



Photo Homberger, Arosa

International Society for Snowsports Medicine 36th SITEMSH Congress



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

final – final 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 (offered by SGTV)

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 I

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	<i>coffee break</i>

Session 2:

My brain

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

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

Session 3: prevention II

Chair: Aleix Vidal, Spain/Bernat Escoda, Andorra

14.30–14.50	Incidence of cervical spine injuries in wintersports. Our experience from 2012–2017 seasons and revue of literature: Aleix Vidal, Spain
14.50–15.10	Equipment engineering for injury reduction: Christopher Brown, USA
15.10–15.30	trail design and potential for injury: Christopher Brown, USA

free communications

- 15.30–15.40 Update on head and spinal injury trend since 1992 in the French ski resorts. Methodological consideration: Jean-Dominique Laporte, France
- 15.40–15.50 The benefits that a Medical Center provides to a ski resort: Nora Torrens, Andorra
- 15.50–16.00 discussion
- 16.00–16.30 *coffee break*

Session 4: the knee: part I

Chair: Athanasios Zacharopoulos, Greece/Peter Brucker, Germany

- 16.30–16.50 non-ACL-relevant ski-specific injuries of the knee: Peter Brucker, Germany
- 16.50–17.10 pediatric ACL – is growing a problem or is the problem growing?: Kai Ziebarth, Berne, Switzerland
- 17.10–17.30 Tibia plateau fractures – getting worse all the time: Christoph Sommer, Chur, Switzerland
- 17.30–17.50 sportmedical aspects: Marion Grögli, Bellikon, Switzerland
- 17.50–18.10 Discussion
- 18.15–19.00 opening ceremony with welcome drinks (offered by the municipality of Arosa)
– welcome address
– a look into the future: the climate and economy in wintersport: Marc Mauron, Zurich
– the history of SITEMSH: Marc–Hervé Binet, France

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, Münchenstein, Switzerland
- 09.15–09.30 ankle and snowboard ankle: Afsaneh Cherati, Zurich, 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, Switzerland
- 10.50–11.10 our experience with avalanche victims: Anna Brunello,
Chur, Switzerland
- 11.10–11.30 avalanche rescue: Haleh Dadgostar, Iran
- 11.30–14.30 *outdoor activities: speed control on the slope (Suva)*

Session 7:

That's all around snow sports

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: nn
- 15.30–15.50 snowrails, crossblades (videos by Ulo Gertsch, Inventra Thun)
- 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 Bernese experience: nn
- 16.50–17.10 the Iran experience: Siavash Tavoosi, Iran
- 17.10–17.30 our polytrauma management in Chur: Thomas Müller, Chur Switzerland
- free communications
- 17.30–17.40 Warm up und cool down on race day in alpine skiing – where is the
evidence? Jürgen Herfert, Austria
- 17.40–17.50 Regeneration of elite athletes in alpine skiing – what is known?
Jürgen Herfert, Austria
- 18.00–18.30 invited guest lecture: nn
- 19.30–23.00 *congress dinner Prätschli Stall/horse carriage*

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, Switzerland
- 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 death by avalanche/The Swiss series: Rebecca Hasler,
Sion, Switzerland
- 09.45–10.00 discussion
- 10.00–10.30 *coffee break*

Session 10: *supported by bfu*

the knee: outlook part II

Chair: Christopher Brown, USA/Dominik Heim, Switzerland

- 10.30–10.50 crutiate ligaments– what do we know by now: Niklaus F. Friedrich,
Basel Switzerland
- 10.50–11.10 where is the problem? Christopher Brown, USA
- 11.10–11.30 what does the industry think? Matthias Ruckerl, Germany
- 11.30–12.30 round-table with experts: what can be done in future?
Introduction 10': Stefan Freudiger, Bremgarten Switzerland
Christopher Brown, USA/Matthias Ruckerl, Germany/
Stefan Freudiger, Switzerland/Niklaus F. Friedrich, Basel Switzerland
and others

Welcome adress on Tuesday, 13th March 18.15

Mrs. Nicola Katharina Kull, Departement for justice, safety and health, Kanton Graubünden
Lorenzo Schmid, Mayor of Arosa

Credits

SGC: 16

SGOT: 16

SGNOR: 16

SGSM: 16

SGAIM: 11

Registration

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

for further information: heim.dominik@bluewin.ch, Mobile: 079 415 07 94

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

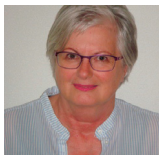
congress evening 14th March 2018

- 80.– CHF/ Person

traditional ski-race «coupe du président» 13rd March 2018

- for free

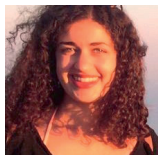
Congress team:



Edith Rubin



Sofie Bonn 



Bitu Kallenbach



Samira Kessler



Dominik Heim

and team of Medical Center Arosa

Speakers in alphabetic order

- Mr. Samuli Aegerter, MAS Prävention und Gesundheitsförderung, Suva, Lucerne, Switzerland
- Dr. Marc-Hervé Binet, MD, Avoriaz, France
- Dr. med. Ivo Breitenmoser, MD, swiss air rescue, Zurich, Switzerland
- Prof. Christopher Brown, PhD, Worcester, MA, USA
- PD Dr. med. Dipl.-Sportl. Peter U. Brucker, MD, MSc, Orthoplus Munich, Germany
- Mr. Othmar Brügger, MSc, bfu-Swiss Council for Injury Prevention, Berne, Switzerland
- Dr. med. Anna Brunello, MD, stv. Leit. Ärztin, ICU, Kantonsspital Graubünden, Chur, Switzerland
- Dr. Afsaneh Cherati, MD, Sports Medicine, Balgrist, Zurich, Switzerland
- Dr. Haleh Dadgostar, associated Professor IUMS, Teheran, Iran
- Dr. Bernat Escoda, MD, Andorra
- Mr. Stefan Freudiger, IFB, Bremgarten, Switzerland
- Prof. Dr. med. Niklaus F. Friedrich, Basel Switzerland
- Mr. Arno Galmarini, elite-training.ch, Zurich, Switzerland
- Dr. med. Marion Grögli, MD, Rehaklinik Bellikon, Switzerland
- Dr. med. Beat Gründler, MD, MAS Vmed, AXA, St. Gallen, Switzerland
- Dr. med. Rebecca M. Hasler, MD, MSc, Hôpital du Valais, Sion/Martigny, Switzerland
- PD Dr. med. Dominik Heim, MD, Frutigen, Switzerland
- Dr. Jürgen Herfert, MD, Salzburg, Austria
- Prof. Dr. med. Thomas Ilchmann, PhD, Münchenstein, 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
- Dr. Jean-Dominique Laporte, MD, Médecins de Montagne, France
- Mr. Marc Mauron, Switzerland Tourism, Zurich, Switzerland
- Mr. Beat Mühlethaler, AlpinMedic, Arosa, Switzerland
- Dr. med. Thomas Müller, MD, Kantonsspital Graubünden, Chur, Switzerland
- Mr. Matthias Rückerl, Voelkl, Germany
- Dr. med. Rita Schaumann-von Stosch, MD, Lucerne, Switzerland
- Dr. med. Christoph Sommer, MD, Kantonsspital Graubünden, Chur, Switzerland
- Dr. Siavash Tavoozi, MD, Teheran, Iran
- Dr. Joan Torrens, MD, Andorra
- Nora Torrens, medical student, Andorra
- Dr. med. Amedeo Trippel, MD, Kantonsspital Graubünden, Chur, Switzerland
- Mr. René Unternährer, swissmassiv, Doppleschwand, Switzerland
- Prof. Yukio Urabe, PT, PhD, Hiroshima, Japan
- Dr. Aleix Vidal, MD, Barcelona, Spain
- Prof. Dr. med. Beat H. Walpoth, MD, Geneva, Switzerland
- Prof. Anton Wicker, MD, Salzburg, Austria
- Dr. Athanasios Zacharopoulos, MD, Amfissa, Greece
- Dr. med. Kai Ziebarth, MD, Children Hospital Berne, Switzerland

congress in collaboration with:



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Notes