelona (Spain).

Monetti Adamoli, Italo

Club Atlético Peñarol. Secretary General of Panamerican Confederation of Sports Medicine (COPAMEDE). Member of the FIMS Executive Committee. Montevideo (Uruguay).

Montañola Vidal, Agustín

University of Barcelona. Ramón Llull' University. Barcelona. (Spain).

Moreno Pascual, Carlos

Association of Castille and Leon of the Sports Medicine. Salamanca (Spain).

Mújica Antón, Íñigo

Department of Research and Development of Athletic Club Bilbao. Department of Physiology. Faculty of Medicine and Dentistry. University of Country Vasco. Vitoria (Spain).

Naranjo Orellana, Jose

Governing Body of FEMEDE. Andalusian Center of Sports Medicine. Pablo de Olavide University. Sevilla (Spain).

Narváez Pérez, Galo E.

Olympic Center of High Performance. Quito (Ecuador).

Northoff, Hinnak

Institute of Clinical and Experimental Transfusion Medicine. University Tuebingen. Tuebingen (Germany).

Orava, Sakari

Chief of Sports Medicine and Researching. Mehilainen Hospital and Sports Clinic. Turku (Finland).

Orizaola Paz, Jose Luis

President of Castellano-Manchega Association of Sports Medicine. Albacete (Spain)

Orizola, Alejandro

Santiago de Chile (Chile).

Ortega Rincón, Eduardo

Department of Physiology. Group of Investigation Immunophysiology: Exercise, Stress, Aging and Health. World Society of Exercise and Immunology. University of Extremadura. Badajoz (Spain).

Palacios Gil-Antuñano, Nieves

Service of Internal Medicine Interna, Endocrinology and Nutrition. Center of Sports Medicine. High Council for Sport. Madrid (Spain).

Pancorbo, Armando

Scientific coordinator of the Center of Attention to the Diabetic of Matanzas. University of Matanzas (Cuba).

Pellicia, Antonio

Post-Graduate School of Sport Medicine. University of Rome. Institute of Sport Medicine and Science. Roma (Italy).

Pérez Ansón, Javier

Secretary of Aragonese Association of Sports Medicine. Zaragoza (Spain).

Pigozzi, Fabio

Secretary General of FIMS. Secretary General of the European Federation of Sports Medicine Associations. IOC Medical Commission. Medical and Scientific Committee of the European Olympic Committees. Internal Medicine Unit. University of Rome "IUSM". Rome (Italy).

Pinedo, Milton

President of COPAMEDE. Member of the FIMS Executive Committee. Santo Domingo (República Dominicana).

Pons de Beristain, Carlos

Professor in Cardiology. Clinic Hospital Provincial. Barcelona. (Spain).

Porta Manzanido, Jordi

Professor of the National Institute of Physical Education of Catalonia. Barcelona (España).

Ramírez Rangel, José Gregorio

Biomedical coordinator of the National Center of Sciences Applied to the Sport. Mérida (Venezuela)

Ramón-Cueto, Almudena

Laboratory of Neuronal Regeneration. Biomedicine Institute of Valencia. High Council of Scientific Investigations. Valencia (Spain).

Ribas Fernández, Manuel

Head of the Hip Unit. Instituto Universitario Dexeus.

Richalet, Jean Paul

University of Paris 13. Paris (France).

Rodas Font, Gil

Medical Services of Royal Spanish Federation of Hockey. Medical Services Fútbol Club Barcelona. Barcelona (Spain).

Rodríguez Sendín, Juan José

Secretary General of the General Council of Official College of Physicians and the Spanish Medical Organisation. Madrid (Spain).

Roi, Giulio Sergio

Education and Research Department Isokinetic. Bologna (Italy).

Roig Cañellas, Juan

President of Balear Association of Sports Medicine. Palma de Mallorca (España)

Rueda Sánchez, Martín

Podiatrist of Sant Cugat CAR. Director of Foot Study Center. Gimbernat Physiotherapy School. Barcelona (Spain).

Sánchez, Mikel

Specialist in Orthopaedic Surgery and Traumatology. USP Clínica La Esperanza. Vitoria (España).

Sánchez Marchori, Carlos

President of Spanish Society of Sports Traumatology (SETRADE). Valencia (España).

Sánchez Ramos, Ángel

Sanitary Consortium of Terrassa. Eurosport – Center of Rehabilitation and Sport Medicine. President of Spanish Society of Sports Rehabilitation (SEREDE). Barcelona (Spain).

Schewellnus, Martin P.

Vice President of the FIMS. Member of the International Olympic Committee: Medical Commission (Medical and Science group). Advisor to the FIFA Medical and Research Committee. Cape Town (South Africa).

Segarra Gadea, Miguel

Vice President of International Paralympic Committee (I.P.C.). Secretary General of Executive Committee of Spanish Paralympic Committee. Madrid (Spain).

Segura Noguera, Jordi

Pharmacology Research Unite. Municipal Institut of Medical Research. Anti-Doping Control Laboratory Barcelona (Spain).

Serrato Roa, Mauricio

Center of High Performance in altitude. National University of Colombia. Bogotá (Colombia).

Serratosa Fernández, Luis

Medical Services of Real Madrid CF. Madrid (Spain).

Sotos, Victoria

Barcelona (Spain).

Speakman, John R.

Institute of Biological and Environmental Sciences. University of Aberdeen. Aberdeen (Scotland. U.K.).

Spitzer, Giselher

Privat Dozent (Berlin). Visiting Professor University of Southern Denmark. Honour Member of Faculty Physical Culture of Budapest (Hungary). Berlin (Germany).

Suárez Mier, M^a Paz

Service of Histopatology. National Institute of Toxicology and Forensic Sciences. Madrid (Spain).

Terrados Cepeda, Nicolás

Regional Unity of Sport Medicine of Asturias Principality. Department of Functional Biology. University of Oviedo. (Spain).

Tesch, Per-Axel

Department of Health Science. Mid Sweden University. Östersund (Sweden).

Til Pérez, Luis

High Performance Centre. Sant Cugat del Valles-Sanitary Consortium of Terrassa. Football Club Barcelona. Barcelona (Spain).

Tous Fajardo, Julio

National Institute of Physical Education. Barcelona (Spain).

Tranquilli, Carlo

Medical Director of Medicine and Science of Sport: Departement of Traumatology and Rehabilitation. Italian National Olympic Committee. Rome (Italy).

Turmo Garuz, Antonio

Director of Sports Medicine School of Barcelona. Barcelona University. High Performance Centre. Sant Cugat del Vallés-Sanitary Consortium of Terrassa. Medical Responsible of Royal Spanish Federation of Volleyball. Sant Cugat del Vallés (Spain).

Van de Vliet, Peter

Medical & Scientific Director of International Committee Paralympic (I.P.C.). Bonn (Germany).

Vega Álvarez, José Antonio

Professor in Human Anatomy and Embryology. Department of Morphology and Cellular Biology. Oviedo University. Oviedo (Spain).

Vilarrubias Guillamet, José María

Professor in Sports Traumatology. Chief of Department of Orthopaedic Surgery and Traumatology of University Institute Dexeus. Barcelona (Spain).

Villegas García, José Antonio

Professor in Physiology. Catholic University of Murcia. Murcia (Spain).

Warnberg, Julia

High Council of Scientific Investigations (CSIC). Madrid (Spain).

Yeadon, Maurice R.

Sport School of Sport and Exercise Sciences. Loughborough University. Loughborough (U.K.).

Zorzoli, Mario

Member of the FIMS Executive Committee. Aigle (Switzerland).

ORAL COMMUNICATIONS

20TH NOVEMBER

ROSES HALL

09.00-10.00 HEALTH IMPROVEMENT AND AGING DELAY THROUGH PHYSICAL ACTIVITY -I

LANGUAGE: SPANISH

MODERATOR: Gil Rodas Font

Accelerometer-based activity monitors: description and validation as objective instruments in physical activity assessment related to prevent social sedentary lifestyles

Ruiz Tendero G, Salinero Martín JJ, Aznar Laín S

Maternal exercise during the third trimester of pregnancy and the fetal heart rate

Barakat R, Stirling J, Zakyntinaki M, Sampedro J

Age influence in sportsmen after strenuous effort over NK cell overall number and activity

Gómez Quevedo L, Rosado Velázquez DC, Da Silva-Grigoletto ME, Peña Martínez J, Lanchos Alonso JL, Lozano Reina JM

Effects of exercise and caloric restriction in physical performance in mice

Rodríguez-Bies E, Velázquez A, Navas P, López-Lluch G

Physical activity, anthropometry and other factors related with the health status of Madrid's adolescents

Cordente Martínez CA, García Soidán P, Sillero Quintana M, Stirling J, Monroy A

Adherence in programs of exercise on prescription: a pilot intervention in Catalonia

Aranda S, Violán M, González A, Vallejo L, Lloret M

10.00-11.00 KINANTHROPOMETRY-I

LANGUAGE: SPANISH

MODERATOR: Jordi Porta Manzanedo

Estimation of skeletal muscle mass by fat-free mass index in males athletes

Canda A, De la Torre A, Heras E, Higuera S, Pancorbo A

Body composition in infant haemophiliacs aged 8 to 14 years with low physical activity

Casaña J, Pardo A, Benavent J, Madera X, García C

Analysis anthropometric of the somatotype in patients with sharp heart attack of myocardium of under risk submitted to a program of physical rehabilitation

Cabañas MD, Barca J, Abelló V, Barrado J, Fuentes JP, Díaz C, Martín A

Anthropometric dates of two pretty similar exotic style of wrestling: Ssirum vs Canarian wrestling

Marrero-Gordillo N, Sunghan Park, González-Brito A, Clavijo-Redondo A, Díaz-Armas JT, Hernández-Álvarez A, Castañeyra-Perdomo A

Elite rhythmic gymnasts performance in relation to anthropometric, nutritional, biomechanical and technical aspects

Grande Rodríguez Ignacio, Figueroa Achapar Joaquín, Hontoria Galán Mónica, Cámara Hurtado Montaña, Fernández Ruiz Virginia, Bautista Reyes Ana

11.30-12.30 IMAGING DIAGNOSTICS IN SPORTS MEDICINE-I

LANGUAGE: SPANISH

MODERATOR: Carlos Moreno Pascual

Technique for gadolinium injection through a posterior approach in shoulder arthro-MRI

Gómez S, Arriaza R, Couceiro G, Fernández J, Cantos B

Usefulness of the ultrasonography in diagnosis, control and follow-up of injuries that affect cortical bone

Porcar C, Til L, Turmo A, Bellver M, Martínez R, Pomés T, Bofill A, Guerra M

Utility of the 3 dimensions ultrasound scan in the study of the tendons ruptures

Jiménez F, Mendizabal S, Rubio JA, Ramos D, Moreno R, Goitz H, Bouffard A

15.30-16.30 BIOMECHANICS-I

LANGUAGE: SPANISH

MODERATOR: M^a. Dolores Cabañas Armesilla

Kinanthropometry versus impedance tetrapol in dancers the national dance company

Andrés A, Cabañas MD, Moreno Y

Sample entropy in the analysis of static equilibrium with dynamometric platform in healthy people

Algaba del Castillo José, De la Cruz Torres Blanca, Naranjo Orellana José, Centeno Prada Ramón A, Beas Jiménez Juan de Dios

Biomechanical and baropodometric analysis of the foot in professional dancers

Vera Ivars P, Torres Cuenco R, Barrios Pitarque C

Baropodometric dynamic study in Champion's League soccer players

Vera Pablo, Albors Juan, Barrios Carlos

Temporal analysis of the start at Sierra Nevada's World Cup 2008

De la Fuente Caynzos Blanca, Martínez Martínez Luis, Ruz FernándezGema, Arguelles Cienfuegos Javier, Gómez-López Pablo J, Hernán Rupérez Olmo

SANT JORDI HALL

09.00-10.00 SPORTS CARDIOLOGY-I

LANGUAGE: SPANISH

MODERATOR: Emilio Luengo Fernández

Analysis of pNN50 and pNN20 in healthy subjects and cardiac patients at rest and exercise

De la Cruz Torres Blanca, Algaba del Castillo Jose, Naranjo Orellana José

Resting electrocardiographic findings in university athletes

Fernández M, Álvarez A, Pascual L, Jiménez J, Salamanca C, Alameda L

Cardiac structural pathology in competitive sportsmen subjected to echocardiography: a 6 year experience

Trujillo Francisco, Fernández-Vivanco Carla, Pedrosa Valle, Fernández-Armenta Juan, García de la Borbolla Mariano, Castro Antonio, Cruz José M

Responses of n-terminal pro brain natriuretic peptide and cardiac troponins to sporadic exercise in sedentary subjects

Fernández-Armenta Juan, Pedrosa Valle, Trujillo Francisco, Fernández-Vivanco Carla, Sánchez-Tembleque Claudio, Carranza Dolores, López de la Osa Manuel, Cruz José M

Influence of sport and season period on the dietary intake of adolescent rowers and kayakers

Reguant A, Terrados N

10.00-11.00 NUTRITION AND SPORTS SUPPLEMENTATION-I

LANGUAGE: SPANISH

MODERATOR: José Antonio Villegas García

A dietary supplement based on Lippia enhances endogenous antioxidant defenses

Funes L, Carrera L, Fernández S, Cerdá M, Pons A, Roche E, Micol V

Effects of caffeine ingestion on attentional performance at rest and moderate aerobic exercise

Huertas F, Blasco E, Zahonero J, Moratal C, Lupiáñez J

Study on the physiological effects of the continued seawater intake in sportsmen

Ballester MA

Modifications in oxidative damage in sportsmen after docosahexaenoic acid ingestion

López FJ, Luque AJ, Martínez AB, Contreras CJ, Villegas JA

Performance improvement in sportsmen after docosahexaenoic acid ingestion

López FJ, Luque AJ, Martínez AB, Contreras CJ, Villegas JA

11.30-12.30 EXERCISE PHYSIOLOGY-I

LANGUAGE: ENGLISH

MODERATOR: José Naranjo Orellana

Adventure racing: energetic metabolism, physiologic stress – reported case

Bassan JC, Bianchini LF, Urbinati SK, Wassmansdorf R, Ferreira MAS, Modesto FJ

Relationship between serum ferritin and markers of cellular damage in ultraendurance and endurance exercise

Õpik V, Unt E, Karelson K, Vaher I

Diurnal fluctuations in factors affecting cycling performance

Sesboué B, Moussay S, Bessot N, Gauthier A, Davenne D

Intermittent hypobaric hypoxia exposure enhances running economy in untrained rats

Pagès T, Marin J, Esteva S, Torrella JR, Viscor G

The effects of combined training (endurance – resistance) on lipid profile in men aged between 35 and 45

Sepiani B, Fallah Mohamadi Z, Kargarfard M

15.30-16.30 **TRAINING AND PERFORMANCE IMPROVEMENT I**

LANGUAGE: SPANISH

MODERATOR: Miguel del Valle Soto

Seasonal changes in jump performance in elite female volleyball athletes
González-Ravé JM, Martínez Valencia MA, Clemente Suárez V, Juárez D, Navarro Valdivielso F

Effects of plyometric training on lower body power and speed in female young athletes

Martínez Valencia MA, Clemente Suárez V, Navarro Valdivielso F, González-Ravé JM

Effect of ultramarathon race on the biochemical parameters in elite endurance athletes

Clemente Suárez V, Navarro Valdivielso F, Martínez Valencia MA, González-Ravé JM

Acute effect of whole body vibration on sprint time and jump ability

Da Silva-Grigoletto ME, Vaamonde D, Gómez-Puerto JR, Viana-Montaner BH, Centeno-Prada R, Beas-Jiménez JD, Melero-Romero C, García-Manso JM

Effect of a maximal strength mesocycle on muscle strength, muscle power, and jump ability in a Superleague volleyball team

Gómez-Puerto JR, Da Silva-Grigoletto ME, Viana-Montaner BH, Beas-Jiménez JD, Centeno-Prada R, Melero-Romero C, Vaamonde D, García-Manso JM, Ugrinowitsch C

RAMBLA HALL

09.00-10.00 **NUTRITION AND SPORTS SUPPLEMENTATION-I**

LANGUAGE: ENGLISH

MODERATOR: Luis Til Pérez

Effects of beer intake on rehydration parameters compared with water alone

Jiménez-Pavón D, Romeo J, Cervantes-Borunda M, Artero EG, España Romero V, González-Gross M, Marcos A, Castillo MJ

Acute effects of a carbohydrate-protein sports drink on performance in swimmers

Vandenbogaerde T, Hopkins W, Talbot S

Effects of pre-exercise meals on glucose kinetic before and during moderate exercise

Marins J, Altoé J, Silva R, Ferreira F, Makkai L, Reis F

Alternative approach on the rugby players' diet

Popescu Alin Nicolae, Bara Laura Margareta, Vasiliu George

A probiotic fermented dairy product improves clinical outcome of common infections and life quality in stressed adults

Wang X-F, Niborski V, Tanguy J, Borgiès B, Jost D, Ernouf C, Le Dref P

10.00-11.00 **HEALTH IMPROVEMENT AND AGING DELAY THROUGH PHYSICAL ACTIVITY -I**

LANGUAGE: ENGLISH

MODERATOR: Antonio Turmo Garuz

The potential health benefits of training program on body composition and cardio-ventilatory parameters in middle aged obese women

Castres I, Lemaitre F, Tourny-Chollet C.

Development and dissemination of a physical activity program down under – the Australian 10,000 steps program

Mummery WK, Hinchliffe A, Joyner K, Davis C

Effects of uphill- and downhill-walking during daily life on risk factor of hip fracture

Díaz G, Carrasco M, Martínez M. A, Barriga A, Jiménez F, Navarro F

Age-associated longitudinal change of objectively measured daily physical activity in early seventh decade of life

Ayabe M, Yoshitake Y, Tobina T, Higuchi H, Harada T, Kimura Y, Miyazaki H, Kiyonaga A, Tanaka H

Consecutive duration of daily physical activity in older individuals at 80 years old

Ayabe M, Yoshitake Y, Tobina T, Nakagata T, Kimura Y, Miyazaki H, Kiyonaga A, Tanaka H

11.30-12.30 **SPORTS MEDICINE-I**

LANGUAGE: ENGLISH

MODERATOR: Franchek Drobnik Martínez

Immune response and long-term adaptation to significant physical loadings in top sportsmen

Dorofieieva Elena E

Factors influence on sports result and traumas in top wrestler
Dorofieieva Elena E, Lieberman Mark

Stress fractures in elite Greek track and field athletes. Epidemiologic characteristics

Malliaropoulos N, Papalexandris S, Papalada A

The Enduro- Motorcyclists wrist and other overuse Injuries in competitive Enduro- Motorcyclists: a prospective study

Sabeti-Achraf M, Serek M, Pachtner T, Geisler M, Auner K, Machinek M

Systolic blood arterial pressure during the Astrand bench effort test in school sportsmen

Manonelles P, Larma A, Álvarez J, Giménez L, Garcia-Felipe A, Rubio E

12.30-13.30 **SPORTS MEDICINE-II**

LANGUAGE: ENGLISH

MODERATOR: Juan N. García-Nieto Portabella

Relationship between cardiorespiratory fitness and selected risk factors for coronary heart disease in the male and female of academic members of Isfahan University

Pirani H, Kargarfard M, Ghias M

Hormonal evaluation in the chronic fatigue syndrome

Suarez A, Alegre J, Garcia Quintana A, Comella A, Garrido E, Lizarraga T, Ventura JL, Blázquez A, Segura R

Physically active subjects show better seminological parameters than sedentary subjects

Vaamonde D, Da Silva-Grigoletto ME, Swanson RJ, Cunha Filho JS, Oehninger S

Alterations of sperm morphology among practitioners of three different training modalities

Vaamonde D, Da Silva-Grigoletto ME, Swanson RJ, García-Manso JM, Suarez-Serra R, Oehninger S

Premenstrual syndrome and personality factors

Shayanpour M, Ataei F, Abedi MR, Tabatabaiean Nimavard M

15.30-16.30 **EXERCISE PHYSIOLOGY-II**

LANGUAGE: ENGLISH

MODERATOR: José Antonio López Calbet

Effects of single dose arginine supplementation on lactate threshold and performance

Yavuz HU, Demirel AH, Turnagöl H, Sahin Z

Effects of different exercise program on blood markers of oxidative stress in young women

Radovanovic D, Vukovic J, Ignjatovic A, Veselinovic N, Dondur S

Effect of relatively high intensity exercise training on myocardial β -adrenergic responsiveness and calcium signalling in diabetic rats

Lahaye Le Douairon S, Malardé L, Zguira S, Vincent S, Lemoine Morel S, Zouhal H, Carré F, Rannou Bekono F

Comparison of VO_{2max} between three submaximum protocols in women between the ages of 40 and 65

Marins J, Dramboz C, Marins N, Oliveira C, Moreira O

LICEO HALL

09.00-10.00 **MANAGEMENT AND TREATMENT OF ILLNESS THROUGH PHYSICAL EXERCISE-I**

LANGUAGE: ENGLISH

MODERATOR: Jordi Ardevol Cuesta

Can we use strength training for diagnosis of calcified tendonitis in the shoulder?

Tsur A, Loberant N, Volpin G

Chronic-exercise effects on glucose homeostasis and adipokines in the adult OZ-rat model of metabolic syndrome

Condezo L, Carrascosa JM, Balfagón G, Ortega E, De la Fuente M, Manso R

Systemic inflammatory status in chronic kidney disease: effect of one month of moderate aerobic exercise

Viana J, Smith A, Kosmadakis G, Clapp E, Feehally J, Bishop N

Specific training can improve sensorimotor control in type 2 diabetic patients

Thorwesten L, Eichler A, Sperlbaum C, Eils E, Rosenbaum D, Völker K

Assessment of handgrip strength, quality of life and physical activity in Chilean patients on peritoneal dialysis

Cano M, Pacheco A, Torres R, Kamisato C, Mauro J, Sanhueza ME, White A

10.00-11.00 BIOMECHANICS-I

LANGUAGE: ENGLISH

MODERATOR: Ramón Balius Matas

Electromyographic analysis of three shoulder muscles using wavelet transformation and spherical separation

Frère J, Huber C, Nüesch C, Fischer M, Göpfert B, Wirz D, Friederich NF

Dual-mode dynamic functional stiffness of swineelbow cartilage

Frère J, Ardura Garcia H, Daniels AU, Göpfert B, Wirz D

Differences of bone lose between cortical and trabecular bone in 4 weeks simulated hindlimb suspension rats

Changsun Kim, Dongho Park, Shineon Lee

Evidence of ligamento-muscular reflexes in dynamic stabilization of the wrist

Ljung B-O, Bentley L, Hagert E

Prone position in knee flexor and extensor muscle isokinetic evaluation. Preliminary study

Coll-Fernandez R, Chaler J, Torra M, Quintana S, Garreta R

11.30-12.30 KINANTHROPOMETRY-I

LANGUAGE: ENGLISH

MODERATOR: Pedro A. Galilea Ballarín

Body mass index as a tool for assessing overweight in a military population

Havenetidis K, Kardaris D, Miliadis GA, Paxinos T

Body composition of young basketball players measured by bioelectrical impedance (BIA)

Stefanovic Milica, Oblakovic-Babic Jelena, Radivojevic Nenad, Suzic Jelena, Dikic Nenad

Bioelectrical impedance analysis of the body composition of breath-hold divers

Sinobad Milica, Stefanovic Milica, Dikic Nenad

Kineantropometric study for the selection of talents of speed athletics in Venezuela

Peña T, Siret R, Ceballos J

Effect of short-term endurance and resistance training on total body and regional fat mass

Perez-Gomez J, Ara I, Martínez-Redondo D, Vicente-Rodriguez G, Casajus J

15.30-16.30 SPORTS CARDIOLOGY-I

LANGUAGE: ENGLISH

MODERATOR: Carlos Pons de Beristain

Protocol of cardiac examination in young athletes for the prevention of sports-related cardiovascular complications

Kisko A, Kmec J, Eliasova A, Dernerova L, Uherova Z, Hornakova A, Shyp A, Kishko N, Horlenko O, Svystak V

Routine ECG as a part of the pre participation screening programme: so much or so little?

Martín M, Ania JM, Carro A, Hernández E, Calvo D, García Castro M, Coto E, de la Torre A, Fernández A, del Valle M, Reguero JJ, Espolita A

Preparticipation screening for cardiovascular abnormalities in competitive athletes: role of 12-lead electrocardiogram

Ania JM, Carro A, Martín M, Reguero JJ, del Valle ME, Hernandez E, Espolita A

Syncope and drowning during swimming race

Gomes V, Candeias R, Marques N, Silva J, Fernandez J, Jesus I

Drugs use to enhance sportive performances among Italian sport people

Fratini A, Bavazzano P, Liverani L, Stefani L, Galanti G

Effect of ascent to a moderate altitude on muscle power: normobaric hypoxia vs hipobaric hypoxia

Ferliche B, Calderón-Soto C, Chiroso I, Chiroso LJ, Escobar R, Olea F, Mariscal M, Bonitch-Gongora J, Bonitch J, Galilea P, Riera J, Gutiérrez JA, Arroyo M, Padial P

Assessment of the capabilities of physical tennis category of sub-16

Sulbarán J, Amaral A, Ponce C

Power measurement to assess the useful strength in BMX cycling

Mateo M, Zabala M, Blasco C, Velarde S, Garrido R, Oviedo A, Simón A

11.30-12.30 TRAINING AND PERFORMANCE IMPROVEMENT I

LANGUAGE: ENGLISH

MODERATOR: Armando Pancorbo Sandoval

A prospective observational study of hydration status in elite female soccer players by urinalysis assessment

Boyce Stephen H, Quigley Michael A

Effect of unilateral breathing on coordination and force symmetry in crawl swimmers

Chollet Didier, Tourny Chollet Claire, Seifert Ludovic

Flowaid FA-100, a new physiologic electro-muscular stimulator that mimics the action of the native calf musculature

Tamir Jeremy

Variability of power output occurring throughout the cycling stage of an elite triathlon

Bernard T, Hausswirth C, Le Meur Y, Bignet F, Brisswalter J

Modeling the relationship between infection risk and heart rate variability in elite swimmers

Hellard P, Guimaraes F, Avalos M, Barthelemy JC

12.30-13.30 TRAINING AND PERFORMANCE IMPROVEMENT-II

LANGUAGE: ENGLISH

MODERATOR: José Fernando Jiménez Díaz

Ontogenic of reaction times in children and younger adults in high altitude population

Ferst N, Navarro M, Bolicencha E, Ranvaud R

Influence of prolonged rowing exercise on plasma visfatin, ghrelin and leptin concentrations in male rowers

Jürimäe J, Rämson R, Mäestu J, Purge P, Jürimäe T, Arciero PJ, von Duvillard SP

Effects of plyometric training and resistance training in adolescents basketball players

Vila Dos Santos F, Bassan JC, Szkudlarek AC, Zapani AKM, Camilo E, Souza RF, Santos JAH

Change in performance, but not in oxygen cost of running, during cycling-running succession

Díaz V, Alvarez M, Peinado AB, Benito PJ, Zapico AG, Calderon FJ

Could the mean point of the ventilatory thresholds be the maximal lactate steady state?

Peinado AB, Díaz V, Benito PJ, Álvarez M, Zapico AG, Calderón FJ

15.30-16.30 SPORTS CARDIOLOGY-II

LANGUAGE: ENGLISH

MODERATOR: Carlos Pons de Beristain

Adaptive hypertrophy: a five-years echo follow-up in athletes

Mercuri R, Toncelli L, Stefani L, Vono MC, De Luca A, Di Tante V, Manetti P, Maffulli N, Galanti G

Features of disadaptation of cardiovascular system in patients with physical and psychoemotional strain

Bondarev Sergey

Sotalol treatment in athletes with atrial fibrillation

Panhuyzen-Goedkoop Nicole M, Smeets Joep RLM

Prevalence and long-term clinical significance of aortic root dilatation in competitive athletes

Quattrini FM, Di Giacinto B, Guerra E, Di Paolo FM, De Blasiis E, Piscicchio C, Ciardo R, Pelliccia A

Mechanical systolic time is shortened in highly trained athletes

Di Giacinto B, Quattrini FM, Emanuele G, Stefano Caselli, Di Paolo FM, Piscicchio C, De Blasiis E, Ciardo R, Pelliccia A, De Castro S

SANT JORDI HALL

09.00-10.00 EXERCISE PHYSIOLOGY-III

LANGUAGE: ENGLISH

MODERATOR: Nicolás Terrados Cepeda

21ST NOVEMBER

ROSES HALL

09.00-10.00 TRAINING AND PERFORMANCE IMPROVEMENT-II

LANGUAGE: SPANISH

MODERATOR: Javier Pérez Ansón

Validity and reliability of specific ergometry for training prescription and evaluation in top-level kayakers

Carrasco L, Sañudo B, De Hoyo M, Martínez IC, García J

Evolution of physiological, anthropometric and technical parameters in top-level kayakers during training macrocycle

García J, Carrasco L, Sañudo B, De Hoyo M, Martínez IC

Aerobic capacity and heart rate variability in athletes

Zupet P, Finderle Z

Cardiovascular system adaptation of young elite athletes trained in different sports

Larins V, Pontaga I

Metabolic muscle damage and oxidative stress markers in an America's Cup yachting crew

Barrios C, Hadala M, Almansa I, Bosch-Morell F, Romero FJ

Proposal of an estimation of VO₂ peak for patients with end stage renal disease

Cano M, Leppe J, Pacheco A, Torres R, Sanhueza ME, White A

10.00-11.00 **ATHLETE'S CARE-I**

LANGUAGE: ENGLISH

MODERATOR: Xabier Leibar Mendarte

A portable device for assessing locomotor performance

L'Hermette M, Savatier X, Tourny-Chollet C, Dujardin F

Neuropsychological testing in boxing

Bianco M, Fabiano C, Ferri M, Scardigno A, Tavella S, Caccia A, Manili U, Faina M, Zeppilli P

Comparison of prevalence symptoms of premenstrual syndrome (PMS) in athletes and non-athletes female students

Moghadasi A, Abasi Darehbeedi M, Kargarfard M

Characteristics of anaerobic fatigue and isokinetic knee strength between pre and post winter season in Korea alpine ski racers

Hye-Jung Choi, Young-Soo Jin, Tae-Won Jun, In-Sub Chung

11.30-12.30 **EXERCISE PHYSIOLOGY-IV**

LANGUAGE: ENGLISH

MODERATOR: Pedro A. Galilea Ballarini

Physiological evaluation of disabled swimmers: low classes vs high classes

Madera J, Benavent J, Colado JC, Alkadar Y, Aymerich J, Tella V

Catecholamine and cortisol responses to maximal exercise in obese, overweight and lean adolescent girls

Zouhal H, Jabbour G, Jacob C, Ben Abderrahmane R, Youssef H, Delamarque P, Grats-Delamarque A, Moussa E

Effect of submaximal exercise and thermal stress on antioxidant enzyme activity response

Riera J, Banquells M, Ferrer MD, Mestre A, Drobnic F

Intermittent normobaric hypoxia and running economy

Riera J, Galilea P, Pons V, Drobnic F

Ventilatory response to exercise in healthy young men with Down syndrome

Cabeza-Ruiz R, Naranjo-Orellana J, Beas-Jiménez JdD, Centeno-Prada RA, Alonso-Alfonseca J

15.30-16.30 **EXERCISE PHYSIOLOGY-V**

LANGUAGE: ENGLISH

MODERATOR: José Antonio López Calbet

Total haemoglobin mass and cardiac volume in endurance trained paraplegic athletes

Schumacher YO, Ruthardt S, Ahlgrim C, Roecker K, Pottgiesser T

VO₂max determines a different nonezymatic antioxidant response to a maximal aerobic test

Izzicupo P, Bucciarelli V, Pennelli A, Di Valerio V, Di Mauro M, Gallina S, Di Baldassarre A

Oxygen uptake kinetics during front crawl swimming

Rodríguez FA, Keskinen K, Keskinen O

Bioenergetic profile of tennis singles match play

Baiget E, Iglesias X, Rodríguez FA

The adrenal gland histo-morphology is modified by the frequency of endurance training in rats

Poulain S, Zouhal H, Turlin B, Lahaye-Le Douairon S, Malardé L, Lemoine-Morel S, Carré F, Vincent S

RAMBLA HALL

09.00-10.00 **NUTRITION AND SPORTS SUPPLEMENTATION-II**

LANGUAGE: ENGLISH

MODERATOR: Nieves Palacios Gil-Antuñano

Nutritional profile of a group of young soccer players: reminder of 24 h

Moreno C, Martínez P, Martínez S, Tauler P, Aguiló A

Nutritional profile of amateur young swimmers: gender differences

Tauler P, Martínez S, Pasquarelli BN, Moreno C, Romaguera D, Arasa C, Aguiló A

Dietary intake in track and field athletes during a competitive training period

Sillero-Quintana M, Garcia-Aparicio A, Torres-García A, Garrido-Pastor G

Diet followed by the Spanish wrestling team during a stay in the CAR of Sierra Nevada preparing the Olympics Games in Beijing

Mariscal-Arcas M, Fernández de Alba MC, Domingo A, Lahtinen J, Martín T, Moraleda L, Rivas A

10.00-11.00 **DOPING-I**

LANGUAGE: ENGLISH

MODERATOR: Oriol Martínez Ferrer

Humoral effects of chronic cocaine abuse in sportsmen

Gentili F, Bianco M, Bria S, Scardigno A, Palmieri V, Tonioni F, Lacerenza R, Mordente A, Meucci E, Silvestrini A, Bria P, Zeppilli P

Nutritional supplements and medications in sport – polypharmacy or real need?

Suzic Jelena, Dikic Nenad, Radivojevic Nenad

Doping in sport: attitudes and experience of medical doctors from Balkan region

Dikic Nenad, Suzic Jelena, Ionescu Anca, Dimitrova Diana, Natsis Kostas, Ergen Emin

Knowledge evaluation about ergogenics and doping of polish disabled representatives for IWAS and Paralympics Games

Gawroski Wojciech

Supraphysiological doses of anabolic steroids induce psychiatric side effects that correlate to abuse severity

Giannoulis K, Konstantinidis I, Toli P, Pagonis T, Karataglis D, Christodoulou A

11.30-12.30 **SPORTS INJURIES PREVENTION-I**

LANGUAGE: ENGLISH

MODERATOR: José Antonio Vega Álvarez

Endurance isokinetic testing in soccer players: hamstrings/quadriceps ratio

Tourny Chollet Claire, Sangnier Sébastien

Snowboarding injuries: an analysis and comparison with alpine skiing injuries

Subirats E, Riu F, Perarnau S, Caralt X, Subirats G, Arnella M, Escolà E, Cozar J, Garcia E, Vilaró E, Cirera S

A preliminary assessment of team sports athlete's awareness of injury prevention strategies

Mohsen Ghaforian, Nader Rahnama, Mehdi Kargarfard, Ebrahim Banitalebi

Sport injuries in young basketball players

Oblakovic-Babic Jelena, Stefanovic Milica, Radivojevic Nenad, Dikic Nenad

Does the proper adjustment of a mountain bike prevent of overuse injuries

Sabeti Manuel, Serek Markus, Geisler Matthias, Schmidt Max, Pachtern

Tom, Ochsner Antonia, Goll Alexandra

15.30-16.30 **DIAGNOSTICS, MANAGEMENT AND TREATMENT OF SPORTS INJURIES-I**

LANGUAGE: ENGLISH

MODERATOR: César Fernández García

Morrhuate Sodium and Hypertonic Dextrose (Prolotherapy) for Severe Lateral Epicondylitis: Clinical and Radiological Outcomes

Rabago David, Zgierska Aleksandra, Kijowski Rick, Arbogast Gennie, Snell Edward, Scarpone Michael

Minimal-invasive treatment of femoroacetabular impingement in sportsmen. Analysis of results in 117 consecutive cases

Ribas M, Marín O, Ledesma R, Tey M, Cáceres E, Vilarrubias J

The effect of glucosamine supplementation during the rehabilitation period of anterior cruciate ligament reconstruction

Eraslan A, Ulkar B

Study of traumatic injuries in veteran fencing competitions

Naghavi Seyed Hamidreza, Holburn Colin

Vibration energy and isotonic exercise: a new approach to functional recovery and muscle strengthening

Gualtieri E, Fontana F, Tranquilli C, Battistini G, Cavalieri PL

LICEO HALL

09.00-10.00 **EXERCISE PHYSIOLOGY-I**

LANGUAGE: SPANISH

MODERATOR: Begoña Manuz González

pH variations during recovery after the maximum physical effort test

Ramos Álvarez JJ, Del Castillo Campos MJ, Ramón Rey M, Segura Dorado JL, Bosch Martín A

Maximal heart rate behavior in athletes and sedentary subjects at 2640 meters above sea level

Galeano E, Agudelo B

Oxidative stress, muscle damage and leucocyte counts in runners completing a standard marathon

Aierdi A, Ruiz F, Barrera J, Gravina L, Benito C, Gil SM, Irazusta J

Lactate vs pedalling in BMX cycling discipline

Mateo March M, Blasco Lafarga C, Zabala Díaz M, Guzmán Luján J.F, Velarde Ganivet S, Simón Castro A, Oviedo Durá A

VO2 max and time to exhaustion responses with different exercise modes in triathletes

Viana-Montaner BH, Gómez-Puerto JR, Da Silva-Grigoletto ME, Centeno-Prada R, Beas-Jiménez JD, Melero-Romero C

10.00-11.00 TRAINING AND PERFORMANCE IMPROVEMENT-III

LANGUAGE: SPANISH

MODERATOR: Ramón A. Centeno Prada

Biological and psychological alterations in a handball male team along an entire season

Bresciani G, Garatachea N, Almar M, Cuevas MJ, Molinero O, De Paz JA, Márquez S, González-Gallego J

Heart rate variability analysis in the Spanish field hockey team: from 2006th World Cup to pre-Olympic preparation

Capdevila L, Cervantes J, Florit D, Parrado E, Yanguas X, Rodas G

Analysis of the correlation between laboratory results and flatwater test reached by Spanish elite paddlers

García-Soidán JL, García Soidán P, Huelín Trillo F, García Allegue C, Barcala Furelos R

Normative data to classify the physical condition of cyclist according to the maximal oxygen consumption (VO2max)

Galilea PA, Pons V, Riera J, Drobnic F

The yo-yo intermittent recovery test and its relation to the specific position in young soccer players

Losada JA, Fernández E, Mora J

11.30-12.30 SPORTS INJURIES PREVENTION-I

LANGUAGE: SPANISH

MODERATOR: José María Carnero Elías

Kitesurfing injuries. Prevention

Ramón Correa EA, Ramón Correa J

Stabilometry and body composition analysis in professional players from different sports

Moreno R, Mendizabal S, Ramos D, Rubio JA, Jiménez F

Physiological, anthropometric and podiatrists characteristics in a professional basketball team

Ramos D, Mendizabal S, Moreno R, Rubio JA, Martín F, Jiménez F

Prevention in sport

Vera C, Barcelo J, Algaba J, Álvarez V

15.30-16.30 SPORTS MEDICINE-I

LANGUAGE: SPANISH

MODERATOR: Ángel Sánchez Ramos

Repeated traumatism effect on the forearm bone mass in karate men

Luque AJ, Martínez AB, López FJ, Martínez A, Villegas JA

Physical activity as a potential health risk factor

Greco J, Gris G, Valerio M

Doping as addiction: a new approach?

D'angelo C, Tamburrini C

Novel desmocollin-2 gene mutation associated with arrhythmogenic right ventricular cardiomyopathy in a professional athlete

Ortiz M, Syrris P, Hermida-Prieto M, Barriales-Villa R, Fernandez X, Evans A, Rodriguez-García MI, Cazón L, Castro-Beiras A, Mc-Kenna W, Monserrat L

Strength training reduces circulating leptin levels independent of changes in fat mass in women, but not in men

Guadalupe-Grau A, Perez-Gomez J, Olmedillas H, Delgado-Guerra

S, Chavarren J, Dorado C, Calbet JAL

Anthropometric variables and somatotype of patients who begin a cardiac rehabilitation program

Martín A, Cabañas D, Abello V, Gómez-Barrado JJ, Fuentes JP, Díaz C, Barca J

ROSES HALL

09.00-10.00 DIAGNOSTICS, MANAGEMENT AND TREATMENT OF SPORTS INJURIES-I

LANGUAGE: SPANISH

MODERATOR: José Luis Orizaola Paz

Psychometric properties of Spanish version of visa-p for patellar tendinopathy in athletes: preliminary results of validation study

Hernández Sánchez S, Poveda Pagán EJ, Gómez Conesa

Shortened hamstring treatment: a meta-analysis

Dias Rosane, Gómez-Conesa Antonia, Sánchez-Meca Julio

Ultrasound study presurgical of suitability of pesanserinus for anterior cruciate ligament reconstruction

Jiménez F, Barriga A, Rubio JA, Ramos D, Cotarelo J, Goitz H, Bouffard A

Medical incidents and evacuation in canyoneering

Soteras I, García M, Pérez-Nieves J, Batista S, García-Lisbona J, Benjumea F, Moreda E, Bandrés I

Longitudinal intratendinous ruptures of the peroneal tendons

Solanas J, Bada JL, Coll X, Oller R

10.00-11.00 MANAGEMENT AND TREATMENT OF ILLNESS THROUGH PHYSICAL EXERCISE-I

LANGUAGE: SPANISH

MODERATOR: Juan Roig Cañellas

Prescription of physical exercise in primary health care and its implementation in municipal sports centers

Carranza Márquez MD, Naranjo Orellana J, Cayetano Méndez ML, Rueda Puente JD, de la Cruz Torres B, Molina Carranza JM, Mystal P, Nieto A, Flores M, Ortega M

Assessment of cardiorespiratory function in Ischemic Stroke patients. Differences with older people without the pathology

Fleming F, Grossi M, Castro J, Vargas C

Analysis between physical activity, ingestion of liquids and antioxidant consumed in the juvenile population in CAM

Cabañas MD, Andrés A, Moreno Y, Perales A, Pachón S, Lemus A

Bronchial hyperreactivity prevalence in sport people in Malaga

Melero Romero C, Martín Fernández MC, Alvero Cruz JR Sánchez Arjona C

Pilates protocols for knee injuries in sports

Calvo JB, Cabral L

The effects of 20 weeks of aerobic exercise on women with fibromyalgia

Sañudo B, Galiano D, Carrasco L, Saxton J, Romero S, De Hoyo M

11.30-12.30 SPORTS MEDICINE-III

LANGUAGE: ENGLISH

MODERATOR: Miguel Chiacchio Sieira

Partner relationship influence in the functional capacity in Chronic Fatigue Syndrome women

Blazquez A, Alegre J, Ruiz E, Guillamo E, Suárez A, Garcia-Quintana A, Javierre C

The effects of yoga exercise program for female seniors

Djelic Marina, Mazic Sanja, Nestic Dejan, Stojiljkovic Stanimir, Popovic Dejana, Mitrovic Dusan

Abuse of growth hormone increases the risk of persistent De Quervain tenosynovitis

Pagonis T, Toli P, Ditsios K, Karataglis D, Papadopoulos P, Christodoulou A

The underlying trials in the visual impaired individual motor performance: comparative study of the proprioceptive sensibility in a young adult population

Rocha F, Rezende V, Vasconcelos O, Botelho M

Elevated systolic blood arterial pressure during the Astrand bench effort test in school sportsmen

Manonelles P, Larma A, Álvarez J, Giménez L, Garcia-Felipe A, Rubio E

15.30-16.30 TRAINING AND PERFORMANCE IMPROVEMENT-IV

LANGUAGE: ENGLISH

MODERATOR: José Naranjo Orellana

Classification of available resources to strength training. A review

Gonzalo I, Benito PJ, Calderón J

Assessing the status of biological footballer. Impact of training in their skills

De la Cruz Márquez JC, García Pérez L, Vila Castellar J, García Mármol E, De la Cruz Campos JC, López García R, Cueto Martín B

Analysis of swimming individual anaerobic threshold and stroking parameters in triathlon. A case study

Ribeiro J, Santos I, Figueiredo P, Morais P, Colaço P, Fernandes R

Correlation of tethered swimming with swimming performance

Morouço P, Soares S, Vilas-Boas JP, Fernandes R

Useful strength in badminton, volley, tennis and handball: comparison by means of the Atlas tests

Blasco Lafarga C, Garrido Chamorro RP, Albert Gimenez AR

SANT JORDI HALL

09.00-10.00 EXERCISE PHYSIOLOGY-VI

LANGUAGE: ENGLISH

MODERATOR: Nicolás Terrados Cepeda

Maximum oxygen uptake vs level of performance in judo

Blasco Lafarga C, Pablos Abella C, Garrido Chamorro RP

The response to resistance training is attenuated in aged individuals after disuse muscle atrophy

Suetta Charlotte, Justesen Lene, Hvid Lars G, Christensen Ulrik, Magnusson S. Peter, Kjaer Michael, Aagaard Per

Peak power in obese, overweight and lean adolescents boys: effects of aerobic fitness

Jabbour G, Zouhal H, Jacob C, Ben Abderrahmane R, Lemoine-Morel S, Youssef H, Tabka Z, Moussa E

Anthropometric and physiological characteristics of elite Serbian basketball players

Mazic S, Suzic J, Dikic N, Ostojic S, Djelic M, Ilic V, Nestic D, Radovanovic D

3-months multivariate aerobic training abolish exercise-induced lipid peroxidation in overweight adolescent girls

Youssef H, Groussard C, Lemoine-Morel S, Pincemail J, Jacob C, Moussa E, Pineau JC, Cillard J, Delamarche P, Gratas-Delamarche A

10.00-11.00 HEALTH IMPROVEMENT AND AGING DELAY THROUGH PHYSICAL ACTIVITY-II

LANGUAGE: ENGLISH

MODERATOR: Franchek Drobnic Martínez

The effect of water exercise on strength and hip risk fracture in postmenopausal women

Carrasco M, Díaz G, Jiménez F, Barriga A, Muñoz VE, Navarro F, Vaquero M

Cardiorespiratory fitness attenuate the health risks associated with obesity in adolescents

Ramírez-Lechuga J, Femia P, Som A, Muros JJ, Sánchez-Muñoz C, Zabala M

Parental behavior in relation to physical activity and psychosocial profile in 11-18 aged Spanish girls

Molinero O, Martínez R, Bragança M, Salguero A, Márquez S

Effect of caloric restriction and aerobic exercise on oxidant stress in plasma of young mice

Lara E, Berral FJ, Komanovski A, Aldape Y, López G, Navas P

Effects of resistance training on body composition and muscle strength in older women

Brito J, Fernandes R, Louro H, Conceição A

11.30-12.30 MANAGEMENT AND TREATMENT OF ILLNESS THROUGH PHYSICAL EXERCISE-II

LANGUAGE: ENGLISH

MODERATOR: Luis Til Pérez

Effects of aquatic training in patients with haemophilia A

Gallach JE, Perez S, Garcia X, Gomis M

Relationship between weight lifted and energy expenditure during resistance circuit training

Benito PJ, Alvarez M, Morencos E, Cupeiro R, Peinado AB, Diaz V, Calderon FJ

Effect of short-term endurance and resistance training on lipid profile

Perez-Gomez J, Ara I, Martínez-Redondo D, Vicente-Rodríguez G, Casajus J

Three years longitudinal study about body composition and functional capacities in eleven Down syndrome children

González de Agüero A, Vicente-Rodríguez G, Casajús JA

Exercise impact in integral treatment in cancer patient. The patient case: metastatic mixed germinal tumor

García Alarcón GA

15.30-16.30 BIOMECHANICS-II

LANGUAGE: ENGLISH

MODERATOR: Antonio Maestro Fernández

The use of a GPS as a measurement tool of velocity in a progressive test.

Application on a wheel-chair athletics test

Ferrer V, Juray MM, van Nieuwenhuizen MTM, Banquells M, Drobnic F

Lymphocyte DNA damage before and after a sub maximal exercise: well-trained against recreational cyclists

Barranco Y, Gutiérrez-Ríos P, Arguelles V, Soliani T, De la Plata J, Gallo M.A, Huertas JR

Importance of double bundle in the anatomy of ACL

Maestro A, Del Valle, Álvarez A, Rodríguez L, Fdez Lombardía J, Iglesias R, Paz A, García P, Meana A, Martínez Ríos S

The improvement of rotational stability after double bundle ACL reconstruction

Maestro A, Rodríguez L, Fdez-Lombardía J, Paz A, Iglesias R, Martínez Ríos S, Meana A, García P

RAMBLA HALL

09.00-10.00 DIAGNOSTICS, MANAGEMENT AND TREATMENT OF SPORTS INJURIES-II

LANGUAGE: ENGLISH

MODERATOR: César Fernández García

Midterm functional outcome after medial patellofemoral ligament reconstruction with hamstring autograft for patellar instability

Papapalexandris S, Dogiparthi K, VanNiekerk L

Dynamic analysis of gait at various times during the rehabilitation of the anterior crossed ligament

Alakdar Y, Garcia X, Morales J, Gomis M

Tab tracking sports rehabilitation at a soccer player

Peirau X, Colell D, Escura J, Poblet R

Injuries during physical training in gyms. Type of injuries - treatment

Karatzas G, Stefanakis G, Theofanopoulos F, Nakos AI, Apostolopoulos AI

Swelling of the knee during or following sports. Causes and treatment

Karatzas G, Nikolopoulos D, Liarocapis S, Chionis Od, Vassos Ch

10.00-11.00 DIAGNOSTICS, MANAGEMENT AND TREATMENT OF SPORTS INJURIES-III

LANGUAGE: ENGLISH

MODERATOR: Jordi Ardevol Cuesta

The augmentation of independent bundles of ACL

Maestro A, Rodríguez L, Fdez Lombardía J, Iglesias R, Paz A, García P, Meana A, Martínez Ríos S

Radial shockwave therapy for the treatment of musculoskeletal injuries in a sports medicine clinic

Malliaropoulos N, Akritidou A, Christodoulou D

Flamenco dance injuries

Calvo JB, Cabral L

Acute injuries in Olympic Fencing: Athens 2004 and Beijing 2008

Rodríguez Rey ER

The effectiveness of two different therapy modalities in the Enduro motorcyclist's wrist: a prospective random sample study

Sabeti-Aschraf M, Piebe K, Serek M, Geisler M, Arash A, Goll A, Hohenstein K, Crevenna R

11.30-12.30 GENETICS AND MOLECULAR BIOLOGY-I

LANGUAGE: ENGLISH

MODERATOR: Eduardo Ortega Rincón

Association between the VDR Ff polymorphism, muscle strength and a national athlete status

Dongho Park, Changsun Kim, Shineon Lee

The type 5 collagen (COL5A1) gene is associated with anterior cruciate ligament injuries

Posthumus M, September AV, Keegan M, O'Cuinneagain D, Van der Merve W, Schwellnus MP, Collins M

Variants within the metalloproteinase 3 (MMP3) gene are associated with Achilles tendinopathy

Raleigh SM, van der Merve L, Ribbans WJ, Smith RkW, Schwellnus MP, Collins M

Influence of the angiotensin converting enzyme insertion/deletion polymorphism on lactic metabolism during strength training

Cupeiro R, Gonzalez-Lamuño D, Amigo T, Alvarez M, Morencos E, Benito PJ

15.30:16.30 SPORTS CARDIOLOGY-III

LANGUAGE: ENGLISH

MODERATOR: Carlos de Teresa Galván

Post-exercise response of heart rate recovery following a maximum exercise test in amateur cyclists

Martín Aragón M, Martínez Aniz I, Ramos Álvarez JJ, López-Silvarrey Varela FJ, Segovia Martínez JC

Long-term consequences of extreme and chronic training on cardiac morphology and function in Olympic athletes

Di Giacinto B, Quattrini FM, Guerra E, Kinoshita N, Di Paolo FM, De Blasiis E, Pisicchio C, Ciardo R, Caselli S, Pelliccia A, Maron BJ

Feasibility of a training programme in basic life support and automated external defibrillation in athletes

Caballero Oliver A, López Servio F, Vera Vallejo C, Guerra Martín JJ, Barceló Gullón J, Murillo Cabezas F, Pérez Torres I

Effects of sports activity in BAV athletes with mild aortic regurgitation

Stefani Laura, Mercuri Roberto, Toncelli Loira, Robertina Vono Maria Concetta, Cappelli Brunello, Galanti Giorgio

LICEO HALL

09.00-10.00 TRAINING AND PERFORMANCE IMPROVEMENT-III

LANGUAGE: ENGLISH

MODERATOR: Juan N. García-Nieto Portabella

Improvements in thermoregulation in adverse environmental conditions using a new cooling vest

Vaz Pardal C, Ruiz Verdeja C

Eccentric training and repeated bout effect in young women

Fernández-Gonzalo R, Hernández-Murúa JA, De Souza-Teixeira F, Jiménez-Jiménez R, Bresciani G, De Paz JA, González-Gallego J

Coping inventory for competitive sport: convergent and concurrent validity of the Spanish version

Moliner O, Salguero A, Márquez S

Effects of anaerobic training on serum paraoxonase / arylesterase enzyme activities

Turgay F, Sisman AR, Cecen Aksu A, Akalin E

Oxygen consumption during drafting in swimmers

Conceição A, Moreira A, Silva A, Reis V, Brito J, Mendes B

10.00-11.00 SPORTS INJURIES PREVENTION-II

LANGUAGE: ENGLISH

MODERATOR: Ramón Balias Matas

Different strategies for sports injury prevention in an America's Cup yachting crew

Hadala M, Barrios C

Infrared thermography as an injury prevention method in soccer

Gómez PM, Sillero M, Noya J, Pastrano R

Investigations of course setting geometry in alpine skiing for injuries prevention

Erdmann WS, Aschenbrenner P

Isokinetic trunk strength assess in high level ice skaters

De Campos Gutiérrez de Calderón A, López Román A, Lafarga Berciano J, López-Illescas Ruiz A

Long-term monitoring muscular enzymes in football players

Mercuri R, Stefani L, Innocenti G, Moretti A, Manetti P, Galanti G

11.30-12.30 SPORTS MEDICINE-II

LANGUAGE: SPANISH

MODERATOR: Begoña Manuz González

Criterion-related validity of the sit-and-reach tests as measures of hamstring muscle extensibility in athletes

López-Miñarro PA, Alacid F, Muyor JM

Sagittal lumbar spinal curvature during the lat pulldown exercise

López-Miñarro PA, Rodríguez-García PL, Alacid F, Muyor JM

Anthropometric characteristics, body composition profile and physical fitness of an America's Cup yacht crew

Hadala M, Barrios C

Effect of school physical education program on low-back pain in school-children

Rodríguez-García PL, López-Miñarro PA, Santonja F, Muyor JM

Back school program effects through the Roland-Morris disability questionnaire

Muyor Rodríguez José María, López-Miñarro Pedro Ángel, Ramírez Patricia

15.30:16.30 SPORTS MEDICINE-IV

LANGUAGE: ENGLISH

MODERATOR: Antonio Turmo Garuz

Sagittal alignment and radiological findings of the spine in Spanish high sport people

González M1, Fernández T2, González MJ, Santaella O, Heredia JA, Gutiérrez E

The role of ultrasound in the evaluation of sports injuries in the university sport

Ruiz Gómez MC, García Romero JC

Effectiveness of a doping prevention and health promotion program for high school athletes

Moe E, Elliot D, Goldberg L, Otis M, Perrier E, McGinnis W

Innovative stratification method for users of anabolic steroids

Toli P, Pagonis T, Ditsios K, Karataglis D, Papadopoulos P, Christodoulou A

Effect of different intensity efforts in ergometre on electrocardiograms variables of cyclists amateurs

De la Cruz Márquez JC, García Pérez L, Vila Castellar J, García Marmol E, López García R, De la Cruz Campos JC, Cueto Martín B

Level of physical activity, anthropometry, cardiovascular fitness and aerobic capacity between Spanish and Argentinean children

Cis Spoturno A, Cañete Bujalance M, Alvero-Cruz JR, Portela J, Cis Spoturno G, Almada G, Gorla H

POSTER COMMUNICATIONS

ATHLETE'S CARE-I

Medical examination in the detection of cardiovascular risk factors in athletic children and adolescents

Cis Spoturno A, Paz Sauquillo MT, Lopez Zea M

Adequacy of the progressive effort test in field for population with intellectual disability

Bofill-Ródenas A, San-Molina J, Guerra-Balic M, Porcar-Rivero C

Effects of vibrotherapy on electric activity of fatigued muscles in professional basketball women players

Rodríguez V, López AF, Moreno C, Abecia C, Seco J

BIOMECHANICS-I

Image acquisition and movement analysis – a protocol aiming to decrease trauma incidence in high level volleyball

Avramescu ET, Ilinca I, Gruionu L, Cristi Neamtu

Elaboration of a tridimensional musculoskeletal model based on strike attack biomechanical analysis in volleyball

Ilinca I, Avramescu ET, Gruionu L, Cristi Neamtu

Difference of trunk musculature activity during driver swing in novice, amateur and professional golfers

Seung Hoon Han, Tai-Kon Kim, Sung Ho Jang, Kyu Hoon Lee, Mi Jung Kim, Si Bog Park

The type of contact mat affects vertical jump height estimated from flight time

García-López J, Morante JC, Rodríguez-Marroyo JA, Rodríguez-Rodrigo MA, Pernía R, Romeo S, Avila MC, Serrato D, Villa JG

Kinematics and biomechanics in finswimming - comparative analysis of underwater undulatory stroke in swimmers versus dolphins

Tutorov OP

BIOMECHANICS-II

Foot orthotic recommendations for the haemophilic's physical activity

Pérez S, Alkadar Y, Casaña J, Aznar JA, Querol F

Stato-dynamical spine analysis and trunk posture – comparing ultrasound based vs. Optical based measurement system

Thorwesten L, Schnieders D, Schilgen M, Völker K

Analysis of muscular responses to imbalance situations in young individuals with Down syndrome

Massó N, Germán A, Rey F, Costa LI, Guerra M, Perez S, Martín C, Martínez E

Cocontraction of internal and external oblique muscles during maximal strength tests in professional tennis players

Vera-García FJ, Azorín-Picazo F, Moya-Ramón M, Moreno-Hernández FJ

Benefit of the use of trainers with pronacion control in runners with supports you will plant

García Antúnez Consuelo, Sánchez Sánchez Sandra

BIOMECHANICS-III

A new ergometer is designed for wrestling sports

Marrero-Gordillo N, García-García L, González-Brito A, Clavijo-Redondo A, Diaz-Armas JT, Hernández-Álvarez A, Rodríguez J

Wrist impact during the execution of hip circles on the pommel horse in gymnastics

Ferrer V, Turmo A

Evaluation of the strength deficit after surgery intervention by the use of a maximal isometric force test and anthropometric measurement

Ferrer V, Roig A, Banquells M, Pons V

Vertical jump test and anthropometry for the assessment of bilateral strength asymmetry after injury

Borràs X, Ferrer V, Banquells M, Pons V

Validation of three different jumping height measurement systems, Ergo Jump (BoscoTM), OptoJump (MicrogateTM) and MyotestTM

Roig A, Borràs X, Drobnic F, Galilea P

DIAGNOSTICS, MANAGEMENT AND TREATMENT OF SPORTS INJURIES-I

Bilateral simultaneous avulsion fractures of the anterior superior iliac spine (ASIS) in an adolescent athlete

Quigley Michael A, Boyce Stephen H

Vascular sclerosis in patellar tendinosis

Melero Romero C, Martín Fernández MC, Beas Jiménez JD, Centeno Prada R, Viana Montaner B, Gomez Puerto Jr., Da Silva M

Protocol to conservative treatment and costal rehabilitation for diagnosis of disc protusion in amateur athletes

Baboghluian M, Msarin E, Vieira V, Contreras ML

The methods and instruments of evaluation to measure hamstring flexibility. A systematic review

Días Rosane, Gómez-Conesa Antonia, Sánchez-Meca Julio

Femoral monostotic fibrous dysplasia in professional elite athlete. Case report

Beas-Jiménez JD, Centeno-Prada RA, Pesquera-Guerrero R, Cabeza-Ruiz R, Da Silva-Grigoletto ME, Gómez-Puerto JR, Viana-Montaner BH

DIAGNOSTICS, MANAGEMENT AND TREATMENT OF SPORTS INJURIES-II

Application of an hyperpolarize electric current in muscle elongation injuries

Beas-Jiménez JD, Pesquera-Guerrero R, Centeno-Prada RA, Cabeza-Ruiz R, Da Silva-Grigoletto ME, Viana-Montaner BH, Gómez-Puerto JR

Electrodiagnostic study on the normative value of distal sensory nerve conduction of the superficial peroneal nerve in Korean adults

Kim HW, Ko YJ, Im S, Lim SH, Lee JI, Kim KH

A case report of winged scapula caused by rhomboideus muscle rupture, diagnosed with musculoskeletal sonography

Ko YJ, Im S, Lim SH, Kim HW, Kim KH, Lee JI

A case report of axillary neuropathy associated with quadrilateral space syndrome due to arteriovenous malformation

Lim SH, Im S, Kim HW, Ko YJ, Kim KH, Lee JI

Effectiveness of the physiotherapy before a syndrome of reduction of hamstrings muscles

López Porcel M, Sánchez Arjona C

DIAGNOSTICS, MANAGEMENT AND TREATMENT OF SPORTS INJURIES-III

Effects of a workplace exercise intervention on flexion relaxation response, disability and perception of occupational low back pain

De Souza VL, Feriche-Fernández Castanyes B, González-Ramírez AR, Díaz-Rodríguez L, Arroyo-Morales M

Sport injuries treated in CAR of Sierra Nevada and its relationship with the type of sport

Domingo A, Mariscal-Arcas M, Martín T, Calderón C, Moraleda L, Fernández de Alba MC, Arcos A, Arroyo M

Efficacy of physiotherapy in hamstring syndrome

López Porcel M, Sánchez Arjona C

Systematic review of rehabilitative treatment in the patella-femoral syndrome

Sánchez Ramos Angel, Fernández García César, Llorensi Torrent Gemma

Rehabilitation after bone-tendon-bone plastia with faster rehabilitation protocols

Sánchez Ramos Angel, Fernández García César, Llorensi Torrent Gemma

DIAGNOSTICS, MANAGEMENT AND TREATMENT OF SPORTS INJURIES-IV

A modified quadriceps femoris muscle setting with co-contraction of the hamstrings

Masaaki Nakajima, Etsuko Abeno, Koji Nonaka, Naomi Tatsuta, Junichi Akiyama

Extracorporeal shockwaves therapy in sportsmedicine and orthopaedics. A case of collar bone delayed union

Español A

Is intense training physically harmful for the preadolescent?

Bellver M, Turmo A, Rebordosa S, Ferrer M, Til L

Peri-articular hyaluronic acid in acute ankle sprain: 18 months followup

Petrella R, Petrella M, Cogliano A

DOPING-I

Stanozolol treatment induces structural and functional alterations in rat liver mitochondria

Valverde A, Naudí A, Portero-Otín M, Saborido A, Pamplona R, Megias A

Prevalence of drug misuse in Mexican elite athletes

Pegueros-Pérez A, Ibarra-Ponce de León JC

L'affaire Jessica Hardy – doping violations and the Olympics: ensuring qualification and competition by clean athletes

Kaufman KR, Driscoll S, Pallone L, Kaufman ND

Cardiovascular effects of chronic cocaine abuse in sportsmen

Bianco M, Gentili F, Bria S, Scardigno A, Palmieri V, Tonioni F, Lacerenza R, Mordente A, Meucci E, Silvestrini A, Bria P, Zeppilli P

Hematological effects of chronic cocaine abuse in sportsmen

Bianco M, Gentili F, Bria S, Scardigno A, Palmieri V, Bianchi M, Rago I, Tonioni F, Lacerenza R, Mordente A, Meucci E, Silvestrini A, D'Onofrio G, Bria P, Zeppilli P

Anabolic steroid abuse induces ergometric changes in muscle function in monozygotic twins

Giannoulis K, Konstantinidis I, Toli P, Pagonis T, Karataglis D, Christodoulou A

DOPING-II

Hypoxia: help or cheat?

Sanchis-Gomar F, Gómez-Cabrera MC, Martínez-Bello VE, Domenech E, Nascimento AL, Derbré F, Romagnoli M, Pérez-Quilis C, García-Gimenez JL, Jose Vina

Desmopressin induced hemodilution masks blood doping in sport. Possibility to detect its use

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EXERCISE PHYSIOLOGY-I

Stanozolol treatment decreases the oxidative damage induced by exhaustive exercise on muscle mitochondria

Saborido A, Naudí A, Portero-Otín M, Valverde A, Pamplona R, Megias A

Influence of training status on the exercise-induced free radical production by muscle mitochondria

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A new diagnostic method for the evaluation of chronic fatigue syndrome?

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The effect of caffeine ingestion on natural killer lymphocyte activation following prolonged strenuous cycling

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Attempt to measure motor unit activity during dynamic muscular contraction using independent component analysis

Miwa K, Inoue K, Kawahatsu K, Shimizu K

EXERCISE PHYSIOLOGY-II

The evaluation of local muscle fatigue at athletes by surface electromyography

Vasilescu M, Nestianu N, Romanescu F, Nestianu A, Ionescu

Heart rate and maximal oxygen uptake at ventilatory threshold and maximal effort in trained duathletes

Diego Acosta AM, Ronconi M, Alvero-Cruz JR

Evolution of simple and elective reaction time in motorcycle bikers during 24 hours endurance race

Porta J, Bescós R, Torrado P, Marina M

Analysis of the physiological parameters and success of stroke during a tennis specific field test

Caballero P, Domínguez G, De Teresa C, Feriche B

Chronic loading increases the number of leptin receptors in the human triceps brachialis: a study on professional tennis players

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EXERCISE PHYSIOLOGY-III

Impact of a soccer match on oxidative stress and muscle damage in elite female players

Gravina L, Ruiz F, Gil J, Santos J, Lekue J, Longa M, Gil SM

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Acute effects induced by rotational and vertical mechanical vibrations on balance, strength and electromyography activity

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Gender differences in the exercise response after sildenafil administration at simulated altitude

Pagès T, Torrella JR, Fort N, Esteva S, Leal C, Ricart A, Viscor G

EXERCISE PHYSIOLOGY-IV

Comparison of four methods to assess body composition in Caucasian young adults with Down syndrome

Cabeza-Ruiz R, Beas-Jiménez JdD, Centeno-Prada RA, Alonso-Alfonseca J, Naranjo-Orellana J, Pesquera-Guerrero R, Gómez-Puerto JR, Viana-Montaner BH, Da Silva-Grigoletto ME

Gender differences in handgrip strength in adults with Down syndrome

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Oxygen kinetics during intermittent work

Narváez PGE, Narváez AGE, Santelices R

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EXERCISE PHYSIOLOGY-V

Effects of voluntary running exercise under low- or high-oxygen conditions on the soleus muscle in rats

Matsumoto A, Mori A, Nagatomo F, Fujino H, Ishihara A

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Gökbel H, Okudan N, Gül I, Belviranlı M, Gergerlioglu HS, Basarali MK

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GENETICS AND MOLECULAR BIOLOGY-I

Acute exercise induces expression of NOS isoforms in skeletal muscle through NF- κ B modulation

Lima E, Almar M, Baldini M, Garatachea N, Cuevas MJ, González-Gallego J

The type I collagen (COL1A1) gene and anterior cruciate ligament injuries
Posthumus M, September AV, Keegan M, O'Cuinneagain D, Van der Merve W, Schweltnus MP, Collins M

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GENETICS AND MOLECULAR BIOLOGY-II

Increased frequency of the homozygous DD angiotensin converting enzyme genotype in Spanish top level gymnasts

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Left ventricular hypertrophy in endurance athletes. The role of AT1-R polymorphisms

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HEALTH IMPROVEMENT AND AGING DELAY THROUGH PHYSICAL ACTIVITY-I

Development of the functional capacity in older adults who undertake a community physical exercise programme

Crespo JJ, Casal P, Vieira I, Comesaña F, Pio D, Perez D, Vazquez F, Lago R

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Hoyos I, Irazusta A, Kortajarena M, Sánchez C, Gil J, Irazusta J

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HEALTH IMPROVEMENT AND AGING DELAY THROUGH PHYSICAL ACTIVITY-II

Fatness is a better predictor of cardiovascular disease risk factor than cardiorespiratory fitness in adolescents

Ramírez-Lechuga J, Zabala M, Femia P, Som A, Muros JJ, Sánchez-Muñoz C

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Petito A, De Rosas M, Bellomo A, Iuso S, la Salandra M, Cibelli G

Ultrasound densitometry; review of normative data in different populations

Martin Urrialde J, Gomez Conesa A, Fernandez Rosa L

Longitudinal changes in overweight parameters, lipoproteins and maximal oxygen consumption in male former athletes

Unt E, Timpmann S, Medijainen L, Karelson K, Mägi A, Kuik R

Alterations in the mechanical properties of the calcaneus in runners evaluated using quantitative ultrasound densitometry

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HEALTH IMPROVEMENT AND AGING DELAY THROUGH PHYSICAL ACTIVITY-III

Effects of aerobic training on left ventricular function assessed by echocardiography, in untrained postmenopausal women

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Physical fitness and heart rate profile to exercise of middle-aged and older women during three years of exercise training program: they continue improving

Ciolac EG, Billi FN, Greve JM

Impact of age and physical fitness on resistance exercise intensity progression of men: A pilot study

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Care center for integral older adults with type 2 diabetes and hypertension. Strategic plan for its creation

Amaral A, Perez G, Ponce C

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IMAGING DIAGNOSTICS IN SPORTS MEDICINE-I

Ulnar collateral ligament injury diagnosis by ultrasound, a case report

Valle J, Til L, Salmerón J

Pelvic apophysitis in young soccer players: report on 15 cases diagnosed through ultrasonography

Marcos Morta Jordi, Til Pérez Lluís, Medina Leal Daniel

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Rodas JA, Insunza A, Del Valle M

KINANTHROPOMETRY-I

Somatotype of baseball players at european level

Clavijo-Redondo AR, Hernández-Álvarez AFB, De Paz-Díaz A, González Brito A, País-Brito JL, Marrero-Gordillo N

Anthropometric study of baseball players at European level (basemen and fielders)

Clavijo-Redondo AR, Hernández-Álvarez AFB, De Paz-Díaz A, González Brito A, País-Brito JL, Marrero-Gordillo N

Association of digit ratio (2D:4D) with world rankings in female fencers

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Núñez Alvarez V, Prieto P, Lanchos Alonso JL

KINANTHROPOMETRY-II

Body mass index profile of primary, secondary and preuniversity students in different areas of Andalusia

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Anthropometric techniques in the evaluation of muscle mass of badminton players

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Anthropometric selection in young football players

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Factors of risk for academics from physical education

Ribeiro KLL, Furiati JM, Bianchini LF, Urbinati KS, Bassan JC, Wassmansdorf R

Prevalence of overweight and obesity in children of both genders from 6 to 10 years of age. A study in the county of Amarante, north of Portugal

Coeelho R, Lima R, Vidal S, Sousa MA, Miranda R, Seabra A, Garganta S, Maia J

High performance Spanish athletes body composition estimation

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MANAGEMENT AND TREATMENT OF ILLNESS THROUGH PHYSICAL EXERCISE-I

Programmed-exercise effects on plasma oxidative stress and haemostatic indices in an experimental model of metabolic-syndrome
Condezo L, Susin C, Manso R

Case report: Acute pseudoaneurysm of femoral artery after repeated trauma in full-contact karate practice
Doiz E, Garrido F, García P, Conejero R, Fernández E

The importance of massage and kinetic therapy for the stress lumbar pain recovery at sportsmen
Calina ML, Enescu-Bieru D, Avramescu ET, Dragomir M

Pilot study: quality life in musculoskeletal disorders to submit a community-based physical exercise program
González Sánchez M, Cuesta-Vargas A, García Romero JC, Labajos Manzanares MT

Muscular electrical stimulation training reduces physiological tremor in patients with hemophilia A
Gomis M, Vera-García FJ, Pardo A, González LM

MANAGEMENT AND TREATMENT OF ILLNESS THROUGH PHYSICAL EXERCISE-II

Exercise training and inflammatory systemic response in an animal model with metabolic syndrome (Zucker rats)
Martin-Cordero L, García JJ, Giraldo E, Hinchado MD, Manso R, Ortega E

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García-Lucerga C, Casaña J, Colado JC, Tella V, Rodríguez A

A biomechanical study of standing long jump among persons with autism and Down syndrome
Takashi Kuno, Yoshimasa Ishii, Yung Wang, Kazuhiko Watanabe

Therapeutic use of physical activity in acute psychiatric patients and clinical psychology
Petito A, Iuso S, la Salandra M, Bellomo A

MANAGEMENT AND TREATMENT OF ILLNESS THROUGH PHYSICAL EXERCISE-III

Effect of a bout of exercise in several immune functions in obese Zucker rats
De Castro NM, Baeza I, Álvarez P, Arranz L, Hernández O, De la Fuente M

Effect of training exercise in lymphoproliferation and natural killer activity in obese Zucker rats
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Sport and haemophilia: basic recommendations to prevent arthropathy
Pardo A, Perez S, Garcia X, Aznar JA, Querol F

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MANAGEMENT AND TREATMENT OF ILLNESS THROUGH PHYSICAL EXERCISE-IV

Effects of a functional strength training program in women with chronic low back pain
Cortell JM, Tercedor P, Pérez JA, Ribas J, Cejuela R, Chinchilla JJ, Lledó J

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Complex knee in jury in a mountain board athlete – case report
Rodrigues L, Rodrigues FL, Pereira F

Personal training for elderly people. What are we doing in a university sport center?
Ruiz Gómez M³C, Villares Torquemada EM³, Mate Pacheco F, Torres Luque A, Domínguez Durán A

Sport and obesity: relations for a health lifetime since children sport initiation
Galatti LR, Paes RR

MANAGEMENT AND TREATMENT OF ILLNESS THROUGH PHYSICAL EXERCISE-V

The Range of Motion (ROM) exercise load condition required for preventing joint contracture development
Naomi Tatsuta, Masaaki Nakajima, Junichi Akiyama, Koji Nonaka, Teruhiko Kawakami

The study of functional and morphological changes on peripheral nerve in rat developed disuse atrophy
Akiyama, Masaaki Nakajima, Koji Nonaka, Naomi Tatsuta, Kazunori Kurata

Regular physical activity and age influence over natural killer cells activity and overall number
Gómez Quevedo L, Rosado Velázquez DC, Da Silva-Grigoletto ME, Peña Martínez J, Lancho Alonso JL, Lozano Reina JM

Benefits of physical activity in the prevention and maintenance of the quality of life in patients of Parkinson's disease
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Physical activity in the prevention of diabetes and obesity
Fagnani F

NUTRITION AND SPORTS SUPPLEMENTATION-I

Peptide glutamine supplementation for intermittent exercise tolerance among soccer players
Favano A, Santos-Silva PR, Nakano EY, Pedrinelli A, Hernandez AJ, Greve JM DA

Consumption of ergogenic aids in long-distance amateur runners
Miguel-Tobal F, Rodríguez Palacios N, López Priego A

Protective action of sulforaphane on exhaustive exercise induced muscle damage in rats
Malaguti M, Angeloni C, Baldini M, Garatachea N, Sánchez-Collado P, Gonzalez Gallego J, Biagi PL, Hrelia S

Why protein hydrolyzates can favor recovery from endurance training without improving performance
Costa G, Cauduro C, Zaffani V, Amaya-Farfán J

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García Soidán JL, Peraza Casajús F

NUTRITION AND SPORTS SUPPLEMENTATION-II

Impact of the strength training and β -hydroxy- β -methylbutyrate supplementation on muscular performance of endurance runners
Pegueros-Pérez A, Ortiz-Gómez JD, Guillén-Ramírez A

An almond based functional beverage enriched with a phenolic antioxidant enhances the erythrocyte antioxidant response induced by intense exercise
Mestre A, Ferrer MD, Sureda A, Martínez E, Bibiloni MM, Tur JA, Pons A

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Sureda A, Ferrer MD, Córdova A, Tur JA, Pons A

Analyses of the macronutrients intake in children and adolescents students of Granada
Muros JJ, Som A, Zabala M, Ramírez-Lechuga J, Oliveras MJ, López-García de la Serrana H

Analyses of the micronutrients intake and physical activity level in children and adolescents of Granada
Muros JJ, Som A, Zabala M, Ramírez-Lechuga J, Oliveras MJ, López-García de la Serrana H

Analyses of the micronutrients intake and physical activity level in children and adolescents of Granada
Muros JJ, Som A, Zabala M, Ramírez-Lechuga J, Oliveras MJ, López-García de la Serrana H

NUTRITION AND SPORTS SUPPLEMENTATION-III

Cell injury, oxidative stress and cortisol levels related to nutrition in a ski-mountaineering competition
Diaz E, Ruiz F, Zubero J, Gravina L, Hoyos I, Gil J, Gil SM

Analysis of the feeding habits in cyclists of the Spanish national mountain bike team
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Eating dysfunctions in female athlete a meta-analysis
Ionescu AM, Jaliu BA, Jaliu BC

Relationship among gender, dietary habits, physical exercise practice and body composition in undergraduate university students
D'Angelo E, Di Blasio A, Di Donato F, Di Gregorio S, Di Renzo D, Gallina S, Pantalone PP, Ripari P

NUTRITION AND SPORTS SUPPLEMENTATION-IV

Incidence of diet and physical activity level in infant obesity
Villa JG, Sánchez-Collado P, Rodríguez-Marroyo JA, Ávila MC

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Mariscal-Arcas M, Carracedo J, Ribot E, Domingo A, Martín T, Fernández de Alba MC

Nutritional study of an Olympic Spanish athlete (20km walk men) during two weeks in CAR of Sierra Nevada (Spain)
Mariscal-Arcas M, Molina JM, Monteagudo C, Martín T, Fernández de Alba MC, Olea-Serrano F

Nutrient and energy intake of the 2008 world triathlon champion
Pajares L, Rivas A, Martín T, Moraleda L, Hernández J, Mariscal-Arcas M

Nutritional habits in high level Spanish and German swimmers
Fernández de Alba MC, Mariscal M, Arroyo M, Martín T, Domingo A, Calderon C

NUTRITION AND SPORTS SUPPLEMENTATION-V

Sweat losses during game and practise in professional soccer players
Androulakis N, Koundourakis N, Christoforakis J, Kakavelaki K, Manidakis A, Manidakis A, Margioris A

Effects of pre-hydration on muscular power after intense soccer training
Koundourakis N, Androulakis N, Christoforakis J, Sassi R, Malliaraki N, Manidakis A, Margioris A

The supplementation with creatine increased of the time of exhaustion in intermittent exercise
Argemi R, Liotta G, Ortega Gallo P

Oral administration of vitamin C decreases muscle mitochondrial biogenesis, and hampers training-induced adaptations in endurance performance
Martínez-Bello VE, Sanchis-Gomar F, Nascimento AL, Derbrè F, Romagnoli M, Pérez-Quilis C, Garcia-Gimenez JL, Gómez-Cabrera MC, Vina J, Arduini A

Modification of traditional recipes to improve nutritional sport menu in CAR of Sierra Nevada
Pajares L, Mariscal-Arcas M, Monteagudo C, Domingo A, Martín T, Olea-Serrano F

SPORTS CARDIOLOGY-I

Soccer related sudden deaths in Turkey
Saka T, Ozdemir C, Asil H, Uzun I, Oner M

Playing position predicts autonomic profile in elite soccer players
Lucini Daniela, Malacarne Mara, Manetti Paolo, Venturati Giambattista, Cesellato Renzo, Galanti Giorgio

Left ventricle performance by longitudinal peak systolic strain measurement in young athletes with bicuspid aortic valve
Stefani Laura, De Luca Alessio, Mercuri Roberto, Brunello Cappelli, Gabriele Innocenti, Toncelli Loira, Robertina Vono Maria Concetta, Galanti Giorgio

Elite sailors: are their hearts all the same?
García-Borbolla Fernández R, Vaz Pardal C, Ruiz Verdeja C, Gómez-Plana Núñez F, Fernández Chamizo E, García-Borbolla Fernández M

Detection of cardiovascular abnormalities in female football players using the Italian model of pre-participation screening
Avila A, Melgarejo I, Rodrigues J, Serrato M

SPORTS CARDIOLOGY-II

Electrocardiographic and echocardiographic findings in teenage athletes
Erice B, Ibáñez J, Martínez-Olorón P, Romero C

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Fernández-Vivancos Carla, Trujillo Francisco, Fernández-Armenta Juan, Pedrosa Valle, Prado Belén, Rivera Francisco J, Castro Antonio

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Relationship between sports probation and RR' wave at young athletes
Zlatkovic M, Gavrilovic T, Ilic J, Plavsic J, Djavolovic B, Mazic S

SPORTS INJURIES PREVENTION-I

Performance stability - a new perspective on risk assessment and retraining for movement and sport
Hadala Michal, Comerford Mark, Mottram Sarah

The incidence of musculotendinous injuries in young soccer players
Spedicato M, Roi GS

The determination of serum myosin as a marker of muscle injury in team sports
Rodas Gil, Guiu Marc, Guerrero Mario, Capdevila Lluís, Til Lluís, Cussó Roser

Maxillo facial traumas in sport activities
Amaddeo P, Calligaris A, Mazzoleni D, Griner R

Lunge in youth fencing: analysis of the load on the lower limbs and differences in gender for the prevention of injuries
Sannicandro I, Piccinno A, Cataleta R, Maffione E, De Pascalis S

SPORTS INJURIES PREVENTION-II

The using of tensiomyographical evaluation for prevention of muscle injuries at athletes
Vasilescu M, Nestianu N, Romanescu F, Nestianu A, Ionescu

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Roi GS, Chiozzi F, Bonanno D, Pacini D, Bianchedi D

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Martínez González- Moro I, Pinto A M, van Veldhoven L

Lumbar work and posture in pole- vaulters
Pomés T, Sust F, Turmo A, Til L

Sports related injuries in no professional practice. A review serie
Moreno C, Celador R, Barbero F, Orejuela J, Calvo JI

SPORTS INJURIES PREVENTION-III

Fernández´s Index in sports injuries prediction
De la Cruz Márquez JC, Fernández Martínez A, García Pérez L, Vila Castellar J, García Mármol E, De la Cruz Campos JC, Cueto Martín B

Injury prevention through balance and coordination analysis in elite basketball players
De Campos Gutiérrez de Calderón A, López Román A, Dominguez Muñoz C, López-Illescas Ruiz A

Effects of rhythmic gymnastics in growing youths (GRD)
Martínez Gallego F, Rodríguez García P, Santonja F, Pastor A

Incidence of injuries during the U23 European Fencing Championship
Ricci M, Roi GS

SPORTS MEDICINE-I

Differences in the recovery period between a group of CFS women and matched control group after a supramaximal effort
Delicado MC, Suárez A, Izquierdo T, Alegre J, Guillermo E, Javierre C, Barbany JR, Segura R.

Effect of exercise intensity on circulating thyroid hormones
De Diego AM, Carrillo de Albornoz M, García JC, Fernández VJ

Injury incidence in the European shooting sport championships
Miguel-Tobal F, Ramos JJ, Martín-Escudero P, Galindo M, Montoya JJ, Belinchón F

Role of α -actin in muscle damage of injured athletes in comparison with traditional markers

Martínez Amat A, Hita Contreras F, Prados Salazar JC, Marchal Corrales JA, Rodríguez Serrano F, Boulaiz H, Caba Perez O, Melguizo C, Ortiz Quesada R, Vélez C, Carrillo Delgado E, Aranega Jiménez A

SPORTS MEDICINE-II

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Tel: +34 932 301 000

Scientific Secretariat:

Spanish Federation of Sports Medicine (FEMEDE)
Address: P.O. Box Apartado de correos 1207
31080 PAMPLONA
Phone: +34 948 267 706
Fax: +34 948 171 431
Email: fims2008@femede.es
Web site: <http://www.femede.es>

Organising Secretariat:

Viajes El Corte Inglés S.A.
IATA 78211733
División Eventos Deportivos
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Phone: + 34 954 506 603/04
Fax: + 34 954 222 479
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