

## 37th WORLD CONGRESS FIMS OF SPORTS MEDICINE 2 22



September 22-25, 2022 | GUADALAJARA, JALISCO, MEXICO









A NEW ERA IN GLOBAL SPORTS MEDICINE: Science to further health and performance for all



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## **ORGANIZERS**



International Federation of Sports Medicine, **FIMS** 



#### *In collaboration with:*

Federación Mexicana de Medicina del Deporte, **FEMMEDE** 

#### **AFFILIATED TO:**







#### **WELCOME** ADDRESS

We celebrate and appreciate the support of the International Federation of Sports Medicine, the National Commission for Physical Culture and Sport (CONADE), and the Government of the State of Jalisco; for their trust and support to carry out this outstanding congress, which is already a great success.

This 37th Congress is, definitely, an important opportunity to enhance knowledge sharing, at the highest level, among experts in Sports Medicine and Applied Sports Science. This will have a direct, positive impact on society's health (high-performance athletes, amateurs, and the general population).

The 37th Congress also reflects, par excellence, an ideal space to attain a high exposure to key actors in the field of medicine and sports.

I invite you all to actively participate in all the events organized for such an important congress. I am confident that your participation will be fruitful and well rewarded with learning. I am sure the program will satisfy your curiosity and your intellectual need.



DR. FELIPE H. GÓMEZ BALLESTEROS
PRESIDENT OF FEMMEDE



### COMMITTEES

#### **CONGRESS PRESIDENTS**

Fabio Pigozzi, Italy Felipe Gómez Ballesteros, México

#### **HONORARY PRESIDENT**

Eduardo Henrique De Rose, Brazil

## INTERNATIONAL SCIENTIFIC COMMITTEE

Yannis Pitsiladis (Chairman) Demitri Constantinou Mats Boerjesson **James Bilzon** Viktoriya Badtieva Jeroen Swart Michiko Dohi Raymond So Pedro Manonelles Clea Papaellina **Bulent Ulkar** Mark Hutchinson Mauricio Serrato Borja Muñiz-Pardos Fergus Guppy Mike Miller Alan Vernec

#### LOCAL ORGANIZING COMMITTEE, MEXICO

#### **Chairman:**

Felipe H. Gómez Ballesteros

#### **Secretary General:**

Mario Honorio Mercader Flores

#### **Members:**

Alfredo Pantoja Gaitán

Antonio Durán Espinosa

Antonio E. Rivera Cisneros

Antonio H. Bracho Huemoeller

Francisco Daniel Pérez Herrera

Gerardo Huitrón Aparicio

Jorge Guzmán Apolinar

José Ángel Garza Cantú

José Antonio López Carbajal

José Cortés Ortiz

Juan Manuel Herrera Navarro

Miguel Ángel Torres Torres

Marco Antonio Ojeda Macías

Ricardo Escandón Martínez

Wajid Burad Fonz

Zendy Faith Fuentes Corona



## KEYNOTE SPEAKERS



**RON MAUGHAN** 

School of Medicine, Honorary Professor North Haugh, St. Andrews, UK



**ANGELO D'ALESSANDRO** 

Associate Professor University of Colorado Denver



**EVERT VERHAGEN** 

Professor of Sports & Health Amsterdam UMC



**IOANNIS VOGIATZIS** 

Prof. of Rehabilitation Sciences, Northumbria University, UK



**JANE SETO** 

Ph.DTeam Leader / Senior Research Officer Muscle ResearchMurdoch Children's Research Institute



**JOSE A L CALBET** 

Prof. Exercise Physiology at the University of Las Palmas, Gran Canaria. Spain.



## KEY SPEAKERS



**FABIO PIGOZZI** 

President, Sports Medicine International Federation FIMS



LORENA OCHOA

Professional Golf Player México



**YANNIS PITSILADIS** 

Member of the Medical and Scientific Commission of the International Olympic Committee (IOC)



**RICHARD BROWN** 

Secretary-General, World Federation of Chiropractic



JOSÉ KAWAZOE LAZZOLI

Panamerican Confederation of Sports Medicine President COPAMEDE



EDUARDO HENRIQUE DE ROSE

Honorary President of FIMS and Professor of Sports Medicine at UFRGS, Brazil.

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**WILLIAM ROBERTS** 

Director of the Sports Medicine Program University of Minnesota Medical School



**MATS BÖRJESSON** 

Head of Center for Health and performance Gothenburg, Sweden.



**PEDRO MANONELLES** 

Chair of Sports Medicine San Antonio Catholic University of Murcia



**MAURICIO SERRATO** 

High-Performance Sports Medicine Specialist Colombia Association



PATRICK YUNG SHU HANG

President, Asian Federation of Sports Medicine (AFSM)



**AMBER DONALDSON** 

Vice President, Sports Medicine at United States Olympic & Paralympic Committee

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**SILVANA GIANNINI** 

FIFA Medical Center of Excellence, Rome, Italy



JÜRGEN STEINACKER

Sports- and Rehabilitation Medicine Head Division Center University of Ulm



**DANIEL RUIZ** 

ADIDAS Strategy and Innovation



**FERGUS GUPPY** 

Exercise Physiology Heriot-Watt University Edinburgh Scotland



THEODORA PAPADOPOULOU

Executive Board BASEM | Defense Medical Rehabilitation Center Loughborough



**MAHER ZAHAR** 

President of the Tunisian Society of Sports Medicine.





**ALAN VERNEC** 

Medical Director at WADA



**FABIO CITTÁ** 

Secretary at FAMEDEP Vocal at COSUMED



Director of Medical Services at Club Bolívar



**MARCELO SAJURIA** 

Director of the National Doping Control Commission of Chile



PABLO NICOLÁS GASTALDI

Science, Evidence, Experience FIMS Member



RAFAEL AUGUSTO ROBLES CABRERA

Vice President of the International Federation of Sports Medicine

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**UGO RIBA** 

Director, Istituto Riabilitazione Riba Torino, Italy



**CHIARA FOSSATI** 

Professor of Sports Medicine, University of Rome Foro Italico, Rome, Italy



**DUSAN HAMAR** 

Sports Kin-anthropology at Comenius University (Bratislava, Slovakia).



**JAMES BILZON** 

Director of the Disability Sport & Health
Centre Partner Institution - University of Bath (UK)



**GIUSEPPE MASSAZZA** 

Professor of Physical Medicine and Rehabilitation University of Torino



**ANA V. CINTRON** 

Secretary General – Panamerican Confederation of Sports Medicine – COPAMEDE

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## THEMATIC AXIS

- Sports Medicine
- Sports Psychology
- Sports Nutrition
- Biochemistry and Physiology in Sports
- Doping, Anti-Doping, Fairness, and Integrity
- Doping and Anti-Doping
- Genetics and Molecular Biology in Sports
- Physical Therapy and Rehabilitation in Sports
- Use of Technology for Injury Prevention in Sports
- Injuries Resulting from Sports Practice
- Wearable Technology
- Physical Preparation
- Exercise as Medicine
- Exercise in Extreme Environments
- Exercise in Different Populations (e.g., female athletes)
- Cardiopulmonary Exercise Testing in Health and Disease
- Preparticipation Screening and Sudden Death

In addition, there will be invited symposia and specialized workshops with certification.

## PROGRAM AT GLANCE

Wednesday, September 21 <sup>th</sup> , 2022			
08:00 – 18:00	FIMS Pre-Congress Courses Concussion Sports Cardiology Anti-Doping		
	Thursday, September 22 <sup>nd</sup> , 2022		
08:00 - 11:00	FIMS Commissions Meetings		
11:00 – 17:00	FIMS Executive Committee Meeting		
8:00 – 18:30 18:30- 22:00	CONGRESS DAY 1 / Opening Lecture Opening Ceremony / Cocktail Reception		
	Friday, September 23 <sup>nd</sup> , 2022		
8:00 – 18:00	CONGRESS DAY 2		
	Saturday, September 24 <sup>rd</sup> , 2022		
8:00 – 18:00 16:00	CONGRESS DAY 3 FIMS Council of Delegates		
Sunday, September 25 <sup>th</sup> , 2022			
09:00 - 13:00 15:00	CONGRESS DAY 4 FIMS CCSM Directors Meeting Closing Ceremony		



FIMS
PRE-CONGRESS
COURSES

Sept. 22-25, 2022 | GDL, JAL, MEXICO













#### THE CARRICK INSTITUTE PRESENTS

## CONCUSSION MANAGEMENT BOOTCAMP

**FIMS PRE-CONGRESS COURSE** 

WEDNESDAY, SEPTEMBER 21ST, 2022

HYATT ANDARES HOTEL
GUADALAJARA, JALISCO. MEXICO CITY

#### **MATTHEW ANTONUCCI**

DC, DACNB, FACFN, FABCDD, FABVR, FABNN, FABBIR

FREDDYS GARCIA

DC, MS, DACNB, FACFN, FABES



# Cardiology in Sports

**FIMS Pre-Congress Course** 

Ricardo Escandón Martínez

Wednesday, September 21st, 2022

**Hyatt Andares Hotel** 

Guadalajara, Jalisco. Mexico City



# Anti-Doping in sports

**FIMS Pre-Congress Course** 

Wednesday, September 21st, 2022

Hyatt Andares Hotel

Guadalajara, Jalisco. Mexico City



Juan Manuel Herrera Navarro Gloria Elena Sánchez Rodríguez (Suiza) Silvia María Muñoz Ledo Guzmán

Wednesday, September 21st, 2022					
TIME	ROOM 1	ROOM 2	ROOM 3		
	PRE-CONGRESS	PRE-CONGRESS	PRE-CONGRESS		
	CONCUSSION IN SPORTS	CARDIOLOGY IN SPORTS	WORKSHOP FOR ANTI-DOPING OFFICIALS		
	Matt Antonucci	Ricardo Escandón			
	Freddys Garcia (USA)	Martínez	Rodny Montes de Oca (Cuba)		
	(== ,	Jorge Oscar	Juan Manuel Herrera		
	Sensorial relationship	Kriskovich Juré	Navarro		
	between sensorial and		Gloria Elena Sánchez		
	motor performance in		Rodríguez		
	exercise		(Switzerland)		
8:00 – 18:00			Zaira Edith		
			Hernández Bautista		
	QUARITE SAPIENTIAM  CARREST AND THE SAPIENTIAM		Paulina de la Losa Mora		
	STITUTE		Detection of doping by means of the dry blood drop technique, as an antidoping biological sample.		
	Carrick Institute for Graduate Students		ANTI-DUMPING IN SPORTS The procedure for therapeutic authorization for prohibited substances		



Thursday, September 22nd, 2022					
TIME	Room 1	Room 2	Room 3	Room 4 Breakfast (50 Ppl.)	VIP ROOM
8:00 - 9:00	LONG-COVID-19 PATHOPHYSIOLOGY AND THE ROLE OF EXERCISE TRAINING IOANNIS VOGIATZIS				
9:00 - 9:30	Sports Medicine in COVID times – Symposium  Innovation in rehabilitation in sports medicine: post covid period	Dusan Hamar	Physical exercise and mental health: the role of exercise as a brain booster Chiara Fossati	Pits and pearls of multidisciplinary practice 20 years of experience Raúl Carrillo / Ramiro Ramírez Gutiérrez	Commissions  Meetings
9:30- 10:00	Innovation in rehabilitation in sports medicine: covid period  Ugo Riba  Games during a Pandemic – review at Tokyo and Beijing  Amber T. Donaldson		Pre-competition Dental Examination: why it's a preventive therapy?  Maher Zahar		CHINOIN® Experiencia que da Vida



Thursday, September 22nd, 2022					
TIME	Room 1	Room 2	Room 3	VIP ROOM	
10:00 -10:30	The vision in sport and how to improve your performance  Axel Orozco Hernández	Multidisciplinary management of injuries in complex cases in soccer players. Experience in Guadalajara Team.  Jaime Andrés Figueroa Conde	Recovery and Rehabilitation protocols in inguinal hernia of Athletes.  Arturo Alcalde Santerbas	FIMS Commissions Meetings	
10:30 - 11:00	COFFEE BREAK			CHINOIN° Experiencia que da Vida	
11:00 - 11:30	BPL1 The only probiotic focused on visceral fat reduction.  Ricardo Guzmán	POCUS technique in-office ultrasound for dx/tx sports injuries.  José Fernando Izquierdo Moncayo	Improved diagnostic imaging of joint and muscle-tendon pathology in sports medicine using	FIMS Executive Committee Meeting	
11:30 - 12:00	Exercise management in sports performance.  Israel Iniesta	The Pervasive Effects of Vestibular Dysfunction and Rehabilitation Associated with Concussion. Matt Antonucci	dynamic MRI Silvana Giannini	Experiencia que da Vida	



Thursday, September 22nd, 2022				
TIME	Room 1	Room 2	Room 3	VIP ROOM
12:00 - 12:30	Building a high- performance team to support high performing athletes Amber T. Donaldson	Posterior ligament stabilization with orthobiologicals in lumbar spine Ramiro Ramírez Gutiérrez	Neuromuscular health and performance Symposium  Neuromuscular training and proprioceptive control mechanisms for the reduction in the risk of ACL injury in professional soccer	FIMS Executive
12:30 - 13:00	The role of Open Science in Sport and Exercise Medicine Fergus Guppy	The treatment of common psychiatric disorders in elite athletes  David Robert Mcduff	players  Luis Fernando Alcocer  Clinical correlation between electromyography and nerve conduction studies in upper nerve injuries of extremities in athletes  Miguel Ángel Torres	Committee Meeting
13:00 - 13:30	Understanding the contribution of chiropractic in the sporting arena  Richard Brown	Exercise during cancer treatment: from guideline to practice  Hector Luis Cristóbal  Morales	Comparison between distance and velocity vs metabolic demand during a soccer game in the acceleration-deceleration activities  Rubén Argemi	CHINOIN® Experiencia que da Vida
13:30 - 14:00		Exercise prescription in children with obesity. Mexico scheme.  Zendy Fuentes Corona		



	Thursday, September 22nd, 2022					
TIME	Room 1	Room 2	Room 3	VIP ROOM		
14:00- 15:00		LUNCH BREAK				
15:00 - 15:30		Jump and Isometric force platform kinetics in rehabilitation, return to sports and post habilitation. Supporting personalized rehabilitation medicine.  Daniel Cohen	Health impact of lifelong participation in Olympic sport  James Bilzon	FIMS Executive Committee Meeting		
15:30 - 16:00	Tissue damage in sport and its recovery with Physical and Medicine Therapy in sports injuries.  Istbell González	Physical Activity as a countermeasure for chemotherapy-induced cardiotoxicity  Marcelo Bichels Leitão	40 years of marathon medicine  William Roberts	CHINOIN° Experiencia que da Vida		
16:00 - 16:30		RECESS AND VISIT TO STANI	DS			
16:30 - 17:00		ALAN VERNEC				



Thursday, September 22nd, 2022						
TIME	Room 1	Room 1 Room 2 Room 3 Room				
17:00 - 17:30		FOOTBALL, HEALT	TH, AND VIOLENCE			
17:00 - 17:30		MIKEL ANDO	ONI ARRIOLA			
17:30 - 18:00	LORENA OCHOA					
18:00 - 18:30		ANA GABRIEI	LA GUEVARA			
18:30		OPENING (	CEREMONY			













Friday, September 23rd, 2022				
TIME	Room 1	Room 2	Room 3	Extra-academic TERRACE
8:00 - 9:00	SPORTS = MEDICINE  EVERT VERHAGEN			
9:00 - 9:30	Lactate differences between players in altitude and sea level. Guillermo Aponte	The role of exercise and nutrition in tumor treatment  Pablo Gastaldi	The Pervasive Effects of Vestibular Dysfunction and Rehabilitation Associated with Concussion.  Matt Antonucci	
09:30 - 10:00	Non-essential amino acids - How essential are they for athletes? Nidia Rodriguez, Beatriz Boullosa	Surgery issues in Anterior Cruciate Ligament to Rehabilitation. Marcelo Sajuria	How a novel standardized bio- optimized curcumin supports a Physically Active Population.  Ricardo Guzmán	



Friday, September 23rd, 2022					
TIME	Room 1	Room 2	Room 3	Extra-academic TERRACE	
10:00 -10:30	Prevalence of sports injuries in high-altitude football. In experience as a medical doctor for professional football teams.	Understanding the therapeutic effects of exercise for the management of knee osteoarthritis.	Councelling in disease for physical activity to professional athlete and trainer		
	Dalton Salinas Sánchez	James Bilzon	Roberto Lohn Nahon		
10:30 - 11:00	COFFEE BREAK				
11:00 - 11:30	Adding value: why elite athletes are turning to chiropractic care?	Sports cardiology in special environments.	Concussion in sports  José Ángel Garza		
	Richard Brown	Demitri Constantinou	Cantú		
11:30 - 12:00	The important of having a certified sports chiropractor as the chiropractor for a team or a sporting event	ACSM Heat illness consensus statement William Roberts	Mesenchymal Stem Cells Biology and Clinical Application, success story  Juan Carlos Lopez Noriega / Paul Williams Peterson		
	Todd Narson		Suárez		



Friday, September 23rd, 2022					
TIME	Room 1	Room 2	Room 3	Extra-academic TERRACE	
12:00 - 12:30	New trends in collagen application on high performance athletes	Severe heart diseases and Cardiac Rehabilitation: A Current Perspective?	Physical Activity on the Hospitalization of People with Non-Communicable Chronic Diseases		
	García Linage	Daniel Arkader Kopiler	Félix Albuquerque Drummond		
	Enhancing Endurance Athlete Performance Altitude	Use of orthobilogics in muscle injuries	High-intensity training in patient with heart disease		
12:30 - 13:00	Training is Relevant if Personalized	José Fernando Izquierdo Moncayo	Jorge Oscar Kriskovich Juré		
	Petra Zupet				
13:00 - 13:30	Relative Energy Deficiency in Sport & Its Evolution.	Golf and Health	Exercise-induced muscle damage: implications for sports recovery		
15:00 - 15:50	Ana Virginia Cintron-Rodriguez	Jane Dunbar	Julio A. Motta- Pensabene		
13:30 - 14:00	New trends and technology in hydration	Burnout in Sports Medicine Physicians.	Hamstring injuries treatment and return to play		
	Oscar Elector	William Roberts	Konstantinos Natsis		
14:00 - 15:00	LUNCH BREAK				



	Friday, September 23rd, 2022						
TIME	Room 1	Room 2	Room 3	Extra-academic TERRACE			
15:00 - 15:30	Influence and selection of spine surgery in the high- performance athlete for their rehabilitation and functional recovery Michell Dittmar	Neuroscience and body- mind training in high- performance sports <b>Monica Szmigielski</b>	Shedding light on shadow: the health and performance of the elite athlete's team Irina Zelenkova				
15:30 - 16:30	HIGH-THROUGHPUT METABOLOMICS AND RED BLOOD CELLS: FROM PRECISION TRANSFUSION MEDICINE TO EXERCISE-INDUCED METABOLIC REPROGRAMMING  ANGELO D'ALESSANDRO						
16:30 – 17:00	PHYSICAL EXERCISE IN THE REDUCTION OF THE CARDIOVASCULAR RISK FROM A CLINICIAN'S PERSPECTIVE  JOSÉ KAWAZOE LAZZOLI						
17:00 – 17:30		OHIBITED LIST OF WADA  ARDO HENRIQUE D					









Friday, September 23rd, 2022					
TIME	Room 1	Room 2	Room 3	Extra-academic TERRACE	
		WORKSHOPS			
17:30- 19:30	Viscosuplementation in Athletes Mario H. Mercader Flores Antonio Durán Espinosa	Regulations in the application and granting of Therapeutic Use Authorization  Silvia María Muñoz-Ledo Yahumara Castro Litzy Gabriela Dávalos Juan Manuel Herrera Navarro  CERTIFICATION COURSE	Musculoskeletal Echo-sonography in upper limbs Wajid Burad Fonz Luis Enrique Ponce		











Saturday, September 24th, 2022					
TIME	Room 1	Room 2	Room 3	Room 4 Breakfast (50 Ppl)	
8:00 - 9:00	HUMAN ADAPTATION TO EXERCISE: WHERE ARE THE LIMITS?  JOSÉ A. L. CALBET				
9:00 - 9:30	Determinats of sport talent clues to implement a national wide program  Mauricio Serrato	Congenital heart defects vs COVID: A clinical case of high-performance soccer player	New therapeutic horizons in muscle, tendon and joint injuries in sports medicine with particular focus on diagnostic	Jorge Takeshi Aoyama Núñez	
		Luis Alberto Gallardo Vega	imaging and ultrasound- guided treatment  Silvana Giannini	Oscar Alejandro Valdez Noriega	
9:30 - 10:00	Women's soccer physical preparation through structured micro-cycle	Effect of 5 weeks of aerobic interval training and oxal acetate	How a novel standardized bio-optimized curcumin supports a Physically	Paulina Alejandra Ibacache Saavedra	
	Daniel Vega Mercado	supplementation  Cubrilo Dejan	Active Population  Ricardo Guzmán	Chiara Fossati	



Saturday, September 24th, 2022					
TIME	Room 1	Room 2	Room 3	Room 4 Breakfast (50)	
10:00 - 10:30	Muscle assessments as indicators of muscle quality and predictors	Sports rehabilitation & return to play decision	Practical Guideline: When to return to play after ACL reconstruction.	Francisco Figueroa Cavero	
	of health  Fabio Citta	Qassim I. Muaidi	Patrick Yung Shu- hang	Nanako Murata	
10:30 - 11:00		COFFEE BREAK	Natalia Neophytou		
10.00		Xing Ye			
11:00 - 11:30 11:30 - 12:00	Technology in Sport Symposium Daniel Ruiz / Borja Muniz-Pardos / Yannis Pitsiladis	COPAMEDE Symposium	The use of hypnosis to improve athlete performance	Larisa Gomaz	
			Khaled Massoud Hassan	Victor Montes Felisart	
			Physical Activity education in the undergraduate medical	Luis Alberto Camas Trujillo	
			curriculum  Georgia Torres	Antonio Eugenio Rivera Cisneros	
12:00 - 12:30			Attitudes, beliefs, and physical activity levels of South African medical		
			students  Demitri Constantinou		



Saturday, September 24th, 2022				
TIME	Room 1	Room 2	Room 3	Room 4  Breakfast (50 Ppl.)
12:30 - 13:00	KAATSU symposium Blood Flow Restriction Paradigm. Maria Kotopoulea  KAATSU instructor / Fergus Guppy	Giscard Lima	SBMEE symposium Brazilian Society of Exercise and Sports Medicine (SBMEE)  José Kawazoe Lazzoli Chair  Tendinopathies in Sports Ivan Pacheco How to deal with Olymmpic athletes in your private practice  Roberto Teixeira Nahon Marinho	Ariadna del Villar Morales Gabriela Fernandez Quiñones
13:00 - 13:30		Urgency for Promoting Physical Activity; For whom the bell tolls? Bülent Ülkar		Aldo Vargas Aragón Jonathan Redondo Ibarra
13:30 - 14:00		Exercise is Medicine-Spain  Jose A Casajus	Implantable Cardioverter Defibrilator in Sports. What do we know? <b>Daniel Kopiler</b>	
14:00 - 15:00	LUNCH BREAK			
15:00 - 16:00	SPORTS NUTRITION: SOME LESSONS FROM HISTORY  RON MAUGHAN			



Saturday, September 24th, 2022					
TIME	Room 1	Room 2	Room 3	VIP Room	
16:00 – 16:30	Cardiometabolic policies in the control of athletes.  Antonio E. Rivera Cisneros	The Past, Present and Future of Anti-Doping.  Alan Vernec / Juan Manuel Herrera / Yannis Pitsiladis	PRP injection in tendinopathy  Jean François Kaux	FIMS Council of	
16:30 – 17:00	The implementation of technology in health and performance: Perspectives from the CCSM Genud-Lab. Symposium Technology in sports to	The Past, Present and Future of Anti-Doping.  Alan Vernec / Juan Manuel Herrera / Yannis Pitsiladis	Lumbar muscle atrophy in athletes Luis Enrique Cedillo Ponce	<b>Delegates</b>	
17:00 – 17:30	enhance athletic performance  Borja Muñiz-Pardos  Protecting the health of athletes during competition through technology: Road to Paris 2024  Irina Zelenkova  Research path followed by the FIMS CCSM Genud-Lab  José A Casajus	Do exercise-based injury prevention.  Metin Ergun	Tendinitis in sports: invasive treatment with hyaluronic acid  Verónica Oblitas	CHINOIN® Experiencia que da Vida	



Saturday, September 24th, 2022					
TIME	Room 1	Room 2	Room 3	VIP Room	
		WORKSHOPS		FIMS	
17:30 - 19:30	New trends in dynamic tape			Council of	
				Delegates	
		Musculoskeletal Echosonography in lower limbs		FIMS	
				CHINOIN® Experiencia que da Vida	













Sunday, September 25th, 2022						
TIME	Room 1	Room 2	Room 3	Room 4 Breakfast (50 Ppl)	VIP ROOM	
8:00 - 9:00	IS THERE AN OPTIMAL DOSE OF PHYSICAL ACTIVITY FOR HEALTH? FABIO PIGOZZI AND MATS BÖRJESSON					
9:00 - 9:30  Integration of athletes with a difference in		Blood Flow Restriction Training <b>Nicky Kirk</b>	Ethics and Doping in Current Sport, SI (Experiences and Facts)	Sheng Zeng	FIMS CCSM Directors Meeting  COLLABORATING CENTER OF SPORTS HORICAN	
	Integration of athletes with a difference in		Rafael Augusto Robles Cabrera	Wesam Saleh		
9:30 - 10:00	sexual development (dsd) and transgender athletes in olympic sport.  Yannis Pitsiladis / Fabio Pigozzi / Blair Hamilton / Michael Geistlinger		Accidental doping. Contamination of supplements for athletes.	Arseny Kuzmin		
			Pedro Manonelles	Brayan Schnaider Patiño Palma	CCSM	
10:00 - 10:30		The role of ultrasound in the pre-participation evaluation	Sports law enforceability and sports justice Bruno Di Petro	Jaime Néstor Solis Flores	CHINOIN° Experiencia que da Vida	
		Rodrigo Sebastián Melman				
10:30 – 11:00	COFFEE BREAK					



Sunday, September 25th, 2022					
TIME	Room 1	Room 2	Room 3	VIP ROOM	
11:00 – 11:30	Unraveling the groin pain in athletes.		Contact sports and high- impact. The role of sports medicine doctor	FIMS CCSM Directors Meeting	
11.00 - 11.30	Theodora Papadopoulou	Exercise as Medicine  Juergen Steinacker /	Victor Hugo Camacho García		
11:30 – 12:00	Ricardo García Cavazos	Antonio Rivera	EENM Neuromuscular electrostimulation applied in exercise	COLLABORATING CENTER OF SPORTS MEDICINE	
	Cavazos		Eduardo D. Brandenburg	CCSM	
12:00 – 13:00	THE GENE FOR SPEED: WHAT HAVE WE LEARNED IN 25 YEARS OF ACTN3 RESEARCH?			CHINOIN	
		Experiencia que da Vida			
13:00 – 14:00		VIOLENCE IN SPORTS			
13:00 – 14:00	FE				
	YOUNG INVESTIGATOR AWARDS				
14:00 – 15:00	ASPETAR				
15:00	CLOSING CEREMONY				



CARRICK INSTITUTE IS A WORLD LEADER IN CLINICAL NEUROSCIENCE EDUCATION FOR OVER 40 YEARS



**Pain Reset** is the Carrick Institute's educational offering for clinicians seeking clinical excellence in working musculoskeletal conditions and chronic pain. Pain Reset incorporates neuro-biomechanics, the latest in pain neuroscience, and a clinical neuroscience paradigm for a novel and effective model of care.

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The CNS delivers expert-level diagnostic skills and aids in the development of individualized approaches to health care. Our clinical neuroscience (CNS) program prepares you for the diplomate exam through the ACNB and the fellowship exam from the ACFN while also raising your clinical excellence so you can serve your patients at the highest levels possible.

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#### **Functional Neurology Management of Concussion**

Carrick Institute is proud to bring you its most advanced specialty program in the field of concussion and mTBI – Functional Neurology Management of Concussion presented by Dr. Matt Antonucci.

- · Level 1 will pertain to the management of acute concussion/mTBI.
- · Level 2 will pertain to the management of persisting concussion/mTBI.

SELF-PACED LEARNING | FLORIDA | AMSTERDAM







































### IMPORTANT DATES & DEADLINES

## 15<sup>th</sup> April 2022

Online registration available

## 31st JULY 2022

Deadline for early registration

## 31st JULY 2022

Abstracts deadline

## **15th AUGUST 2022**

Notifications to authors



## GUIDELINES FOR ABSTRACT SUBMISSION • Abstracts received after July 3

Before preparing and typing your abstract, please read carefully the instructions. If you have any question regarding abstracts submission please visit: Abstracts - FIMS (fimsmexico2022.com)

#### Submission

Abstracts can only be submitted by mail to <a href="mailto:contacto@femmede.com.mx">contacto@femmede.com.mx</a>

- Opening abstract submission:
   April 15<sup>th</sup> 2022, at 23:59 (CST)
- Abstract submission deadline: July 31<sup>st</sup>, 2022, at 23:59 (CST)
- Notification to authors:

#### August 15th 2022, at 23:59 (CST)

- An author may submit a maximum of two abstracts as first author (only one of these abstracts can be submitted in the preferred format of oral presentation). The submitted abstract must be presented by the first author who must be a registered participant.
- It is possible to appear as a co-author on other abstracts.
- Please note that for each accepted abstract, the registration fee of at least one of the Authors will be required.

- Abstracts received after July 31<sup>st,</sup> 2022, or incorrectly drawn up, will not be accepted. your submission of further changes cannot be accepted. In case of acceptance, any error in spelling, grammar, or scientific contents will be reproduced as typed by the author.
- Accepted abstracts will not be published unless registration documents and the payment of the registration fee are settled.

#### **Abstract**

- Abstracts must be written in English.
- The abstract will be submitted in Word format (the name of the file shall be the name of the presenting author). When submitting the abstract, the author shall suggest the format to present it: oral presentation or poster). Once the abstract is submitted, it cannot be modified, and the authors cannot be changed.
- For papers as posters, additionally to the abstract, it shall be submitted the image of the poster to be presented as a portable document format (PDF extension). Please, consider that the submittal of this file is only for reviewing purposes by the Scientific Committee; therefore, FEMMEDE takes no responsibility for printing or displaying the poster.

## ASPETAR – FIMS YOUNG INVESTIGATOR AWARD

(ABSTRACTS)

New Investigators Awards for Oral and Poster presentation

**2 Prizes for Oral Presentation:** Euro 500 each

**2 Prizes for Poster Presentation:** Euro 500 each

The new investigators awards will be awarded by ASPETAR

Award requirements include: Be the main author of an accepted abstract for presentation at the **37th World Congress of Sports Medicine, FIMS 2022** 

Applicant must have been within six years of completing a research degree or within six years of completing medical residency, and must not hold a level higher than assistant professor.



## GENERAL INFORMATION

#### Reviewing

- Five anonymous reviewers will review abstracts, with no communication between them, to ensure quality and, if accepted, the abstract will be included in Congress program.
- The Evaluation Committee will decide the format of the presentation. Notwithstanding, it will be considered the format proposed by the author.
- The decision of the committee will be final

#### Presentation

Presenters must be registered for Congress to guarantee their participation in the Scientific Sessions and the publication of the abstracts in the proceedings.

- Oral presentation format is PowerPoint. The oral presentation time will be 10 minutes.
- Poster size: 100 cm length X 90 cm height, portrait format. The authors will be notified on the date (24 or 25 September 2022) on which they will have to put up their poster in the morning. All posters shall be removed in

#### Scientific Secretariat

• The Mexican Federation of Sports Medicine. Address: Av. Río Churubusco Puerta 9, (entre Añil y Viaducto Río de la Piedad), Col. Ex-Ejido Magdalena Mixhuca, Alcaldía Iztacalco C.P. 08400, Ciudad de México.

E-mail: <a href="mailto:contacto@femmede.com.mx">contacto@femmede.com.mx</a>

#### Congress Venue Hyatt Andares

Hyatt Regency Andares Guadalajara
Puerta de Hierro 5065
Zapopan, México, 45116
+52 33 3883 1234
Hotel de lujo cerca de Andares | Hyatt
Regency Andares Guadalajara

#### Simultaneous Translation

Simultaneous Translation will be provided from Spanish into English and vice versa

#### Exhibition and Sponsorship

Sponsoring opportunities are available. For any information, please visit: <u>Plans - FIMS (fimsmexico2022.com)</u>

### COUNTRIES WHICH **NOT REQUIRE A VISA** TO ENTER **MEXICO**

#### **NO VISA REQUIRED**

- If you are a citizen in the Schengen Area, UK, USA, Canada, or Japan, or if you have a permanent residence permit or a valid visa for any of those countries, you DO NOT REQUIRE A VISA to visit Mexico under the following conditions:
- The purpose of your visit is tourism, studies, or business.
- The duration of your stay does not exceed 180 days.

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You will not receive any remuneration at all from Mexico.

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### REGISTRATION FEES

### https://fimsmexico2022.com/en/registration/

Registration Type	15% OFF Until May 31st CODE: PRE15	10% OFF Until July 31st CODE: PRE10	Regular fee (from August 1st & on site)
Regular Full Fee	\$217.39	\$27.27	\$250.00
Sports Medicine (Certificate) FIMS Members, FEMMEDE Members*	\$173.91	\$181.82	\$200.00
Physiotherapists, Nurses, Trainers, Other Health Professionals	\$104.35	\$136.36	\$150
Residency Doctors*	\$108.70	\$113.64	\$125.00
Undergraduate Students*	\$86.96	\$90.91	\$100.00



Ticket fee to be paid in Mexican Pesos. The final amount in USD may vary; 1 USD = 21 Mexican Pesos

#### Note:

The Regular Fee and FIMS Members Fee give the right to access all scientific sessions and the exhibition area, and include: Congress - Coffee breaks - Welcome cocktail - Musical entertainment evening

\* The identity should be proved by official documentation that must be sent to: <a href="mailto:contacto@femmede.com.mx">contacto@femmede.com.mx</a>

## PAYMENT INFORMATION

#### Individual registration:

The individual registration procedure is possible through:

https://v2.wechamber.mx/eventos/6 245e9752884d1000d58b906/checkout

#### Credit cards

All major credit cards are accepted (American Express, VISA, Eurocard/Master Card). Please enter the credit card number, the expiration date, and security number in the appropriate space the above website

#### Confirmation of registration

An invoice will be issued as written confirmation of your registration and sent to registered mail.

#### Cancellation

Notification of cancellation must be sent in writing to contacto@femmede.com.mx

Cancellations will be accepted until 15th August 2022 with a refund of all paid fees, except for a 30% administrative charge.

No refunds will be made for cancellations received after this date.

All approved refunds will be processed and issued 60 days after Congress.

Cancellation after 15<sup>th</sup> August 2022 will not be refunded.



## ACCOMMODATION MAIN HOTEL

https://fimsmexico2022.com/en/hotels/

Make sure to reserve your room as soon as possible in order to take advantage of the special benefits available for FIMS participants only.



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### **ALTERNATIVE HOTELS**





Please ensure your hotel reservation is made by 1st September 2022. After this date, rooms will not be guaranteed. A voucher will be issued as confirmation of your reservation.

# 37th WORLD CONGRESS FIMS OF SPORTS MEDICINE 2022

Sept. 22-25, 2022 Guadalajara, Jalisco, Mexico.



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