

	<b>FRIDAY 18 Oct TRAUMA</b>	<b>FRIDAY 18 Oct REHABILITATION</b>	<b>FRIDAY 18 Oct GIH</b>
08.30-10.00	<b>RETURN TO SPORT</b> (All sections) (Lecture room: ERFORS) Different important parts in monitoring elite sportsmens return to their sports. Jon Karlsson ArthroClinic Concept for on-field Football ACL-rehabilitation. Annica Näsmark, Åsa Lönnqvist On-field rehabilitation after knee surgery. Stefano Della Villa Evaluation before consideration return-to-sport. Suzanne Werner Whole body vibration for strength gain - Fact or Fiction? Maria Ekblom Return to elite football after hamstring injury. Carl Askling	<b>RETURN TO SPORT</b> (All sections) (Lecture room: ERFORS)	<b>RETURN TO SPORT</b> (All sections) (Lecture room: ERFORS)
10.00-10.30	COFFEE	COFFEE	COFFEE
10.30-12.00	<b>MENISCAL SURGERY</b> (Lecture room: ERFORS) Outcome of meniscectomy and meniscus repair in the stable knee. Peter Rockborn Complication and results after meniscal repair. Matteo Denti Surgical vs non surgical treatment of degenerative medial meniscal tears. Peter Wange Specific technique to suture avascular meniscal tears. Roland P. Jakob <b>ACL SURGERY</b> (Lecture room: ERFORS) Graft-dependent differences in the ligamentization process. Hermann Mayr BPTB vs Quadriceps tendon in ACL surgery - RCT study. Bent Lund	<b>PSYKOLOGI OCH IDROTT/ÖVERTRÄNING</b> (Lecture room: AULAN GIH) Psykologisk prevention av idrottskada. Ulrika Tranaeus Psykologiska faktorer vid rehabilitering av idrottskada. Urban Johnson Överträning-hur känns det igen? Carolina Lundqvist Överträning-vad händer fysiologiskt? Karin Henriksson-Larsén Förebygga och behandla överträning-psykologiska aspekter. Göran Kenttä Formtoppning-hur nås den? Henrik Gustavsson	<b>PSYKOLOGI OCH IDROTT/ÖVERTRÄNING</b> (Lecture room: AULAN GIH)
12.00-13.00	LUNCH	LUNCH	LUNCH
13.00-13.30	<b>Guest Lecturer: Physiology</b> (All sections) (Lecture room: ERFORS) Konditionsträning på skidor-vad kan andra idrotter lära? HC Holmberg	<b>Guest Lecturer: Physiology</b> (All sections) (Lecture room: ERFORS) Konditionsträning på skidor-vad kan andra idrotter lära? HC Holmberg	<b>Guest Lecturer: Physiology</b> (All sections) (Lecture room: ERFORS) Konditionsträning på skidor-vad kan andra idrotter lära? HC Holmberg
13.30-15.00	<b>HIP ARTHROSCOPY UPDATE</b> (Lecture room: ERFORS) FAI. Diagnosis/Treatment. Prophylactic surgery? Leif Swärd Danish Hip Register/Scandinavian collaboration. Bent Lund Labrum, function, resection, suture, reconstruction. Tomas Eriksson Cartilage lesions. Influence on results/prognosis. Treatment options. Tom Ludvigsen Internal snapping hip. Anders Valentin	<b>ALPINSYMPOSIUM</b> (Lecture room: SOPHIA) The role of being an alpine skier at elite level. Lina Johansson Knee Ligament Reconstruction technique on skiers. Pro and Cons. Nikolaus Friedrich Physiological demands on Elite Alpine Skiers. Björn Lison Risk factors & Prevention in Elite Alpine Skiing. Maria Westin Psychological aspects in elite alpine skiers. Henrik Gustavsson	<b>NUTRITION</b> (Lecture room: AULAN GIH) 13.40-15.00 Nyheter kring protein och träning. Eva Blomstrand Kosttillskott-behovs de? Björn Ekblom Hälsoeffekter av LCHF. Mai-Lis Hellenius Energittillgänglighet hos idrottare. Petra Lundström
15.00-15.30	COFFEE	COFFEE	COFFEE
15.30	Promovering av master/magister studenter? Karin Henriksson-Larsén (Lecture room: ERFORS)	Promovering av master/magister studenter? Karin Henriksson-Larsén (Lecture room: ERFORS)	Promovering av master/magister studenter? Karin Henriksson-Larsén (Lecture room: ERFORS)