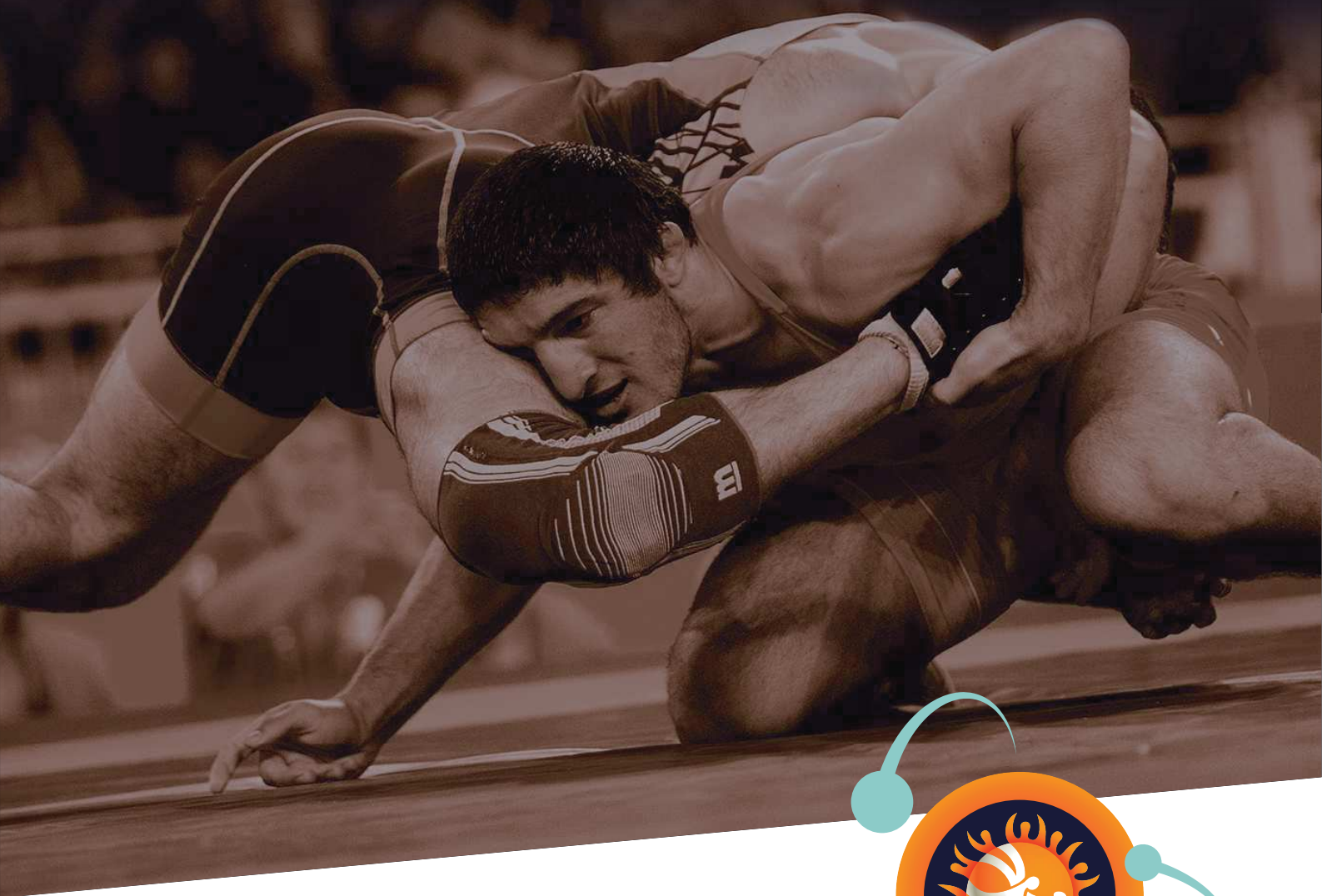


BUDAPEST 24-26 OCTOBER 2019

WORLD WRESTLING MEDICINE CONFERENCE & TEAM PHYSICIAN COURSE



PROGRAM & INFORMATION

CONGRESS HALL
UNIVERSITY OF PHYSICAL EDUCATION, BUDAPEST, HUNGARY

**UNITED WORLD
WRESTLING**



WORLD WRESTLING MEDICINE CONFERENCE

Conference & Course Chair: Babak Shadgan
Program Director: Szabolcs Molnar

ORGANIZERS

- ❖ United World Wrestling
- ❖ Hungarian Wrestling Federation
- ❖ University of Physical Education, Budapest

ORGANISING COMMITTEE

- ❖ Szabolcs Molnár
- ❖ Éva Kőrösi
- ❖ Gábor Farkas
- ❖ Katalin Bacskai
- ❖ Babak Shadgan
- ❖ Carlos Roy

SCIENTIFIC COMMITTEE

- ❖ Babak Shadgan, MD, MSc Sports Med, PhD
- ❖ Mika Lehto, MD, PhD
- ❖ Stefan Sikimic, MD
- ❖ Ágnes Tiszeker MD
- ❖ Krisztián Gáspár MD, PhD
- ❖ Szabolcs Molnár, MD, PhD

CONFERENCE LOCATION

University of Physical Education – Congress Hall - <https://english.tf.hu/>
Alkotás u. 44
1123 Budapest, Hungary

PROGRAM TIMETABLE

- ❖ Oct 23 All day Arrivals
- ❖ Oct 24 Morning Conference
- ❖ Oct 24 Afternoon Conference
- ❖ Oct 24 Evening Banquet / Social Event
- ❖ Oct 25 Morning Conference
- ❖ Oct 25 Afternoon Team Physician Course
- ❖ Oct 26 Morning Team Physician Course
- ❖ Oct 26 Afternoon Team Physician Course – Departures
- ❖ Oct 27 All Day Departures
- ❖ Oct 27 UWW Medical Commission Meeting



WORLD WRESTLING MEDICINE CONFERENCE

Conference Program

24th October 2019

Day 1

Session # 1				
Session Chair: Dr Shadgan				
	Invited talks - Title	Speaker	(min)	Schedule
1	Welcome speech & program introduction	Szabolcs Molnár	5	8:00 – 8:05
2	Welcome speech by the Vice-President of the Hungarian Federation	Péter Bacsa	5	8:05 – 8:10
3	Wrestling injuries; facts & figures; past, present and future	Babak Shadgan	30	8:10 – 8:40
4	Common musculoskeletal injuries in wrestling: an overview	Loukas Konstantinou	30	8:40 – 9:10
5	Principals of musculoskeletal injury prevention in wrestling	Szabolcs Molnár	30	09:10 – 09:40
6	Panel Discussion #1	Session speakers	20	9:40 – 10:00
Break				10:00 – 10:30

Session # 2				
Session chair: Dr Gaspar				
	Accepted Presentations - Title	Speaker	(min)	Schedule
7	Effects of low mobility of the spine in young male and female wrestlers	Varvara Loannidou	15 + 5	10:30 – 10:50
8	Study of the Peak Oxygen Uptake and Maximal Heart Rate in Wrestling	Daniela Cuadra	15 + 5	10:50 – 11:10
9	Precompetitive anticipatory stress response of elite wrestlers	Gabor Farkas	15 + 5	11:10 – 11:30
10	Assessment of wrestling mats to prevent sports injuries	Marton Tomin	15 + 5	11:30 – 11:50
11	Hypoplasia, rupture or anatomical variant of biceps brachii	Ana C. Gemelgo	15 + 5	11:50 – 12:10
Lunch				12:10 – 13:30

Conference Program

24th October 2019

Day 1

Session # 3				
Session chair: Dr Lehto				
	Accepted Presentations - Title	Speaker	(min)	Schedule
12	Rare & severe lesion of the ischiocrural muscle group in wrestling- a case report	Simon Johann	15+5	13:30 – 13:50
13	Successful non-operative management of near complete proximal hamstring injury	Jason Crookham	15+5	13:50 – 14:10
14	Pectoralis major injuries in wrestling	Klaus Johann	15+5	14:10 – 14:30
15	Most Frequent Shoulder Injuries in Mexican Junior and Senior Olympic Wrestlers, Described by Musculoskeletal Ultrasound	Francisco Lee	15+5	14:30 – 14:50
16	The Knee Ligament Injuries in Wrestler	Kohei Nakajima	15+5	14:50 – 15:10
Break				15:10 – 15:40

Session # 4				
Session Chair: Dr Molnar				
	Invited talks - Title	Speaker	(min)	Schedule
17	Can I protect the wrestler's spine from long-term damage?	Eckart Diezemann	30	15:40 – 16:10
18	Return to the sport after joint injuries, when is the time and how to return	Nicola Maffulli	30	16:10 – 16:40
19	Overtraining and fatigue syndrome in elite athletes	Amir Pakravan	30	16:40 – 17:10
20	Panel Discussion #2	Session speakers	20	17:10 – 17:30

<p>Dinner hosted by the Hungarian Wrestling Federation</p> <p>Sir Lancelot Restaurant Podmaniczky u. 14 1065 Budapest</p> <p>Transport from the hotel Novotel will leave at 18:30</p>	19:00 – 22:00
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Conference Program

25th October 2019

Day 2

Session # 5				
Session Chair: Dr Tiszeker				
	Accepted Presentations - Title	Speaker	(min)	Schedule
21	A Review of Scientific Research and Activities Related to Nutrition Doping and Allergies in Croatian Wrestling (1991-2019)	Mario Baić	15+5	8:00 – 8:20
22	Cauliflower ear among Finnish high-level male wrestlers and judokas	Mika Lehto	15+5	8:20 – 8:40
23	Risk of bloodborne infection transmission in wrestling	Reza Naghavi	15+5	8:40 – 9:00
Break				9:00 – 9:30

Session # 6				
Session Chair: Dr Sikimic				
	Invited talks - Title	Speaker	(min)	Schedule
24	The effects of oral infections and periodontal diseases on wrestling performance	Aviram Shmuely	30	9:30 – 10:00
25	Preventing psychological harms in wrestling	Judy Goss	30	10:00 – 10:30
26	Overview on doping rule violations in wrestling	Carlos Roy	30	10:30 – 11:00
27	Panel Discussion # 3	Session speakers	20	11:00 – 11:20
28	Conference Closing Talk + Best Presentation Award Reception		10	11:20 – 11:30
Lunch				11:30 – 13:00



Team Physician Course Program

25th October 2019

Day 2

	Title	Speaker	(min)	Schedule
1	Welcome speech and introduction	Babak Shadgan	10	13:00 – 13:10
2	Regular medical examinations of wrestlers; the best model	Stefan Strugarov	30	13:10 – 13:40
3	Pre-participation medical examination, why, when and how	Jose Padilha	30	13:40 – 14:10
4	Dental injuries and prevention in wrestling	Aviram Shmuely	30	14:10 – 14:40
Break				14:40 – 15:10
5	Acute care of shoulder and elbow injuries on the mat	Nicola Maffulli	30	15:10 – 15:40
6	Spine injuries in wrestling, overview and prevention	Klaus Johann	30	15:40 – 16:10
7	Injury fixation and transportation from the mat - Workshop	Amir Pakravan	110	16:10 – 18:00



Team Physician Course Program

26th October 2019

Day 3

	Title	Speaker	(min)	Schedule
8	General health management strategies in wrestling	Stevan Sikimic	30	9:00 – 9:30
9	Medical coverage of wrestling events; from A to Z	Szabolcs Molnár	30	9:30 – 10:00
10	Injury prevention by proper Medico-Referee action	Babak Shadgan	30	10:00 – 10:30
Break				10:30 – 11:00
11	Skin conditions in wrestling, how to prevent	Krisztián Gáspár	30	11:00 – 11:30
12	Travel medicine principals for wrestling teams	Ákos Sántha	30	11:30 – 12:00
13	Veteran medicine in wrestling; examinations and prevention	Mika Lehto	30	12:00 – 12:30
14	Weight control management in wrestling	Éva Kőrösi	30	12:30 – 13:00
Lunch				13:00 – 14:00
16	Cultivating psychological safety and its impact on performance	Judy Goss	30	14:00 – 14:30
17	Athlete safeguard	Kirsty Burrows	30	14:30 – 15:00
18	Doping control rules update and UWW TUE process	Carlos Roy	30	15:00 – 15:30
Certificates & Departures				

IN PARTNERSHIP WITH

