



MAY 8-9 2015

AUDITORIUM DEL SERAPHICUM
Via del Serafico, 1 - **ROME - ITALY**



14th STMS WORLD CONGRESS OF
TENNIS MEDICINE

PRELIMINARY PROGRAM



Chairman: Giovanni Di Giacomo, MD

14.30-14.40 PRESENTATION

(G. Di Giacomo - ITALY, N. Jayanthi - USA, J. Maquirriain - ARGENTINA)

LOWER BACK and SPINE

ROOM "A"

MODERATOR: G. Costanzo - Italy

- 14.40-14.50** **Epidemiology of tennis injuries: a 8-year study of Davis Cup matches**
(J. Maquirriain - ARGENTINA)
- 14.50-15.00** **Livestrong lifelong: health benefits of tennis**
(K. Weber - GERMANY)
- 15.00-15.10** **Low back injuries in tennis: diagnosis and treatment algorithm**
(V.B. Vad - USA)
- 15.10-15.20** **How we treat spine issues on the ATP Tour**
(H. Grivil - FRANCE)
- 15.20-15.30** **Stress fracture of the spine**
(B. Montalvan - FRANCE)
- 15.30-15.40** **Lumbar spondylolysis**
(J. Maquirriain - ARGENTINA)
- 15.40-15.50** **MRI findings in the lumbar spines of asymptomatic elite junior tennis players**
(M. Turner - UK)
- 15.50-16.00** **Sports hernia & evaluation of groin pain**
(N. Jayanthi - USA)
- 16.00-16.15** **DISCUSSION**

16.15 -16.40 MINI SYMPOSIUM

ROOM "A"

"Should we be concerned about the number of serves the players hit?"

MODERATORS: B. Kibler - USA, N. Jayanthi - USA

(Players – Coaches - ATP / WTA medical service staff and trainers)

INSIDE TENNIS

ROOM "A"

MODERATORS: P. Volpi - ITALY, C. Meli - ITALY

- 16.40-16.50** **Age-related training for tennis players aged 8-20 years**
(F. Johansson - SWEDEN)
- 16.50-17.00** **Early specialization - how great are the risks?**
(N. Jayanthi - USA)
- 17.00-17.10** **Junior elite players injuries, shoulder, knee and stress fractures**
(R. Silva - USA)
- 17.10-17.20** **The psychosocial development of the adolescent tennis player**
(K. Martin - USA)
- 17.20-17.30** **Advanced use of ultrasound during a tennis tournament**
(P. Coudert - FRANCE)
- 17.30-17.40** **What to do? Should they all take an MRI?**
(M. Turner - UK)
- 17.40-17.50** **Tissue recovery after a tough match to get ready for the next**
(T. Saartok - SWEDEN)
- 17.50-18.00** **Applied recovery techniques in elite tennis players**
(M. Kovacs - USA)
- 18.00-18.10** **Bone bruise in the knee - What does it mean?**
(R. Frobell - SWEDEN)
- 18.10-18.20** **8 years of testing on the ATP Tour: tennis on the highest level**
(T. Ellenbecker - USA)
- 18.20-18.30** **The medical service in the world wide sport of tennis**
(P. Renström - SWEDEN)
- 18.30-18.50** **DISCUSSION**

16.00 - 18.00 FREE PAPERS

ROOM "B"

ore 21.00 **FACULTY DINNER**

08.20-08.30 INTRODUCTION

(G. Di Giacomo - ITALY, G. Malagò "President of CONI" - ITALY, P. Volpi - ITALY)

08.30-08.42 Epidemiology of tennis injuries

(G. Windler - USA)

THE SHOULDER IN TENNIS

ROOM "A"

MODERATORS: G. Di Giacomo - ITALY, G. Porcellini - ITALY

08.42-08.54 Analysis of the sport: "Understanding the kinetic chain"

(B. Kibler - USA)

08.54-09.06 Biomechanics of tennis serve

(T. Ellenbecker - USA)

09.06-09.18 Effect of muscular fatigue on serve biomechanics and risk of overuse injuries during prolonged tennis matches

(C. Martin - FRANCE)

09.18-09.30 Prevention of shoulder injuries in tennis: take care of the deceleration mechanism

(A. Cools - BELGIUM)

09.30-09.42 Isokinetic strength of the internal and external rotators of the tennis player: presentation of a series of 20 cases 2005/2014" (professional players)

(B. Montalvan - FRANCE)

09.42-09.54 The shoulder: "os acromiale and tennis"

(J. Parier - FRANCE)

09.54-10.14 DISCUSSION

ROUND TABLE : The Shoulder

ROOM "A"

MODERATORS: G. Paribelli - ITALY, P. Randelli - ITALY

10.14-10.26 Up-date on shoulder instability

(G. Di Giacomo - ITALY)

10.26-10.38 When surgery and what recovery in tennis players?

(D. Altchek - USA)

10.38-10.50 Return to tennis after TSA

(D. Dines - USA)

10.50-11.00 DISCUSSION

11.00 -11.20 COFFEE BREAK

ROUND TABLE :

ROOM "A"

The wrist & elbow problems in tennis players

MODERATOR: L. Pegoli - ITALY

- 11.20-11.28** **The overuse and traumatic lesions of the wrist in tennis players**
(L. Pegoli - ITALY)
- 11.28-11.44** **Surgical treatment of the wrist in tennis players**
(A. Badia - USA)
- 11.44-11.52** **Microtraumatic elbow lesions in tennis players: diagnosis and treatment**
(A. De Vita - ITALY)
- 11.52-12.00** **DISCUSSION**

12.00-12.25 **MINI SYMPOSIUM**

ROOM "A"

Basic science vs reality: how much can we change in a champion?

MODERATORS: K. Martin - USA (WTA), R. Silva - USA

*(A.R. Cotorro, K. Stroia (WTA), M. Panichi (Coach),
Players & ATP / WTA medical service staff and trainers)*

ROUND TABLE :

ROOM "A"

The hip and groin: a growing problem in tennis?

MODERATOR: R. Zini - ITALY

- 12.25-12.35** **The biomechanics of the hip and the lower extremity in tennis**
(A. Costantini - ITALY)
- 12.35-12.45** **The hip and groin pain: how to treat it**
(M. Safran - USA)
- 12.45-12.55** **Specific hip pathology and his treatment in tennis world**
(A.R. Cotorro - SPAIN)
- 12.55-13.05** **DISCUSSION**

13.05-14.00 LUNCH

REHAB AND OSTEOPATHY

ROOM "A"

MODERATORS: J. Maquirriain - ARGENTINA, R. Silva - USA

ASPECT OF PREVENTION AND TREATMENT

hands on demonstration of the musculoskeletal test in program

- 14.00-14.25** **Conditioning and rehabilitation principles:
8 years of testing on the ATP World Tour**
(T. Ellenbecker - USA)
- 14.25-15.55** **Evaluation of the musculoskeletal base in tennis player**
(B. Kibler - USA)
- 15.55-16.10** **Performance training of elite tennis player**
(M. Kovacs - USA)
- 16.10-16.20** **Rehabilitation and different types of manipulations and what it is used for**
(C. Sniteman - USA)
- 16.20-16.30** **Rehabilitation of the spine**
(H. Gravil - FRANCE)
- 16.30-16.40** **The new method of high-power lasers in sports traumatology:
25 years of experience and development**
(P. F. Parra - ITALY)

HOT TOPICS IN TENNIS

ROOM "B"

CHAIRMAN: M. Turner - UK, B. Plum - NETHERLANDS

SESSION 1 ANTI-DOPING

14.30-14.45

The biological passport in tennis
(S. Miller - UK) ITF

14.45-15.00

Recent changes to the WADA Code and list of prohibited substances
(A. Vernec - CANADA) WADA

15.00-15.10

QUESTIONS & ANSWERS

SESSION 2 HEAT

15.00-15.15

Heat research in tennis
(J. Périard - QATAR) Aspetar

15.15-15.30

The WTA experience with the extreme weather conditions rule
(E. Brady - USA) WTA

15.40-15.50

QUESTIONS & ANSWERS

SESSION 3 CARDIAC SCREENING

15.30-15.50

The WTA experience: cardiac screening in the WTA physical examinations
(W. Taylor - USA) WTA

16.05-16.10

QUESTIONS & ANSWERS

SESSION 4 MEDICAL CARE

16.10-16.25

Biomechanics of the wrist and risk of injury
(M. Moen - NETHERLANDS)

16.30-17.00

Italian Federation Medical Service

CLOSURE OF THE MEETING

(B. Kibler - USA, G. Di Giacomo - ITALY)

Venue:
AUDITORIUM DEL SERAPHICUM
 Via del Serafico, 1 - **ROME - ITALY**



CONGRESS FEES

Physicians	€ 75
Physiotherapists, Coaches	€ 30

STMS MEMBERSHIP FEES

Physicians	€ 50
Physiotherapists, Coaches	€ 25

Simultaneous translation

The event is in process of receiving CME accreditation from the Italian Ministry of Health.



FOR ONLINE REGISTRATION CLICK HERE

www.spalla.it



ORGANIZING SECRETARIAT

Concordia Hospital for "Special Surgery"

Via delle Sette Chiese, 110 • 00145 ROME - ITALY
 Tel. +39 06 5127186 - Mobile +39 349 6942669

www.spalla.it

Con il patrocinio



MAY 8-9 2015 • Rome - Italy