

ACTION SPORTS & EXERCISE MEDICINE CONGRESS

MALCESINE (VR) - PALAZZO DEI CAPITANI 12-13 JULY 2019



INTERDISCIPLINARY APPROACH TO ACTION SPORTS TO BUILD EFFECTIVE PROFESSIONAL NETWORKS

EVENT ADDRESSED TO DOCTORS, ENGINEERS, PHYSIOTHERAPISTS, REHABILITATORS AND TRAINERS

WITH THE PARTICIPATION AND PATRONAGE OF



FRIDAY, JULY 12TH

9:00 THE ACTION SPORTS WORLD

Presentation of the congress
Feletti F, Politecnico di Milano
The role of bioengineering in action sports medicine
Aliverti A, Politecnico di Milano
Vision and development of the kite foil discipline for the Olympic program
Babini M, IKA
Skateboarding: a new Olympic sport
Basilico L, Skate World
Foiling, the third mode of sailing
Rizzotti L, Foiling Week
Diving and hyperbaric medicine
Balestra C, European Underwater and Baromedical Society

10:00 SNOWBOARDING

The sport, disciplines. Injuries by anatomical area; case studies, common injury treatment and injury prevention
Daniela Chlábková, Brno University of Technology

11:00 KITESPORTS

The sports, equipment, disciplines and subdisciplines, Physiology. Injuries: dynamics, diagnosis and treatment, prevention, specific training. Clinical cases
Feletti F, Politecnico di Milano

Overuse injuries in kitesurfing; a prospective study
Paiano R, University of Siena

12:00 SCUBA DIVING

Towards a more personalized evaluation endpoint for decompression stress research
Balestra C, Université Libre de Bruxelles

12:30 LUNCH

14:30 AERIAL EXTREME SPORTS

Incidents & injuries in foot-launched flying sports
Feletti F, Politecnico di Milano
Injuries and fatalities in BASE jumping
Brodmann Maeder M, Bern University

15:30 EXTREME WHEELS

Mountain Biking: disciplines, equipment, injury and fatality rates; specific injuries: diagnosis, treatments and prevention; clinical cases
David C Fiore, University of Nevada
Accidents and risks related behaviours in downhill MTB in regard to trail choice
Anika Frühauf, University of Innsbruck

16:30 ULTRA-ENDURANCE

The point of view of an ultra-endurance athlete
Monaci C
Ultramarathons. Predictor variables for success, physiology, pathophysiological effects, skeletal muscle and heart damage, the immune system problems of the locomotor system, runner's knee and tendon injuries, lumbar pain, pelvic pain, thigh pain
Saini G, S Maria delle Croci Hospital, Ravenna
The effect of mental fatigue in endurance sports
Filipas L, University of Milan

Infectious diseases and poisonous animals in sport practice in remote locations. The Trilha Transcarioca
Pereira Ingrid R, Univ. Federal do Rio de Janeiro

17:30 PSYCHOLOGY

Psychology of extreme sport athletes
Brymer E, Leeds Beckett University

SATURDAY, JULY 13TH

9:00 ROCK & ICE CLIMBING

The sport, injury and fatality risk, equipment, specific training. Normal musculoskeletal adaptations in the climber's body. Injuries: clinical examination, diagnostics and treatment. Overuse syndromes in ice climbing. Sports ability test and medical supervision of junior, high-level, rock-climbing athletes
Lutter C, Friedrich, Alexander Universität

Emergency Medicine in Mountain Sports
Elsensohn F, International Commission for Mountain Emergency Medicine

10:00 PREVENTION TRAINING & SUPPORT

Injuries and therapies in Moto GP, The experience of Clinica Mobile
Paraskevopoulos A, Clinica Mobile, University of Brescia
From theory to practice of high intensity interval training
Bonato M, University of Milan
Smart clothing for extreme sports
Scataglini S, Belgian Royal Military Academy
How to live on the edge without falling over it - Constructing pre-expedition medical planning documents
Nikki McLeary, Kings College London
How to manage medical assistance for an Ironman competition
Saini G, S. Maria delle Croci Hospital, Ravenna
Risk management of cold exposure
Elsensohn F, International Commission for Mountain Emergency Medicine
Extreme education: The Tasmanian experience from Antarctica and Everest to space and beyond
Edi Albert, University of Tasmania

11:30 REHABILITATION

Knee and shoulder rehabilitation in Extreme Sports
Nyland J, Spalding University
Vestibular rehabilitation after concussion in action sports
Mucci V, University of Zurich

12:30 LUNCH

14:30 ENGINEERING & MEDICINE

Chair: M. Tarabini
Presentation of the session
Tarabini M, Politecnico di Milano
Acclimatization and chronic hypoxia at extreme altitude
Marzorati M and Porcelli S, National Council of Research
Challenges in extreme sports aerodynamics - Wind tunnel
Belloli M, Politecnico di Milano
Use of wearable systems to assess the fluency of movement in parkour
Bracco C and Molisso MT, Politecnico di Milano
An ecological dynamics framework for the acquisition of perceptual-motor skills in extreme sports
Seifert L, Université Rouen
Efficiency of handlebar mounts in the reduction of shocks and vibration in motocross
Tarabini M, Politecnico di Milano
The human capability to predict ultimate strength of rock-climbing protection devices placed in the field
Cadini F, Manes A, Politecnico di Milano

17:30 CLOSURE OF WORKS AND PRESENTATION OF FUTURE EVENTS

Special technical, scientific sessions dedicated to sailing will be held at the Fraglia Vela Malcesine during the Foiling Week regatta