Sports Medical Course
Sportclimbing and Running

Obertrubach
2.7. - 5.7.2015

Organizers: Prof. Dr. med. V. Schöffl
Dr. Dr. med. I. Schöffl

Course Language: English
Sports Medical Course - Sportclimbing and Running

Course Informations

Organizers: Prof. Dr.med. Volker Schöffl, MHBA
Dr.Dr.med.Isabelle Schöffl, MSc

Dept. of Sportsorthopedics and Sportsmedicine,
Dept. of Pediatrics
Sozialstiftung Bamberg

Registration: Mrs.I.Grasser, Dept. of Sportsorthopedics and
Sportsmedicine, Klinikum Bamberg, Bugerstr.80,
96049 Bamberg, Germany
Tel 0951 503 12241, Fax 0951 503 12249,
sporttraumatologie@sozialstiftung-bamberg.de

Registration is obligatory and must be in written form. Registration is only
effective after payment (reference: sports medical course) of the course
fee to the following bank account: Volker Schöffl, Sparkasse Bamberg,
SWIFT/BIC BYLADEM1SKB, IBAN DE90 7705 0000 0578 4494 15, BLZ
77050000, Ac.No. 578449415, Germany. As the number of participants
is limited please register early. Cancellation more than 4 weeks prior to
the course results in an administration charge of 25 Euro, a later
cancellation cannot be performed.
Course fee (including full board)

Course fee for a single room is 450 Euro, accommodation in a twin room is 420 Euro per person. Fees include breakfast, coffee, lunch (take away at climbing days) and dinner.

Course approval and CME accreditation:

The course has been approved by GOTS (The Society for Orthopaedic Traumatologic Sports Medicine), the UIAA Medical Commission and The Wilderness Medical Society. CME accreditation from various medical bodies will be requested as in previous years. This includes accreditation from:

- Bay. Landesärztekammer: 16 CME points requested
- German Degree in Sports Medicine (sports medicine 18h (A:1h, B:8h, C:1h, E:5h, G:3h) sports medical aspects of sports 15h ( 7:7h, 8:8h).
- FAWM credits of WMS: 13.5 h
- Physiotherapy CME points

Location: In the heart of the “Frankenjura” – one of the Worlds most famous climbing areas

Arbeitnehmerbildungsstätte Obertrubach, Fränkische Schweiz Pfarrer-Grieb-Weg 25, 91286 Obertrubach, Germany
Phone: +49 9245 9821-0, Fax: +49 9245 9821-30
http: www.bildungshaus-obertrubach.de

Airports: Nuremberg (45min), Munich (2h), Frankfurt (2.5h)

Map:
Equipment:

Rental climbing gear is available for minor costs. If possible bring your own gear. Active sport program will be in small groups, transportation to the climbing spots will be arranged through private cars of participants. If you want to mountainbike as part of the sports program please bring your own bike and gear.

Insurance Cover:

The course fee does not include any insurance cover for the sport activities or other accidents during the course. Please be sure to have your personal travel insurance cover.

There are many climbing possibilities close by. We refer to the present guidebooks or online to www.climbing.de and www.frankenjura.com. The closest bouldering area is just a 5 minutes walk from the course venue. There are a large variety of running and mountain bike trails close by.
Program July 2. – 5.

Thursday 2.7.2013

13.00 Get together, Registration, Coffee

13.15 Welcome and course information
13.30 Injury statistics, scoring, injuries to the lower extremity
   (V.Schöffl) (Kat B)
14.30 Introduction to spiroergometrie (O.Pöppelmeier) (Kat.E)

15.15 Coffee Break
15.30 Anatomy and biomechanics of the hand and fingers (I.Schöffl)
   (Kat.A)
16.15 Specific spiroergometrie in mountaineering – competition ski
   mountaineering (V.Schöffl) (Kat.E)
17.00 Sport practise: Running / Slackline (J.Emmler, U.Schwarz) (Kat.7)

18.30 Dinner
20.00 Slide Show: Holger Heuber

Friday 3.7.2013

7.00 Early Morning Run (I.Schöffl, V.Schöffl) (Kat.7)
7.45 Breakfast
8.15 Physiological responses to rock climbing in young climbers
   (A.Morrison) (Kat.B)
9.00 Trauma management in the mountains, ventilation during heli-
   copter rescue and resuscitation of avalanche victims (T.Keil)
   (Kat.E)
9.45 Coffee Break

10.15 Natural Running – technique and tactics (J.Emmler) (Kat.7)

11.00 Ice Climbing: Injuries and overuse syndromes(Kat B) (U.Schwarz
11.45 Nutrition in Rock Climbing (A.Morrison) (Kat. G)

12.30 Sport practice: Rock climbing, running, mountainbike
   (guides) (Kat. 8)
   (4 Unterrichtseinheiten a 45 min)
19.00 Dinner
20.00 Slide Show: Misho Michailov: Unclimbed peaks and big walls at
   the unseen Khane Valley, Karakorum
Program July 4. – 5.

Saturday 4.7.2013

7.00   Early Morning Run (J. Emmler, I. Schöffl, J. Pöppelmeier) (Kat.7)
7.45   Breakfast
8.15   Differential diagnosis of finger pain (V. Schöffl) (Kat.B)
9.15   Training methods in rock climbing (M. Michailov) (Kat.B)
10.00  Coffee Break
10.30  Workshops: I. Ultrasound and II. Taping (2 groups)
       (J. Jüngert, V. Schöffl, I. Schöffl) (Kat.B)
12.00  Sport practice: Rock climbing, running, mountainbike
       (guides) (Kat. 8) (4 Unterrichtseinheiten a 45 min)
19.00  Dinner

Sunday 5.7.2013

7.00   Early Morning Run (J. Emmler, I. Schöffl, J. Pöppelmeier) (Kat.7)
7.45   Breakfast
8.15   Rockclimbing with medical conditions (Th. Küpper) (Kat.E)
9.00   Shoulder problems in rock climbers (D. Popp) (Kat.B)
9.45   Coffee Break
10.00  Sports ability test and medical supervision of junior high level
       athletes (I. Schöffl) (Kat.G)
10.45  Practical Session: Technique training in Running (J. Emmler) (Kat.7)
12.00  Lunch
13.00  Chronic epiphyseal fractures in adolescent athletes (I. Schöffl)
       (Kat.G)
13.45  Physiotherapy of climbing specific conditions (S. Watson) (Kat.B)
14.30  Long term prognosis of rock climbing
       (V. Schöffl) (Kat.B)
15.15  Issuing of participation certificate
Board


Julia Emmler, Sportstrainer, Natural Running Trainer, Spiroergometry, Motion Analysis, Dept. Sportsorthopedics - Sportsmedicine, Sozialstiftung Bamberg

Jörg Jüngert MD, Consultant Dept. of Pediatrics, DEGUM Instructor level 3, Head of Ultrasound Diagnostics, University Erlangen-Nuremberg

Holger Heuber, Rock Climber, Expedition Climber, Forchheim

Thorsten Keil MD, Head Dept. of Anesthesiology, Klinikum Lichtenfels, Helicopter Rescue Physician, Austria

Dominik Popp MD, Consultant Dept. of Orthopedic and Trauma Surgery, Sozialstiftung Bamberg

Moreira Tarcísio MSc, Physical Therapist of Brazilian Confederation of Mountaineering and Climbing (CBME), Master of Rehabilitation Science, Brazil

Audry Morrison, BSc (Hons in Human Nutrition), RNutr (registered nutritionist), and MedCom UIAA, London UIAA

Misho Michailov, PhD, Institute of Sports Science, Bulgaria

Olaf Pöppelmeier, MD Dept. of Orthopedic and Trauma Surgery, Sozialstiftung Bamberg

Thomas Küpper MD, PhD, Inst. of Occupational and Social Medicine, Aachen Technical University, MedCom UIAA

Isabelle Schöffl MD, PhD, MSc, Dept. of Pediatrics, Sozialstiftung Bamberg

Volker Schöffl MD, PhD, MHBA, Dept.of Sportsorthopedics and Sportsmedicine, Sozialstiftung Bamberg, MedCom IFSC, MedCom UIAA

Ulrich Schwarz MD, Private Pactise, Oberstdorf

Stewart Watson, Physiotherapist and World Cup competing climber, Austria
Registration Form

I register for the sportsmedical course “Sportclimbing and Running“ from the 2.7.-5.7. in Obertrubach, Germany. The fee for registration, board and lodging was paid.

Name:

Adress:

Phone, Fax:

Room: single room: double room:

E-mail: Date/Signature

Please sent to:

Fr.I.Grasser, Sekretariat Sportorthopädie, Klinikum Bamberg, Bugerstr.80, 96049 Bamberg, Germany.
Tel 0951 503 12241, Fax 0951 503 12249, sporttraumatologie@sozialstiftung-bamberg.de