

**The 5<sup>th</sup> World Congress in Sports  
Physical Therapy**

June 14-15, 2024  
Oslo, Norway

**SCIENTIFIC PROGRAMME**

**DAY 1: FRIDAY JUNE 14**

**PLENUM**

08.30	Cultural Entertainment	Østvang, VP
08.40	Welcome with presentation of committee and leading group	Nyheim, KT
08.45	<i>Practical information</i>	Fagerborg, A,
08.50	Global perspective in Sport Physical Therapy	Micehlis, L De
09.00	<i>The Norwegian Model – Norway's approach from youth sports to elite athletes</i>	Øvrebø, T
		Bahr, R.
		Sørli-Lybeck, E
09.30	How to become the Greatest Winter Olympian of All Time?	Bjørgen, M
		Solli, GS
10.00	The female physiology – How to utilize hormones and the menstrual cycle	Bruinvels, G

**10.30 Morning Break & Visit the Exhibitors**

**PLENUM**

11.00	Growth and development factors in adolescence	Johnson, A
11.20	Injury burden in youth elite sports	Materne, O
	<i>Questions from the audience via the congress app.</i>	
11.45	The Role of the Team Physiotherapist	Fevre, D.
		Markussen, H.

**12.15 Lunch & Visit The Exhibitors**

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**Parallel session 1: WHEN YOU OVERLOAD THE YOUNG ATHLETE**

15 min. presentations followed by 10 min Q&A via App

13.30	Biological and chronological maturation related to physical capacity	Gundersen, HS
13.45	Injuries in relation to Skeletal Maturity	Johnson, A
14.00	Managing growth related injuries in the young athlete	Materne, O
14.15	Psychological factors	Øvrebø, TH
14.30	Discussion// Q&A via app	

**Parallel session 2: ON FIELD SPORT PHYSIOTHERAPY**

15 min. presentations followed by 10 min Q&A via App

13.30	Acute injuries – Practical knowledge	Glasgow, P
13.45	Protecting Athletes: On-Field Approaches to Sport Related Head Traumas	Dahlen, S
14.00	Para Sports	Stangeland, S
14.15	Can we prevent injuries?	Myklebust, G
14.30	Discussion// Q&A via app	

**Parallel session 1: WOMAN IN SPORTS**

15 min. presentations followed by 10 min Q&A via App

14.45	RED-S Consensus Statement	Melin, A
15.00	RED-S: Primary, Secondary and Tertiary Prevention	Melin, A
15.15	The Fendura Project	tba
15.30	Training Load and Female Cycle	Bruinvels, G
15.45	Discussion// Q&A via app	

**Parallel session 2: PHYSICAL DEMANDS IN DIFFERENT SPORTS**

15 min. presentations followed by 10 min Q&A via App

14.45	Introduction	Dalen-Lorentsen
15.00	Football	Taberner, M
15.15	Alpine	Reid, R
15.30	Swimming	Solberg, S
15.45	Discussion// Q&A via app	

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***DAY 1: FRIDAY JUNE 14***

16.00 Coffee Break & Visit the Exhibitors

**ORAL ABSTRACT COMPETITION: 6 top rated abstracts**

16.30	Abstract 1	tba
16.45	Abstract 2	tba
17.00	Abstract 3	tba
17.15	Abstract 4	tba
17.30	Abstract 5	tba
17.45	Abstract 6	tba

**19.30 Congress Dinner at "Gamle Logen"**

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**DAY 2: SATURDAY JUNE 15**

**PLENUM**

09.00	Clinical Reasoning	<i>Whiteley, R</i>
09.30	Are Football Failing Woman? Why ACL-Injuries Have Been On The Rise	<i>Ross, E</i>
10.00	Ethics in Sports	<i>McNamee, M</i>

**10.30 Coffee Break & Visit the Exhibitors**

**PLENUM**

11.00	Exercise Oncology	<i>Scott, J</i>
11.30	How can we Support Elite Footballers to Return to Peak Performance After Injury?	<i>Taberner, M</i>
12.00	Recovery	<i>Halsen, S</i>

**12.30 Lunch & Visit the Exhibitors**

**Parallel session 1: MANAGING LEG, FOOT & ANKLE INJURIES**

15 min. presentations followed by 10 min Q&A via App

13.30	Leg Injuries	<i>Van Dijk, P</i>
13.45	Multidirectional Instability in the Ankle	<i>Andersen, M</i>
14.00	Injuries in the Foot	<i>Van Dijk, P</i>
14.15	Lower Leg & Ankle Rehab	<i>Fevre, D</i>
14.30	Discussion// Q&A via app	

**Parallel session 2: ETHICAL DILEMMAS – DECISION MAKING IN SPORTS**

15 min. presentations followed by 10 min Q&A via App

13.30	NSAIDs, Injections & Surgery	<i>McNamee, MJ</i>
13.45	Knockout – Brain Health in Contact Sports	<i>Sandmo, SB</i>
14.00	Transgender in Sport	<i>Øvregård, H</i>
14.15	Weight Regulations - case	<i>Hollekim-Strand, S</i>
14.30	Discussion// Q&A via app	

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**DAY 2: SATURDAY JUNE 15**

**Parallel session 1: RETURN TO PERFORMANCE**

15 min. presentations followed by 10 min Q&A via App

14.45	Return to Sports – Where are we and where are we heading?	Whiteley, R
15.00	Where is the Load in the RTS Process?	Taberner, M
15.15	Mental Rediness for RTS	Ardern, C
15.30	Athletes and Coaches Voice	McGrath, A
		Riise, A
15.45	Discussion// Q&A via app	

**Parallel session 2: PHYSICAL ACTIVITY AND CANCER**

15 min. presentations followed by 10 min Q&A via App

14.45	Exercise Oncology	Scott, MJ
15.00	The Beneficial Effect of Training	Nilsen, T
15.15	Activity in Childhood Cancer Survivors	Thorsen, L
15.30	Athletes Voices	Romøren, BE
15.45	Discussion// Q&A via app	

**16.00 Coffe Break & Visit the Exhibitors**

**Parallel session 1: THE THROWING SHOULDER – TIME FOR A CHANGE?**

20 min. presentations followed by 10 min Q&A via App

16.30	Throwing is different – what you need to know so you don't stuff up in clinic?	Whiteley, R
16.50	Kinematics: How do We Evaluate the Throw?	Tillaar, R
17.10	Return to Performance – How do we Build the Buffer	Asker, M
17.30	Discussion// Q&A via app	

**Parallel session 2: THE IMPORTANCE OF RECOVERY**

15 min. presentations followed by 10 min Q&A via App

16.30	Consensus Statement	Halson, S
16.45	Activity/Passive Recovery	Skarli, S
17.00	How Important is Sleep?	Hrozanova, M
17.15	Optimal Nutrition	Raastad, T
17.30	Discussion// Q&A via app	

**17.45 Closing Ceremony**

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**ABSTRACTS FRIDAY 14**

**Parallel session 1: CLINICIANS**

13.30	Oral Abstract 1	<i>tba</i>
13.45	Oral Abstract 2	<i>tba</i>
14.00	Oral Abstract 3	<i>tba</i>
14.15	Oral Abstract 4	<i>tba</i>
14.30	Oral Abstract 5	<i>tba</i>
14.45	Oral Abstract 6	<i>tba</i>

**Parallel session 2: RESEARCH**

13.30	Oral Abstract 7	<i>tba</i>
13.45	Oral Abstract 8	<i>tba</i>
14.00	Oral Abstract 9	<i>tba</i>
14.15	Oral Abstract 10	<i>tba</i>
14.30	Oral Abstract 11	<i>tba</i>
14.45	Oral Abstract 12	<i>tba</i>

**Parallel session 3: PHYSICAL ACTIVITY**

13.30	Oral Abstract 13	<i>tba</i>
13.45	Oral Abstract 14	<i>tba</i>
14.00	Oral Abstract 15	<i>tba</i>
14.15	Oral Abstract 16	<i>tba</i>
14.30	Oral Abstract 17	<i>tba</i>
14.45	Oral Abstract 18	<i>tba</i>

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**ABSTRACTS SATURDAY 15**

**Parallel session 1: CLINICIANS**

11.45	Oral Abstract 19	<i>tba</i>
12.00	Oral Abstract 20	<i>tba</i>
12.15	Oral Abstract 21	<i>tba</i>
13.30	Oral Abstract 22	<i>tba</i>
13.45	Oral Abstract 23	<i>tba</i>
14.00	Oral Abstract 24	<i>tba</i>

**Parallel session 2: RESEARCH**

11.45	Oral Abstract 25	<i>tba</i>
12.00	Oral Abstract 26	<i>tba</i>
12.15	Oral Abstract 27	<i>tba</i>
13.30	Oral Abstract 28	<i>tba</i>
13.45	Oral Abstract 29	<i>tba</i>
14.00	Oral Abstract 30	<i>tba</i>

**Parallel session 3: PHYSICAL ACTIVITY**

11.45	Oral Abstract 31	<i>tba</i>
12.00	Oral Abstract 32	<i>tba</i>
12.15	Oral Abstract 33	<i>tba</i>
13.30	Oral Abstract 34	<i>tba</i>
13.45	Oral Abstract 35	<i>tba</i>
14.00	Oral Abstract 36	<i>tba</i>

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**WORKSHOPS**

**“NEW IN THE FIELD, FROM SCIENCE TO CLINICAL PRACTICE”**

**DAY 1: FRIDAY**

**15.15**

R 1	Tendon Rehabilitation	Silbernagel, K
R 2	How to Rehab Cancer Patients	Scott, JM
R 3	Practical Ankle Rehab	Fevre, D

**16.45**

R 1	Recovery in 1-2-3: A practical Approach	Halson, S
R 2	Psychological readiness + physical testing	Ardern, C
R 3	Hamstring Rehabilitation	Glasgow, P

**17.45**

R 1	How to Tackle the Rise of Injuries in Female Football?	Bruinvels,G / Ross,E
R 2	Shoulder Rehabilitation	Asker, Markussen
R 3	Running Biomechanics	Napier, C

**DAY 2: SATURDAY**

**14.15**

R 1	RED-S: From research to Clinical Practice	Melin, A
R 2	Practical Ankle Rehab	Fevre, D
R 3	Shoulder Rehabilitation	Asker, Markussen, H

**15.45**

R 1	Tendon Rehabilitation	Silbernagel, K
R 2	Psychological readiness + physical testing	Ardern, C
R 3	How to Tackle the Rise of Injuries in Female Football?	Bruinvels, G / Ross,E

**16.45**

R 1	Hamstring Rehabilitation	Glasgow, P
R 2	Psychological readiness + physical testing	Ardern, C
R 3	Running Biomechanics	Napier, C