Programme
The Medical Specialist in the Future of Sports Medicine
Turin, 19–22 February 2009
Lingotto Conference Centre

Requested:
The High Patronage of the President of the Italian Republic

and the patronage of:

Presidency of the Council of Ministers
Ministry of Labour, Health and Social Policy
Ministry of Youth
Ministry of Education, Universities and Research
Italian National Olympic Committee
Fédération Internationale de Médecine du Sport
European Federation of Sports Medicine Associations
National Federation for the Orders of Doctors and Dentists
Regional Administration of Piemonte
Province of Turin
Municipality of Turin
University of Turin
32nd National Congress of the Italian Sports Medicine Federation
1923–2009 – 80 years of history

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Maurizio Casasco

Honorary Presidents
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Carlo Gabriele Gribaudo

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General Secretary of CONI

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President of EFSMA

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Angelo Giglio
Gabriele Petrolito
Antonio Falconio
Luigi Maria Formica

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Vincenzo Lamberti
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SPEAKERS AND CHAIRS

Arpino Marco (Rome)
Astegiano Piero (Turin)
Bachl Norbert (Vienna, Austria)
Beltrami Gianfranco (Parma)
Bernardi Marco (Rome)
Biffi Alessandro (Rome)
Bonetti Antonio (Parma)
Bonifazi Marco (Siena)
Bonini Sergio (Rome)
Botrè Francesco (Rome)
Briolini Enrico (Milan)
Calligaris Alfredo (Bergamo)
Cammarelle Roberto (Milan)
Cannella Carlo (Rome)
Cogo Annalisa (Ferrara)
Corrado Domenico (Padua)
Cucci Italo (Rome)
Dal Monte Antonio (Rome)
Dalla Vedova Dario (Rome)
Damiano Sandro (Cuneo)
De Angelis Marco (L'Aquila)
De Ferrari Francesco (Brescia)
De Rose Eduardo (São Paolo, Brazil)
Di Luigi Luigi (Rome)
Di Mattia Daniel Giorgio (Milan)
Faina Marcello (Rome)
Falconio Antonio (Chieti)
Faletti Carlo (Turin)
Fiorella Pierluigi (Bologna)
Formica Luigi Maria (Macerata)
Francavilla Giuseppe (Palermo)
Gallozzì Claudio (Rome)
Ganzit Gian Pasquale (Turin)
Garnier Alain (Lausanne, Switzerland)
Ghizzo Marcello (Milan)
Giada Franco (Venice)
Giglio Antonio (Palermo)
Giombini Arrigo (Rome)
Gramiccioni Claudia (Rome)
Guardascione Carlo (Varese)
Halson Shona (Canberra, Australia)
Ieracitano Vincenzo Maria (Genoa)
Lecocq Jehan (Strasbourg, France)
Lamberti Vincenzo (Treviso)
Lazzarino Giuseppe (Catania)
Mariani Felice (Rome)
Matera Aristide (Naples)
Mauri Clara (Milan)
Martellino Giorgio (Rome)
Minguzzi Andrea (Bologna)
Munarin Federico (Venice)
Orizio Claudio (Brescia)
Pacifici Roberta (Rome)
Parodi Giuseppe (Turin)
Passelli Aldo (Udine)
Pecci Claudio (Como)
Pecorelli Gaia (Rome)
Pecorelli Sergio (Brescia)
Pelliccia Antonio (Rome)
Petroliito Gabriele (Venice)
Petti Prisco (Foggia)
Pezzano Antonio (Turin)
Romussi Francesco (Rome)
Rossi Paolo (Turin)
Roux Constant (Abidjan, Côte D'Ivoire)
Rovelli Emilio (Milan)
Russo Vincenzo (Naples)
Sallis Robert E. (Rancho Cucamonga, USA)
Schwazer Alex (Bolzano)
Simonetto Luigi (Como)
Spigolon Luigi (Padua)
Sturla Mario Ireneo (Pavia)
Todaro Antonio (Rome)
Tranquilli Carlo (Rome)
Vagnozzi Roberto (Rome)
Veicsteinas Arsenio (Milan)
Verdile Luisa (Rome)
Volpi Piero (Milan)
Zeppilli Paolo (Rome)
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SCIENTIFIC PROGRAMME

THURSDAY 19 FEBRUARY

15.30  OPENING SESSION

16.00  Sports medicine in the various continents
        N. Bachl, E. De Rose, C. Roux

17.00  Opening Ceremony
        Official welcome

17.30  Address of the Federation President
        M. Casasco

18.00  KEYNOTE LECTURE
        Exercise is Medicine; Realizing the Health Benefits of Physical Activity
        R. Sallis (Immediate Past-President of the American College of Sports Medicine)

19.00  Welcome cocktail
FRIDAY 20 FEBRUARY

First Session

President: G. Petrolito
Chairs: E. Rovelli, A. Todaro

THE SPORTS MEDICINE SPECIALIST AND THE ASSESSMENT OF FITNESS FOR COMPETITIVE SPORT

08.30 The FMSI’s view: the scientific value of sports medical screening
D. Corrado

08.50 Updating the criteria of cardiovascular fitness: towards the 4th edition of the COCIS
A. Biffi

09.10 Pulmonology guidelines
A. Cogo

09.30 Allergology guidelines
S. Bonini

09.50 Endocrinology guidelines
L. Di Luigi

10.10 Cerebral concussion in sport: new diagnostic prospects for a return to sporting activity
R. Vagnozzi, G. Lazzarino

10.40 Discussion

11.00 Coffee break

Second Session

President: F. Romussi
Chairs: V. Russo, M.I. Sturla

FITNESS ASSESSMENT AND CERTIFICATION IN SPORT

11.30 The consortium for certifying the quality of sports facilities
E. Briolini

11.45 Assessment of sports-related risk
F. Munarin

12.00 Pollutants and environmental risks (visual, acoustic, aeriform and chemical pollutants)
C. Gramiccioni
Programme

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12.15 Ergonomic aspects (ergonomic design, preventing human error and muscular-skeletal disorders)
M. De Angelis

12.30 The sports medicine specialist in the preparation of event routes and calendars
P. Volpi

12.45 From the quality of sports facilities to statutory requirements
G. Martellino

13.00 Discussion

13.30 Lunch

14.00 Poster discussion

Third Session

President: L. Di Luigi
Chairs: A. Bonetti, V. Lamberti

SPECIALIST DEVELOPMENT OF MOTOR ACTIVITY PROGRAMMES AS PART OF TREATMENT: ITALIAN EXPERIENCES

15.00 Introduction to the subject
A. Calligaris

15.15 Practical guidance for optimizing compliance with a motor activity programme
F. Giada

15.30 A motor activity programme for diabetics
P. De Feo

15.50 A motor activity programme for patients with cardiovascular disorders
L. Verdile

16.10 A motor activity programme for obese children
G. Ganzit

16.30 Coffee break

16.50 A motor activity programme for the elderly
P. Astegiano

17.10 A motor activity programme in the process of post-trauma rehabilitation
C. Tranquilli

17.30 A motor activity programme in an urban environment
L. Spigolon

17.50 Discussion
Fourth Session

Chairs: G. Parodi, P. Petti

FREE COMMUNICATIONS

18.15 Session opens

19.15 Session closes
SATURDAY 21 FEBRUARY

Fifth Session

President: C. Cannella
Chairs: G.F. Beltrami, L. Formica

SPORTS MEDICINE RELATED SCIENTIFIC RESEARCH FOR “WELL-BEING”

08.30 Physical activity and diet for a healthy lifestyle:
The “Choose Well-being” project of FMSI – Barilla
  • Epidemiological research into dietary habits and sports activities  
    F. Casacci
  • Proper diet for amateur athletes in long-distance athletic and cycling events  
    C. Mauri
  • Proper diet for amateur alpine skiing  
    C. Orizio

09.20 Discussion

09.40 KEYNOTE LECTURE
  Ethics in sport: emerging issues
  G. Petrolito

10.10 Coffee break

Sixth Session

President: F. De Ferrari
Chairs: M. Arpino, R. Pacifici

ANTI-DOPING: ORGANIZATION, RESEARCH, ETHICS

10.30 The DCO doctor: Italian excellence in the WADA system  
  D. Di Mattia

10.45 New research frontiers in the FMSI’s anti-doping laboratory  
  F. Botrè

11.00 Doping and sport: social and ethical aspects  
  A. Garnier
Seventh Session

President: A. Giglio
Chairs: V. Ieracitano, A. Veicsteinas

SPORTS MEDICINE SPECIALISTS AND TOP-LEVEL ATHLETES

11.30 Differential diagnosis of cardiovascular disorders
P. Zeppilli

11.50 Clinical importance and follow-up of ECG anomalies in top-level athletes
A. Pelliccia

12.05 Monitoring of training: the sports medicine doctor as part of the technical team
M. Faina

12.20 The dietary approach: fresh evidence?
P. Fiorella

12.35 Functional assessment of differently able athletes
M. Bernardi

12.50 Female athletes: a specific focus for the FMSI
S. Pecorelli

13.05 Acute fatigue: possible recovery strategies
S. Halson

13.25 Discussion

13.45 Lunch

15.00 ROUND TABLE
SPORTS MEDICINE AND SCIENCE FOR TOP-LEVEL ATHLETES

Chair: I. Cucci
Participants: Marco Bonifazi, Roberto Cammarelle, Sandro Damilano,
Pierluigi Fiorella, Felice Mariani, Andrea Minguzzi, Alex Schwazer
Eighth Session

President: A. Pezzano
Chairs: A. Falconio, A. Passelli

NEW COMPETENCES FOR THE SPORTS MEDICINE SPECIALIST

16.30 Muscular echography in the work of the sports medicine specialist
C. Faletti

16.45 Manual therapy and sports medicine osteopathy in sports medicine rehabilitation
J. Lecocq

17.05 The role of biomechanical evaluation in optimizing sporting performance
C. Gallozzi

17.25 Aeronautics, space and sports medicine: a stellar encounter
A. Dal Monte

17.45 First aid in sport: beyond BLS – the FMSI’s new guidelines
M. Ghizzo

18.00 Session close

CELEBRATION CEREMONY FOR THE 80 YEARS OF THE FMSI

19.45 KEYNOTE LECTURE
Free Radicals, Exercise, Environmental Stress and Ageing
P. Cerretelli

20.15 FMSI: 80 years of history

20.30 Concert

21.00 Awards ceremony

21.30 Concert

22.00 Buffet
SUNDAY 22 FEBRUARY

The FMSI Congress and the Rivista Medicina dello Sport: special sessions

President: P. Rossi
Chairs: G. Francavilla, C. Pecci

SPORTS MEDICINE FOR ... SPORT: CYCLING
(in collaboration with the Commissione Tutela della Salute della Federazione Ciclistica Italiana)

08.45 The need for a new health-care organization of the Italian Cycling Federation
L. Simonetto

09.15 The key role of the sports medicine specialist in health-care coordination and management for athletes
C. Guardascione

09.45 Discussion

10.00 Continuing medical education

10.30 Coffee break

11.00 Prevention and diagnosis of locomotor apparatus disorders: fresh approaches to the biomechanical assessment of cyclists
D. Dalla Vedova, G. Pecorelli

11.30 Treating disorders of the locomotor apparatus in cyclists: new approaches to rehabilitation
A. Giombini

12.00 Discussion

12.30 Session close

EXTRAORDINARY GENERAL MEETING OF THE FMSI

08.30-10.00 Verification of powers

10.00-13.00 Extraordinary general meeting of the FMSI

• The FMSI of the future

• The new statute

• Other business
TRAINING COURSES

Thursday 19 February 2009

Registration for the training courses is FREE. Therefore, admission is guaranteed up to the maximum number permitted for each course.

FMSI TRAINING COURSE
08.30-13.00 “Manual therapy in sports medicine”
Up to 20 participants

SPONSORED WORKSHOP
08.30-13.00 “Sports performance and vision”
in collaboration with Johnson & Johnson Vision Care
Up to 40 participants
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GENERAL INFORMATION

CONGRESS VENUE
Lingotto Conference Centre (Via Nizza 280, Turin. Tel. +39 011 6311702).

CONGRESS SECRETARIAT
The Congress Secretariat will be open to participants at the Congress venue from 17.00 to 19.00 on Wednesday 18 February 2009 and from 08.00 on Thursday 19 February 2009 throughout the Congress.

REGISTRATION FEES
FMSI members
Participation at the Congress is free for members that have paid their FMSI subscription for 2009.
FMSI members need to:
- submit the Congress registration form;
- enclose the receipt of payment of their FMSI subscription for 2009.

<table>
<thead>
<tr>
<th>Non-member participants</th>
<th>€ 250.00</th>
</tr>
</thead>
<tbody>
<tr>
<td>by 30 January 2009</td>
<td>€ 250.00</td>
</tr>
<tr>
<td>after 30 January 2009</td>
<td>€ 300.00</td>
</tr>
<tr>
<td>Students</td>
<td>€ 150.00</td>
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</tbody>
</table>

All fees are inclusive of 20% VAT.

Please register on-line, or send the registration form by fax to +39 0623325626.
Registration covers: participation in the work sessions, Congress kit, attendance certificate, welcome cocktail, working lunch, coffee breaks.

HOW TO PAY
Payment can be made by:

- bank transfer to AIM Congress srl, Sede di Roma, Banca INTESA-SANPAOLO, Filiale Roma 37, Via Campania 49, 00187 Rome, Italy
  IBAN IT58I030 6903 2401 0000 0005348.
- credit card on-line, secured by “VeriSign” and “SSB”.

An invoice will be issued for each registration. Therefore, please give the necessary tax code and VAT number as appropriate. Registrations submitted without such invoicing details will not be accepted.
CANCELLATIONS
Any cancellations must be notified to Segreteria AIM Group - AIM Congress, Rome Office, by 10 February 2009; the amount paid less 20% will be refunded. Cancellations made after this date will not be entitled to any refund. Refunds will only be made after the Congress.

OPENING CEREMONY
The opening ceremony will be held at 17.00 on Thursday 19 February 2009 at the “Sala 500” in the Lingotto Conference Centre. The ceremony will be followed by a cocktail welcome reception.

SIMULTANEOUS TRANSLATION
Simultaneous translation from English to Italian and from Italian to English will be provided. In addition, on 21 February 2009, simultaneous translation from French to Italian and from Italian to French will be provided.

BADGE
All properly registered participants will be issued with a badge to be shown for admission to the work sessions and exhibition area.

ATTENDANCE CERTIFICATE
At the end of the scientific programme, an attendance certificate will be issued to all participants who request one from the Congress Secretariat.

COFFEE BREAKS
These will take place on Friday 20 February and Saturday 21 February at the Lingotto Conference Centre.

WORKING LUNCHES
Lunch will be provided only to registered participants on Friday 20 February and Saturday 21 February at the Lingotto Conference Centre.

EXHIBITION AREA
At the Congress venue, an area reserved for technical-pharmaceutical exhibitors and scientific publishers will be open during the Congress’s working hours.

HOTAL BOOKINGS
To book hotel accommodation, please send an e-mail to the AIM Congress Organizing Secretariat: fmsi2009@aimgroup.it

VISITING TURIN
Turin is a city with more than two thousand years of history: a city with a great past that is focused on the future. The first capital of a united Italy, the Turin of today is a capital of European baroque, of the car industry, of magic and of chocolate. Stroll around and discover that the true treasures of this city are to be found in its streets, palaces, courtyards and piazzas – small and large, beautiful and elegant like noble drawing-rooms.
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FREE COMMUNICATIONS
As part of the scientific programme of the Congress, there will be a free communications session – in the form of oral presentations and posters.
For each scientific contribution, it is necessary to submit an abstract providing a complete summary of its content.
These summaries must be submitted in electronic form on-line by 30 January 2009.
Those unable to submit abstracts via the Internet are kindly requested to contact the Organizing Secretariat in order to arrange submission by e-mail.
Regardless of their scientific content, contributions submitted in hard-copy form, those that do not comply with the requirements given in the on-line form and those submitted after the above deadline will not be considered.
Anyone properly registered for the Congress can be the author or co-author of more than one scientific contribution. However, each person may present only one contribution both in the oral presentation session and in the poster session. Every abstract must specify the presenting author, who must be properly registered for the Congress.
The Scientific Committee will select the contributions for the oral and poster presentations. The Organizing Secretariat AIM Group - AIM Congress, Rome Office, will notify the authors of the abstracts selected with details of the date, time and form of their presentation.
The time allotted for an oral presentation is 8 minutes (6 minutes for the presentation and 2 minutes for discussion).
The posters selected must be placed on display on Friday 20 February between 08.00 and 11.00.
The posters must be 90 cm wide × 150 cm high. Materials for affixing the posters will be available from the secretariat. The authors are requested to be in the display area in order to discuss their work on Friday 20 February from 14.00 to 15.00.

UEMS CREDITS
The Congress will be accredited with the European Union of Medical Specialists (UEMS).

ECM CREDITS
The Congress (excluding the training courses) will be accredited with the Commissione Nazionale per la Formazione Continua in Medicina (ECM) of the Ministry of Labour, Health and Social Policy for the professional figure of surgeon.

ATTENDANCE MONITORING
Attendance will be monitored electronically through a rapid-flow portal.

SLIDE SHOWS
In all rooms, only personal computers (PCs) can be used for screening images. Each room will be equipped with a PC for presentations. The use of own PCs is not allowed. The various files, prepared using Microsoft Power Point 2003, should be delivered at least one day in advance if possible – or delivered on a CD-ROM or pen-drive to the Multimedia Slide Center at least one hour before the session commences. Windows XP will be the only operating system used and files prepared using the Apple operating system cannot be accepted.