

PROGRAM

THURSDAY 16/11/89

- 4:00 p.m. - 7:00 p.m. - Registration
- 5:00 p.m. - 7:00 p.m. - Meeting of the Council of The Association of Sports Medicine of Balkan.
- 9:00 p.m. - Council & Guests Dinner - given by the Cyprus Sports Organisation.

FRIDAY 17/11/89

- 8:00 a.m. 9:00 a.m - Registration
- 9:00 a.m. - 9:30 a.m. - Opening Ceremony.
 - Address by the President of Association of Sports Medicine of Balkan.
 - Address by the General Secretary of FIMS.
 - Address by the President of Cyprus Sports Organisation and
 - Opening of the Congress by his excellency the Minister of Education.
- 9:30 a.m. - 10:00 a.m. - **COFFEE BREAK**
 - President: MOIRA O' BRIEN (Ireland)
 - Chair Persons: C. Christodoulakis (Cyprus)
 - L. Savvides (Cyprus)
- 10:00 a.m. - 10:45 a.m. - **"Sports medicine in children"**. PROF. RADOVAN MEDVED - Yugoslavia
- 10:45 a.m. - 12:10 a.m. - **Free Communications**
 - The effect of exercise on lipoprotein metabolism in children. (Christos Tagarakis, Ast. Deligiannis - Greece) 1
 - Medical gymnastic on children with essential hypertension. (Dr. Svetlana Yantcheva - Bulgaria) 2
 - Athletic Back School. (X. Michael, R. Kontoulakos, N. Groumas, K. Virvidakis - Greece) 3
 - Psychophysiological differences between engaged and not engaged in sports mentally subnormal and deaf children. (EMIL MARINOV, TZANKA POPZLATEVA - Bulgaria) 4
 - A model of a complex automated system of school and vocational orientation in sport. (D. PISSEVA, D.M., MNZSG - Bulgaria) 5.
 - Longitudinal changes in aerobic capacity of boys. (**BRANKA MATKOVIC**, RADOVAN MAEDVED, BOJAN MATKOVIC, SASA JANKOVIC - Yugoslavia) 6

- Influence of sportive activity on physical development of children and adolescents. (PROF. DR. PETER SLANCHEV - Bulgaria) 7
- Contributions to the correction of deficient postures in children aged from 10 to 14 practising soccer. (VIOREL I. DIMITRIU PH.D. - Rumania) 8
- **Discussion**
- 12:10 p.m. - 1:00 p.m. - **"Medical aspects of the talent identifications"**. (PROF. L. KOMADEL - Czechoslovakia) 9

President: MILOJE MILOJEVIC (Yugoslavia)

Chair persons: C. Nicolaides (Cyprus)

Chr. Papanearchou (Cyprus)

- 2:00 p.m. - 2:30 p.m. - **"Injury prevention"** (DR. MANN - Israel) 10
- 2:30 p.m. - 3:45 p.m. - **Free communications**
- The effect of anabolic steroids on the heart of athletes. (A. Deligiannis, K. Mandroukas, Chr. Tagarakis - Greece) 11
- On some aspects of psychosomatic pathology in case of recordsmen. (D. PISSEVA, D.M. MNZSG - Bulgaria) 12
- Heart volume quotient in male and female athletes. (MEDVED R., M. MISIGOJ-DURAKOVIC, N. OSVALD - Yugoslavia) 13
- Anaerobic capacity of elite Bulgarian wrestlers. (STAMINIR PETKOV, Bulgaria) 14
- Critical appraisal of heart rate in recovery following all-out ergometry as a measure of physical work capacity. (R. KOSSEV, ST. PETKOV, V. KOSSEV, R. MILUSHEVA - Bulgaria) 15
- A possibility to overcome problems arising from interpretation of heart rate during stepwise all-out ergometry. (R. KOSSEV, ST. PETKOV, B. PENCHEVA, V. KOSSEV - Bulgaria) 16
- **Discussion**
- **COFFEE BREAK**

President: P. SLANTCHEV (Bulgaria)

Chair persons: N. Spanos (Cyprus)

C. Schizas (Cyprus)

4:15 p.m. - 5:00 p.m. - **"Shoes & Sport"**. (PROF. A. BOUZAYEN - Tunisia).

5:00 p.m. - 6:15 p.m. - **Free Communications**

- Resumption of swim training after shoulder injury. (Jeremy Simatos - Greece) 17
- Studies regarding the predictive value of some medical - biological, genetical, psychological and antropological criteria of selection, on swimmers. (**M. IFRIM, I. DRAGAN, C. IONESCU**, - Rumania) 18
- Aquatic aquire infections of the head. (**C. Deftos, J. Simatos** - Greece) 19
- Change of the rowing performance during competitive rowing. (**N. GRUJIC, BAJIC M., POPOVIC V.** - Yugooslavia) 20
- "BREASTSTROKERS KNEE", syndrome of the Greek competitive swimmers. An epidemiological analysis and a subject review. (PFRO. GIGIS PANAGIOTIS, KALPAKIS YIANNIS - Greece) 21
- Preliminary study of the cardiac response in undersea environmental work. (J.H.P. VANFRAECHEM, P. GIGNY - Belgium) 22
- **Discussion**

6:30 p.m. - 8:30 p.m. - **Reception by his excellency the Minister of Education Mr. A. Philippou.**

WORKSHOPS - FRIDAY 17/11/89

1) 2:00 p.m - 6:00 p.m. - PROF. DR. MED. PAUL E. NOWACKI

with the assistance of Dr. Andreas Georgiou, specialist in occupational medicine.

Cardiorespiratory assessment of the athlete.

2) 4:00 - 6:00 m.m. - EILEEN MURPHY

Exercises and manipulative treatment in sports.

SATURDAY 18/11/89

- President: P. Kontoulakos (Greece)
Chair persons: G. Michaelides (Cyprus)
S. Houris
- 8:30 a.m. - 9:15 a.m. - "Preventive medicine, training and sport in the industrial society from the viewpoint of sports medicine". (PROF. NOWACKI P.E. FDR - Germany) 23
- 9:15 a.m. - 10:30 a.m. - **Free Communications**
 - Primary and secondary prophylaxis of socially significant diseases in students. (ASSOCIATE PROFESSOR SIMA TCHERNOGOROVA - Bulgaria) 24
 - The effects of physical training in persons with disarrangement of carbohydrate metabolism. (Constantinos Mandroukas - Greece) 25
 - Effect of exercise on patients with occlusive arterial disease. (N. Angelides, P. Pelides, Ch. Christodoulides, G. Kaoutzannis, Ch. Constantinou - Cyprus) 26
 - Dynamics of the changes of body mass components during controlled reduction diet in women. (MILUTINOVIC B., MILOJEVIC M., JAKOVIC D., LEPSANOVIC L., IVKOVIC - LAZAR T. - Yugoslavia) 27
 - Aspects of the relationship between health condition and practising physical exercises in young sportsmen and non-sportsmen. (VIOREL L. DIMITRIU PH.D. - Rumania) 28
 - Morphological characteristics in female competitors in football. (M. TOTEVA, B. ILINOVA - Bougaria) 29
 - **Discussion**
- 10:00 a.m. - 11:00 a.m. - **COFFEE BREAK**
 - President: DEMETER ANDREI (Rumania)
 - Chair persons: N. Maroudias (Cyprus)
A. Ktorides (Cyprus)
- 11:00 a.m. - 12:00 a.m. - "**Exercise and health in the modern world**". (PROF. DE ROSE - BRAZIL)
- 12:00 a.m. - 1:00 p.m. - **General Meeting of the Association of Sports Medicine of Balkan.**

President: L. KOMADEL (Czechoslovakia)
Chair persons: CONSTANTI IONESCU (Rumania)
E. KALOKAIRINOS (Greece)

2:00 p.m. - 3:00 p.m. - **“Problems of high performance athletes”** (PROF. DAL MONTE - Italy)

3:00 p.m. - 4:25 p.m. - **Free Communications**

- First objective sign for the luxation of the Peroneal Tendons. (DIETRICH BECKER FDR - Germany) 30
- Anterior cruciate ligament reconstruction the Cyprus experince. (Dr. Odysseas Athanatos FRCS - Cyprus) 31
- EMB-BFB vastus medialis-vastus lateralis ration as an index of their balanced acton at patellofemoral joint. (El. Bakas, N. Tsionis, N. Tasiopoulos, I. Zlatanios, N. Piskopakis, D. Roumeliotis - Greece) 32
- Exercise therapy in patients with open hipbone fractures. (EVGENIA DIMITROVA - Bulgaria) 33
- Abdominal wall injuries on athletes simulating acute abdominal conditions (our remarks). (Sp. Milingos - Greece) 34
- Ruptures of pectoralis major in high velocity sports. (PROF. SHOILEF DEMETRI - Bulgaria) 35
- Application of sensorial stimulation restriction technique (REST) to table tennis players. (R. VANFRAECHEM RAWAY & E. MONTREUIL - Belgium) 36
- **Discussion**

WORKSHOPS - SATURDAY 18/11/89

1) 11:00 p.m - 1:00 a.m. - EILEEN MURPHY

Exercises and manipulative treatment in sports.

2) 4:00 p.m. - 8:00 p.m. - PROF. DR. MED. PAUL E. NOWACKI.

with the assistance of Dr. Andreas Georgiou, specialist in occupational medicine.

Cardiorespiratory assessment of the athlete

4:25 p.m. - 4:55 p.m. - **COFFEE BREAK**

- President: P. SPERRY (England)
- Chairpersons: R. MEDVED (Yugoslavia)
- O. ATHANAJTOS (Cyprus)

4:55 p.m. - 5:40 p.m. - **“Problems of high performance women athletes”** (PROF. MOIRA O'BRIEN - Ireland)

5:40 p.m. - 7:05 p.m. - **Free Communications**

- Studies on selenium in top athletes. (I. DRAGAN, PLOE-STEANU, E. CRISTEA, V. DINU, V. STROESCU - Rumania) 37
- Selenium mediated rise of visual acuity in top athletes. (PROF. ANDREI DEMETER, MARIA HABA, MARIA KUPFERSTICH - Rumania) 38
- Correlative interdependence of parameters for physical development and ability of the students from the special medical group. (ASSISTANCE PROFESSOR DR. MITKO MAREKOV - Bulgaria) 39
- Relations among laboratory and field tests assessing anaerobic capacity. (HEIMER S., R. MEDVED, M. MISIGOJ - DURAKOVIC, K. BOSNAR - Yugoslavia) 40
- The contribution of the body composition analyser to the prevention of the coronary heart diseases (a preliminary announcement) (P. Kontoulakos, X. Michael, N. Groumas, D. Balacalidou - Greece) 41
- Influence of the manual and electroacupressure on the healing and prophylaxis of discopathy in non-athletes. (MOHAMED HEDI BEN SADOK - Tynisia) 42
- The improvement of the physical abilities of pupils suffering from scoliosis by the use of special medical gymnastics. (M. Kakoulides - Greece) 43
- **Discussion**
- **OFFICIAL DINNER**

SUNDAY 19/11/89

- President: A. BOUZAYEN (Tynisia)
Chair persons: K. KRASTEVA (Bulgaria)
N. Christodoulou (Cyprus)

8:30 a.m. - 9:15 a.m. - **“Problems of running”** (PROF. SPERRYN - England)

9:15 a.m. - 10:35 a.m. - **Free Communications**

- Cardiorespiratory reactions with parachutists. (PROF. DR. KRASTIU KRASTEVA - Bulgaria) 44
- Sensory conductivity affected by low power laser applications. An attempt to interpret their analgetic effect. (El. Bakas, N. Tasiopoulos, N. Tsionis, A. Papadeas, H. Adamos. S. Doris, D. Roumeliotis) - Greece 45
- Influence of basketball training on some basic motoric abilities in special olympians. (MATKOVIC BOJAN, MATKOVIC R. BRANKA - Yugoslavia) 46
- Chronic adductor muscle (groin) strain-can non-surgical treatment work? (Odysseas Athanatos FRCS - Cyprus) 47
- Sports Hygiene. (CAJAVEC R. - Yugoslavia) 48
- Software versions for physical activity and sports. Rehabilitations programs. (PROF. PETER SLANCHEV, - Bulgaria) 49
- A model of a complex prophylactic sport medicine system. (D. PISSEVA, - Bulgaria) 50
- The anaerobic treshold as a tool for monitoring of training. (I. LLIEV, N. GRANTCHAROV - Bulgaria) 51
- **Discussion**

10:55 a.m. - 11:15 a.m. - **COFFEE BREAK**

11:15 a.m. - 1:30 a.m. - **Round Table - DOPING**

President: EDUARDO DE ROSE (Brazil)

Eduardo de Rose (Brazil)

Moira O' Brien (Ireland)

Peter Srerryn (England)

Representative Bulgaria

Representative Cyprus

Representative Greece

Representative Rumania

Closing Comments - Diploma Awards

F R E E A F T E R N O O N