1ST SCANDINAVIAN CONGRESS IN HANDBALL MEDICINE
GOTHENBURG, DECEMBER 17-18 2016

SPEAKERS
Lior Laver, Romain Seil, Rod Whiteley, Grethe Myklebust, Lars Bojsen Michalsik, Markus Waldén, Tron Krosshaug, Martin Asker, Merete Møller, Kajsa Johansson, Martin Hägglund, Fredrik Johansson and more
Dear handball friends,

It is with great pleasure that we invite you to the 1st Scandinavian Congress in Handball Medicine, a conference for those interested in clinical aspects of handball medicine.

With a prominent list of distinguished Scandinavian and international speakers, the scientific programme includes clinical workshops, keynote lectures and symposia on key topics in handball medicine as well as a number of free communications. This conference therefore gives you a unique opportunity to get the latest updates in the field of handball medicine and meet with colleagues. With over 15 invited speakers this conference will cover injury prevention strategies, assessment of traumatic injuries on the court, return to play criteria, rehabilitation and much more.

The conference will take place during the semi-finals and the final of the Women’s Handball European Championship in Gothenburg, December 17-18, 2016. Match tickets are of course included in the conference registration!

Check out our website, www.svenskhandboll.se regularly and follow us on twitter @SCHM2016 for news and updates on the scientific programme, keynote speakers, workshops and special sessions as well as for accommodation, conference venue etc. The official language of the conference is English. All presentations, workshops, symposiums and keynote lectures will be delivered in English.

If you have any questions, don’t hesitate to contact me directly at martin.asker@ki.se.

We look forward to your participation,
Martin Asker
Organizing committee chair

Organizing committee
Martin Asker (Chair)
Markus Waldén
Jennie Classon
Anne Hopfgarten
Stefan Skullman
Lennart Söderström
Iréne Ek

Scientific committee
Markus Waldén (Chair)
Martin Asker
Martin Hägglund
Kajsa Johansson

Social programme
Johan Sandberg
Kviberg Park Hotel & Conference offers a unique meeting place where sports, health, culture and recreation are in focus. It is the ideal venue for conferences and offers activities such as skiing, soccer, relaxing spa treatments or a tournament at Sweden’s largest beach volleyball facility. In addition there is also a complete gym totalling 3800 square meters. More about Kviberg Park Hotel & Conference >>

Getting to the conference

From Gothenburg Central by tram (spårvagn)
Take the tram number 7 or 11 from Gothenburg Central (Drottningtorget) towards Bergsjön. The tram stops at the Kviberg station. From the Kviberg station there is a 700 meter walk to the conference building.

By taxi
The address is Krutvägen 2. A taxi drive from Gothenburg Central takes approximately 15 minutes.

From Landvetter airport (Gothenburg international) by bus/tram
Airport coaches (flygbussarna) departure every 15 to 30 minutes. Take the bus to Nils Ericsson Terminal (Gothenburg Central).

Take the tram number 7 or 11 from Gothenburg Central (Drottningtorget) towards Bergsjön. The tram stops at the Kviberg station. From the Kviberg station there is a 700 meter walk to the conference building.

By taxi
Taxi service is located just outside the airport terminals. The address is Krutvägen 2. A taxi drive from Landvetter airport takes approximately 20-40 minutes depending on traffic.
Registration and get-together Friday the 16th

Registration for the conference opens at 8.00am, Saturday the 17th. For those of you arriving on Friday the 16th, pre-registration to the conference will be open between 16.00-17.00 and between 16.30-17.15 there will be a get together with finger food and drinks at the conference centre.

Pre-conference social programme Friday the 16th (registration by September 30th - Conference package 1 only)
For those registered for the conference package including game tickets for the semi-finals Friday the 16th (Conference package 1), you will receive your match ticket when you register on Friday between 16.00-17.00.

Bus transfers from the Conference Centre to the handball arena will departure at 17.15 from the main entrance of the conference centre. Be aware that you have to register and collect your match ticket at the conference centre during the pre-registration 16.00-17.00 Friday the 16th. It is not possible to collect your ticket at any other place or time.

Time schedule for the semi-finals:

17.15 Bus transport to the Scandinavium Arena departure from the main entrance of the Conference Centre.

18.15 Semi-final 1

20.45 Semi-final 2

22.30 (approximately) Bus departure from Scandinavium Arena to the Conference Centre.
# 1st Scandinavian Congress in Handball Medicine

## Saturday 17th

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<tr>
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<td>08.00 - 08.30</td>
<td>Registration</td>
<td>12.50 - 13.35</td>
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<tr>
<td>08.30 - 08.40</td>
<td>Opening</td>
<td>Martin Asker</td>
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<tr>
<td>08.40 - 08.50</td>
<td>Why do we need a handball medicine conference?</td>
<td>13.40 - 15.00</td>
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<tr>
<td>08.50 - 09.10</td>
<td>Injury epidemiology in handball</td>
<td>Grethe Myklebust</td>
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<tr>
<td>09.10 - 09.25</td>
<td>“I just saved a life”</td>
<td>Ioannis Kostogiannis</td>
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<tr>
<td>09.25 - 09.40</td>
<td>How to build a successful medical team?</td>
<td>Markus Waldén</td>
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<tr>
<td>09.40 - 10.10</td>
<td>Coffee break in the exhibition</td>
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<tr>
<td>10.10 - 11.10</td>
<td>Symposium A</td>
<td>Ioannis Kostogiannis</td>
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<tr>
<td>11.10 - 11.50</td>
<td>Keynote lecture 1</td>
<td>Rod Whiteley/Martin Asker</td>
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<tr>
<td>11.50 - 12.50</td>
<td>Lunch</td>
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## Sunday 18th

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<th>Time</th>
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<tr>
<td>08.00 - 09.00</td>
<td>Symposium C</td>
<td>Grethe Myklebust, Tron Krosshaug &amp; Markus Waldén, Chair: Stefan Skullman</td>
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<tr>
<td>09.00 - 09.20</td>
<td>Why don’t we see dramatic reductions in the injury burden</td>
<td>Merete Møller</td>
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<td>09.20 - 10.00</td>
<td>Keynote lecture 3</td>
<td>Romain Seil</td>
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<tr>
<td>10.00 - 10.20</td>
<td>Coffee break in the exhibition</td>
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<tr>
<td>10.20 - 10.40</td>
<td>Should we drop the vertical drop jump test as a screening tool for ACL injury?</td>
<td>Tron Krosshaug</td>
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<td>10.40 - 11.20</td>
<td>Keynote lecture 4</td>
<td>Lars Bojsen Michalsik</td>
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<tr>
<td>11.20 - 12.30</td>
<td>Symposium D</td>
<td>Lars Bojsen Michalsik, Fredrik Johansson, Lior Laver, Martin Høgglund &amp; Markus Waldén Chair: Anne Hopfgarten &amp; Stefan Skullman</td>
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<td>12.30 - 12.40</td>
<td>Closing of congress</td>
<td>Martin Asker</td>
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<td>12.40 - 13.30</td>
<td>Lunch</td>
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<tr>
<td>14.00</td>
<td>Transfer to Scandinavium stadium</td>
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<tr>
<td>15.30</td>
<td>Game - 3rd prize Euro 2016</td>
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<tr>
<td>18.00</td>
<td>Game - Final Euro 2016</td>
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Dr. Lior Laver, MD, is a Sports Orthopaedic surgeon, originally from Israel and currently based in the UK, at the University Hospital Coventry & Warwickshire in Coventry.

Dr. Laver's main practice involves arthroscopic treatment of sports related injuries of the knee, hip and shoulder. With the mixture of practical, grass-root level experience and academic credentials Dr. Laver is highly active in the international sports medicine stage with frequent appearances in the top international sports medicine conferences. His main field of research is treatment outcomes and return to sport decision making athletic populations.

He has published many peer-reviewed articles and book chapters and is currently the head editor in the upcoming Handball Medicine Book to be published in 2018. He is also a board member in the esteemed ESSKA arthroscopy committee as well as the new European Sports Medicine Associates (ESMA). Dr. Laver brings a unique perspective, combining his personal experience as a former professional handball player at high international level and the hands on medical experience that he has accumulated internationally with some of the highest level organizations such as the FC Barcelona football club in Spain, Duke University athletics department (football and basketball) in the US and Israeli top clubs as Maccabi Tel-Aviv football club, Bnei-HaSharon basketball club, the Israeli national teams in volleyball and of course - handball.

He is currently involved in establishing the medical/scientific platform in the European Handball Federation (EHF) and has recently organized the EHF Scientific meeting in Romania (2015) and the ESSKA-EHF symposium in Barcelona (2016).

Professor Romain Seil, MD, PhD, is an orthopaedic surgeon who wrote his doctoral thesis on meniscal repair in 2001 and his professoral thesis on pediatric anterior cruciate ligament injuries in 2003. He works at the Centre Hospitalier de Luxembourg and is co-director of the Luxembourg Olympic Medical Centre and of the Sports Medicine Research Laboratory of the “Luxembourg Institute of Health”.

He is currently the president of the European Society of Sports Traumatology, Knee Surgery and Arthroscopy (ESSKA) and a board member of both the Luxembourgish Sports Medicine Society and the German-speaking Society in Orthopaedic and Traumatologic Sports Medicine (GOTS). He is a founding member and serves as board of trustees member of the Journal of Experimental Orthopaedics, co-editor of the journals “Arthroskopie” and Sports Orthopaedics and Traumatology, as well as editorial board member and reviewer of several scientific journals in orthopaedic surgery and sports medicine. He authored and co-authored numerous peer-reviewed publications and book chapters.

Rod Whiteley is a specialist sports physiotherapist who has worked extensively at the international level in the contact sports of rugby league and rugby union as well as baseball.

Over the last 6 years he's been working at Aspetar Sports Medicine Hospital where he is the Assistant director of the Rehabilitation Department, and he has been able to combine his professional experience in caring for handball players whom he terms “rugby players who can throw”.

He has published in a wide range of areas of his clinical interest including throwing injury, muscle injury, and load management.
Grethe Myklebust PT, PhD is a professor at the Oslo Sports Trauma Research Center in Oslo, Norway. She is authorized as Specialist in Sports Physiotherapy by the Norwegian Physiotherapy Federation.

She has served as physical therapist for the female national teams in handball and soccer for ten years and for the National Beach Volleyball Teams for six years. She has also worked as PT at the Olympic Games in Seoul in 1988 and Sydney in 2000. She is past vice president of the Norwegian Society of Sports Physiotherapy and past member of the International Handball Federation Medical Committee.

Her main research area is related to prevention and rehabilitation of sports injuries, especially in handball and football.

Lars Bojsen Michalsik, M.Sc., Ph.D., is a sport scientist at the Department of Sport Science and Clinical Biomechanics, Muscle Physiology and Biomechanics Research Unit, University of Southern Denmark, Denmark where he teaches and conducts research mainly in sport science.

He has published numerous peer-reviewed original articles as well as some books about especially training physiology and analysis of different types of sports. He is reviewer for more than 15 international journals. He has written the world's first doctoral dissertation on the physiology of team handball and is known for his ability to convey and translate scientific findings into practical training. He is lecturer for both the Danish and the European Handball Federation teaching at the Master Coach Course, the highest education for elite team handball trainers in Europe. He is a former elite athlete in athletics and has played 16 seasons in Danish Premier Male Team Handball League.

Furthermore, he has been physical trainer in the Danish Premier Soccer League, for several individual elite athletes including tennis player Caroline Wozniacki, in the Danish Premier Team Handball League for both men and women, for the Danish Female National Handball Team (Olympic Gold 2000, European Champions 2002), and for the Brazilian Female National Handball Team at the Olympics in London 2012 (no. 6) and recently in Rio 2016 (no.5).

Markus Waldén, MD, PhD, is a consultant orthopaedic surgeon at the Department of Orthopaedics, Hässleholm-Kristianstad-Ystad Hospitals, Sweden, mainly working with arthroscopic knee surgery and hip joint arthroplasty.

He is a senior researcher at the Football Research Group in Linköping, Sweden, and the Division of Community Medicine, Department of Medical and Health Sciences, Linköping University. His main area of research is epidemiology and prevention of injuries in football and handball.

He has published more than 50 peer-reviewed original articles as well as a few review articles and book chapters. He is a senior associate editor of the British Journal of Sports Medicine and an associate editor of the Science and Medicine in Football.

He is currently the team physician for the Swedish champions in handball, IFK Kristianstad, and former team physician for the Swedish male U-19 national football team and a female elite football team, Kristianstad DFF.

He is also a member of the Medical Committees of the Swedish Football Association and the Swedish Handball Federation.
Tron Krosshaug, PhD, is an associate professor at the Oslo Sports Trauma Research Center and the Department of Sports Medicine at the Norwegian School of Sport Sciences.

His main research area is sports injury prevention, with a primary focus on biomechanical analysis of serious knee injuries in various sports. He has published more than 40 papers in highly ranked international peer-reviewed journals and written several book chapters in international expert books on sports injury research and prevention.

Krosshaug has been involved in current concept statements at the IOC. Krosshaug has been a keynote speaker at the 3rd IOC World Conference on Prevention of Injury & Illness in Sport, Monaco as well as the 6th ACL Research Retreat, hosted by the University of North Carolina at Greensboro in 2012. Moreover, he is an associate editor in the British Journal of Sports Medicine. Krosshaug is also an experienced lecturer in biomechanics, functional anatomy, and strength training. He is also an entrepreneur, running the company Muscle Animations Inc. that is developing 3D animations of strength training exercises, including biomechanical analyses.

Tron strongly believe that life quality increases with frequent bench pressing.

Martin Ask is a naprapath and sport medicine therapist.

He has worked with different elite handball teams since 2001 and for the last 10 years with a special focus on youth and adolescent elite players. He works part time as clinical lead at a sports medicine clinic in Stockholm mainly seeing shoulder related problems and part time as a PhD-student at the Musculoskeletal & Sports injury Epidemiology Center (MUSIC) at Karolinska Institutet.

The overall aim of his PhD project is to deepen the knowledge in shoulder function in elite adolescent handball players and the specific aim is to investigate risk factors for developing shoulder problems in such population. He also has a special interest throwing biomechanics and its relationship to performance and injuries.

Martin is also a member of the Medical Committee of the Swedish Handball Federation.

Merete Møller is a physiotherapist and PhD student from Department of Public Health, Aarhus University in Denmark.

Her experiences as an elite handball player on the Danish National Team and years of practical experience with handball players is what drives her to seek a better understanding of how the significant long-term and short-term burden of injury in handball can be reduced through injury prevention.

Merete’s doctoral studies have focussed on shoulder injury epidemiology and risk factors for shoulder injuries in youth handball players. Merete’s other main research area is translating evidence into practice.
Kajsa Johansson, Physiotherapist, PhD, is head of the division of Physiotherapy at Linköping University. She is working as a senior researcher and lecturer at different academic levels. Her main area of research is shoulder injuries and the last few years also focusing injury epidemiology within Swedish handball. She has several publications and book chapters within the area of diagnosis and treatment of shoulder problems. She is a consultant physiotherapist at the Sports Medicine unit within Region Östergötland, a county council in the Southeast of Sweden. She is part of the medical committee of a local handball association working with players in all ages. In her role as a researcher and physiotherapist she is part of the team who performed the physical performance testing of the elite handball players selected by the Swedish Handball Federation and the Swedish Olympic committee in a program aiming for Rio 2016 and Tokyo 2020.

Martin Hägglund is a physiotherapist and former handball goalkeeper. His current position is as senior lecturer and associate professor at the Division of Physiotherapy, Department of Medical and Health Sciences at Linköping University, Sweden, where he teaches in the area of sports medicine and musculoskeletal function at undergraduate and post graduate level courses. He also frequently lectures in sports organizations about injury prevention. His research focuses mainly on sports injury epidemiology and prevention. He is a senior researcher in the Football Research Group that has conducted injury surveillance studies of European top-level football since 2001. His research also extends to implementation of preventive interventions in sports, return to sport after injury, and ACL injuries. Martin has >60 publications in peer reviewed journals and has also written several popular science papers and book chapters. He is section editor for the Scandinavian Journal of Medicine and Science in Sports and an editorial board member for Sports Medicine – Open.

Fredrik Johansson has been working with elite sports for 15 years mainly in the field of tennis and with adolescent players. Since 2006, head of strength and conditioning in the Swedish Tennis federation working with the national teams. In addition he works with individuals in many sports at the highest level. Besides the strength and conditioning part he works as a licensed naprapath at Cityakuten in Stockholm taking care of athletes. On the academic side he is currently working on a thesis focusing on the shoulder of the adolescent elite tennis player. Finally, as an athlete he played on the same team as Mats Sundin in Djurgården, although it was at the age of 12 :-) !
Ioannis Kostogiannis

Ioannis Kostogiannis, MD, PhD, is senior consultant orthopaedic surgeon at the Section for Sports Injuries, Department of Orthopaedics, Skåne University Hospital. He is working with sports injuries and arthroscopic surgery of the lower extremity (hip, knee and ankle). He is currently the team physician for an elite football team and an elite handball team.

His thesis on knee ligament injuries won the best thesis award of the Swedish Orthopaedic Association (SOF) in 2011. Since 2007 he has published 10 peer-reviewed original articles. His current field of research is focused on hip & groin injuries in the young, athleticism active population.

For the past 3 years he has been the chairman of the local society for sports medicine at the south part of Sweden (Idrottsmedicin Syd).

Marie Wedberg

Marie Wedberg, Physiotherapist, runs a private practice in Partille next to Gothenburg. She is mainly working with sports injuries and particularly knee and shoulder disorders pre- and eventually postop.

She has been in charge of rehabilitation of the elite male handball team for over twenty years in her club IK Sävehof. IK Sävehof is one of the biggest sport clubs in Sweden and the wellbeing of all the young players has made her more and more interested in preventative work.

In 2015 she carried out a study on the Swedish male handball league and the prevalence of shoulder pain. She has also been involved in national works such as knee/shoulder control and “Ready for handball” which are tools for players and trainers in order to try to decrease the high amount of injuries amongst young player.

She has been working with the national female handball team during two Olympic games, Beijing and Rio as well as two European championships and two world championships. She was part of the group who started up the work within the medical committee in the Swedish handball federation and spent several years working with medical issues and education as well as creating a network in the medical field around the sport.

Johan Sandberg

Johan Sandberg is a sports physiotherapist. He is currently working at GHP Orthocenter Rehab, in Gothenburg.

He has been working as a physiotherapist for the Swedish National team in football since 2004 and the elite football club BK Häcken football in the Swedish first league. Before that Johan was working for the elite club IFK Gothenburg from 1999-2005.


He also has been working with handball team, recently the elite club Alingsås HK handball between 2012-2013.
Free communications

13.40-15.00 Free communication session
Chairs: Martin Hägglund & Kajsa Johansson

Session outline:

13:40-13:50  Eva Ageberg: A Concept Mapping approach to identify perceived facilitators to enhance the implementation of injury prevention training in youth team handball: The I-PROTECT project.

13:50-14:00  Jesper Bencke: Neuromuscular testing at return to play after ACL injury - a case study.

14:00-14:10  Paweł Cisowski: Return to sports participation of patients with chronic ankle instability.


14:20-14:30  Piotr Kaczmarek: Inferior shoulder joint position sense in junior handball players.

14:30-14:40  Susana Póvoas: Handball 4 health project - physical and physiological demands of recreational team handball for 33-55-year-old untrained men.

14:40-14:50  Sebastian Deisting Skejø: Throwing intensity can be estimated using small accelerometers in a pilot study.

14:50-15:00  Tina Torabi: Dynamic shoulder joint control is affected by fatigue in female handball players playing with or without pain. A preliminary study.
1ST SCANDINAVIAN CONGRESS IN HANDBALL MEDICINE

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