



E.C.O.S.E.P.



جامعة محمد بن راشد
للطب والعلوم الصحية
MOHAMMED BIN RASHID UNIVERSITY
OF MEDICINE AND HEALTH SCIENCES



OFFICIAL MEDICAL CENTRE



BARÇA
INNOVATION HUB

5th Congress of E.C.O.S.E.P

(European College of Sports & Exercise Physicians)

with **FIFA** Update

(Environment, Gender and Ethnicity in Football Medicine)

9 & 10 December, 2017, Dubai, UAE

Congress: www.fmcedubai.ae | #ECOSEPDUBAI

Registration: <http://dubaithrombosis.ae/ecosep/form.php>

Approved by Dubai Health Authority
for 10.5 CME/CPD Credits





Sami Al Qamzi

Director General, Dubai Economy

Chairman, FIFA Medical Centre of Excellence Dubai

Chairman, Organizing Committee -

5th Congress of the ECOSEP & FIFA Football Medicine update

Dear guests,

It's my pleasure and honor to invite you on behalf of the FIFA Medical Centre of Excellence Dubai to the 5th Congress of the European College of Sports & Exercise Medicine (ECOSEP) & FIFA Football Medicine Update' to be held 9-10 December 2017 at Mohammed Bin Rashid University of Medicine and Health Sciences in Dubai, United Arab Emirates.

We are proud to have an outstanding group of speakers from across the globe that will cover a range of exciting topics within sports medicine and related fields at the two-day congress. Participants stand to gain from the latest research and updates shared during the event as well as the vast opportunities provided for comprehensive learning in diverse disciplines of sports medicine, in addition to panel discussions, refresher courses and workshops.

Dubai has emerged as a sought after meeting place for people from all walks of life, including professionals, sportsmen, businessmen, and tourists. Over 200 nationalities call Dubai their home today and millions of visitors enjoy the renowned hospitality and warmth of this city across its spectacular hotels, malls, boulevards, beaches, entertainment hubs, sports facilities, traditional markets and airports round the year.

The 5th Congress of the ECOSEP & FIFA Football Medicine Update is also an opportunity to experience Dubai, and its openness to cultures and knowledge from all over the world.

We invite you to take advantage of this unique opportunity, and we look forward to meeting you in Dubai.

Sincerely

ORGANIZING & SCIENTIFIC COMMITTEE

FIFA

MICHEL D'HOOGHE
YACINE ZERGUINI

E.C.O.S.E.P

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MASSIMO MANARA



E.C.O.S.E.P.



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FACULTY

E.C.O.S.E.P	FIFA	FIFA CENTERS OF EXCELLENCE	UAE & SPECIAL SPEAKERS
<p>Prof. John King Queen Mary, University London - UK</p>	<p>Dr. Michel D'hooghe Chairman FIFA medical Committee Bruges - Belgium</p>	<p>Dr. Mourad Ghrairi FIFA medical centre of excellence Dubai - UAE</p>	<p>Dr. Saeed Al Thani Consultant Orthopedic Sport Medicine President Emirates Orthopedic Society Dubai - UAE</p>
<p>Dr. Xavier Valle FIFA medical centre of excellence FCBarcelona, Spain</p>	<p>Dr. Yacine Zerguini Member FIFA medical Committee FIFA-DO Algiers - Algeria</p>	<p>Dr. Ricard Pruna Medical Director 1st Team Physician FIFA medical centre of excellence FC Barcelona - Spain</p>	<p>Dr. Al Belooshi Ali Consultant Orthopedic Surgeon Dubai - UAE</p>
<p>Prof. Heinz Lohrer Zentrum für Sportorthopädie Frankfort - Germany</p>	<p>Dr. Gurcharan Singh Member FIFA medical Committee Chairman AFC medical committee Kuala lumpur - Malaysia</p>	<p>Dr. PierPaolo Zunarelli FIFA medical centre of excellence Isokinetic Bologna, Italy</p>	<p>Dr. Yacub Al Hammadi Consultant Orthopedic Surgeon Sheikh Khalifa Medical City Abu Dhabi - UAE</p>
<p>Dr. Nat Padhiar CSEM Queen Mary, University London - UK</p>	<p>Dr. Michiko Dohi Member FIFA medical Committee Tokyo - Japan</p>	<p>Dr. Paulo Lobo FIFA medical centre of excellence Brazil Brazilia</p>	<p>Dr. Reema Al Hosani Consultant Sports medicine UAE Football Federation Abu Dhabi - UAE</p>
<p>Dr. Nikos Malliaropoulos CSEM Queen Mary, University Barts and The London , UK</p>	<p>Prof. Effraim Kramer Division of Sports Medicine Pretoria, South Africa</p>	<p>Dr. Lluís Till Medical Director S.L. Benfica Lesboa - Portugal</p>	<p>Prof. Albert Gollhofer Freiburg University Germany</p>
<p>Prof. Nicola Maffulli Queen Mary, University UK University of Salerno Italy</p>	<p>Dr. Brajesh Mittal Head Cardiology FIFA Medical Centre Dubai</p>	<p>Dr. Mubarak Al Mutawa FIFA medical centre of excellence Dubai, Representative Riyadh - KSA</p>	<p>Dr. Dominic Gehring Freiburg University Germany</p>
<p>Dr. Dev Pyne Department Sports Clinic, Barts and The London, UK.</p>		<p>Dr. Suad Trebinjac FIFA medical centre of excellence Dubai - UAE</p>	<p>Dr. James Pegrum Trauma Orthopedic Surgeon Independent Hospital London - UK.</p>
<p>Dr. Otto Chan Independent Hospital London - UK.</p>		<p>Prof. Frédéric Khiami Chief sports surgeon Hôpital La Pitié Salpêtrière Paris - France FIFA medical centre of excellence Dubai - UAE</p>	
<p>Dr. Amir Pakravan , Chair E.C.O.S.E.P Fighting Inactivity Committee London - UK</p>			
<p>Dr. Dawn Thompson Chair E.C.O.S.E.P Juniors Doctors Committee London - UK</p>			

07:45-08:30	Registration		
08:45-09:15	AUDITORIUM		
	<div>Official Welcome</div> <div><div>Dr.Michel D’Hooghe Chairman FIFA & UEFA Medical Committee</div><div>Prof.John King President ECOSEP</div><div>Dr.Amer Sharif Vice Chancellor MBR University of Medicine & Health Sciences</div><div>Dr. Yacine Zerguini Member FIFA Medical Board Vice-President CAF Medical Committee</div></div>		
09:15-10:30	AUDITORIUM		
	<div>Session I: ECOSEP Sport Exercise Medicine across the World Chair: Prof.J.King, Dr.Y.Zerguini</div> <div>09:15 Why Sports and Exercise Medicine (SEM) Dr.N.Malliaropoulos 09:30 An overview of the SEM history Dr.A.Pakravan 09:45 SEM specialty in Spain Dr.X.Valle 10:00 SEM specialty Dr.D.Thompson 10:15 Q&A</div>		
10:30-11:00	Official Opening under the Patronage of His Highness Sheikh Mansoor bin Mohammed bin Rashid Al Maktoum		
11:00-11:15	Coffee Break		
11:15 - 12:45	AUDITORIUM	CASE METHOD HALL	HALL 1
	<div>Session II: FIFA Environment and Gender in Football Medicine Chair: Prof.N.Maffulli, Dr.H.Al Tuniji</div> <div>11:15 Football practice in Pollution Dr.G.Singh 11:30 Football practice in cold and altitude Dr.X.Valle 11:45Football practice in heat and humidity Dr.Y.Zerguini 12:00 Does Environmental Heat Stress Impact Physical and Technical Match Performance in Football? C.Loxston 12:15 Return to play (RTP)* and training for female athletes during their pregnancy and after delivery Dr.M.Dohi 12:30 Q&A</div>	<div>Hamstrings Injuries in Sports Chair: Dr.M.Manara, Dr.R.Pruna</div> <div>11:15 Hamstring Injuries “ Think Out of The Box”. 11 Hidden Evidence based Injury Mechanism G.Kakavas 11:30 A systematic review of intrinsic injury risk factors and musculoskele- tal screening tests for predicting injury risk in youth football (soccer) Dr.F.Newton 11:45 Cross-cultural adaptation in French and validation of Functional Assessment Scale for acute Hamstring injuries (FASH) Prof.J.F.Kaux 12:00 Which are the criteria than determine the return-to-play decision after a hamstring injury? An update A.Kekelekis 12:15 Does sport kill? Exercise induced rhabdomyolysis Dr.H.Bäcker 12:30 Q&A</div>	<div>Special Cases in Sports Chair: Dr.M.Al Mutawa, Dr.N.Malliaropoulos</div> <div>11:15 The relationship between precompeti- tive somatic anxiety, worry and concentration disruption and the occurrence of sports injuries in Portuguese senior male rugby seven players Dr.A.Cruz-Ferreira 11:30 Time-loss injuries in senior and under-18 Portuguese male rugby union players Dr.A.Cruz-Ferreira 11:45 The results of the surgical treatment for disastrous dorsal perilunate dislocations in elite weightlifters after heavyweights impaction on their wrist Dr.G. Tsikouris 12:00 Radiological Evaluation of Cervical trauma Cases in Young Amateur Footballers Dr.N.Syrmos 12:15 ACL Rehabilitation: a Case Report E.Garcia Esteban 12:30Q&A</div>

12:45 – 13:15	WORKSHOPS		
	Hall 1 Defining your Boundary of Medical Practice: Current Controversies of Stem Cell Therapies Prof M. Zheng–Dr.M.J.Fitzpatrick	Hall 2 ESWT Prof H.Lohrer	Hall 3 Fighting inactivity Dr.A.Pakravan
	Hall 4 Hamstring Rehabilitation Dr.N.Malliaropoulos–Dr.R.Pruna	Hall 5 Imaging Guided injections Dr.N Padhiar–Dr.O.Chan	Case Method Hall ECOSEP Juniors Doctors Committee Dr.D.Thompson
13:15 – 14:00	Lunch, Refreshments and Commercial exhibition		
14:00 – 15:15	AUDITORIUMCASE METHOD HALL		
	Session III: ECOSEP – 4th Biennial Exercise Induced Leg Pain Symposium. Chair: Prof.J. King, Dr.A.Al Belooshi 14:00 Exercise Induced Leg Pain – History & Investigations key to making and confirming a diagnosis and differential diagnosis Dr N.Padhiar 14.15 EILP Questionnaire to assess leg pain Prof H.Lohrer 14.30 Tibia Stress Injury in sport Dr.J.Pegrum 14.45 Surgical options for CECS Prof N.Maffulli 15:00 Q & A	Session IV: ECOSEP & FIFA Modern technologies & sports performance Chair: Dr.M.Dohi, Dr.Luis Till 14:00 GPS and Rehabilitation in Injured Players Dr.X.Valle 14:15 Injuries follow-up: use of isokinetic and TMG P.Chomier 14:30 Monitoring players: What are we aiming for? Dr.I.Beasley 14:45 Is the Functional Movement Screen a useful screening tool to predict injury in a Premier League football academy? Dr.F.Newton 15:00 Q&A	
15:15 – 15:30	Coffee Break		
15:30 – 17:15	AUDITORIUMCASE METHOD HALLHALL 1		
	Session V: FIFA, ECOSEP & UAE FA Management of ACL injury in football Chair: Prof .H. Lohrer, Dr.A. ALBelooshi 15:30 Risk Factors of ACL injury in Football Dr.Paulo Lobo 15:45 Can we prevent ACL Injury in football? Dr.M.Ghraiiri 16:00 Completing the circle ACL repair Prof. J.King 16:15 Outcomes after ACL reconstruction in Sports Dr.Saeed Al Thani 16:30 Return to Play after ACL injury Prof.F.Khiami 16:45 Q&A	Soft Tissue Injuries in Sports Chair: Dr.N.Padhiar, Dr.M.Iskandar 15:30 Infraspinalis Syndrome Aspect at Soccer Players: Clinical Considerations Dr. L.Rusu 15:45 Our Experience in a Cohort of Elite Athletes Who Underwent Hip Arthroscopic Labral Repair to Address Femoroacetabular Impingement Dr. G. Tsikouris 16:00 A combined Surgical Procedure for the Treatment of Chronic Groin Pain in athletes: a Retrospective Study Dr. G. Tsikouris 16:15 The effect of low Vit.D on chronic non-specific low back pain: a systematic review Dr. R.Chatterjee 16:30 Regenerative treatment for sport related Disk Degenerative Disease/DDD Dr. Z. Brodzinsky 16:45 Q&A	Special Cases in Sports Chair: Dr.S.Trebinjiac, Dr.J.Padilla 15:30 The Active Range of Motion (AROM) of the talocrural joint in football players before and after a Reformer Pilates intervention G.Papakonstantinou 15:45 Role of McConell taping and Kinesiology taping in Patellofemoral pain syndrome: A comparative analysis Dr.M.Mittal 16:00 Epidemiology of injuries in Portuguese senior male rugby union sevens Dr.A.Cruz-Ferreira 16:15 Nocturnal melatonin ingestion ameliorates soccer players’ short-term maximal performances on the following day O.Hammouda 16:30 PCL Rehabilitation: a Case Report D.Demkiewicz 16:45 Q&A
17:30 – 18:30	Case Method Hall ECOSEP Board Meeting		
20:00	Official Congress Dinner		

07:45-08:30	Registration		
08:45 - 10:15	AUDITORIUM	CASE METHOD HALL	HALL 1
	<p>Session VI: UAE FA Update on Football Medicine Chair: Dr.M.Al Hashimi, Prof.P. Lobo</p> <p>08:45 P.C.M.A. in UAE Football Dr.B.Mittal 09:00 Anti-Doping Experience in UAE Professional Football Dr.A.I..Al Hashemi 09:15 Women Sports in UAE Dr.R.Al Hosani 09:30 Warm Up before football games-Are we doing correctly? Dr.Joao Pedro Araujo 09:45 Stem cells in sports medicine. Where are we standing now? Dr.Suad Trebinjac 10:00 Q&A</p>	<p>Session VII: FIFA Sports Field Emergencies Chair: Dr.I.Beasley, Dr.L.Till</p> <p>08:45 Updated Management of Sudden Cardiac Arrest on the Football Field Dr.E.Kramer 09:00 Dubai Experience in Pre Hospital Emergencies Care in Sport Fields Dr.O.Al Sakaf 09:15 Patient compliance with P.R.I.C.E (protection, rest, ice, compression and elevation) for the management of acute sporting injuries. Dr.O.Etomi 09:30 Q&A</p>	<p>Sport Dentistry Chair: Dr.A.Stamos, Dr.D.Thompson</p> <p>08:45 Dental Implants Placement in Athletes Dr.P.Exbrayat 09:00 Oral Health As An Injury Risk And Performance Factor Dr.S.Cantamessa 09:15 Dental Health for football players Dr.Z.Maher 09:30 A Clinical And Questionnaire Study Among Male Athletes In Turkey Playing American Football Dr.E.Gunduz 09:45 Q&A</p>
10:15 - 10:30	Coffee Break		
10:30 - 12:15	AUDITORIUM	CASE METHOD HALL	SPECIAL WORKSHOPS
	<p>Session VIII: ECOSEP & FIFA Update on muscle injury Chair: Dr.X.Valle, Dr.M.Ghraiiri</p> <p>10:30 Experience in young players Dr.J.Padilla 10:45 Can we prevent muscle injury in professional football? Dr.L.Till 11:00 Medical muscle disorders which can affect athletes Dr.D.Pyne 11:15 Clinical Relevance of Hamstring Injuries Classifications Dr.N.Malliaropoulos 11:30 The clinical relevance of radiological findings of muscle injuries Dr.O.Chan 11:45 Are RTP protocols useful in Professional Football? Dr.R.Pruna 12:00 Q&A</p>	<p>Sport Dentistry Chair: Dr.S.Trebinjac, Dr.M.Manara</p> <p>10:30 Oral Health Management In Football : Team Dentist And Performance, Return to Play, Injury Prevention Dr.A.Stamos 10:45 Healthy Oral Cavity, Healthy and Performing Athletes : Custom- ized Dental Screening Dr.J.L.Dartevelle 11:00 Improving Care And Reducing Return To Play Time In The Age Of Digital Dentistry Dr.N.Mitchell 11:15 Dental Trauma And Its Preven- tion In Sports Dentistry Dr.F.Trombowski 11:30 Q&A</p>	<p>Case Method Hall</p> <p>10.30 MRI and Age Determination in Football Dr.G.Singh, Dr.Y.Zerguini, Dr.M.Dohi</p> <p>Emergency Department</p> <p>10:30 Update on the alignment and stabili- zation of acute head and spine injury on field to play Dr.E.Kramer</p>
12:30 - 13:00	WORKSHOPS		
	<p>Hall 1 Laser Needle for MSK pathologies B.Gruber</p> <p>Hall 4 Ankle Injuries and current research Prof. A.Gollhofer-D.Gehring</p>	<p>Hall 2 TMG: How it works P.Chomier</p> <p>Hall 5 Video Analysis a Tool for Injuries Prevention Dr.A.Bruchard Dr.G.Saniel</p>	<p>Hall 3 Ultrasound Tendon & Muscles Characterization Scan Dr.N.Al Shal</p>
13:15 - 14:00	Lunch, Refreshments and Commercial exhibition		

14:00 – 15:30	AUDITORIUM		CASE METHOD HALL													
	<p>Session IX: Updates on Tendon Injuries Management ECOSEP & UAEFA & FIFA Chair: Dr.O.Chan, Dr.A.Ibrhaim</p> <p>14:00 Autologous Tenocyte Cell Injection and Tendon Scaffold for the Treatment of Degenerative Tendinopathy and Tears: From Bench to Bedside Prof.M. Zheng</p> <p>14:15 Integration of Autologous Tenocytes in the Treatment Algorithm of Tendinopathy and Tendon Injury Dr.A.Rao</p> <p>14:30 Management of tendinopathies of lower limb through neuromuscular testing and training Dr.P.Zunarelli</p> <p>14:45 Individualised prescription of rESWT M.Mekke</p> <p>15:00 Biology of Tendon and its Clinical Implications Prof R.Tuan</p> <p>15:15 Q & A</p>		<p>Regenerative Medicine in Sports Chair: Dr.Dev Pyne, Dr.Frederic Khiami</p> <p>14:00 Sistematic Review on the dextros Prolotherapy for the OA Knees Dr.S.Trebinjac</p> <p>14 :15 Leucocyte-rich Platelet-rich Plasma treatment of gluteal tendinopathy : A double blind Randomised Controlled Trial with 2 year follow up Dr.M.J.Fitzpatrick</p> <p>14:30 Comparison of platelet-rich plasma (PRP) versus hyaluronic acid injections to treat patellar tendinopathies Prof.J.F.Kaux</p> <p>14:45 Exploring the effect of a second closely-timed PRP infiltrations to treat patellar tendinopathies Prof.J.F.Kaux</p> <p>15:00 Osteoarthritis in the Athletic Knee Dr.T.Abdulwahab</p> <p>15:15 Q & A</p>													
15:30 – 17:00	AUDITORIUM		CASE METHOD HALL													
	<p>Session X: ECOSEP 1ST Ankle Injuries Symposium Chair:Dr.N.Malliaropoulos, Dr.Y.Al Hammadi</p> <p>15:30 Correlation between clinical and imaging diagnoses in sports related ankle injury Dr.A.Almathkouri</p> <p>15:45 Role of external stabilizers in rehabilitation and prevention of ankle injuries in sport Dr.A.Gollhofer</p> <p>16:00 Functional properties of an artificial ligament (InternalBrace™) for the mechanically unstable lateral ankle Dr.H.Lohrer</p> <p>16:15 Chronic ankle instability – Functional and biomechanical aspects D.Gehring,</p> <p>16:30 Q&A</p>		<p>Evaluation of Injured Lower Limbs Chair: Dr.A.Pakravan, Dr.J.Pegrum</p> <p>15:30 Meniscal lesions in athletes over the age of fourty Dr.R.Si Larbi</p> <p>15:45 Evaluation of tibia bone stress injuries with therapeutic ultrasound in elite Track & Field athletes. Dr.G.Bikos</p> <p>16:00 French Translation and validation of the Exercise-Induced Leg Pain Prof.J.F.Kaux</p> <p>16:15 French translation and validation of the AKPS questionnaire Prof.J.F.Kaux</p> <p>16:30 Isokinetic profil of subjects with proximal patellar tendinopathy Prof.JF.Kaux</p> <p>16:45 Q&A</p>													
17:00 – 17:15	Coffee Break															
17:15 – 18:15	AUDITORIUM															
	<p>Session XI: FIFA Team Physician challenges in 2018 Chair: Dr.Michel D’Hooghe, Dr.M.Ghrairi</p> <p>17:15 What you did not learn in the medical school Dr.M.D’Hooghe</p> <p>17:30 Physician Challenges in 2018 Dr.R.Pruna</p> <p>17:45 Panel Discussion</p> <table><tr><td>Dr.J.Padilla</td><td>Dr.L.Till</td><td>Dr.I.Beasley</td></tr><tr><td>Real Madrid Academies Doctor</td><td>Team Doctor Benfica FC</td><td>Team Doctor England Football Team</td></tr><tr><td>Dr.R.Pruna</td><td>Dr.M.Manara</td><td></td></tr><tr><td>Team Doctor First Team FC Barcelona</td><td>UAE National First and Olympic Team</td><td></td></tr></table>				Dr.J.Padilla	Dr.L.Till	Dr.I.Beasley	Real Madrid Academies Doctor	Team Doctor Benfica FC	Team Doctor England Football Team	Dr.R.Pruna	Dr.M.Manara		Team Doctor First Team FC Barcelona	UAE National First and Olympic Team	
Dr.J.Padilla	Dr.L.Till	Dr.I.Beasley														
Real Madrid Academies Doctor	Team Doctor Benfica FC	Team Doctor England Football Team														
Dr.R.Pruna	Dr.M.Manara															
Team Doctor First Team FC Barcelona	UAE National First and Olympic Team															
18:15 – 18:30	Award Best Oral Presentation															
18:30 – 18:45	Take Home Messages, Recommendations and Closure															

Soft tissue injuries are still a challenge in musculoskeletal sport and exercise medicine

Nikos Malliaropoulos,¹ Mourad Ghrairi,² Yacine Zerguini,³
Nat Padhiar⁴

Soft tissue injuries in sports are a challenge both for sports and exercise medicine practitioners, athletes, coaches and the team. In this issue we present the latest research on hamstring, ankle, groin and Achilles tendon injuries.

Lateral ankle sprain has a high prevalence both in the athletic and the general population. Even though it is a common injury it can be associated with long term complications such as chronic ankle instability. The Executive Committee of the International Ankle Consortium presents their position recommendations for information, implementation and continued research in order to improve prevention and early management of lateral ankle sprain and reduce the prevalence of long-term sequelae (see pages 1493 and 1496).

Hamstring injuries are still quite a challenge. This edition includes a PEDro systematic review update on the conservative management for hamstring injuries. This paper shows that core stability and agility exercises may be useful to reduce re-injury rate (see page 1548). In clinical practice two different types of hamstring injuries can be identified: the high-speed running injuries and the stretching type hamstring injuries. Duhig *et al* (see page 1536) showed that exposing players to large and rapid increases in high speed

running increased their risk of a high-speed running injury, and reducing the volume of high-speed running every four weeks lowered the risk.

Early mobilisation versus immobilisation after Achilles tendon repair is a topic for debate. Phan *et al* (see page 1550) present a PEDro synthesis on early weight-bearing and rehabilitation versus immobilisation following surgical Achilles tendon repair. It shows there is no significant difference in the likelihood of, or the time taken to return to play from bracing to casting after Achilles tendon repair, but patient satisfaction was higher for the bracing group.

The clinical examination is a fundamental tool for our clinical practice but is often challenged. The study by Serner *et al* (see page 1541) shows that the clinical examination appears sufficient to diagnose acute adductor injuries, while MRI can assist in accurately locating acute hip flexor injuries.

2017: THE BEST OF EUROPEAN SPORT AND EXERCISE MEDICINE, FIFA AND DUBAI

The European College of Sports and Exercise Medicine Physicians (ECOSEP) welcomes you to the marvellous Gulf city of Dubai on November 25 and 26, 2017.

This will be the 5th ECOSEP Congress, after Thessaloniki, London, Frankfurt and Barcelona. Our conference is one of ECOSEP's major contributions; it helps to promote sport and exercise medicine in Europe, raises the standards of care through education and brings sport and exercise medicine doctors and other experts in the field together. In addition, ECOSEP runs the annual Sports and

Exercise Medicine Traveling Fellowship through a European Sports and Exercise Medicine Center of Excellence network.

For the first time, ECOSEP is holding a congress outside of Europe—our host is the United Arab Emirates Football Association and the FIFA Medical Centre of Excellence. Dubai is an ideal location for East meets West in sport and exercise medicine. The choice of the city of Dubai is not accidental; we were seeking a city that was attractive to the world, that housed a FIFA medical centre of excellence and could provide an ultramodern venue. You will be impressed with the scale and style of the Mohamed Ben Rashid University of Medicine and Health Sciences. Dubai signifies the global characteristics of sport and exercise medicine and the necessity of cross continent collaboration. Collaboration is something we at ECOSEP are increasingly exploring to invest in and we look both within Europe and outside Europe for suitable sport and exercise medicine organisations.

We are proud to partner with FIFA as it launches its foray into the expanded World Cup format. Contemporary topics related to environment and sport, gender definition, and ethics in football medicine will all be remarkable. ECOSEP aims to bring all the 'best of the best' experts and their research from all around the world to Dubai, to meet and discuss sport and exercise medicine topics for two days. We encourage young sport and exercise medicine clinicians to participate, present their scientific research, and liaise with sport and exercise medicine world experts.

We hope to see you all there!

Competing interests None.

Provenance and peer review Not commissioned; externally peer reviewed.



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Inspiring excellence in musculoskeletal sports medicine

Nikolaos Malliaropoulos,^{1,2} Mourad Ghrairi,³ Moustafa Al Hashimi,⁴ Yacine Zerguini,⁵ Nat Padhiar^{1,2}

Musculoskeletal sports medicine is one of the main components of sport and exercise medicine (SEM), and injury prevention is a challenge for everyone involved in sport — sports physicians, athletes, coaches, clubs and all the other support staff. In this issue, we have brought together the latest research in injury prevention and musculoskeletal SEM.

DELAYING ACL RECONSTRUCTION OR TREATING THE INJURY WITH EXERCISE THERAPY ALONE MAY ALTER THE FINAL PROGNOSIS

ACL injuries are still a major challenge in everyday clinical practice. Evidence-based recommendations for surgical intervention, as opposed to conservative management, has not been clearly established yet. This study (*see page 1622*) provides the basis for clinicians to offer individualised management options, conservative or surgical, tailored to the patient's needs and the characteristics of the injury.

DECONSTRUCTING A POPULAR MYTH: WHY KNEE ARTHROSCOPY IS NO BETTER THAN PLACEBO SURGERY FOR DEGENERATIVE MENISCAL TEARS

It is traditionally suggested that meniscal tears cause pain and that this can be relieved by removing the damaged tissue. In this

review (*see page 1630*), the authors deconstruct this myth and discuss the possible placebo effects of having a knee arthroscopy. The indications for knee surgery are critically evaluated, and the concept of 'mechanical symptoms' is explored.

SURGICAL CRITERIA FOR FEMOROACETABULAR IMPINGEMENT SYNDROME: A SCOPING REVIEW

Femoroacetabular impingement (FAI) is increasingly recognised as a major cause of hip pain in athletes. Despite the increasing prevalence in sport, agreed criteria for choosing conservative or surgical management appear to be missing. In this scoping review (*see page 1605*), a wide range of symptoms and interventions are analysed, and suggestions are put forward regarding the criteria for surgical intervention in cases of FAI.

IS REDUCED HIP RANGE OF MOTION A RISK FACTOR FOR GROIN PAIN IN ATHLETES? A SYSTEMATIC REVIEW WITH CLINICAL APPLICATIONS

Exercise-related groin pain is very common in all sports, all levels of participation. The aetiology is multifactorial, but the relationship between pain and range of movement (ROM) has been a source of interest for some time. This review (*see page 1611*) outlines the possible relationship between hip pain and ROM and provides clinicians with helpful advice in assessing patients and identifying risk factors.

5TH CONGRESS OF ECOSEP WITH FIFA UPDATE IN DUBAI

The FIFA Medical Centre of Excellence in Dubai, in collaboration with the European

College of Sports and Exercise Medicine Physicians (ECOSEP), welcomes the sports medicine community to the 5th Congress, to be held 9–10 December 2017 at the Mohammed Bin Rashid University of Medicine and Health Sciences in Dubai, United Arab Emirates.

We at ECOSEP are dedicated to encouraging collaboration between SEM organisations and SEM centres on the globe. To achieve this, we have assembled outstanding speakers from around the world who will cover a wide range of exciting topics over the two days of the Congress. Attendees will hear about the latest research and take part in panel discussions, symposia and workshops to stimulate their minds and enhance their knowledge base.

At the 5th Congress of the ECOSEP and FIFA Football Medicine, East and West will come together to share their knowledge and experience in the fascinating field of SEM, and delegates will be able to experience the wonderful culture and diversity of Dubai.

Young SEM clinicians will be able to showcase their research in the form of posters, abstracts and oral presentations, and everyone will benefit from daily interacting with the experts.

The final programme can be found on the ECOSEP website <http://ecosep.eu/wp-content/uploads/2017/05/1.Brouchure-Final.pdf>

We hope to meet you all there!

Competing interests None declared.

Provenance and peer review Commissioned; internally peer reviewed.

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Correspondence to Dr Nikolaos Malliaropoulos; contact@sportsmed.gr

GENERAL INFORMATION

IMPORTANT DATES

Deadline for early registration: November 8th 2017

Deadline for abstract submission: October 15th 2017

LUNCH AND REFRESHMENTS

Lunches are included in the participants' registration fee.

Coffee & tea will be available in the exhibition area during the breaks.

CERTIFICATE OF ATTENDANCE

Participants will receive a certificate of attendance with 12CME points from Dubai Health Authority.

ACCREDITATION WITH 12CME

The 5th ECOSEP Congress & FIFA update have applied for the UEMS CME Accreditation & UAE Ministry Of Health

OFFICIAL CONGRESS DINNER

The Gala Dinner will be held in one of most attractive restaurant of Dubai, on Saturday 9th December 2017, 8.00pm (100 \$ not included in the registration fee)

ACCOMMODATION

Hotel bookings must be arranged by participants themselves.

The organisers are not in charge of booking accommodation for participants.

SMOKING

The Congress is a non smoking event.

REGISTRATION DESK

Participants can pick up their personal Congress material at the registration desk, which will be open as follows:

Saturday 9th December 2017: 08.00 -17.30 h

Sunday 10th December 2017: 08.00 -17.30 h

The Congress Secretariat will be available to assist you during the Congress.

Please do not hesitate to contact this office for help or advice.

NAME BADGES

Participants and accompanying persons are obliged to wear the official Congress name badges on all Congress occasions.

CANCELLATION POLICY

For refund purposes the following deadlines will be applied:

- Before October 10TH 2017 : Participant will receive 50% refund.

- After October 10TH 2017, No refund.

EXHIBITION

Access to the exhibition is free for registered participants.

The exhibition will be open on 9th & 10TH December 2017 during the congress hours.

LIABILITY

By registering for the Congress and/or by participating in the trade exhibition organised during the Congress, participants and exhibitors agree that the University, the Organising Committee and the Congress Secretariat, assume any responsibility for damage or injuries to persons or property during the period of the Congress.

Participants and exhibitors are advised to organise their own health, travel and personal insurances.

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UAE FOOTBALL FEDERATION





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