



12TH EFSMA CONGRESS OF SPORTS MEDICINE

19-21 October 2023, Wrocław, Poland
Hala Stulecia Congress Center



Preliminary
scientific program



COMMITTEES

CONGRESS PRESIDENTS

Maurizio Casasco (Italy) President of European Federation of Sports Medicine Associations
Tomasz Kostka (Poland) President of Polish Society of Sports Medicine

CONGRESS HONORARY PRESIDENTS

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Fabio Pigozzi (Italy)
André Debruyne (Belgium)

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Anna Jegier (Poland) European Federation of Sports Medicine Associations, Polish Society of Sports Medicine

Co-Chairs

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Andrzej Ziemia
Dorota Zowczak

19 October 2023 (Thursday)

8.30 - 20.00		Registration of participants in the EFSMA Congress
9.00 - 10.00	Room A-B	Workshop: Practical application of medical examination qualifying children and adolescents for sports. Maciej Hess (Poland).
	Room C-D	Workshop: Overload and injuries prevention in children and adolescents practicing sports. Andrzej Czamara (Poland), Łukasz Dalecki (Poland).
10.10 - 11.10	Room A-B	Workshop: Interpretation of imaging results in sports medicine.
	Room C-D	Workshop: Criteria for returning to sport after Achilles tenden injuries. Andrzej Czamara (Poland), Łukasz Sikorski (Poland).
11.20 - 12.50	Room A-B	Workshop: Assessment of exercise capacity and diagnostic tests. Robert Pietruszyński (Poland), Marta Bożańska-Janias (Poland)
12.00 - 13.45		Meetings of the Main Board of the Polish Society of Sports Medicine (PTMS)
14.00		Executive Committee Meeting of the European Federation of Sports Medicine Associations (EFSMA)
14.15 - 15.45	Auditorium	Bed rest and detraining (90 min)
	Room A-B	From rehabilitation to Paralympics - challenges and threats in the sport of people with disabilities (90 min)
	Room C-D	Diagnosis and monitoring of treatment of selected musculoskeletal injuries (90 min)
16.00 - 17.30	Auditorium	Drugs, doping and antidoping in sports (90 min)
	Room A-B	Sudden Cardiac Death in Sports (90 min)
	Room C-D	Digital wearables in sports medicine and sports (90 min)
17.45 - 19.30	Auditorium	Opening Ceremony

20 October 2023 (Friday)

8.00 - 18.00		Registration of participants in the EFSMA Congress
9.00 - 10.30	Auditorium	Relative energy deficiency in sport (RED-S) as a challenge for modern sports medicine (90 min)
	Room A-B	Physical activity for people with chronic diseases (90 min)
10.45 - 12.15	Room C-D	Infodemic-COVID-19 - Sport. Scientific Session of The Polish Chamber of Physiotherapists (90 min.)
	Auditorium	Exercise at 50 years old and beyond (90 min)
	Room A-B	Athlete's heart (90 min)
13:10 - 14:10	Room C-D	Rehabilitation in selected sports injuries (90 min)
	Pergola	Workshop: Pergola in Front of Congress Center: Recreational exercises recommended for health – Zumba performed by seniors from Wroclaw Space the Third Age.
13.30 - 15.00	Auditorium	Clinical and legal problems of Sports Medicine in Europe. A synthesis, summary and analysis (90 min)
	Room A-B	Exercise and immune health (90 min)
	Room C-D	Power of Exercise. Health benefits and their monitoring in project "Exercise Prescription for Health" (90 min)
15.30 - 17.00	Auditorium	Selected problems of the knee injury in children and adolescents (90 min)
	Room A-B	Aging and Sport (90 min)
	Room C	Oral presentation session I (90 min.)
16.00 - 20.00	Room D	EFSMA Council of Delegates
17.15 - 18.45	Auditorium	Biological therapies in musculoskeletal sport injuries (90 min)
	Room C	Oral presentation session II (90 min)
17.15 - 18.00	Room A-B	Altitude training (45 min)
18.00 - 19.00	Room A-B	Global Alliance for the Promotion of Physical Activity: the Hamburg Declaration - Roundtable discussion (60 min)

21 October 2023 (Saturday)

7.30 - 9.00		Registration of participants in the EFSMA Congress
8.30 - 10.00	Auditorium	Physical activity in the preconception, pregnancy and postpartum period (90 min) - in English
	Room A-B	Oral presentation session III
	Room C-D	Moderated e-poster session I
10.20 - 11.50	Auditorium	Sports and Medical Certification on Sports Medicine in Poland (90 min) - In Polish
	Room A-B	E-poster session
	Room C-D	Moderated e-poster session II
12.00 - 13.30	Auditorium	Recommendations of the Polish Society of Sports Medicine (90 min) - in Polish
	Room A-B	Health benefits of probiotics in sports and exercise (90 min) - In Polish
	Room C-D	E-poster session
14.30 - 15.30	Auditorium	Summary and Official Closing Ceremony of the 12th EFSMA Congress of Sports Medicine
15.45 - 17.30	Auditorium	Recommendations of Polish Society of Sports Medicine for health-promoting physical activity of Seniors (100 min) - in Polish (joint session of PTMS and the City of Wroclaw)



19 October 2023 (Thursday)

>> 8.30 - 20.00

Registration of participants in the EFSMA Congress Workshops

- There is no additional fee.
- A large number of places is provided.
- Available to all Congress participants.
- At the entrance everybody will be required to sign an attendance list.

>> 9.00 - 10.00 | Room A-B

Workshop: Practical application of medical examination qualifying children and adolescents for sports. Maciej Hess (Poland).

>> 9.00 - 10.00 | Room C-D

Workshop: Overload and injuries prevention in children and adolescents practicing sports. Andrzej Czamara (Poland), Łukasz Dalecki (Poland).

>> 10.10 - 11.10 | Room A-B

Workshop: Interpretation of imaging results in sports medicine.

>> 10.10 - 11.10 | Room C-D

Workshop: Criteria for returning to sport after Achilles tendon injuries. Andrzej Czamara (Poland), Łukasz Sikorski (Poland).

>> 11.20 - 12.50 | Room A-B

Workshop: Assessment of exercise capacity and diagnostic tests. Robert Pietruszyński (Poland), Marta Bożańska-Janus (Poland)

>> 12.00 - 13.45

Meetings of the Main Board of the Polish Society of Sports Medicine (PTMS)

>> 14.00

Executive Committee Meeting of the European Federation of Sports Medicine Associations (EFSMA)

>> 14.15 - 15.45 | Auditorium

Session. Bed rest and detraining (90 min)

Chairs: Andrzej Ziemba (Poland), Herbert Löllgen (Germany)

1. Pathophysiological consequences of bed rest and detraining. Andrzej Ziemba (Poland) - 20 min.
2. Simulation of weightlessness (zero gravity) via bed rest (Head down tilting). Herbert Löllgen (Germany) - 20 min.
3. Physiology of the autumn of the athletic career. Tomasz Mikulski (Poland) - 20 min.
4. Disturbances in the training process caused by acute respiratory infections. Hubert Krysztofiak (Poland) - 20 min.

Discussion (10 min)

19 October 2023 (Thursday)

>> 14.15 - 15.45 | Room A-B

**Session. From rehabilitation to Paralympics
- challenges and threats in the sport of people with disabilities (90 min)**

Chairs: Osnat Fliess Douer (Israel), Bartosz Molik (Poland)

1. Sport performance monitoring of elite athletes in Paralympic sport. Bartosz Molik (Poland) - 20 min.
2. Handcycling: rehabilitative, medical and exercise physiological aspects. Thomas Abel (Germany) - 20 min.
3. Classification challenges in Paralympic sports. Jolanta Marszałek (Poland) - 20 min.
4. Technology in Paralympic sport - Innovation controversy. Osnat Fliess Douer (Israel) - 20 min.

Discussion (10 min)

>> 14.15 - 15.45 | Room C-D

Session. Diagnosis and monitoring of treatment of selected musculoskeletal injuries (90 min)

Chairs: Silvana Giannini (Italy), Bogusław Sadlik (Poland)

1. Correlation between clinical, MRI and arthroscopic findings in sports knee injuries. Bogusław Sadlik (Poland) - 20 min.
2. Diagnostic imaging and fast recovery in athletes with posterior micro instability of the hip. Silvana Giannini (Italy) - 20 min.
3. Selected examples of musculoskeletal overload pain syndrome in different age groups – MRI Imaging. Krzysztof Kowalewski (Poland) 20 min
4. Movement Re-Patterning from Rehabilitation to Performance. Josef Pace (Malta) - 20 min

Discussion (10 min)

>> 15.45 - 16.00

Break

>> 16.00 - 17.30 | Auditorium

Session. Drugs, doping and antidoping in sports (90 min)

Chairs: Jerzy Smorawiński (Poland), Andrzej Pokrywka (Poland), Michał Rynkowski (Poland)

1. Liability of physicians and members of medical teams in anti-doping rules. Michał Rynkowski (Poland) - 10 min.
2. The evolution of anti-doping methods: from markers of exposure to markers of effect and the different modules and confounding factors of the Athlete Biological Passport. Jonas Saugy (Switzerland) - 30 min.
3. Technological doping in 2023. Pedro Manonelles Marqueta (Spain), Yannis Pitsiladis (UK) - 20 min.
4. Doping as a problem of public health - the prevalence of testosterone abuse in recreational athletes. Monika Skrzypiec-Spring, Andrzej Pokrywka (Poland) - 20 min.

Discussion (10 min)

19 October 2023 (Thursday)

>> 16.00 - 17.30 | Room A-B

Session. Sudden Cardiac Death in Sports (90 min)

Chairs: Elena Cavaretta (Italy), Alessandro Biffi (Italy)

1. Sudden Cardiac Death in Sports. Domenico Corrado (Italy) - 20 min.
2. Role of echocardiographic screening in the context of pre-participation screening to prevent sport related sudden cardiac death. Elena Cavarretta (Italy) - 20 min.
3. How to best stratify the risk of sudden cardiac death in sports: the role of guidelines. Alessandro Biffi (Italy) - 20 min.
4. The risk of sudden death in hypertrophic cardiomyopathy in young athletes. Lidia Ziółkowska (Poland) - 20 min.

Discussion (10 min)

>> 16.00 - 17.30 | Room C-D

Session. Digital wearables in sports medicine and sports (90 min)

Chairs: Rüdiger Reer (Germany), Yannis Pitsiladis (UK)

1. Wearable and telemedicine innovations for Olympic events and elite sport. Yannis Pitsiladis (UK) - 20 min.
2. Wearables and digital approaches to community physical activity promotion. Nils Schumacher (Germany) - 20 min.
3. Sports Heart Rate Monitors as reliable diagnostics tools detecting arrhythmias in athletes. Is there a need for more sophisticated Digital Devices? Robert Gajda (Poland) - 20 min.
4. TBC

Discussion (10 min)

>> 17.30 - 17.45

Break

>> **Opening Ceremony** | 17.45 - 19.30 | Auditorium

17.45 - 18.00 | Welcome of the participants and guests of the 12th EFSMA Congress
Chairman of the Organizing Committee - Prof. Andrzej Czamara

18.00- 18.08 | Speech by the Mayor of Wrocław - Mr Jacek Sutryk

18.08- 18.16 | Speech by the President of International Federation of Sports Medicine - Prof. Fabio Pigozzi

18.16- 18. 24 | Speech by the President of World Anti-Doping Agency – Mr Witold Bańka

18.25- 18.40 | Speech by the President of European Federation of Sports Medicine Associations. Dr Maurizio Casasco

18.41-18.50 | Speech by the President of Polish Society of Sports Medicine. Prof. Tomasz Kostka

18. 50 – 19.10 | Inaugural lecture by the President of International Federation of Sports Medicine „ Cardiovascular diseases and physical exercise” Prof. Fabio Pigozzi

19.11 – 19.20 | Official opening of the 12th EFSMA Congress - President of European Federations of Sports Medicine Associations Dr Maurizio Casasco and President of Polish Society of Sports Medicine Prof. Tomasz Kostka

20 October 2023 (Friday)

>> 8.00 - 18.00

Registration of participants in the EFSMA Congress

>> 9.00 - 10.30 | Auditorium

Session. Relative energy deficiency in sport (RED-S) as a challenge for modern sports medicine (90 min)

Chairs: Theodora Papadopoulou (UK), Jarosław Krzywański (Poland)

1. RED-S - an overview, pathophysiology and evolution. Theodora Papadopoulou (UK) - 20 min.
2. RED-S endocrine changes. Nadia Sawicka-Gutaj (Poland) - 20 min.
3. The bones victim of RED-S. Marek Krochmalski (Poland) - 20 min.
4. RED-S prevention, diagnostics, and management at the nutritional level. Zofia Piotrowicz (Poland) - 20 min.

Discussion (10 min)

>> 9.00 - 10.30 | Room A-B

Session. Physical activity for people with chronic diseases (90 min)

Chairs: Tomasz Zdrojewski (Poland), Katarzyna Szmigielska (Poland)

1. Current recommendations of physical activity for people with hypertension. Tomasz Zdrojewski, Iwona Szadkowska (Poland) - 20 min.
2. Physical activity in metabolic diseases. Katarzyna Szmigielska (Poland) - 20 min.
3. Physical exercise for people with asthma bronchiale and chronic obstructive pulmonary diseases. Adam Białas (Poland) - 20 min.
4. The impact of regular guided physical activity on body composition, muscular strength, cardiovascular fitness and disease relapse in patients with newly diagnosed polymyalgia rheumatica. Petra Zupet (Slovenia) - 20 min.

Discussion (10 min)

>> 9.00 - 10.30 | Room C-D

Session. Infodemic-COVID-19 - Sport. Scientific Session of The Polish Chamber of Physiotherapists (90 min.)

Chairs: Elżbieta Skorupska, Arkadiusz Dziubaszewski.

1. Infodemic and how to cope with it - information about the project. Arkadiusz Dziubaszewski. (Poland) - 20 min.
2. Evidence based practice (EBP) and sport. Joanna Zając (Poland) - 20 min.
3. Return to sport after Covid-19. Marta Jokiel (Poland) - 20 min.
4. Covid-19 and its potential role in developing nociceptive pain in athletes. Elżbieta Skorupska (Poland) - 20 min.

Discussion (10 min)

>> 10.30 - 10.45

Break

20 October 2023 (Friday)

>> 10.45 - 12.15 | Auditorium

Session. Exercise at 50 years old and beyond (90 min)

Chairs: Norbert Bachl (Austria), Yannis Pitsiladis (UK), Tomasz Kostka (Poland)

1. Exercise over 50 years old: risks and benefits. Tomasz Kostka (Poland) - 20 min.
2. Sarcopenia - a needless health threat. Norbert Bachl (Austria) - 20 min.
3. Genomic research in exercise performance and adaptation to training at an older age compared to a younger one. Yannis Pitsiladis (UK) - 20 min.
4. Electrical stimulation for muscle weakening. Joanna Kostka (Poland) - 20 min.

Discussion (10 min)

>> 10.45 - 12.15 | Room A-B

Session. Athlete's heart (90 min)

Chairs: Anna Jegier (Poland), Günther Neumayr (Austria)

1. Athlete's heart. Michael Papadakis (UK) - 20 min.
2. The athlete's ECG. Dimitra Antonakaki (UK) - 15 min.
3. Cardiac Magnetic Resonance (CMR) in sports cardiology. Łukasz Małek (Poland) - 15 min.
4. Coronary Calcium and endurance athletes: A narrative review. Herbert Löllgen (Germany), Norbert Bachl (Austria)- 15 min.
5. Heart damage in endurance sport. Can strenuous endurance exercise damage a healthy heart? Günther Neumayr (Austria) - 15 min.

Discussion (10 min)

>> 10.45 - 12.15 | Room C-D

Session. Rehabilitation in selected sports injuries (90 min)

Chairs: Chairs: Joanna Kvist (Sweden), Andre Debruyne (Belgium)

1. Physiotherapy and criteria for return to sport after ACL injury. Joanna Kvist (Sweden) – 20 min.
2. Use of Shockwave Therapy in the management of Morton's Neuroma and Sesamoiditis. Kirill Micallef Stafrace (Malta) - 20 min.
3. Physiotherapy after complete Achilles tendon rupture - practice and scientific evidence. Łukasz Sikorski (Poland) - 20 min.
4. Prevention and physiotherapy of shoulder impingement in resistance training and weightlifting Ewa Bręborowicz (Poland) - 20 min.

Discussion (10 min)

>> 12.15 - 13.30

Break

>> 13:10 - 14:10 | Pergola

Workshop: Pergola in Front of Congress Center: Recreational exercises recommended for health – Zumba performed by seniors from Wrocław Space the Third Age.

20 October 2023 (Friday)

>> 13.30 - 15.00 | Auditorium

**Session. Clinical and legal problems of Sports Medicine in Europe.
A synthesis, summary and analysis (90 min)**

Chairs: Anca Ionescu (Romania), Nicolas Christodoulou (Cyprus), Paolo Emilio Adami (Italy)

1. Preparticipation medical evaluation and sports eligibility - EFSMA recommendations. Anca Ionescu (Romania) - 20 min.
2. Child is not a small adult- do we need sport and physical activity recommendations for paediatric population in Europe? Anna Turska-Kmieć (Poland) - 15 min.
3. Early specialization in sport. Sandra Rozenštoka (Latvia) - 15 min.
4. Recognition of sports medicine as primary specialty in European Union. Nicolas Christodoulou (Cyprus) - 15 min.
5. Preparticipation medical evaluation - the results of research on the standards in European countries. Good practices in sports federations and the possibility of their harmonization in the Member of Federations. Katarzyna Wita (Poland), Paolo Emilio Adami (Italy) - 15 min.

Discussion (10 min)

>> 13.30 - 15.00 | Room A-B

Session. Exercise and immune health (90 min)

Chairs: Barbara Wessner (Austria), Agnieszka Zembron-Lacny (Poland)

1. Is there a role for microRNAs in exercise immunology? Barbara Wessner (Austria) - 20 min.
2. Lifestyle exercise attenuates immunosenescence. Anna Tylutka (Poland) - 20 min.
3. Reversing the road to dementia by addressing preventable risks: the role of hearing loss and physical activity. Agnes Szczepek (Germany) - 20 min.

Discussion (10 min)

>> 13.30 - 15.00 | Room C-D

**Session. Power of Exercise. Health benefits and their monitoring in project
"Exercise Prescription for Health" (90 min)**

Chairs: Herbert Löllgen (Germany), Wojciech Drygas (Poland)

1. The magic power of exercise. The ten-pillar model. Norbert Bachl (Austria), Herbert Löllgen (Germany) - 20 min.
2. Swedish experience. Mats Borjesson (Sweden) - 20 min.
3. How to promote physical activity in adult population? Polish experiences: successes and failures. Wojciech Drygas (Poland) - 20 min.
4. How to promote physical activity? Hubert Krysztofiak (Poland) - 20 min.

Discussion (20 min)

>> 15.00 - 15.30

Break

20 October 2023 (Friday)

>> 15.30 - 17.00 | Auditorium

Session. Selected problems of the knee injury in children and adolescents (90 min)

Chairs: Thomas Patt (Netherlands), Bülent Ülkar (Turkey), Wojciech Widuchowski (Poland)

1. International aspects of ACL (anterior cruciate ligament) prevention. Thomas Patt (Netherlands) - 20 min.
2. Treatment of anterior cruciate ligament injuries in children and adolescents. Wojciech Widuchowski (Poland) - 20 min.
3. Cartilage and meniscus injuries. Why is it worth saving them? Matej Drobnic (Slovenia) - 20 min.
4. Problems in planning physiotherapy after knee injuries in young athletes. Andrzej Czamara (Poland) - 20 min.

Discussion (10 min)

>> 15.30 - 17.00 | Room A-B

Session. Aging and Sport (90 min)

Chairs: Wojciech Drygas (Poland), Herbert Löllgen (Germany)

1. Life expectancy, longevity and sport. Herbert Löllgen (Germany) - 20 min.
2. Does competitive sport have a positive effect on longevity? Wojciech Drygas (Poland) - 20 min.
3. The power of exercise to prevent or reverse frailty of the elderly. Chiara Fossati (Italy) - 20 min.
4. Atrial fibrillation and sports. Iwona Cygankiewicz (Poland) - 20 min.

Discussion (10 min)

>> 15.30 - 17.00 | Room C

Session. Oral presentation session I (90 min.)

Chairs: Barbara Morawin (Poland), Andrzej Pokrywka (Poland)

>> 17.00 - 17.15

Break

>> 16.00 - 20.00 | Room D

EFSMA Council of Delegates

>> 17.15 - 18.45 | Auditorium

Session. Biological therapies in musculoskeletal sport injuries (90 min)

Chairs: Stefan Nehrer (Austria), Andrzej Czamara (Poland), Wojciech Widuchowski (Poland)

1. Regenerative Aspects of cartilage treatment. Stefan Nehrer (Austria) - 20 min.
2. Biomaterials in treatment of joint injuries. Wojciech Widuchowski (Poland) - 20 min.
3. Rehabilitation in biological therapies after musculoskeletal sport injuries. Andrzej Czamara (Poland) - 20 min.
4. The use of Platelet Rich Plasma (PRP) injections in the management of sports injuries. Facts and Myths? Szymon Dragan (Poland) - 20 min.

Discussion (10 min)

20 October 2023 (Friday)

>> 17.15 - 18.45 | Room C

Session. Oral presentation session II (90 min)

Chairs: Katarzyna Szmigielska (Poland), Jarosław Krzywański (Poland)

>> 17.15 - 18.00 | Room A-B

Session. Altitude training (45 min)

Chairs: Petra Zupet (Slovenia), Agnieszka Zembroń-Łacny (Poland)

1. Enhancing endurance performance by high altitude training - a "Challenging Chance". Petra Zupet (Slovenia) - 20 min.
2. Altitude training in practice - live-high train-low in elite athlete. Tomasz Mikulski (Poland) - 20 min.

Discussion (5 min)

>> 18.00 - 19.00 | Room A-B

Session. Global Alliance for the Promotion of Physical Activity: the Hamburg Declaration - Roundtable discussion (60 min)

Chairs: Juergen M. Steinacker, Yannis P. Pitsiladis

Participants of the Roundtable discussion:

Juergen M. Steinacker – European Initiative for Exercise in Medicine (EIEIM)

Fabio Pigozzi- International Federation of Sports Medicine (FIMS)

Norbert Bachl- European Federation of Sports Medicine Associations (EFSMA)

Yannis P. Pitsiladis- International Olympic Committee (IOC)

21 October 2023 (Saturday)

>> 7.30 - 9.00

Registration of participants in the EFSMA Congress

>> 8.30 - 10.00 | Auditorium

Session. Physical activity in the preconception, pregnancy and postpartum period (90 min) - in English

Chairs: Kazimierz Ciechanowski (Polska), Piotr Sieroszewski (Poland)

1. Physical exercise in pregnancy - pros and cons. Piotr Sieroszewski (Poland) - 20 min.
2. The impact of physical activity on the mental health of pregnant women
Anna Kajdy (Poland) - 15 min.
3. Effect of high intensity interval training (HIIT) implemented during pregnancy on placental growth factor (PLGF) concentration as a potential mechanism reducing the risk of preeclampsia development. Sebastian Kwiatkowski (Poland) - 15 min.
4. The role of physical activity in the treatment of infertility.
Ewa Kwiatkowska (Poland) - 15 min.
5. Can we enhance the exercise-related health benefits for women and their offspring by increasing the amount or intensity of physical activity during pregnancy? - based on current recommendations and research on the effectiveness of various prenatal exercise interventions Anna Szumilewicz (Poland) - 15 min.

Discussion (10 min)

>> 8.30 - 10.00 | Room A-B

Session. Oral presentation session III

Chairs: dr n. med. Andrzej Bugajski, dr n. med. Tomasz Mikulski

>> 8.30 - 10.00 | Room C-D

Session. Moderated e-poster session I

Chairs: dr n. med. Anna Tylutka, dr hab. n. med. Hubert Krysztofiak

>> 10.00 - 10.20

Break

>> 10.20 - 11.50 | Auditorium

Session. Sports and Medical Certification on Sports Medicine in Poland (90 min) - In Polish

Chairs: Andrzej Rakowski, Hubert Krysztofiak, Andrzej Bugajski (Poland)

1. Sports and medical jurisprudence from the perspective of the last decade and challenges for the future Andrzej Bugajski (Poland) - 10 min.
2. Judicial decisions in sport and current legal regulations in Poland.
Andrzej Rakowski and Hubert Krysztofiak (Poland) - 20 min.
3. Medical certificate - national regulations with particular emphasis on the basis for issuing a certificate in amateur sports and children and adolescents. Katarzyna Wita (Poland) - 20 min.
4. Difficult questions during the pre-participation medical evaluation.
Maciej Hess (Poland) - 20 min.

Discussion (20 min)

21 October 2023 (Saturday)

>> 10.20 - 11.50 | Room A-B

Session. E-poster session

>> 10.20 - 11.50 | Room C-D

Session. Moderated e-poster session II

Chairs: dr n. med. Anna Tylutka, dr hab. n. med. Hubert Krysztofiak

>> 11.50 - 12.00

Break

>> 12.00 - 13.30 | Auditorium

Session. Recommendations of the Polish Society of Sports Medicine (90 min) - in Polish

Chairs: Anna Jegier, Tomasz Kostka

1. Exercise recommendations in individuals with cardiovascular diseases. Anna Jegier (Poland) - 20 min.
2. Exercise recommendations for older adults. Tomasz Kostka (Poland) - 20 min.
3. Physical exercise as a strategy to improve immunity health status. Agnieszka Zembroń-Łacny (Poland) - 20 min.
4. Current recommendations for nutrition in sport. Krzysztof Durkalec-Michalski (Poland) - 15 min.
5. Recommendations of the Polish Society of Sports Medicine and the Polish Society of Perinatology regarding physical activity during pregnancy and perinatal period. Ewa Kwiatkowska (Poland) - 15 min.

>> 12.00 - 13.30 | Room A-B

Session. Health benefits of probiotics in sports and exercise (90 min) - In Polish

Chairs: Kazimierz Ciechanowski (Poland), Jarosław Krzywański (Poland)

1. Changes in microbiota during professional athletes training. Jarosław Krzywański (Poland) - 20 min.
2. The digestive tract after COVID-19 - a current state of knowledge. Wojciech Marlicz (Poland) - 20 min.
3. How to support psychotherapy in athletes with probiotics? Agata Misera (Germany) - 20 min.
4. Metabolic aspects of probiotics. Kazimierz Ciechanowski (Poland).

Discussion (10 min)

>> 12.00 - 13.30 | Room C-D

Session. E-poster session

>> 13.30 - 14.30

Break

>> 14.30 - 15.30 | Auditorium

Summary and Official Closing Ceremony of the 12th EFSMA Congress of Sports Medicine

21 October 2023 (Saturday)

>> 15.30 - 15.45

Break

>> 15.45 - 17.30 | Auditorium

Session. Recommendations of Polish Society of Sports Medicine for health-promoting physical activity of Seniors (100 min) - in Polish (joint session of PTMS and the City of Wrocław)

Chairs: Anna Jegier, Tomasz Kostka

1. Serce Seniora- zaopiekuj się nim! (Senior's Heart - take care of it!) Anna Jegier (Poland) - 20 min.
2. Dieta czy suplementy dla zdrowia (Diet or supplements for health). Tomasz Kostka (Poland) - 20 min.
3. Skutki bezczynności ruchowej (The disastrous effects of motor inactivity). Andrzej Ziemia (Poland) - 20 min.
4. Jak zostać szczęśliwym 100-latką (How to become a lucky 100-year-old). Joanna Kostka (Poland) - 20 min.

Discussion (20 min)



Main Partner



Other Partners



Exhibitors



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