

## PROGRAMME

**(as of 24 January 2023)**

### 7<sup>th</sup> AFC MEDICAL CONFERENCE QATAR 2022

March 2 - 6, 2023

**Main Conference (4 – 6 March 2023)**

**Target Audience:** Physicians, Allied Healthcare Practitioners, Dentists, Nurses, Pharmacists, Other (Physical Fitness Coaches, Referees, Scientists, Researchers).

**Activity code:** HGI – 03-P112

**Venue:** The Westin Doha Hotel & Spa

**Overall Learning Objectives:**

*On completion of this activity, participants will be able to:*

1. Describe a management plan for common health conditions in football.
2. Explain gender challenges in football.
3. Apply a multidisciplinary team approach to footballers' health care.
4. Organize optimal player medical care for sporting events, specifically under force majeure.
5. Develop a strategy to manage medical emergencies in football.
6. Explain some of the current controversies and ethical issues in football.
7. Create a strategy to protect players' mental health and prevent sexual harassment.

وزارة الصحة العامة  
Ministry of Public Health  
دولة قطر • State of Qatar



This activity is an Accredited Group Learning Activity (Category 1) as defined by the Ministry of Public Health's Department of Healthcare Professions - Accreditation Section and is approved for a maximum 18.75 hours. This CPD activity was developed in partnership with AFC, QFA, and FIFA.

**Scientific Planning Committee:**

Dato' Dr Gurcharan Singh (Chair)  
Dr Andrew Massey (Co-chair)  
Dr Abdulaziz Jaham Al-Kuwari (Deputy Chair)  
Dr Michiko Dohi  
Dr Paisal Chantarapitak  
Dr Pieter D'Hooghe  
Dr Paul Dijkstra  
Dr Khalid Abdulrahman Y A Alkhelaifi  
Prof. Marco Cardinale  
Prof. Arumugam Sivaraman  
Dr Mohammed Alsaey  
Ms. Shaima Al Khaldi  
Ms. Fatima Omer Al Sulaiti  
Ms. Zainab Al Sarraf  
Ms. Noor Al Marri

**The Scientific Planning Committee has reviewed all disclosed financial relationships of speakers, moderators, facilitators and/or authors in advance of the CPD activity and has implemented procedures to manage any potential or real conflicts of interest.**

**Overall time: 1110 mins**

**Lecture: 840 mins**

**Interactive session: 270 mins**

## DAY 1 – March 4, 2023

### **REGISTRATION**

7:00 - 8:30

### **OPENING CEREMONY**

8:30 - 9:00

### **KEYNOTE 1 | VENUE: GRAND BALLROOM**

Chair: Paul Dijkstra (Qatar | UK)

Co-chair: Paisal Chantapitak (Thailand)

#### **Learning Objectives:**

*On completion of this session, participants should be able to:*

1. Understand FIFA's role in ensuring the role of diversity in Sports Medicine and Performance.
2. Be aware of the projects/research FIFA have embarked on, to improve diversity within Sports Medicine and Performance and ensure Football Medicine is truly global.

**9:00 - 9:30** Sports Medicine – "Celebrating Diversity"  
**30 mins** Andrew Massey (UK)

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### **LECTURE 1 | VENUE: GRAND BALLROOM**

Chair: Marco Cardinale (Qatar | Italy)

Co-chair: Reema Alhosani (UAE)

#### **Learning Objectives:**

*On completion of this session, participants should be able to:*

1. Appreciate the complexity of the increased physical demands made on elite players and potential risks to health and well-being.
2. Understand the importance and challenges of adopting an interdisciplinary approach to player development and performance.
3. Recognise how contemporary developments in fitness knowledge, and the utilisation of bespoke modern technology and data, can be adopted to make better informed decisions.

**9:30 - 10:00** Contemporary challenges in fitness and conditioning  
**30 mins** Paul Balsom (Sweden)

**10:00 - 10:30** Break

**Symposia 1, 2 & 3 are run in parallel (10:30 - 12:30)**

**SYMPOSIUM 1: PERFORMANCE DEVELOPMENT OF ELITE FOOTBALL PLAYERS**

**VENUE: BALLROOM 1**

**Chair: Marco Cardinale (Qatar | Italy)**

**Co-Chair: Warren Gregson (Qatar | UK)**

**Learning Objectives:**

*On completion of this session, participants should be able to:*

1. Discuss key components needed to facilitate the translation of data to insights which enhance organizational performance in football.
2. Explain the influence of the coach-player relationship on performance development.
3. List development and performance pathways observed in athletes from different sports.
4. Measure football performance and formulate appropriate training and development plans.

<b>10:30 - 10:35</b> 5 mins	Introduction <b>Chairpersons</b>
<b>10:35 - 10:55</b> 20 mins	Developing performance from youth to senior players: the Qatar story <b>Alberto Mendez-Villanueva (Qatar   Spain)</b>
<b>10:55 - 11:15</b> 20 mins	Personal learning as a source of competitive advantage? <b>Maria Ruiz de Ona Plaza (Qatar   Spain)</b>
<b>11:15 - 11:35</b> 20 mins	What can we learn from Olympic sports? <b>Marco Cardinale (Qatar   Italy)</b>
<b>11:15 - 11:55</b> 20 mins	Bridging the gap between data and insights in the evolving football performance landscape <b>Warren Gregson (Qatar   UK)</b>
<b>11:55 - 12:05</b> 10 mins	Transitioning between club and national teams; factors informing training load on arrival into national team camp. <b>Rob Duffield (Australia)</b>
<b>12:05 - 12:30</b> 25 mins	Panel discussion <b>All</b>

## **SYMPOSIUM 2: HAMSTRING INJURIES**

**VENUE: BALLROOM 2**

**Chair: Rodney Whiteley (Qatar | Australia)**

**Co-Chair: Patrick Yung SH (Hong Kong)**

### **Learning Objectives:**

*On completion of this session, participants should be able to:*

1. Describe the epidemiology of hamstring injury.
2. Describe the classification of hamstring injury from imaging.
3. Describe prevention strategies for hamstring injury.
4. Describe the components of the daily assessment for athletes rehabilitating from a hamstring injury.
5. Describe the return to sport considerations after a hamstring injury.

<b>10:30 - 10:35</b> 5 mins	Introduction <b>Chairpersons</b>
<b>10:35 - 10:52</b> 17 mins	Epidemiological considerations <b>Tania Pizzari (Australia)</b>
<b>10:52 - 11:09</b> 17 mins	Imaging classification <b>Javier Arnaiz (Qatar   Spain)</b>
<b>11:09 - 11:26</b> 17 mins	Preventing hamstring injuries <b>Toni Snoxell (Qatar   South Africa)</b>
<b>11:26 - 11:43</b> 17 mins	Your daily assessment during rehabilitation <b>Rod Whiteley (Qatar   Australia)</b>
<b>11:43 - 12:00</b> 17 mins	Guidelines to return to sports after ACL reconstructions – where is the criteria & evidence <b>Patrick Yung S H (Hong Kong)</b>
<b>12:00 - 12:30</b> 30 mins	Panel discussion <b>All</b>

## ***SYMPOSIUM 3: REHABILITATION AFTER SPORT-RELATED CONCUSSION: A HOLISTIC APPROACH***

**VENUE: BALLROOM 3**

**Chair: Louis Holtzhausen (Qatar | South Africa)**

**Co-Chair: Prof Alia Alghwiri (Jordan)**

### **Learning Objectives:**

*On completion of this session, participants should be able to:*

1. Apply the latest evidence in sport-related concussion care.
2. Relate the principles of vestibulo-ocular retraining in concussion.
3. Relate the principles of balance and sensorimotor treatment of concussion.
4. Outline the neurocognitive treatment options for concussion.

<b>10:30 - 10:35</b> 5 mins	Introduction <b>Chairpersons</b>
<b>10:35 - 10:50</b> 15 mins	Concussion care – what is the evidence in 2022? <b>Mark Fulcher (New Zealand)</b>
<b>10:50 - 11:10</b> 20 mins	Cervical and vestibulo-oculomotor intervention after SRC: "Get better sooner" <b>Matthew Azzopardi (Qatar   Malta)</b>
<b>11:10 - 11:30</b> 20 mins.	Cervical and Vestibulo-oculomotor Impairments after Sport Related Concussion: Examination and Management <b>Alia Alghwiri (Jordan)</b>
<b>11:30 - 11:50</b> 20 mins	Neuropsychology of sports-related concussion "Get a Checkup from the Neck up" <b>Sofiane Souissi (Qatar   Tunisia)</b>
<b>11:50 - 12:05</b> 15 mins	Concussion in professional football: view of team physicians <b>Vincent Gouttebarga (Netherlands)</b>
<b>12:05 - 12:30</b> 25 mins	Panel discussion <b>All</b>

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**12:30-14:00** Lunch | Poster Presentation (*refer to page 33 -34*)

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**Symposia 4, 5 & 6 are run in parallel (14:00 - 16:00)**

## **SYMPOSIUM 4: Gender Eligibility in Football**

**VENUE: BALLROOM 2**

**Chair: Liesel Geertsema (Qatar | New Zealand)**

**Co-Chair: Zohreh Haratian (IR Iran)**

### **Learning Objectives:**

*On completion of this session, participants should be able to:*

1. Define the effects of testosterone on performance.
2. Outline the methods for gender determination in sport.
3. Explain the legal issues surrounding gender verification in sport.

<b>14:00 - 14:05</b> 5 mins	Introduction <b>Chairpersons</b>
<b>14:05 - 14:10</b> 5 mins	Video <b>The Player's Perspective</b>
<b>14:10 - 14:25</b> 15 mins	Gender eligibility – a misty environment <b>Dato' Dr Gurcharan Singh (Malaysia)</b>
<b>14:25 - 14:45</b> 20 mins	Testosterone and male physical advantages in sport <b>David Handelsman (Australia)</b>
<b>14:45 - 15:00</b> 15 mins	Psychological aspects of gender eligibility <b>Dato' Dr Suaran Singh (Malaysia)</b>
<b>15:00 - 15:15</b> 15 mins	The genetic dilemma <b>Ami Rajesh Shah (India)</b>
<b>15:15 - 15:30</b> 15 mins	Gender and the sports law <b>Andrew Colin Mercer (UK)</b>
<b>15:30 - 16:00</b> 30 mins	Panel discussion <b>All</b>



## ***SYMPOSIUM 5: GROIN INJURIES***

**VENUE: BALLROOM 3**

**Chair: Zarko Vuckovic (Qatar | Serbia)**

**Co-Chair: Andreas Serner (Denmark)**

### **Learning Objectives:**

*On completion of this session, participants should be able to:*

1. Identify different groin pain entities.
2. Develop baseline screening for groin pain.
3. Design rehabilitation protocol for groin pain.
4. Identify athletes that require surgical treatment for groin pain.

<b>14:00 - 14:05</b> 5 mins	Introduction <b>Chairpersons</b>
<b>14:05 - 14:19</b> 14 mins	Groin pain in athletes – a team physician view <b>Emmanouil Papakostas (Qatar   Greece)</b>
<b>14:19 - 14:33</b> 14 mins	Baseline screening for groin pain – know your target <b>Enda King (Qatar   Ireland)</b>
<b>14:33 - 14:47</b> 14 mins	Functional rehabilitation: is it really that simple? <b>Dermot Simpson (Qatar   Ireland)</b>
<b>14:47 - 15:01</b> 14 mins	Staying fit during rehab – tricks of trade <b>Evlampia Sidiropoulou (Qatar   Greece)</b>
<b>15:01 - 15:15</b> 14 mins	Surgery for groin pain - when, what and why? <b>Zarko Vuckovic (Qatar   Serbia)</b>
<b>15:15- 15:29</b> 14 mins	On field Sports specific rehabilitation last phase impact on Return to sporting activities after hip and groin related injury <b>Theodosia Palli (Qatar   Greece) and Konstantinos Defteraios (Qatar   Greece)</b>
<b>15:30 - 16:00</b> 30 mins	Panel discussion <b>All</b>



## ***SYMPOSIUM 6: THE YOUNG FOOTBALLER***

**VENUE: BALLROOM 3**

**Chair: Francisco Moreira (Qatar | Portugal)**

**Co-Chair: Roula Mattar (Qatar | Lebanon)**

### **Learning Objectives:**

*On completion of this session, participants should be able to:*

1. Find normal maturation parameters in young athletes.
2. Summarize the Young Footballer Pathway.
3. Analyse musculoskeletal injuries in young footballers.
4. Evaluate the treatment options in growth related injuries.

**14:00 - 14:05** Introduction

5 mins **Chairpersons**

**14:05 - 14:22** The young athlete – key aspects of maturation

17 mins **Mauricio Monaco (Qatar | Argentina)**

**14:22 - 14:39** Long term athlete development

17 mins **Luciano Cánepa (Qatar | Spain)**

**14:39 - 14:56** Growth, maturation, and injuries

17 mins **Daniel Martinez Silvan (Qatar | Spain)**

**14:56 - 15:13** Load Monitoring

17 mins **Warren Gregson (Qatar | UK)**

**15:13 - 15:30** Growth related injuries –a practical approach of an untapped topic

17 mins **Abdallah Rajeb (Qatar | Tunisia)**

**15:30 - 16:00** Panel discussion

30 mins **All**

**15:10 - 17:30** **Free Paper 1: Applied Sciences/Fitness & Conditioning** (*refer to page 13 - 14*)

**Amethyst Room – Mezzanine Floor - Business Centre, Westin Doha Hotel and Spa**

**Chairs: Marco Cardinale (Qatar | Italy)**

**Co-Chair: Nguyen Van Phu (Vietnam)**

**15:10 - 17:30** **Free Paper 2: MSK / Traumatology** (*refer to page 13 - 14*)

**Amber Room – Mezzanine Floor - Business Centre, Westin Doha Hotel and Spa**

**Chairs: CelesteGeertsema (Qatar | New Zealand)**

**Co-Chair: Dr Arya Roy (India)**



**Symposia 7, 8 & 9 are run in parallel (16:30 - 18:30)**

**SYMPOSIUM 7: NUTRITION AND SUPPLEMENTS**

**VENUE: BALLROOM 1**

**Chair: Daniel Kings (Qatar | Wales)**

**Co-Chair: Shaima Al-Khaldi (Qatar)**

**Learning Objectives:**

*On completion of this session, participants should be able to:*

1. Summarise how different nutrition strategies can impact on football performance.
2. List nutrition practices that are important to support the training and growth needs of elite youth footballers.
3. Explain why sports nutrition for the female athlete should be approached differently in some areas compared to male athletes for optimal health and performance.
4. Formulate a plan to enhance existing national legislation and practices on dietary supplements used in sport and exercise to safeguard athlete health.

<b>16:30 - 16:35</b> 5 mins	Introduction <b>Chairpersons</b>
<b>16:35 - 16:56</b> 21 mins	Getting the most out of national sports teams using sports nutrition <b>Michael Naylor (UK)</b>
<b>16:56 - 17:17</b> 21 mins	Clinical nutrition pearls to support the injured footballer <b>Nelda Nader (Qatar   Lebanon)</b>
<b>17:17 - 17:38</b> 21 mins	Performance nutrition for the future professional footballer <b>Marcus Hannon (Qatar   UK)</b>
<b>17:38 - 17:59</b> 21 mins	Changing the national landscape to protect athlete health - Qatar's sports supplements journey <b>Shaima Al Khaldi (Qatar)</b>
<b>18:00 - 18:30</b> 30 mins	Panel discussion <b>All</b>

## **SYMPOSIUM 8: CLINICAL APPROACH TO ACL INJURIES IN FOOTBALL**

**VENUE: BALLROOM 2**

**Chair: Khalid Al-Khelaifi (Qatar)**

**Co-Chair: Randolph Molo (Philippines)**

### **Learning Objectives:**

*On completion of this session, participants should be able to:*

1. Describe the different needs of the patients to inform individualized selection criteria for ACL graft selection.
2. Evaluate the benefit of the lateral reinforcement in ACL surgery for athletes.
3. Plan and implement optimal athlete rehabilitation based on best evidence.
4. Discuss some of the current controversies on the discharge criteria after an ACL injury.

<b>16:30 - 16:35</b> 5 mins	Introduction <b>Chairpersons</b>
<b>16:35 - 16:49</b> 14 mins	Tailor made ACL – room for individual approach <b>Fahad Abduljabbar (Saudi Arabia)</b>
<b>16:49 - 17:03</b> 14 mins	Lateral extra-articular tenodesis or anterolateral ligament reconstruction, a solution to decrease external residual laxity <b>Bruno Olory (Qatar   France)</b>
<b>17:03 - 17:17</b> 14 mins	Tailor-made rehabilitation after ACL reconstruction <b>Enda King (Qatar   Ireland)</b>
<b>17:17 - 17:31</b> 14 mins	What to test (or not) after ACL reconstruction at the time to return to sport <b>Roula Kotsifaki (Qatar   Greece)</b>
<b>17:31 - 17:45</b> 14 mins	BTB - a versatile graft for ACL injuries in footballers <b>Arumugam Sivaraman (India)</b>
<b>17:45 - 17:59</b> 14 mins	Return to sport after ACL reconstruction <b>Magnus Forssblad (Sweden)</b>
<b>18:00 - 18:30</b> 30 mins	Panel discussion <b>All</b>

## **SYMPOSIUM 9: DENTAL HEALTH IN FOOTBALL**

**VENUE: BALLROOM 3**

**Chair: Mohammed Alsaey (Qatar)**

**Co-Chair: Farrah-Hani Imran (Malaysia)**

### **Learning Objectives:**

*On completion of this session, participants should be able to:*

1. Define sports dentistry and the role of sports dentistry team.
2. Explain different types of oral trauma in the field.
3. Discuss how poor oral health might affect athletes' health.
4. Explain how to minimize oral trauma/dental problems by using Aspetar dental emergency kit.

<b>16:30 - 16:34</b> 4 mins	Introduction <b>Chairpersons</b>
<b>16:34 - 16:49</b> 15 mins	Multidisciplinary approach to the athlete: clinical and instrumental teamwork on single athlete and on the team <b>Alessandro Nanussi (Italy)</b>
<b>16:49 - 17:03</b> 14 mins	Relationship between oral health and sports <b>Atef Hashem (Qatar   Libya)</b>
<b>17:03 - 17:18</b> 15 mins	Management of oral trauma in the field <b>Mohammed Alsaey (Qatar)</b>
<b>17:18 - 17:23</b> 5 mins	Aspetar dental emergency kit (DEK) <b>Rizwana Saleem (Qatar   UK)</b>
<b>17:23 - 17:30</b> 7 mins	First-hand experience with Dental Emergency Kit <b>Laith Anis El Sanfaz (Qatar   Libya)</b>
<b>17:30 - 17:45</b> 15 mins	Return to Play (RTP) and dentist <b>Thanos Stamos (Greece)</b>
<b>17:45 - 18:00</b> 15 mins	Mouthguards in Contact Sports <b>Faleh Ahmad Tamimi Marino (Qatar)</b>
<b>18:00 - 18:30</b> 30 mins	Panel discussion <b>All</b>

**Free Paper 1 - 2**

**Free Paper 1 & 2 are run in parallel (15:10 - 17:30)**

**Free Paper 1 (Applied Sciences)**

Amethyst Room – Mezzanine Level - Business Centre,  
Westin Doha Hotel & Spa)

**Chair: Marco Cardinale (Qatar/Italy) |  
Co-chair: Nguyen Van Phu (VIE)**

Time	Topic
15:10 - 15:20 10 mins	Evaluation of Left Ventricular Remodeling among Indian Male Football Players –Descriptive Study <b>E.S.Aravind (India)</b>
15:20 - 15:30 10 mins	Medical Treatment in Men With Infertility Can Be Misinterpreted as Doping Practice: A Case of Unintentional World Anti-Doping Agency (WADA) Code Violation <b>Mohammad Mahdi Tavana (Islamic Republic of Iran)</b>
15:30 - 15:40 10 mins	Biochemical Response to a novel Football specific simulation program - Do the players achieve homeostasis in 24 hours? <b>Janani Gopalakrishnan (India)</b>
15:40 - 15:50 10 mins	Review reference values for the functional tests. (Y Balance test, Carioca, Concurrent contraction, single hop test and FMS) in elite Iranian football players <b>Ali Shahab (Islamic Republic of Iran)</b>
15:50 - 16:00 10 mins	Strength training as a practical method for recovery and decreasing the level of pain among injured athletes <b>Farinaz Fahimpour (Islamic Republic of Iran)</b>

**Free Paper 2 (MSK | Traumatology)**

Venue: Amber Room – Mezzanine Level - Business Centre,  
Westin Doha Hotel & Spa)

**Chair: Celeste Geertsema (Qatar/New Zealand) |  
Co-Chair: Arya Roy (India)**

Time	Topic
15:10 - 15:20 10 mins	Management of an uncommon injury in football: proximal hamstring tendon injury <b>Mourad Ghrairi (Tunisia)</b>
15:20 - 15:30 10 mins	Horses for courses – A case-based approach to TFCC tears <b>Arya Roy (India)</b>
15:30 - 15:40 10 mins	Prevalence of Lower-Limb Extremity Injuries among Elite Blind Football Players <b>Vaishali Ravishankar (India)</b>
15:40 - 15:50 10 mins	Intramedullary screw fixation using a cannulated double threaded headless screw for Jones fractures in soccer players. <b>Shota Morimoto (Japan)</b>
15:50 - 16:00 10 mins	Beach soccer injuries during the Japanese national championships: a 7 years prospective cohort study <b>Tomoyuki Shimakawa (Japan)</b>

**Free Paper 1 (Applied Sciences)**

Amethyst Room – Mezzanine Level - Business Centre,  
Westin Doha Hotel & Spa)

**Chair: Marco Cardinale (Qatar/Italy) |  
Co-chair: Nguyen Van Phu (VIE)**

Time	Topic
16:00 – 16:10 10 mins	Energetic contribution to small sided soccer games with different number of players and game duration <b>Seonghwan Oh (Korea Republic)</b>
16:10 – 16:20 10 mins	Active Vs. Passive Recovery following training <b>Maria Castro (USA)</b>
16:20 – 16:30 10 mins	Sports Psychology <b>Yahia Mohammed Almaharmeh (Jordan)</b>
16:30 – 16:40 10 mins	Psychological, physical and social factors influence decision to return to sport after revision ACL reconstruction with BPTB graft <b>Omar Javed (UK)</b>
16:40 – 16:50 10 mins	Mental health symptoms in Australian professional football <b>Vincent Goutteborge (Netherlands)</b>
16:50 – 17:00 10 mins	Psychological and emotional factors affecting performance of elite female footballers <b>Dominic Ikwuanwu (Nigeria)</b>
17:00 – 17:10 10 mins	COVID-19 Countermeasures in Tokyo Olympic 2020 <b>Paisal Chantarapitak (Thailand)</b>
17:10 – 17:20 10 mins	Temporal dynamics of emotions: Relevance of monitoring mood during sports injury rehabilitation Case Report <b>Sumanth Arjun (India)</b>
17:20 – 17:30 10 mins	Hypermobility Alters Lower Extremity Biomechanics during Single-Leg Landing <b>Shavkat Kuchimov (Turkey)</b>

**Free Paper 2 (MSK | Traumatology)**

Venue: Amber Room – Mezzanine Level - Business Centre,  
Westin Doha Hotel & Spa)

**Chair: Celeste Geertsema (Qatar/New Zealand) |  
Co-Chair: Arya Roy (India)**

Time	Topic
16:00 – 16:10 10 mins	Revision of ACL using the Quadripicital tendon in elite football player: Indication and limitations <b>Alfred Khoury (Lebanon)</b>
16:10 – 16:20 10 mins	Acute clinical evaluation for syndesmosis injury has high diagnostic value <b>Thomas P.A. Baltes (Netherlands)</b>
16:20 – 16:30 10 mins	The effect of injury reduction exercise programs which contain neuromuscular neck exercises on the incidence of head and neck injuries in football <b>Kerry Peek (Australia)</b>
16:30 – 16:40 10 mins	Efficacy of Radio Frequency Ablation (RFA) treatment for improving knee pain and function in knee osteoarthritis <b>Malini Karupiah (Malaysia)</b>
16:40 – 16:50 10 mins	Joint Hypermobility Increasing Hip Adduction and Knee Valgus During Running <b>Adnan Aпти (India)</b>
16:50 – 17:00 10 mins	Burden of Lower Limb Injuries in Elite Indian Football Players –Descriptive Study <b>Rohit K R (India)</b>
17:00 – 17:10 10 mins	Evaluating the effect of 8 weeks cranio-cervical stretching and strengthening exercise on headache pattern in patients with migraine <b>Faezeh Maleklou (Islamic Republic of Iran)</b>



## DAY 2 – March 5, 2023

### KEYNOTE 2: VENUE: GRAND BALLROOM

**Chair: Jens Kleinefeld (Germany)**

**Co-chair: Janis Espino De Vera (Philippines)**

**Learning Objectives:**

*On completion of this session, participants should be able to:*

1. Injuries and team success are correlated. Teams with fewer injuries have better results. Players and teams need to avoid injuries in order to perform optimally.
2. Preliminary data after 3 years of study of 15 teams in European Women's Elite football (WECIS) shows that a squad of 25 players can expect 1 ACL injury every second season. This is the same risk as for elite male teams.

**9:00 - 9:30** Injuries in elite players – UCL  
30 mins **Jan Ekstrand (Sweden)**

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### LECTURE 2: VENUE: GRAND BALLROOM

**Chair: Mourad Ghrairi (Tunisia)**

**Co-chair: Abdulaziz Jaham Alkuwari (Qatar)**

**Learning Objectives:**

*On completion of this session, participants should be able to:*

**9:30 - 10:00** Use & Abuse of biologicals in MSK injuries  
30 mins **Bashir Zikria (Qatar | USA)**

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**10:00 - 10:30** Break

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**Symposia 10, 11 & 12 are run in parallel (10:30 - 12:30)**

**SYMPOSIUM 10: AN INTEGRATED APPROACH TO MANAGING THE ELITE FOOTBALL  
PLAYER**

**VENUE: BALLROOM 1**

**Chair: Valter Di Salvo (Qatar | Italy)**

**Co-Chairs: Hakim Chalabi (Qatar | France) and Cristiano Eirale (Qatar | Italy)**

**Learning Objectives:**

*On completion of this session, participants should be able to:*

1. Illustrate major challenges in elite football medical and performance management.
2. Discuss the integrated management of Groin Pain Syndrome.
3. Deliver insights into a player management strategy adopted during a successful international competition.
4. Outline the performance strategy implemented across elite football in Qatar.
5. Discuss management of shoe and surface related injuries in elite football.

<b>10:30 - 10:35</b>	Introduction
5 mins	<b>Chairpersons</b>
<b>10:35 - 10:47</b>	The medical and performance department in an elite club: the PSG experience
14 mins	<b>Cristiano Eirale (Qatar   Italy)</b>
<b>10:47 - 11:01</b>	Groin pain syndrome: who's the leader
14 mins	<b>Zarko Vuckovic (Qatar   Serbia)</b>
<b>11:01 - 11:15</b>	Cohesive multi-department care of lower limb injuries in players with the world (cup) at their feet.
14 mins	<b>Athol Thomson (Qatar   Australia)</b>
<b>11:15 - 11:29</b>	EURO2020: The story of the Italian success
14 mins	<b>Valter Di Salvo (Qatar   Italy)</b>
<b>11:29 - 11:43</b>	Performance model behind Qatar football: 10 years journey to 2022
14 mins	<b>Daniele Bonanno (Qatar   Italy)</b>
<b>11:43 - 11:57</b>	Shared-decision making in elite football players' healthcare
14 mins	<b>Sofie Nelis (Qatar   Netherlands)</b>
<b>11:57 - 12:30</b>	Panel discussion
33 mins	<b>All</b>

## **SYMPOSIUM 11: CARTILAGE INJURIES**

**VENUE: BALLROOM 2**

**Chair: Emmanouil Papakostas (Qatar | Greece)**

**Co-Chair: Arumugam Sivaraman (India)**

### **Learning Objectives:**

*On completion of this session, participants should be able to:*

1. Illustrate how cartilage pathology and symptoms are connected.
2. Identify the need for treatment and apply proper algorithm.
3. Interpret imaging for diagnosis and evaluation of treatment.
4. Discuss key elements of the rehabilitation program plan and the return to play process.

<b>10:30 - 10:35</b> 5 mins	Introduction <b>Chairpersons</b>
<b>10:35 - 10:52</b> 17 mins	Pathophysiology of cartilage injury and repair <b>Nasser Alnusif (Kuwait)</b>
<b>10:52 - 11:09</b> 17 mins	High index of suspicion only? Aspetar treatment algorithm <b>Khalid Al-Khelaifi (Qatar)</b>
<b>11:09 - 11:26</b> 17 mins	Cartilage surgery: from simple to complex <b>Emmanouil Papakostas (Qatar   Greece)</b>
<b>11:26 - 11:43</b> 17 mins	Ankle cartilage lesions: Diagnosis and treatment <b>Bruno Olory (Qatar   France)</b>
<b>11:43 - 12:00</b> 17 mins	Basic steps in rehabilitation and return to play <b>Konstantinos Epameinontidis (Qatar   Greece)</b>
<b>12:00 - 12:30</b> 30 mins	Panel Discussion <b>All</b>

## **SYMPOSIUM 12: ANTI-DOPING**

**VENUE: BALLROOM 3**

**Chair: Alexis Weber (Switzerland)**

**Co-Chair: Marc Vouillamoz (Switzerland) and Rachvind Sra (Malaysia)**

### **Learning Objectives:**

On completion of this session, participants should be able to:

1. Describe the legal framework in Anti-Doping
2. Discuss the doping control process from sample collection to results management.
3. Make use of the WADA prohibited list.
4. Develop a comprehensive athlete Therapeutic Use Exemption (TUE) application.

<b>10:30 - 10:35</b> 5 mins	Introduction <b>Chairpersons</b>
<b>10:35 - 10:50</b> 15 mins	History of the fight against Anti-Doping and it's legal framework <b>Carlos Schneider Salvadores (Spain)</b>
<b>10:50 - 11:10</b> 15 mins	Support of medical professionals in light of the strict liability principle <b>Daniel Kim (Switzerland)</b>
<b>11:10 - 11:25</b> 15 mins	Therapeutic Use Exemption <b>Alexis Weber (Switzerland)</b>
<b>11:25 - 11:40</b> 15 mins	Use of Glucocorticosteroids <b>Jens Kleinfeld (Germany)</b>
<b>11:40 - 11:50</b> 10 mins	Role of Sports Pharmacists in Doping Prevention: What is the impact? <b>Zainab Al Sarraf (Qatar)</b>
<b>11:50 - 12:05</b> 15 mins	The importance of Anti-Doping Education <b>Marc Vouillamoz (Switzerland)</b>
<b>12:05 - 12:30</b> 25 mins	Panel Discussion <b>All</b>

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**12:30 - 14:00** Lunch | Poster Presentation (*refer to page 33 -34*)

**Chairs:** Marco Cardinale (Qatar | Italy), Yacine Zerguini (Algeria) & Bernadett Velasco (Philippines)

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**Symposia 13, 14 & 15 are run in parallel (14:00 - 16:00)**

**SYMPOSIUM 13: CARDIAC SCREENING AND CARDIAC ARREST ON THE PITCH**

**VENUE: BALLROOM 1**

**Chair: Maria Carmen Adamuz (Qatar | Spain)**

**Co-Chair: Guido Pieles (Qatar | UK)**

**Learning Objectives:**

*On completion of this session, participants should be able to:*

1. Outline the role of cardiac screening in football players.
2. Examine the ethical implications of cardiac screening in football players.
3. Plan for sudden cardiac arrest on the pitch
4. Demonstrate the management of sudden cardiac arrest on the pitch.

<b>14:00 - 14:05</b> 5 mins	Introduction <b>Chairpersons</b>
<b>14:05 - 14:19</b> 14 mins	Delivering sports cardiology services to the FIFA World Cup 2022 <b>Guido Pieles (Qatar   UK)</b>
<b>14:19 - 14:33</b> 14 mins	Cardiac screening: the Aspetar experience <b>Maria Carmen Adamuz (Qatar   Spain)</b>
<b>14:33 - 14:47</b> 14 mins	Results from the FIFA world-wide registry of sudden death/arrest <b>Tim Meyer (Germany)</b>
<b>14:47 - 15:01</b> 14 mins	Implementation of a football screening programme – practical considerations and challenges <b>Nelly Khalil (Qatar   Lebanon)</b>
<b>15:01 - 15:15</b> 14 mins	Managing cardiac arrest on the pitch: how to prevent SCD? <b>George Chiampas (USA)</b>
<b>15:15 - 15:29</b> 14 mins	Can cardiac screening prevent sudden cardiac arrest? <b>Hassan Al Tamimi (Qatar)</b>
<b>15:30 - 16:00</b> 30 mins	Panel discussion <b>All</b>

## **SYMPOSIUM 14: ANKLE AND FOOT INJURIES**

**VENUE: BALLROOM 2**

**Chair: Pieter D'Hooghe (Qatar | Belgium)**

**Co-Chair: Lubna Al Raisi (Qatar | Oman)**

### **Learning Objectives:**

*On completion of this session, participants should be able to:*

1. Identify the most common ankle and foot injuries in football.
2. Describe conservative and surgical treatment options for ankle and foot injuries.
3. Appraise the role of podiatry in ankle and foot injuries.

<b>14:00 - 14:05</b> 5 mins	Introduction <b>Chairpersons</b>
<b>14:05 - 14:17</b> 12 mins	Clinical approach to Achilles Tendinopathy <b>Markus Laupheimer (Qatar   Germany)</b>
<b>14:17 - 14:29</b> 12 mins	Arthroscopic lateral ligament ankle surgery <b>Bruno Olory (Qatar   France)</b>
<b>14:29 - 14:41</b> 12 mins	Syndesmosis injuries, should we look beyond the ankle? <b>Pieter D'Hooghe (Qatar   Belgium)</b>
<b>14:41 - 14:53</b> 12 mins	Calf muscle injuries <b>Tania Pizzari (Australia)</b>
<b>14:53 - 15:05</b> 12 mins	Injury profile in Women's Football <b>Lubna Al Raisi (Qatar   Oman)</b>
<b>15:05 - 15:17</b> 12 mins	Women's Football Boots: all things considered for the right selection and correct fit <b>Katrine Kryger (Denmark)</b>
<b>15:17 - 15:29</b> 12 mins	Assessment centre <b>TBC</b>
<b>15:30 - 16:00</b> 30 mins	Panel discussion <b>All</b>

## **SYMPOSIUM 15: Football and Heat**

**VENUE: BALLROOM 3**

**Chair: Sebastien Racinais (Qatar | France)**

**Co-Chair: John George (India)**

### **Learning Objectives:**

*On completion of this session, participants should be able to:*

1. Define the effect of heat stress on a football player.
2. Explain the effect of heat stress on a football game.
3. Adapt the game strategy to the environmental conditions.

<b>14:00 - 14:05</b> 5 mins	Introduction <b>Chairpersons</b>
<b>14:05 - 14:15</b> 10 mins	Air Pollution and Football Performance <b>John George (India)</b>
<b>14:15 - 14:35</b> 20 mins	From running to passing the ball: how ambient temperature impact a football game <b>Sebastien Racinais (Qatar   France)</b>
<b>14:35 - 14:45</b> 10 mins	Effect of heat stress on proprioception and balance <b>Khouloud Mtibaa (Qatar   Tunisia)</b>
<b>14:45 - 15:05</b> 20 mins	Integration of heat acclimation and cooling in elite soccer <b>Lee Taylor (UK)</b>
<b>15:05 - 15:15</b> 10 mins	Using heat in the rehabilitation toolbox <b>Mariam Labidi (Qatar   France)</b>
<b>15:15 - 15:35</b> 20 mins	Managing heat stroke <b>Muna Al Musleh (Qatar)</b>
<b>15:35 - 16:00</b> 25 mins	Panel discussion <b>All</b>

## WORKSHOP

VENUE: ASPETAR SPORTS SURGERY TRAINING CENTRE

16:00 – 17:30 **Cadaver Workshop: Review of Anatomy Wrist, Ankle, and Knee - Live Surgical Demonstration ACL reconstruction and Ankle reconstruction**

Chair: Khalid Al-Khelaifi (Qatar)

Co-chair: Mohd Saleh Alharti (Saudi Arabia)

### Learning Objectives:

*On completion of this session, participants should be able to:*

1. Review the anatomy of the wrist, ankle and knee and relate it to the bio-mechanical functions.
2. Discuss the function of the ACL.
3. Outline the techniques and goals in ACL reconstruction.
4. Outline ankle reconstruction techniques and concerns with chronic injuries and cartilage lesions.

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15:40 - 17:30 **Free Paper 3: Applied Sciences/Fitness & Conditioning (*refer to page 22 - 24*)**  
*Amethyst Room – Mezzanine Floor, Business Centre, Westin Doha Hotel and Spa*

Chair: Karim Chamari (Qatar | France)

Co-Chair: Aseel Abu Dayah (Jordan)

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15:40 - 17:30 **Free Paper 4: MSK / Traumatology (*refer to page 22 - 23*)**  
*Amber Room – Mezzanine Floor, Business Centre, Westin Doha Hotel and Spa*

Chair: Law Ying Kan "George" (Hong Kong)

Co-Chair: Bahar Hassanmerzaei (Islamic Republic of Iran)

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**Free Paper 3 & 4 are run in parallel (15:40 - 17:30)**

**Free Paper 3 (Applied Sciences)**  
Venue: Amethyst Room – Mezzanine Level, Business Centre, Westin Doha Hotel & Spa  
**Chair: Karim Chamari (Qatar/France) |**  
**Co-chair: Aseel Abu Dayah (Jordan)**

Time	Topic
15:40 - 15:50 10 mins	Haematological and Biomechanical Profiling among Elite Indian Football Players <b>A.L Vivek (India)</b>
15:50 - 16:00 10 mins	The Relationship Between Physical Fitness Components and Anthropometric Characteristics with Ball Velocity in Indian League Level Football Players <b>Kaveen Dharanirajan (India)</b>
16:00 - 16:10 10 mins	Effects of lock-down on sleep and mental health status on the elite female footballers of Bangladesh <b>Md. Ali Emran (Bangladesh)</b>
16:10 - 16:20 10mins	Long-term effects of the 11+ warm-up injury prevention program on physical performance in adolescent male football players: a cluster-randomized controlled trial <b>Tohid Seif Bargi (Islamic Republic of Iran)</b>
16:20 - 16:30 10 mins	From "FIFA 11 for Health" to "Thailand 10 for Health" <b>Paisal Chantarapitak (Thailand)</b>
16:30 - 16:40 10 mins	A longitudinal description of the provision and infrastructure of medical care in professional Australian football (soccer) clubs. <b>Donna Lu (Australia)</b>
16:40 - 16:50 10 mins	Greater loss of horizontal force after a repeated-sprint test in footballers with a previous hamstring injury <b>Fadi Maayah (Australia)</b>

**Free Paper 4 (MSK | Traumatology)**  
Amber Room – Mezzanine Level, Business Centre, Westin Doha Hotel & Spa  
**Chair: Law Ying Kan (Hong Kong) |**  
**Co-chair: Bahar Hassanmerzaei (IR Iran)**

Time	Topic
15:40 - 15:50 10 mins	Diagnostic value of ultrasonography in acute lateral and syndesmotic ligamentous ankle injuries <b>Thomas P.A. Baltes (Netherlands)</b>
15:50 - 16:00 10 mins	3.0-Tesla MRI Observation at Return to Play Following Hamstring Injuries <b>Muhammad Ikhwan Zein (Indonesia)</b>
16:00 - 16:10 10 mins	Diagnostic accuracy of clinical and Magnetic Resonance of the Knee Meniscus and ligamentous injuries <b>Mustafa Poonawalla (India)</b>
16:10 - 16:20 10mins	Intra- and inter-rater reliability of acute ligamentous ankle injuries on 3T MRI <b>Thomas P.A. Baltes (Netherlands)</b>
16:20 - 16:30 10 mins	Imaging patterns in injuries of youth football players <b>M. Abdelatif Diadoun (Qatar   Algeria)</b>
16:30 - 16:40 10 mins	Do Defenders Have A Higher Risk of ACL (Anterior Cruciate Ligament) Injury in Soccer: A Ten Year Systemic Review of Incidence of ACL Injury in Soccer <b>Malini Karupiah (Malaysia)</b>
16:40 - 16:50 10 mins	One-stage bilateral anterior cruciate ligament reconstruction for National Female Football player: Safe and effective? <b>Ho Ngoc Minh (Vietnam)</b>



**Free Paper 3 (Applied Sciences)**

Venue: Amethyst Room – Mezzanine Level, Business Centre, Westin Doha Hotel & Spa)

**Chair: Karim Chamari (Qatar/France) |**

**Co-chair: Aseel Abu Dayah (Jordan)**

**Time**

**Topic**

**16:50 - 17:00**  
10 mins  
Prevalence, Knowledge and Attitude regarding Hypovitaminosis D amongst Collegiate Football Athletes – Pilot Study

**Ansa Saju (India)**

**17:00 - 17:10**  
10 mins  
Pain Intervention using Steroid during COVID-19 Pandemic: Experience from University Malaya Medical Centre

**Azwan Aziz (Malaysia)**

**17:10 - 17:20**  
10 mins  
Football dentistry in the area of football medicine: The best way to recovery and performance

**Maher Zahar (Tunisia)**

**17:20 - 17:30**  
10 mins  
Where are we headed?

**Kerry Peek (Australia)**

**19:30 – 22:00**

**Gala Dinner and 3<sup>rd</sup> AFC Medical Awards**

Grand Ballroom, Westin Doha Hotel and Spa

**Free Paper 4 (MSK | Traumatology)**

Amber Room – Mezzanine Level, Business Centre, Westin Doha Hotel & Spa)

**Chair: Law Ying Kan (Hong Kong) |**

**Co-chair: Bahar Hassanmerzaei (IR Iran)**

**Time**

**Topic**

**16:50 - 17:00**  
10 mins  
AC Joint Dislocation in Professional Football Players: What is the Fastest but Safest Treatment for Comeback?

**Alfred Khoury (Lebanon)**

**17:00 - 17:10**  
10 mins  
Headers in elite male and female football: validity of self-report and consequences for ocular markers

**Vincent Goutteborge (Netherlands)**

**17:10 - 17:20**  
10 mins  
Accurate placement of tunnel positions assisted by three-dimensional imaging tools in anatomical anterior cruciate ligament reconstruction

**Vu Tu Nam (Vietnam)**

## DAY 3: March 6, 2023

### KEYNOTE 3: VENUE: GRAND BALLROOM

**Chair: Yorck Olaf Schumacher (Germany | Qatar)**

**Co-chair: Marc Vouillamoz (Switzerland)**

**Learning Objectives:**

*On completion of this session, participants should be able to:*

**9:00 - 9:30** Medical services at the FIFA World Cup Qatar 2022  
30 mins **Abdulwahab Almusleh (Qatar)**

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### LECTURE 3: VENUE: GRAND BALLROOM

**Chair: Mark Jones (Australia)**

**Co-chair: Bernadett Velasco (Philippines)**

**Learning Objectives:**

*On completion of this session, participants should be able to:*

1. Understand the general approach of medical decision making about RTP after infectious diseases.
2. Develop expertise in deciding about proper diagnostic procedures within the RTP process after Covid-19, i. e. avoiding overdiagnosis.
3. Understand that Covid-19 does not invalidate all established RTP algorithms.

**9:30 - 10:00** COVID-19 and return to play decisions  
30 mins **Tim Meyer (Germany)**

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**10:00 - 10:30** Break

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**Symposia 16, 17 & 18 are run in parallel (10:30 - 12:30)**

**SYMPOSIUM 16: INJURY AND ILLNESS SURVEILLANCE IN ASIA (ASPREV)**

**VENUE: BALLROOM 1**

**Chair: Karim Chamari (Qatar | France)**

**Co-Chair: Roald Bahr (Qatar | Norway)**

**Learning Objectives:**

*On completion of this session, participants should be able to:*

1. Describe the principles of injury and illness surveillance and the benefits of recent advances in the field.
2. Evaluate the benefits and challenges of injury and illness surveillance.
3. Discuss strategies to be undertaken by team medical staff to inspire and develop Risk Management Plans within the team.
4. Identify potential pitfalls when establishing an injury surveillance program.

<b>10:30 - 10:35</b> 5 min	Introduction <b>Chairpersons</b>
<b>10:35 - 10:50</b> 15 mins	Principles of injury and illness surveillance - guidance from the IOC Consensus statement <b>Roald Bahr (Qatar   Norway) &amp; Karim Chamari (Qatar   France)</b>
<b>10:50 - 11:05</b> 15 mins	How to promote an injury and illness surveillance program at the level of a country <b>Bahar Hassanmirzaei (Qatar   Islamic Republic Iran)</b>
<b>11:05 - 11:20</b> 15 mins	Data: from the clinic to computer entry - process and challenges <b>Karen Kwong Hoi Hang (Hong Kong)</b>
<b>11:20 - 11:35</b> 15 mins.	Using data to guide prevention: How to apply data on the football pitch and communicate with coaching staff: barriers and opportunities <b>Ryo Matsunaga (Japan)</b>
<b>11:35 - 11:50</b> 15 mins.	Main results of the AFC Surveillance Program - what can we learn from our experience with the participating teams <b>Montassar Tabben (Qatar   Tunisia)</b>
<b>11:50 - 12:10</b> 10 mins	The problems/challenges of women's sports injury surveillance and possible solutions (5 problems and 5 tips) <b>Monia Slim (Qatar   Tunisia)</b>
<b>12:10 - 12:30</b> 20 mins	Panel discussion <b>All</b>

**SYMPOSIUM 17: UPPER EXTREMITY INJURIES IN GOALKEEPERS**

**VENUE: BALLROOM 2**

**Chair: Elisabet Hagert (Qatar | Sweden)**

**Co-Chair: Jonny Kent Andersson (Sweden)**

**Learning Objectives:**

*On completion of this session, participants should be able to:*

1. Assess the common upper extremity injuries in goal keepers.
2. Discuss methods to diagnose injuries in the upper extremity.
3. Apply proprioception and splinting concepts in pre-season and postoperative training.
4. Discuss shoulder, wrist, and hand examination for common pathologies.

<b>10:30 - 10:34</b> 4 mins	Introduction <b>Chairpersons</b>
<b>10:34 - 10:46</b> 12 mins	Forearm, wrist and hand Injuries in goalkeepers vs outfield players– UEFA statistics <b>Jonny Kent Andersson (Sweden)</b>
<b>10:46 - 11:01</b> 15 mins	AC joint, shoulder, and elbow Injuries in goal keepers <b>Bashir Zikria (Qatar   USA)</b>
<b>11:01 - 11:16</b> 15 mins	Stress fractures in goal keepers <b>Javier Arnaiz (Qatar   Spain)</b>
<b>11:16 - 11:28</b> 12 mins	Managing the post traumatic stiff elbow <b>Nicoletta Luchini (Qatar   Italy)</b>
<b>11:28 - 11:40</b> 12 mins	Wrist ligament injuries and scaphoid fractures <b>Jonny Kent Andersson (Sweden)</b>
<b>11:40 - 11:55</b> 15 mins	The role of proprioception and pre-season training <b>Elisabet Hagert (Qatar   Sweden)</b>
<b>11:55 - 12:10</b> 15 mins	Splinting and post-operative management <b>Om El Khir Ksantini (Qatar   Tunisia)</b>
<b>12:10 - 12:30</b> 20 mins	Panel Discussion <b>All</b>

**SYMPOSIUM 18: RESEARCH IN FOOTBALL: QUO VADIS?**

**VENUE: BALLROOM 3**

**Chair: Andrew Massey (UK)**

**Co-Chair: Andreas Serner (Denmark)**

**Learning Objectives:**

*On completion of this session, participants should be able to:*

1. Recall practical ways in which injury surveillance can assist football teams.
2. Appraise current injury prevention strategies and assess further improvement possibilities.
3. Summarize current research in performance and injury prevention in women's football.
4. Explain how load management can assist in injury prevention and describe associated limitations.

<b>10:30 - 10:35</b> 5 mins	Introduction <b>Chairpersons</b>
<b>10:35 - 10:47</b> 12 mins	FIFA Medical vision – Scientific focus areas, medical network, and Medical Centres of Excellence <b>Andrew Massey (UK)</b>
<b>10:47 - 10:59</b> 12 mins	Injury spotting in football <b>Andreas Serner (Denmark)</b>
<b>10:59 - 11:11</b> 12 mins	Injury surveillance at FIFA World Cups <b>Andreas Serner (Denmark)</b>
<b>11:11 - 11:23</b> 12 mins	Play like a girl – keeping our female players healthy and performing <b>Margo Mountjoy (Canada)</b>
<b>11:23 - 11:34</b> 12 mins	Football medicine research in the USA towards the World Cup <b>George Chiampas (USA)</b>
<b>11:34 - 11:46</b> 12 mins	Supporting football medicine research in Africa <b>Yacine Zerguini (Algeria)</b>
<b>11:46 - 11:58</b> 12 mins	Football science in the future: challenges and solutions <b>George Nassis (Greece   UAE)</b>
<b>11:58-12:30</b> 32 mins	Panel discussion <b>All</b>
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<b>12:30 - 14:00</b>	Lunch   Poster Presentation ( <i>refer to page 33 -34</i> )
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**Symposia 19, 20 & 21 are run in parallel (14:00 - 16:00)**

**SYMPOSIUM 19: WOMEN'S FOOTBALL**

**VENUE: BALLROOM 1**

**Chair: Liesel Geertsema (Qatar | New Zealand)**

**Co-Chair: Michiko Dohi-Tashima (Japan)**

**Learning Objectives:**

*On completion of this session, participants should be able to:*

1. Describe the history of women's football and factors which contributed to the lack of equality between male and female footballers – including equal access to medical care and sex-specific research.
2. Recognise and manage harassment and abuse in footballers.
3. Recall the unique aspects of women's football medicine in Iran.
4. Compare the different types of injuries in women's football between CONMEBOL and AFC.
5. Appraise the experience of the first women's professional football league in Asia.

<b>14:00 - 14:05</b> 5 mins	Introduction <b>Chairpersons</b>
<b>14:05 - 14:23</b> 18 mins	Women's football in 2022 - one step closer to levelling the playing field <b>Liesel Geertsema (Qatar   New Zealand)</b>
<b>14:23 - 14:41</b> 18 mins	"What would you do?" How to recognize and manage harassment and abuse in footballers: a clinical approach <b>Margo Mountjoy (Canada)</b>
<b>14:41 - 14:59</b> 18 mins	Women's football medicine in Iran - celebrating the beautiful game <b>Zohreh Haratian (Iran)</b>
<b>14:59 - 15:17</b> 18 mins	The differences in injuries in women's football between CONMEBOL and AFC <b>Oswaldo Pangrazio (Paraguay)</b>
<b>15:17 - 15:35</b> 18 mins	Experience of Women Empowerment league, first women's professional league in Asia <b>Michiko Dohi (Japan)</b>
<b>15:35 - 16:00</b> 25 mins	Panel discussion <b>All</b>



**SYMPOSIUM 20: UPDATE IN IMAGING OF FOOTBALL INJURIES**

**VENUE: BALLROOM 2**

**Chair: Marcelo Bordalo (Qatar | Brazil)**

**Co-Chair: TBC**

**Learning Objectives:**

*On completion of this session, participants should be able to:*

1. Outline the physiopathology and the imaging findings of bone stress injuries.
2. Identify the most common injuries affecting the spine of the footballer.
3. Classify accurately the muscle sprain in the lower limb.
4. Identify the most common injuries affecting the goalkeeper.
5. Describe the imaging assessment of groin pain in the football player.

<b>14:00 - 14:05</b> 5 mins	Introduction <b>Chairpersons</b>
<b>14:05 - 14:20</b> 15 mins	Bone stress injuries in football <b>Maryam Al Naimi (Qatar)</b>
<b>14:20 - 14:35</b> 15 mins	Imaging of goalkeeper injuries <b>Javier Arnaiz (Qatar   Spain)</b>
<b>14:35 - 14:50</b> 15 mins	Imaging of muscle injuries in the lower extremity <b>Eduardo Yamashiro (Qatar   Brazil)</b>
<b>14:50 - 15:05</b> 15mins	Imaging of groin pain in football <b>Marcelo Bordalo (Qatar   Brazil)</b>
<b>15:05 - 15:20</b> 15mins	<b>TBC</b>
<b>15:20 - 15:32</b> 12mins	Cultural competence in healthcare <b>Toni Evans (Qatar   New Zealand)</b>
<b>15:32 - 16:00</b> 28 mins	Panel discussion <b>All</b>

**SYMPOSIUM 21: TRAVELLING WITH A FOOTBALL TEAM**

**VENUE: BALLROOM 3**

**Chair: Ian McGuinness (Qatar | Scotland)**

**Co-Chair: Mark Fulcher (New Zealand)**

**Learning Objectives:**

*On completion of this session, participants should be able to:*

1. Develop a medical supplies strategy according to a specific destination.
2. Identify the needs and adapt to the particularities of the tournament the team is participating.
3. Adapt, monitor, and quantify training according to the tournament competition load.

<b>14:00 - 14:05</b> 5 mins	Introduction <b>Chairpersons</b>
<b>14:05 - 14:17</b> 12 mins	Travel preparation for medical teams for international competitions <b>Raquel Capella (Qatar   Spain)</b>
<b>14:17 - 14:29</b> 12 mins	Complexities of managing injuries abroad <b>Cosmin Horobeanu (Qatar   Romania)</b>
<b>14:29 - 14:41</b> 12 mins	Delivering sport psychology while traveling with a football team <b>Jaime Diaz (Qatar   Spain)</b>
<b>14:41 - 14:53</b> 12 mins	Training load management for intercontinental tournaments <b>Alberto Mendez Villanueva (Qatar   Spain)</b>
<b>14:53 - 15:05</b> 12 mins	Recovery strategies <b>Hani Al Haddad (Qatar   France)</b>
<b>15:05 - 15:17</b> 12 mins	Management of jet lag and performance (including medication considerations) <b>George Chiampas (USA)</b>
<b>15:17 - 15:29</b> 12 mins	Emergency medical management on the pitch in a major FIFA tournament - where do we all fit in? <b>Celeste Geertsema (Qatar   New Zealand)</b>
<b>15:29 - 16:00</b> 31 mins	Panel discussion <b>All</b>
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<b>16:00 - 16:30</b>	<b>Break</b>
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**LECTURE 4 | VENUE: GRAND BALLROOM**

**Chair: Andrew Colin Mercer (United Kingdom)**

**Co-chair: Dato' Dr Suaran Singh (Malaysia)**

**Learning Objectives:**

*On completion of this session, participants should be able to:*

1. Understand the magnitude and aetiology of mental health symptoms and disorders based on the available scientific knowledge.
2. Identify the IOC Sport Mental Health Assessment and Recognition Tools (SMHAT / SMHRT).
3. Develop competency in the clinical approach to athlete mental health symptoms and disorders.

**16:30 – 17:00** #MentallyFit Footballers: the role of the team physician  
**30 mins** **Margo Mountjoy (Canada)**

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**17:00 - 17:15** Break

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**17:15 - 17:30** Closing Ceremony

***Poster Presentation  
4 - 6 March 2023  
Displayed at the Ballroom Foyer***

- Poster 1** Development and evaluation of the coach-athlete relationship enhancement intervention  
**Justin Grantham (South Africa)**
- Poster 2** Acupuncture Anxiolytic Effects on Physiological and Psychological Assessments for a Clinical Trial  
**Tohid Seif Barghi (Islamic Republic of Iran)**
- Poster 3** Acupuncture decreases competitive anxiety prior to a competition in young athletes: a randomized. controlled trial pilot study  
**Tohid Seif Barghi (Islamic Republic of Iran)**
- Poster 4** Effect of acupuncture on levels of competitive anxiety among football players  
**Tohid Seif Barghi (Islamic Republic of Iran)**
- Poster 5** The Effect of Ten-Week FIFA 11+ Injury Prevention Program for Kids on Performance and Fitness of Adolescent Soccer Players  
**Tohid Seif Barghi (Islamic Republic of Iran)**
- Poster 6** Surgical Case of a Professional Football Player for Osteochondrosis of the Base of the Fifth Metatarsal Bone (Iselin's disease)  
**Takatoshi Morooka (Japan)**
- Poster 7** The Comparative Effect of Eight Weeks Small-Sided Soccer Games and Running Interval Training on Plasma Bone Turnover Markers (BTMs) and Health –Related Fitness of Overweight Adolescents Girls  
**Mohammad Faramarzi (Islamic Republic of Iran)**
- Poster 8** Performance-injury conflict management model in elite football environment  
**Joao Marques**
- Poster 9** Diminished femoral head–neck offset and the restricted hip range of motion suggesting a possible role in ACL injuries  
**Parhan Khanlari (Islamic Republic of Iran)**
- Poster 10** Arthroscopic excision of osteoid osteoma of coracoid process  
**Mustafa Poonawala (India)**
- Poster 11** The Use of Nutritional Supplements and Performance Enhancing Substances in patients in Umhlanga, South Africa  
**Nazeer Noor Mohamed (South Africa)**
- Poster 12** Study of Quality of Life Among Malaysian Amputee Footballers  
**Ahmad Munawwar Helmi Salim (Malaysia)**
- Poster 13** Patterns of Injuries and Illness Among Malaysian Contingents During the Kuala Lumpur Southeast Asia (KL SEA) Games 2017  
**Ahmad Munawwar Helmi Salim (Malaysia)**

- Poster 14** The Effectiveness of Single Intraarticular Injection of Platelet-Rich Plasma and Hyaluronic Acid for Meniscus Injury combined with Knee Osteoarthritis. A Case Report.  
**Aravind Kumar A/L Murugan @ Gopal (Malaysia)**
- Poster 15** The impact of vitamin D on fitness parameters amongst football and other team sports athletes – Pilot Study  
**Ansa Saju (India)**
- Poster 16** Impact of Previous Ankle Injuries on Professional Footballer's Preseason Functional Ankle Assessment  
**Ahmad Hazwan Bin Ahmad Shushami (Malaysia)**
- Poster 17** Prediction of Performance and Injury Risk in Football - A Biomechanical Perspective  
**Janani Gopalakrishnan (India)**
- Poster 18** The Role of football players as a model for promoting community health: A report on a tripartite collaboration to promote community health  
**Mohammad Mahdi Tavana (Islamic Republic of Iran)**
- Poster 19** Intra-articular Hyaluronic Acid Injection in Post Traumatic Osteoarthritis Patient with Post ACL Reconstruction and Meniscal Repair: A Case Report  
**Malini Karupiah (Malaysia)**
- Poster 20** A literature review on transgender footballers using newspaper articles  
**Aya Sadamasu (Japan)**
- Poster 21** Does Nutrition During the Rest Break of Training Affect Performance in Archers?  
**Tülin Atan (Turkey)**
- Poster 22** Prevalence of ankle instability in performers of Chinese classical dance: a cross-sectional study of 105 Chinese dancers  
**Samuel Ka-Kin LING (Hong Kong)**