# Medical Summit
# MOUNTAIN BIKE WORLD CHAMPIONSHIPS

UCI UNION CYCLISTE INTERNATIONALE

Arosa Lenzerheide
Lässt Herzen höher schlagen.

medbase SPORTS MEDICAL CENTER

Kantonsspital Aarau

**5. September 2018**

**PRIVÀ Lodge, Lenzerheide, Switzerland**

SGSM SSMS

GOTS

SWISS CYCLING

The exchange of expertise with colleagues during international competitions is always an enrichment. The chance of hosting the best teams from all over the world in Switzerland gave us the opportunity to organize a very special medical meeting. Proudly we display a broad variety of topics concerning mountain biking and medicine presented to you by international experts. We expect lively discussions and lots of inspiration with mountain bike medicine enthusiasts from all over the world.

See you in Lenzerheide! Patrik Noack and Richard Glaab

# Program

09.00 Welcome – Richard Glaab, Patrik Noack

## Injuries

09.10 Injuries in Mountain biking – Richard Glaab
09.30 Clavicle fractures – Tudor Trache
09.50 Elbow dislocations in athletes – Florian Pfalzer
10.10 Injuries to the forearm and hand – Dominik Hoigné
10.30 Break

## Performance

11.00 Performance, pacing strategies and power output production during races – Cyril Granier
11.20 Performance testing in athletes, the Swiss approach – Severin Trösch, Beat Müller
11.40 The traveling athlete – Patrik Noack
12.00 Lunch

## Overuse

12.45 Lower Back Pain, Incidence and Diagnostics – Geri Clénin
13.05 Treatment of lower back pain – Jenn O´Connor
13.25 Kinking of iliac vessels in cycling – Stefan Küpfer

13.50 Break

## Head

14.05 Exercise induced headache – Brendan O'Neill
14.25 Concussion, from Berlin consensus to GBCT Guidelines – Nigel Jones
14.45 Psychological Aspects of Sports injuries – Annie Söderberg

## Workshops

15.15 Workshop A: on field ultrasound in injuries – Michael Fierz
Workshop B: acute pain management – Urs Pietsch
16.00 Farewell Richard Glaab, Patrik Noack
16.30 Opening Ceremony Mountain Bike World Championchips
17.30 Cross Country Team Relay World Championchips
19.00 Opening Party

## Organisation

Richard Glaab, Trauma and sports surgeon, Team doctor swiss cyling, Aarau, Switzerland
Patrik Noack, Sports physician, Chief medical officer swiss cycling, Abtwil, Switzerland

## Speakers

Geri Clénin, Sports physician, President Swiss sports medicine society (SGSM), Ittigen, Switzerland
Michael Fierz, Sports physician, ultrasound expert, Lenzerheide, Switzerland
Cyril Granier, Sports scientist, French cycling association, Paris, France
Dominik Hoigné, Hand surgeon, St Gallen, Switzerland
Nigel Jones, Consultant in sports and exercise medicine, Head of medical services British Cycling, Liverpool, Great Britain
Stefan Küpfer, Specialist in vascular medicine, Bad Ragaz, Switzerland
Beat Müller, Sports scientist, Swiss Federal Institute of Sport, Magglingen, Switzerland
Jenn O´Connor, PA-C, MS, Medical specialist, U.S. Mountain Bike Team, Burlington, USA
Brendan O'Neill, Sports physician, Medical Director Bike NZ, Auckland, New Zealand
Florian Pfalzer, Orthopedic surgeon, Sportklinik Stuttgart, Germany
Urs Pietsch, Specialist in anesthesiology and emergency medicine, head race physician World Championships Lenzerheide, St. Gallen, Switzerland
Annie Söderberg, Sports psychologist, Head Coach Swedish Cycling Federation, Stockholm, Sweden
Tudor Trache, Surgeon, Männedorf, Switzerland
Severin Trösch, Sports scientist, Swiss Federal Institute of Sport, Magglingen, Switzerland

**Location:** PRIVÀ Alpine Lodge, Dieschen sot 18, 7078 Vaz/Obervaz, Switzerland
**Audience:** medical staff members (physicians, therapists, trainers, scientists…)
**Costs:** registered competing Team Staff: free – other registered: 50 CHF (incl. workshops and lunch), to be paid September 5th in cash
**Language**: English **CME:** SGSM 6 points
**Registration**: Please contact ***svenja.manser@medbase.ch***

## Sponsors

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IBSA Institut Biochimique SA

## Location

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