



Photo Homberger, Arosa

International Society for Snowsports Medicine 36th SITEMSH Congress



13th – 15th March 2018
Sport- and Congress Centre Arosa
preliminary programm

Invitation to the SITEMSH-Congress

It is rumoured, that the Swiss are born with skis. This would probably apply for all alpine countries in the central Europe. For these, Germany, Austria, France, Italy and Switzerland decided at the beginning of the fifties to have regular meeting to discuss skiing and its injuries. The aim was to discuss ways to improve skier's safety and to compare the different results of the treatment options on rehabilitation after skiing injuries. These were simple meetings of interested surgeons and practitioners. Each presented his results and ideas in his native language, and some faculty just translated the message ad hoc. Thus, the Société Internationale de Traumatologie du Ski et de Médecine des Sports d'Hiver, SITEMSH, was founded. The meetings continued, more countries participated and today it is an international society with 18 national secretaries, a scientific committee and some observers. Today wintersports are not just skiing and due to the broad spectrum of wintersports today, SITEMSH became the International Society for Snowsport Medicine.

Our next meeting will take place – after the last meeting in Switzerland in Zermatt 20 years ago – in the attractive and well-known Arosa. Take the spectacular train or drive along the 365 bendings to get an update on snowsport activities, injuries and their prophylaxis. Meet people and speakers from snowsport countries from all over the world to get latest informations and scientific findings on snowsports. And don't forget at this occasion to indulge yourself in a spectacular alpine region in the middle of Switzerland. Welcome!

Yours

PD Dr. med. Dominik Heim, congress president 2018 and his team,
national delegate for ESTES

endorsed by:



Monday, 12th March 2018

14.00	meeting of national secretaries
16.00	press conference
17.00–19.00	start registration
20.00	faculty dinner

Tuesday, 13th March 2018

07.30–08.30	workshop/hands-on: cast-fixations
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Session 1:

What are we talking about? epidemiological facts and prevention

Chair: Bernat Escoda, Andorra/Dominik Heim, Switzerland

08.30–08.45	general trends in snowsports: Dominik Heim, Frutigen, Switzerland
08.45–09.00	ancient research – snowparks: injuries, risks, and prevention: Othmar Brügger, bfu, Berne, Switzerland
09.00–09.15	how risky is professional competition: Peter Brucker, Germany
09.15–09.30	children at risk: Yes, they are!: Amedeo Trippel, Chur, Switzerland
09.30–09.45	the difference of dominant and non-dominant leg, Yukio Urabe, Japan
09.45–10.00	discussion
10.00–10.30	coffee break

Session 2:

My brain

Chair: Dadgostar Haleh, Iran/Rita Schaumann-von Stosch, Switzerland

10.30–10.45	my brain in sledding: Raphael Jenni, Chur
10.45–11.00	treatment algorithm in brain injuries: Rita Schaumann, Lucerne
11.00–11.15	the (long) way back: Sönke Johannes/Gabriella König, Bellikon
11.15–11.30	prevention of head injuries/the approach of bfu: Othmar Brügger, Berne
11.30–14.30	outdoor activities: «coupe de président» (traditional skirace for congress participants)

Session 3: supported by bfu

News on the knee: have we found a solution at last? part I

Chair: Christopher Brown, USA/Ulo Gertsch, Switzerland

14.30–14.50	where is the problem? Christopher Brown, USA
14.50–15.10	technical options in bindings: Rick Howell, USA
15.10–15.30	what does the industry think? Matthias Rückerl, Germany
15.30–15.40	discussion

free communication

- 15.40–15.50 Update on head and spinal injury trend since 1992 in the French ski resorts. Methodological consideration: Jean-Dominique Laporte, France
- 15.50–16.00 The benefits that a Medical Center provides to a ski resort: Nora Torrens, Andorra
- 16.00–16.30 coffee break

Session 4:

News on the knee: have we found a solution at last? part II

Chair: Athanasios Zacharopoulos, Greece/Peter Brucker, Germany

- 16.30–16.50 cruciate ligaments: what do we know by now/a review: Roberto Negrin, Chile
- 16.50–17.10 non-ACL-relevant ski-specific injuries of the knee: Peter Brucker, Germany
- 17.10–17.30 pediatric ACL – is growing a problem or is the problem growing?: Kai Ziebarth, Berne, Switzerland
- 17.30–17.50 Tibia plateau fractures – getting worse all the time: Christoph Sommer, Chur, Switzerland
- 17.50–18.10 sportmedical aspects: Marion Grögli, Bellikon, Switzerland
- 18.15–19.00 opening ceremony with welcome drinks/free evening
– welcome address
– a look into the future: the climate and economy in wintersport: Marc Mauron, Zurich
– the history of SITEMSH

free evening

Wednesday, 14th March 2018

- 07.30–08.30 workshop: Imaging – reading X-rays/case discussion

Session 5:

Typical wintersport injuries and treatment today

Chair: Marc-Hervé Binet, France/Thomas Ilchmann, Switzerland

- 08.30–08.45 the Suva experience: Samuli Aegerter, Suva Lucerne, Switzerland
- 08.45–09.00 shoulder girdle: Raphael Jenni, Chur, Switzerland
- 09.00–09.15 joint replacement and snowsport – a no-go? Thomas Ilchmann, Liestal
- 09.15–09.30 ankle and snowboard ankle: Afsaneh Cherati, Switzerland

09.30–09.45 skiing injuries in children/adolescents: Athanasios Zacharopoulos, Greece
09.45–10.00 discussion

10.00–10.30 coffee break

Session 6:

Hypothermia/avalanche

Chair: Joan Torrens, Andorra/Anton Wicker, Austria

10.30–10.50 accidental hypothermia–what we should know about it:
Beat H. Walpoth, Geneva

10.50–11.10 our experience with avalanche victims: Anna Brunello, Chur
11.10–11.30 death by avalanche/The Swiss series: Rebecca Hasler, Sion

11.30–14.30 outdoor activities: speed control on the slope (Suva)

Session 7:

The industry corner

Chair: Jürgen Herfert, Austria, Beat Gründler, Switzerland

14.30–14.50 combining science, innovative technology and the art of coaching in
high performance sport: Arno Galmarini, Zurich, Switzerland

14.50–15.10 the making of a ski: René Unternährer, Doppleschwand, Switzerland ?

15.10–15.30 snowboard: Oxess?

15.30–15.50 kite skiing snow

15.50–16.00 discussion

16.00–16.30 coffee break

Session 8:

The horror of winter-sport/polytrauma

Chair: Siavash Tavoosi, Iran/Thomas Müller, Switzerland

16.30–16.50 the Swiss experience: Rebecca Hasler, Sion

16.50–17.10 the Iran experience: Siavash Tavoosi, Iran

17.10–17.30 the USA experience: ISSS

free communications

17.30–17.40 Warm up und cool down on race day in alpine skiing – where is the
evidence? R. Sassmann, Austria

17.40–17.50 Regeneration of elite athletes in alpine skiing – what is known?
Jürgen Herfert, Austria

17.50–18.00 Snowsport-related injuries in Hungarian sportsmen:
Peter Felkai, Hungary

18.00–18.30 invited guest lecture: the hour of the champion/s: is it/was it worth-while?

19.30–23.00 congress dinner on the Weissshorn (2600m)

Thursday, 15th March 2018

07.30 – 08.30 workshop: What do we need for rescue – display and hands-on

Session 9:

Rescue/evacuation: how can we still get better?

Chair: Aleix Vidal, Spain/Ivo Breitenmoser, Switzerland

- 08.30–08.45 ground rescue: Arosa: That's how we are organised;
Beat Mühlethaler, Arosa
- 08.45–09.00 ground rescue: Grandvalira, Andorra: that's how we are organised:
Bernat Escoda, Andorra
- 09.00–09.15 air rescue: the situation in Switzerland/Ivo Breitenmoser,
Zurich, Switzerland
- 09.15–09.30 Helicopter rescue service: our experience in Les Portes du Soleil
across the Swiss/French border: Marc-Hervé Binet, France
- 09.30–09.45 avalanche rescue: Dadgostar Haleh, Iran
- 09.45–10.00 discussion
- 10.00–10.30 coffee break

Session 10:

The ISSS-session

Chair: nn ISSS, USA/Bernat Escoda, Andorra

- 10.30–10.50 Incidence of cervical spine injuries in wintersports. Our experience
from 2012–2017 seasons and revue of literature: Aleix Vidal, Spain
- 10.50–11.10 Equipment engineering for injury reduction: Christopher Brown, USA
- 11.10–11.30 –
- 11.30–11.50 trail design and potential for injury: Christopher Brown, USA
- 11.50–12.00 discussion
- 12.00 closing ceremony and end of congress

Credits:

SGC: 16

SGOT: 16

SGNOR: 16

SGSM: 16

SGAIM: pending

international registration and payment see www.sitemsh.org

registration for Swiss residents: edithrubin@bluewin.ch

payment to: Dominik Heim/Sitemsh Arosa, Raiffeisen Bank 3714 Frutigen
IBAN: CH2080820000003862751 BIC: RAIFCH22

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please note that the number of participants is limited for the workshops

Congress fees:

consultants, senior registrars, physicians

- 340.- CHF (3 days-pass)
- 380.- CHF (3 days-pass) ad hoc

residents (hospital confirmation required)/paramedics

- 250.- CHF (3 days-pass)
- 280.- CHF (3-days-pass) ad hoc

students (university confirmation required)

- 50.- CHF (day-pass)

day-pass for all (except students)

- 150.- CHF

accompanying person

- for free

congress evening 14th March 2018

- 80.- CHF/ Person

traditional ski-race "coupe du président" 13rd March 2018

- for free

Faculty (in order of appearance)

- Dr. Bernat Escoda, MD, Andorra
- PD Dr. med. D. Heim, MD, Frutigen, Switzerland
- Mr. Othmar Brügger, MSc, bfu-Swiss Council for Injury Prevention, Berne, Switzerland
- PD Dr. med. Dipl.-Sportl. Peter U. Brucker, MD, MSc, Orthopplus Munich, Germany
- Dr. med. Amedeo Trippel, MD, Kantonsspital Graubünden, Chur, Switzerland
- Prof. Yukio Urabe, PT, PhD, Hiroshima, Japan
- Dr. Dadgostar Haleh, associated Professor IUMS, Teheran, Iran
- Dr. med. Rita Schaumann-von Stosch, MD, Lucerne, Switzerland
- Dr. med. Raphael Jenni, MD, Kantonsspital Graubünden, Chur, Switzerland
- Prof. Dr. med. Sönke Johannes, MD, Rehaklinik Bellikon, Switzerland
- PD Dr. med. Gabriella König, MD, Rehaklinik Bellikon, Switzerland
- Prof. Christopher Brown, Phd, Worcester, MA, USA
- Mr. Ulo Gertsch, Inventra, Thun, Switzerland
- Mr. Rick Howell, Howell SkiBindings, Stowe, Vermont, USA
- Mr. Matthias Rückerl, Voelkl, Germany
- Dr. Athanasios Zacharopoulos, MD, Amfissa, Greece
- Dr. Roberto Negrin Vyhmeister, MD, Clinica los Condes, Chile
- Dr. med. Kai Ziebarth, MD, Children Hospital Berne, Switzerland
- Dr. med. Christoph Sommer, MD, Kantonsspital Graubünden, Chur, Switzerland
- Dr. med. Marion Grögli, MD, Rehaklinik Bellikon, Switzerland
- Mr. Marc Mauron, Switzerland Tourism, Zurich, Switzerland
- Mr. Samuli Aegerter, MAS Prävention und Gesundheitsförderung, Suva, Lucerne, Switzerland
- Dr. Marc-Hervé Binet, MD, Avoriaz, France
- Prof. Dr. med. Thomas Ilchmann, PhD, Münchenstein, Switzerland
- Dr. Afsaneh Cherati, MD, Sports Medicine, Balgrist, Zurich, Switzerland
- Dr. Joan Torrens, MD, Andorra
- Prof. Anton Wicker, MD,, Austria
- Dr. med. Beat H. Walpoth, MD, Geneva, Switzerland
- Dr. med. Anna Brunello, MD, stv. Leit. Ärztin, ICU, Kantonsspital Graubünden, Chur, Switzerland
- Dr. med. Rebecca M. Hasler, MD, MSc, Hôpital du Valais, Sion/Martigny, Switzerland
- Dr. Jürgen Herfert, MD, Salzburg, Austria
- Dr. med. Beat Gründler, MD, MAS Vmed, AXA, St. Gallen, Switzerland
- Mr. Arno Galmarini, elite-training.ch, Zurich, Switzerland
- Mr. René Unternährer, swissmassiv, Doppleschwand, Switzerland ?
- Dr. Siavash Tavoosi, MD, Teheran, Iran
- Dr. med. Thomas Müller, MD, Kantonsspital Graubünden, Chur, Switzerland
- Dr. Aleix Vidal, MD, Barcelona, Spain
- Dr. med. Ivo Breitenmoser, MD, swiss air rescue, Zurich, Switzerland
- Mr. Beat Mühlethaler, AlpinMedic, Arosa, Switzerland

Speakers free communication

- Dr. Jean-Dominique Laporte, MD, Médecins de Montagne, France
- Nora Torrens, medical student, Andorra
- Dr. R. Sassmann, MD, Austria
- Prof. Peter Felkai, MD, Budapest, Hungary

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congress in collaboration with:



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