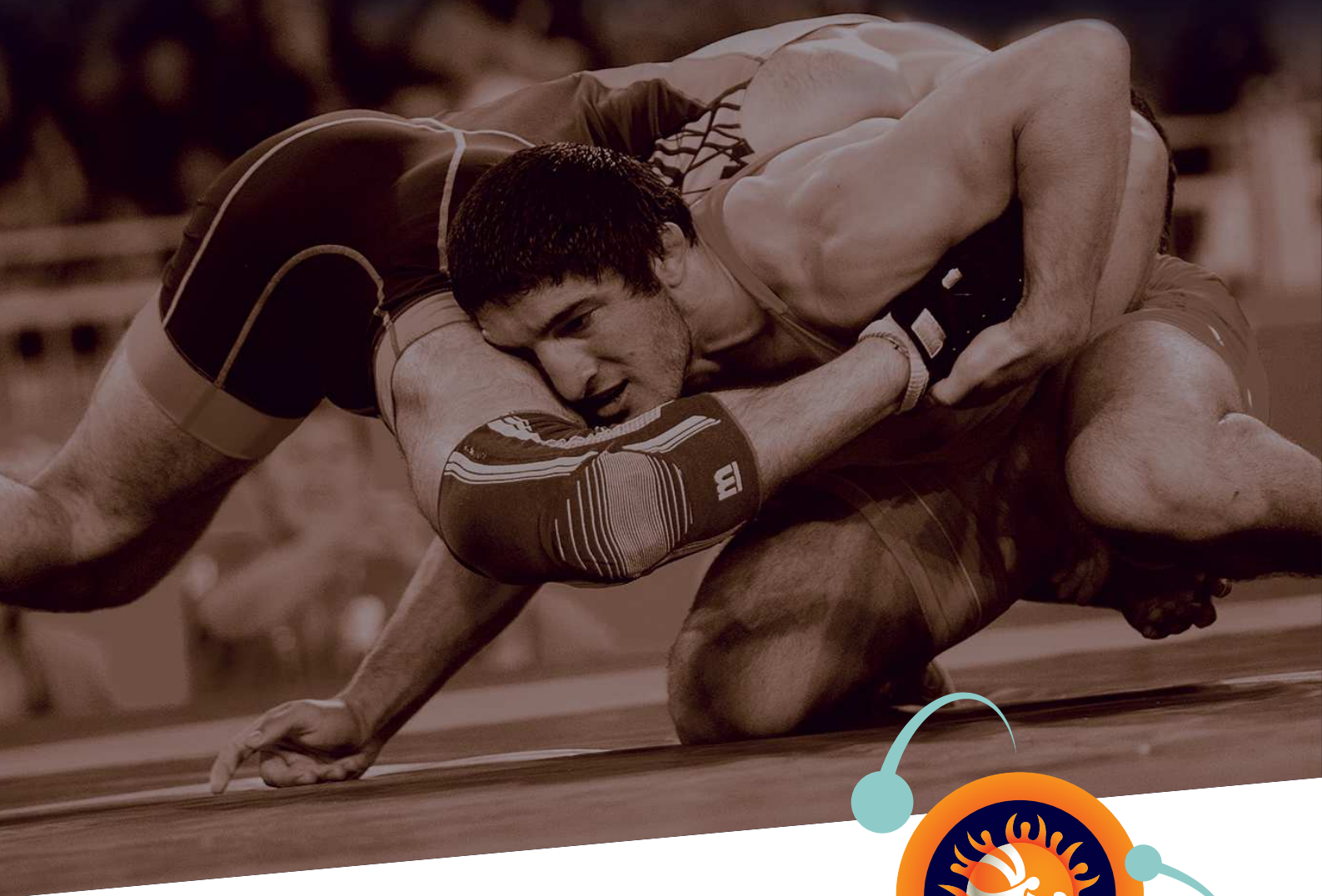


BUDAPEST 24-26 OCTOBER 2019

WORLD WRESTLING MEDICINE CONFERENCE & TEAM PHYSICIAN COURSE



PROGRAM & INFORMATION

CONGRESS HALL
UNIVERSITY OF PHYSICAL EDUCATION, BUDAPEST, HUNGARY

**UNITED WORLD
WRESTLING**



WORLD WRESTLING MEDICINE CONFERENCE

ORGANIZERS

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

ORGANISING COMMITTEE

Director: Szabolcs Molnár

Members:

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

SCIENTIFIC COMMITTEE

Chair: Babak Shadgan, MD, MSc Sports Med, PhD

Members:

- ❖ Bernard Feldman, MD
- ❖ 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

Alkotás u. 44

1123 Budapest, Hungary

<https://english.tf.hu/>

IMPORTANT DATES

- ❖ Aug 30 Abstract submission deadline
- ❖ Sep 10 Abstract selection and announcement
- ❖ Sep 28 Registration deadline

PROGRAM TIMETABLE

- ❖ Oct 23 All day Arrivals
- ❖ Oct 24 Morning Conference
- ❖ Oct 24 Afternoon Conference



WORLD WRESTLING MEDICINE 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

SPEAKERS

- ❖ Dr. Bernard Feldman (United States)
- ❖ Dr. Krisztián Gáspár (Hungary)
- ❖ Dr. Judy Goss (Canada)
- ❖ Dr. Klaus Johann (Germany)
- ❖ Dr. Loukas Konstantinou (Greece)
- ❖ Ms. Éva Kőrösi (Hungary)
- ❖ Dr. Mika Lehto (Finland)
- ❖ Dr. Nicola Maffulli (Italy / Great Britain)
- ❖ Dr. Szabolcs Molnar (Hungary)
- ❖ Dr. Jose Padilha (Brazil)
- ❖ Dr. Amir Pakravan (Great Britain)
- ❖ Dr. Ákos Sántha (Hungary)
- ❖ Dr. Babak Shadgan (Canada)
- ❖ Dr. Aviram Shmueli (United States)
- ❖ Dr. Stevan Sikimic (Serbia)
- ❖ Dr. Stefan Strugarov (Bulgaria)
- ❖ Ms. Susan Greinig (Great Britain)
- ❖ Ms. Kirsty Burrows (Great Britain)
- ❖ Mr. Carlos Roy (Spain / Great Britain)

REGISTRATION & CONTACT

The participants must register via [Athena](#) for the U23 World Championships and tick the box “Attend Medical Conference”. A 150 € fee will be charged and will include: accommodation, transport, conference registration, lunch & coffee breaks, Certificates.

Participants who are not associated with their National Federation but who wish to attend the Conference & Training Course may register by filling a paper *Registration Form* to found on the <https://unitedworldwrestling.org/organisation/registration>. A 90 € fee will be charged and will include: conference registration, lunch & coffee breaks, Certificates.

For more information please visit <https://unitedworldwrestling.org> or contact United World Wrestling: MedicalConference2019@unitedworldwrestling.org

Conference Program*

Day 1 – Morning - October 24th

	Title	Speaker	(min)	Schedule
1	Welcome speech & program introduction	Szabolcs Molnár	5	8:00 – 8:05
2	Welcome speech by the President of the Hungarian Federation	Szilárd Németh	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	30	9:40 – 10:10
Break				10:10 – 10:40
Abstract Presentations				
7			15 + 5	10:40 – 11:00
8			15 + 5	11:00 – 11:20
9			15 + 5	11:20 – 11:40
10			15 + 5	11:40 – 12:00
11			15 + 5	12:00 – 12:20
12			15 + 5	12:20 – 12:40
Lunch				12:40 – 14:00

* Subject to changes.



WORLD WRESTLING MEDICINE CONFERENCE

Conference Program

Day 1 – Afternoon - October 24th

	Title	Speaker	(min)	Schedule
13	Return to the sport after joint injuries, when and how	Nicola Maffulli	30	14:00 – 14:30
14	Corticosteroid injections, indications and contraindications	Bernard Feldman	30	14:30 – 15:00
15	The effects of oral infections and periodontal diseases on wrestling performance	Aviram Shmuely	30	15:00 – 15:30
16	Panel Discussion 2	Session speakers	30	15:30 – 16:00
Break				16:00 – 16:30
Abstract Presentations				
17			15 + 5	16:30 – 16:50
18			15 + 5	16:50 – 17:10
19			15 + 5	17:10 – 17:30
20			15 + 5	17:30 – 17:50
21			15 + 5	17:50 – 18:10
22			15 + 5	18:10 – 18:30



Conference Program

Day 2 – Morning - October 25th

	Title	Speaker	(min)	Schedule
23	Preventing psychological harms in wrestling	Judy Goss	30	8:00 – 8:30
24	Overtraining and fatigue syndrome in elite athletes	Amir Pakravan	30	8:30 – 9:00
25	Overview on doping rule violations in wrestling	Carlos Roy	30	9:00 – 9:30
26	Panel Discussion 3	Panel	30	9:30 – 10:00
Break				10:00 – 10:30
Abstract Presentations				
27			15 + 5	10:30 – 10:50
28			15 + 5	10:50 – 11:10
29			15 + 5	11:10 – 11:30
30			15 + 5	11:30 – 11:50
31			15 + 5	11:50 – 12:10
32			15 + 5	12:10 – 12:30
33	Conference Closing Talk + Best Presentation Award Reception		5	12:30
Lunch				



Team Physician Course Program

Day 2 – Afternoon – October 25th

	Title	Lecturer	(min)	Schedule
1	Welcome speech and introduction	Babak Shadgan	10	14:20 – 14:30
2	Regular medical examinations of wrestlers; the best model	Stefan Strugarov	30	14:30 – 15:00
3	Pre-participation medical examination, why, when and how	Jose Padilha	30	15:00 – 15:30
4	Medical coverage of wrestling events; from A to Z	Szabolcs Molnár	30	15:30 – 16:00
Break				16:00 – 16:30
5	Acute care of shoulder and elbow injuries on the mat	Nicola Maffulli	30	16:30 – 17:00
6	Spine injuries in wrestling, overview and prevention	Klaus Johann	30	17:00 – 17:30
7	Injury fixation and transportation from the mat	Amir Pakravan	30	17:30 – 18:00
8	Dental injuries and prevention in wrestling	Aviram Shmuely	30	18:00 – 18:30



WORLD WRESTLING MEDICINE CONFERENCE

Team Physician Course Program

Day 3 – Morning - October 26th

	Title	Speaker	(min)	Schedule
9	Wound bleeding control on the mat	Bernard Feldman	30	9:00 – 9:30
10	Injury prevention by proper Medico-Referee action	Babak Shadgan	30	9:30 – 10:00
11	General health management strategies in wrestling	Stevan Sikimic	30	10:00 – 10:30
Break				10:30 – 11:00
12	Skin conditions in wrestling, how to prevent	Krisztián Gáspár	30	11:00 – 11:30
13	Travel medicine principals for wrestling teams	Ákos Sántha	30	11:30 – 12:00
14	Veteran medicine in wrestling; examinations and prevention	Mika Lehto	30	12:00 – 12:30
15	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	S. Greinig, K. Burrows	30	14:30 – 15:00
18	Doping control rules update and UWW TUE process	Carlos Roy	30	15:00 – 15:30

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