

הכנס הבינלאומי ה-24 בירושלים לרפואת ספורט ולפציעות ספורט

לזכר פרופ' חיים ווינברג

THE 24<sup>th</sup> INTERNATIONAL JERUSALEM SYMPOSIUM ON SPORTS MEDICINE

In Memory of Prof. Haim Weinberg



September 4<sup>th</sup>, 2008

EFOST - Newsletter

**RE: The 24th International Jerusalem Symposium on Sports Medicine**  
(Written by Dr. Gal Dubnov in Hebrew)

The 24<sup>th</sup> International Jerusalem Symposium on Sports Medicine was held on February this year, at the Ma'ale Hachamisha resort of the Judean Hills, near Jerusalem. The faculty combined lecturers from Eastern and Western Europe, America and Australia. The Israel Minister of Science, Culture and Sport, Mr. Galeb Majadle, opened the meeting.

The Meeting was organized under the Orthopaedic Department of the Meir University Medical Center, sponsored by the International Academic Friends of Israel (IAFI), in memory of Prof. A.V. Hill, and the American Jewish Joint Distribution Committee (JDC), in memory of Dr. Arthur Holstein. The Israel Societies of Knee Surgery and Arthroscopy, of Elbow & Shoulder Surgery and of Foot and Ankle Surgery were heavily involved. The Israeli Physiotherapy Society (IPS) took a dominant part in the organization of the event. The Meeting was supported by the International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine (ISAKOS) and endorsed by the International Federation of Sports Medicine (FIMS), by the European Federation of National Associations of Orthopaedic Sports Traumatology (EFOST) and the Israel Olympic Committee.

The Meeting was named after the late Prof. Haim Weinberg, of the pioneers of Sports Medicine in Israel.

The Symposium opened with a workshop on the subject of "The Athletes Knee", in which were covered the etiologies of treatments of various knee pathologies. An emphasis was placed on the traitorous subject of Anterior Knee Pain. During the following days various orthopaedic subjects were reviewed concerning all major joints along side general issues of physical activity inclusive of plans to improve physical fitness in executive personnel, the role of physical activity in building bone mass in lack of vitamin D, blood flow on exertion, nutrition and sports hernia.

Mr. Briggs of England presented the Arthur Holstein Key Note lecture of Cartilage Cell Implant. Other views of cartilage cell implant were covered by Dr. Kohn of Prof. Marcacci's group of Bologna, who also presented their experience with the Polycaprolactone/Hyaluronic Acid Meniscus transplant in sheep. The variety of ACL related lectures disclosed the still dominant diversity of this field, in which gender differences, surgical techniques and rehabilitation protocols were discussed.

The shoulder was widely represented, as Dr. Di Giacomo of Italy presented the Supra Spinatus Outlet and the Acromion Shape. Dr. Senekovic of Slovenia presented their experience with shoulder instability, showing that when no Glenoid bone loss is apparent

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Arthroscopic Bankart repair seems to be the best treatment. Latarjet repair is utilized when loss of bone is significant.

Other subjects concerning Sports Medicine were widely reviewed. The Ukraine Group presented the rise of the Glutathione Antioxidant on maximal effort. The Greek group presented the rise of Arterial Blood flow in athletes as compared to the non-athletic population. The Belgian group presented the Varus deformity developing in young football players. Dr. Cooper of the USA presented the subjects of sudden death in sports. The Hadassah Optimal group of Jerusalem discussed a trial in improving physical fitness and body constitution in executive managers and their experience with improving bone mass in girls without vitamin D supplementation.

**The 25<sup>th</sup> International Jerusalem Symposium on Sports Medicine is due to take place in the Ma'ale Hachamisha resort of Jerusalem on Wednesday-Thursday, January 28-29, 2009.**

Yours Sincerely,

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Meeting Chairman

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