

MEDICAL AND TRAINING ASPECTS IN HANDBALL

1st Sports Medical Workshop meets
2nd Meeting on medical aspects in Handball

www.handball-congress.lu

Organized by the *Luxembourg Academy of Medicine, Physical Therapy and Science in Sports* with the help of *FLH, LUNEX* and *Differdange*

16.09.2017 @LUNEX University & Centre Sportif de Differdange

08:00	Registration
08:30	Welcome - Axel Urhausen , MD, Prof. & Jérôme Pauls , MSc
08:35	Welcome - Fred Bertinelli , Sports Counsellor of the city of Differdange
08:40	Opening lecture: Why do we need a handball medicine? – Romain Seil , MD, Prof.

Epidemiology & medical team coverage - Chaired by Christian Nührenbörger, MD & Anouk Urhausen, MSc

09:00	Injury profile in German Elite Men's Handball - Patrick Luig , PhD
09:20	The why's and how's of injury monitoring: an example from U17 Handball in Luxembourg - Laurent Malisoux , PhD & Véronique Jung , BSc
09:40	L'encadrement médical et l'évolution des blessures des équipes de France de 1997 à 2017 - Gérard Juin , MD
10:00	Traumatic and atraumatic acute compartment syndrome in sports: Recognition and management - Kurt Steuer , MD, Prof
10:20	Open Discussion
10:40	Coffee Pause & Visit of sponsor stalls

Injuries & Prevention - Chaired by Daniel Theisen, PhD, Prof & Jérôme Pauls, MSc

11:10	Knee injuries in Handball – Markus Waldén , MD, PhD
11:30	Injury prevention for lower limbs in Handball - Jesper Bencke , PhD
11:50	Shoulder Injuries in Handball - Lior Laver , MD
12:10	Prevention of overuse shoulder injuries in elite handball - Stig Haugsbø Andersson , MSc
12:30	Open Discussion
12:50	Lunch time & Visit of sponsor stalls

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Guest Lecture - Chaired by Romain Seil, MD, Prof & Dominique Gradoux, MSc

- 13:50 | L'évolution du Handball féminin à l'exemple de l'équipe de France - **Olivier Krumbholz**, Head coach of the French national women team
- 14:20 | Open Discussion

Coaching & Training - Chaired by Patrick Feiereisen, PhD & Eric Besenius, MSc

- 14:30 | Implementation of injury prevention programs in handball: Time for action! – **Merete Møller**, PhD
- 14:50 | Physical demands and physiological profiles in elite team handball. Are there differences between male and female players? - **Lars Bojsen Michalsik**, PhD
- 15:30 | Open Discussion
- 15:45 | Official lecture closing - **Romain Schockmel**, MD, FLH President & **Axel Urhausen**, MD, Prof.

Injury Prevention Workshops - Chaired by Laurent Radrizzi, MSc, Felix Hoffmann, MD & Nina Goedert, MSc

- 16:15 | WS1: Practical application of knee injury prevention - **Jesper Bencke**, PhD
WS2: Practical application of shoulder injury prevention - **Stig Haugsbø Anderson**, MSc
- 16:45 | WS2: Practical application of shoulder injury prevention - **Stig Haugsbø Anderson**, MSc
WS1: Practical application of knee injury prevention - **Jesper Bencke**, PhD

Training Workshops - Chaired by Gilles Hendel, MSc, Danièle Schaack, MSc & Paul Gette, BSc

- 17:20 | WS3: Core Training for Handball - **Jeff Paulus**, MSc & **Dan Ley**
WS4: Physical training in team handball - examples of training on the court with the ball - **Lars Bojsen Michalsik**, PhD
- 17:50 | WS4: Physical training in team handball - examples of training on the court with the ball - **Lars Bojsen Michalsik**, PhD
WS3: Core Training for Handball - **Jeff Paulus**, MSc & **Dan Ley**

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