



SWISS MEDICAL
NETWORK

Sport Day Thursday 3 October 2024

Bellevue Palace, Bern



Thursday 3 October 2024 (morning)

09:00 – 09:05

Opening

Dr Philippe Glasson, Vice-Président du Conseil d'administration, Swiss Medical Network, Genolier

09:05 – 09:30

Introduction: Health and safety in sports – Focus on prevention

Dr Elia Coppens, Rehabilitation specialist and sports physician, Clinique Générale Beaulieu, Geneva

09:30 – 10:10

2023 International Olympic Committee's (IOC) consensus statement on Relative Energy Deficiency in Sport (REDs)

+ 5 min QA

Prof Naama Constantini, Sports Medicine, Orthopaedic Medicine, Sports Medicine Center, Shaare Zedek Medical Center, The Hebrew University, Jerusalem

10:15 – 10:55

Nutritional Considerations in sports injury prevention

+ 5 min QA

Discussing the unique nutritional needs in athletes to support both performance and aesthetics, including maintaining proper body composition and bone health

Mr Maroun Yacoub, Dietician, Hôpital de la Tour, Meyrin

11:00 – 11:30

BREAK

11:30 – 12:00

Psychological Well-being in athletes

+ 5 min QA

Addressing the psychological challenges faced by athletes and discussing strategies to promote mental health, confidence, and resilience. Focus on support systems for optimal performance

Mr Mattia Piffaretti, Psychological Well-being in athletes, AC&T Sport Consulting, Lausanne

12:05 – 12:35

Cardiovascular screening and monitoring in athletes

+ 5 min QA

Guidelines for regular cardiovascular health check-ups and overload screening

Dr Vincent Gabus, Chief Medical Officer, Specialist in cardiology, Hôpital Riviera-Chablais, Rennaz

GENERAL MODERATOR : Dr Elia Coppens

12:40 – 14:00

LUNCH



Thursday 3 October 2024 (afternoon)

14:00 – 14:30

+ 5 min QA

Tendon and Muscle injury prevention

Prof Lasse Lempainen, Orthopaedic surgeon, Adjunct professor, University of Turku, Turku

14:35 – 15:05

+ 5 min QA

Sports Biomechanics analysis to identify risk of injury

Dr Francesco Della Villa, Director of Education & Research Department, Isokinetic Medical Group, Bologna

15:10 – 15:40

+ 5 min QA

Injury and illness prevention in swimming

Dr Ewen Cameron, Orthopaedic surgeon and sports physician, Privatklinik Obach, Solothurn

15:45 – 16:15

BREAK

16:15 – 16:45

+ 5 min QA

Implementing targeted health interventions in soccer teams

Focus on injury prevention (fifa 11+), travel (jetlag, contagious disease, food intoxication) and overload injury

Dr Marco Marano, Sports physician, Ars Medica Centro dello Sport, Gravesano

16:50 – 17:20

+ 5 min QA

The ideal warm-up, cool down and recovery protocol

Mme Danja Santini, Sport physiotherapist, Ars Medica Centro dello Sport, Gravesano

17:25 – 17:35

Conclusion

GENERAL MODERATOR : Dr Ewen Cameron

