



Bayerischer
Sportärzte-
verband e.V.



SOZIALSTIFTUNG BAMBERG
HEILEN. WOHLFÜHLEN. BETREUEN.



DAV
Deutscher Alpenverein
Sportmedizinischer Stützpunkt

Sports Medical Course Sportclimbing and Running

Obertrubach

6.6. – 9.6.2013

Organizers: Priv.Doz.Dr.med.V.Schöffl
Dr.Dr.med.I.Schöffl

Course Language: English



MEDICAL
THE UIAA COMMISSION



Gesellschaft für Orthopädisch-
Traumatologische Sportmedizin



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Sports Medical Course - Sportclimbing and Running



Course Informations

Organizers: Priv.-Doz. Dr.med. Volker Schöffl, MHBA
Dr.Dr.med.Isabelle Schöffl, MSc

Dept. of Sportsorthopedics and Sportsmedicine,
Dept. of Orthopedic and Trauma Surgery, Dept. of Pediatrics
Sozialstiftung Bamberg

Registration: Mrs.I.Grasser, Dept. of Sportsorthopedics and
Sportsmedicine, Klinikum Bamberg, Bugerstr.80,
96049 Bamberg,
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:

CME registration with the Bay. Landesärztekammer is requested (16 points) and also registration for the German Degree in Sports Medicine (Gesamt: Sportmedizin 18 Std., Sportmedizinische Aspekte des Sportes 21 Std., entspr. Kategorie E 5h, F 5h, G 8h, 3 8h, 7 5h und 8 8h). Physiotherapist continuing education points will be also requested.

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 present bring your own gear. Active sport program will be in small groups, transportation to the climbing spots will be arranged through private cars of attendances. 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 incidences 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 June 6th and 7th

Thursday 6.6.2013

- 13.00 Get together, Registration, Coffee
- 13.30 Injury statistics, Scoring, Injuries to the lower extremity (V.Schöffl) (Kat.G)
- 14.30 Anatomy and biomechanics of the hand, finger and pulleys (I.Schöffl) (Kat.G)
- 15.00 Coffee Break
- 15.30 Introduction to Spiroergometrie (O.Pöppelmeier, V.Schöffl) (Kat.E)
- 16.15 Specific Spiroergometrie in Mountainering – 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 7.6.2013

- 7.00 Early Morning Run (J.Emmler, I.Schöffl, J.Pöppelmeier) (Kat.7)
- 8.00 Breakfast
- 8.30 Physiological Responses to Rock Climbing in Young Climbers (A.Morrison) (Kat.F)
- 9.15 Climbing accidents in the mountains, Ventilation during helicopter rescue, dive injuries in the Alps and helicopter rescue (T.Keil) (Kat.E)
- 10.00 Coffee Break
- 10.30 Natural Running – technique and tactics (J.Emmler, V.Schöffl) (Kat.7)
- 11.00 Ice Climbing: Injuries and Overuse syndromes (U.Schwarz)
- 11.30 Interactions between mountain sports and pregnancy (Löffler-Röder)(Kat. F)
- 12.00 Sport practise: Rock climbing, running, mountainbike (Kat. 8) (guides) (Kat.3)
- 19.00 Dinner
- 20.00 Slide Show: Schöffl / Schöffl: Rockclimbing in Laos

Program June 8th and 9th

Saturday 8.6.2013

7.00 Early Morning Run (J.Emmler, I.Schöffl, J.Pöppelmeier) (Kat.7)

8.0 Breakfast

8.30 Differential diagnosis of finger pain (V.Schöffl) (Kat.B)

9.15 Trainingsmethodics of Rock climbing (M.Michailov)(englisch) (Kat.E)

10.00 Coffee Break

10.30 Sports ability test and medical care of junior high level athletes
(I.Schöffl) (Kat.F)

11.00 Workshops : I. Ultrasound and II. Taping (2 groups)
(J.Jüngert, V.Schöffl, I.Schöffl,)(Kat.B)

12.00 Sport practise: Rock climbing, running, mountainbike (Kat. 8)
(guides) (Kat.3)

19.00 Dinner

So 9.6.2013

7.00 Early Morning Run (J.Emmler, I.Schöffl, J.Pöppelmeier) (Kat.7)

8.00 Breakfast

8.30 Rockclimbing with medical conditions (Th. Küpper) (Kat.F)

9.15 Cardiac Arrhythmia and Rock Climbing – A case discussion
(U.Schwarz)(Kat.E)

9.30 Shoulder Problems in Rock Climbers (D.Popp)

10.00 Coffee Break

10.15 Children and Climbing (I.Schöffl) (Kat B)

10.45 Practical Session: Technik training in Running (J.Emmler)(Kat 7)

12.00 Mittagessen

13.00 Nutrition in Rock Climbing (A.Morrison) (englisch) (Kat.F)

13.45 Physiotherapeuty in Climbing specific conditions (M.Stöcker)
(Kat.G)

14.30 Long term prognosis of rock climbing
(V.Schöffl) (Kat.G)

15.15 Ausgabe der Teilnehmerbescheinigung

Board

Christian Donner, UIAA certified Mountain Guide, ProAlpin, Bergsportschule Bamberg GbR

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

Jörg Jüngert MD, Consultant Dept. of Pediatrics, DEGUM Instructor level 2, 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, Klinikum Bamberg

Birgit Löffler-Röder MD, Consultant Dept. of Gynaecology, Sozialstiftung Bamberg

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, Klinikum Bamberg

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

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

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

Ulrich Schwarz MD, Private Practice, Oberstdorf

Matthias Stöcker, Physiotherapist, Bamberg

Registration Form

I register for the sportsmedical course "Sportclimbing and Running" from the 6.6. to 9.6.2013 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, Tel 0951 503 12241, Fax 0951 503 12249,
sporttraumatologie@sozialstiftung-bamberg.de