



# ATHLETIC CLUB

LAGUNTZAILEAK / COLABORADORES / COLLABORATORS:

## AEMEF

(Espainiako Futbol Taldeetako Medikuen Elkartea / Asociación Española de Médicos de Equipos de Fútbol / Spanish Association of Football Team Physicians)

## ACMB

(Bilboko Mediku Zientzien Akademia / Academia de Ciencias Médicas de Bilbao / The Academy of Medical Sciences of Bilbao)

Izena emateko emaila / Inscripciones en el correo / Registration online at:

**[bilbaomedicalconference@athletic-club.net](mailto:bilbaomedicalconference@athletic-club.net)**

Doan lekua bete arte / Gratuita hasta completar aforo / Free entrance until full capacity

### Erretserbak / Reservas / Booking:

MELIÁ Bilbao

944 280 000

[reservas.melia.bilbao@melia.com](mailto:reservas.melia.bilbao@melia.com)

### Eskaintza berezia :

banakako logela bikoitza gozariarekin : 120 euro (BEZ barne)

### Precio especial :

doble uso individual con desayuno 120 euros (IVA incluido)

### Special offer :

double use single room with breakfast 120 euros (VAT included)



16-18 APIRILA/ABRIL/APRIL | SAN MAMÉS

MEDICINE

SCIENCE

FOOTBALL

1ST FOOTBALL MEDICAL CONFERENCE



ATHLETIC CLUB



04 16

Mintegia:

10.00etan

### ZERBITZU MEDIKUEN EREDUAK KLUB PROFESIONALETAN

*IMQ klinika Zorrotzaurre. - Gerenteak, Zerbitzu Medikuen Arduradunak, Kirol Zuzendariak*

## OSASUNA, EGOERA FISIKOA, ENTRENAMENDUA FUTBOLEAN +

15.00etan

### 1. SAIOA: **SEGURTASUN KARDIOLOGIKOA FUTBOLEAN**

*San Mames. Koordinatzailea: Zigor Madaria doktorea (IMQ)*

#### SCREENING KARDIOLOGIKO ATHLETIC CLUBEN

*Paco Angulo (Athletic Clubeko zerbitzu medikoak)*

#### ARTATZE GAILUAK PARTIDUETAN

*Jorge Villalonga (IMQ zerbitzu medikoak)*

#### KARDIOLOGIA ETA KIROLA: IRAGANA, ORAINA ETA ETORKIZUNA

*Araceli Boraita (Kardiologia CSD)*

16.45ean

Irekiera ofiziala: **ATHLETIC CLUBEKO PRESIDENTEA, IMQREN ZUZENDARI OROKORRA**

17.00etan

### 2. SAIOA: **ENTRENAMENDUAREN KONTROLA ETA ERREKUPERAZIO ESTRATEGIAK**

*San Mames. Koordinatzailea: Julio Calleja irakaslea (EHU-UPV)*

#### TRAINING AND MATCH LOAD CONTROL IN TEAM SPORTS

*Aaron J. Coutts (UTS, University of Technology, Sydney)*

#### LOAD CONTROL AND INJURY RISK IN FOOTBALL

*Alan McCall (Research&Sport Innovation Consultant)*

#### RECOVERY STRATEGIES AND LEVELS OF EVIDENCE

*Gregory Dupont (Université Lille)*

18.45ean — **atsedena**

19.00etan

### **ERGONUTRIZIOAREN PARTE HARTZEA**

*San Mames. Koordinatzailea: Toscana Viar (Athletic Clubeko Nutrizio Zerbitzua)*

“100% NATURAL” ETA “FULL GAS ” KONPANIAK

MAHAI-INGURUA: “ELIKADURA OSAGARRIEK KIROL ERRENDIMENDUAN DUTEN GARRANTZIA”

*Parte-hartzaileak: P. Van Hulle, P. Navas, F. Drobnic, P. Bjork*

04 17

Mintegi praktikoak:

10.00etan

### **KIRURGIA MINTEGI PRAKTIKOA “SPORT HERNIA”**

*IMQ klinika Zorrotzaurre. Muschaweck doktorea*

12.00etan

### **BALORAZIOA-ERREHABILITAZIOA-GIHARREN LESIOEN BERREGOKITZAPENA**

*Lezamako instalazioak. Jean Benoit Morin*

## FUTBOLEKO LESIOAK +

15.00etan

### **EPIDEMIOLOGIA**

*San Mames. Koordinatzailea: Helena Herrero Doktorea (RFEF eko zerbitzu medikoa)*

#### EPIDEMIOLOGY IN PROFESSIONAL FOOTBALL

*Jan Ekstrand (UEFA Football research group, Jonkoping)*

#### EPIDEMIOLOGIA ATHLETIC CLUB

*Josean Lekue (Athletic Clubeko Zerbitzu Medikoak)*

16.00etan

## EGUNERAKETA BALORAZIOAN, DIAGNOSTIKOA ETA GIHARRETA KO PATOLOGIAREN ERREHABILITAZIO FUNTZIONALA

**San Mames.** *Koordinazioa: Luis Serratosa doktorea (Quiron Hospitala, Madril)*

*A. Franklyn Miller (Sports Surgery Clinic, Dublin)*  
*Jean-Benoit Morin (University of Nice Sophia Ant., France)*  
*Jordan Mendigutxia (Zentrum, Iruñea)*  
*Fernando Idoate (Radiologia, San Miguel Klinika, Iruñea)*

SPORT HERNIA: SURGICAL TREATMENT EXPERIENCE

*U. Muschaweck doktorea (Hernienzentrum, Munich)*

18.30ean — **atsedena**

18.45ean

## PATOLOGIA ARTIKULARRA

**San Mames.** *Koordinazioa: J.J. Cota doktorea (RC Celta, Espainako Futbol- Zelekzioa)*

ALDAKA, LABRUM HAUSTURA: KONTZEPTUA, DIAGNOSTIKOA ETA TRATAMENDUA

*M. Ribas doktorea (Institut Universitari Dexeus Bartzelona)*

BELAUNEKO LESIOA MULTILIGAMENTOSOEN IKUSPEGI TERAPEUTIKOA

*M. Leyes doktorea (Centro klinika Madril)*

PRP ETA LESIO ARTIKULARREAN ESPERIENTZIA

*M. Sanchez doktorea (Vithas San Jose Vitoria-Gasteiz)*

04 18

Mintegia:

9.00etan

## IIINFORMAZIOA MEDIKOA (KIROLEKOA) KOMUNIKABIDEETAN

**San Mames.** *Athletic Club, komunikabideak*

*Koordinazioa: Juan Goiria doktorea (Bilboko Medikuz Zientzien Akademiako presidentea)*

*Parte-hartzaileak: Patxi Xabier Fernandez (Athletic Clubeko Prentsa Arduraduna), Borja Osés (Landaberea Abokatua)*

## FUTBOL FORMAZIOA +

10.30ean

## FUTBOLARIEN DETEKZIOA, AUKERAKETA, GARAPENA

**San Mames.** *Koordinazioa: Susana Gil irakaslea (EHU-UPV)*

TALENT IDENTIFICATION AND DEVELOPMENT OF YOUNG PLAYERS:  
SOME AUXOLOGICAL CONSIDERATIONS

*Antonio J. Figueiredo (University of Coimbra)*

DEVELOPMENT OF PHYSICAL FITNESS IN ADOLESCENT PLAYERS:  
TRAINING OR GROWTH?

*Humberto M. Carvalho (University of Coimbra)*

ATHLETIC CLUBEKO JOKALARI GAZTEEN EZAUGARRI

FISIKO-FISIOLOGIKOAN GARAPENA

*Iraia Bidaurrezaga (EHU-UPV)*

12.00etan

## TALENTUAREN GARAPENA

**San Mames.**

ACCUMULATED FATIGUE, NON-FUNCTIONAL OVERREACHING  
AND INJURY RISK IN YOUTH FOOTBALL

*M. De Ste Croix (Gloucestershire University, UK)*

EPIDEMIOLOGIA ATHLETIC CLUBEKO BEHEKO KATEGORIATAN

*Juanma Santisteban (Athletic Clubeko zerbitzu medikoak)*

12.45ean

## MAHAI-INGURUA

Itxiera: **BERTAKO AGINTARIAK**

16 04

Seminario:

10.00h

### MODELOS DE SERVICIOS MÉDICOS EN CLUBES PROFESIONALES

*Clinica IMQ Zorrotzaurre.* - Gerentes, Responsables de Servicios Médicos, Directores Deportivos

## SALUD, CONDICIÓN FÍSICA, ENTRENAMIENTO EN FÚTBOL +

15.00h

### SESIÓN 1: SEGURIDAD CARDIOLÓGICA EN FÚTBOL

*San Mames.* Coordinación: Dr. Zigor Madaria (IMQ)

SCREENING CARDIOLÓGICO EN EL ATHLETIC CLUB

*Paco Angulo (Servicios Médicos Athletic Club)*

DISPOSITIVO DE ATENCIÓN EN PARTIDOS

*Jorge Villalonga (Servicios Médicos IMQ)*

CARDIOLOGÍA Y DEPORTE: PASADO, PRESENTE Y FUTURO

*Araceli Boraíta (Cardiología CSD)*

16.45h

Apertura oficial: **PRESIDENTE ATHLETIC CLUB, DIRECTOR GENERAL IMQ**

17.00h

### SESIÓN 2: CONTROL DEL ENTRENAMIENTO Y ESTRATEGIAS DE RECUPERACIÓN

*San Mames.* Coordinación: Prof. Julio Calleja (EHU-UPV)

TRAINING AND MATCH LOAD CONTROL IN TEAM SPORTS

*Aaron J. Coutts (UTS, University of Technology, Sydney)*

LOAD CONTROL AND INJURY RISK IN FOOTBALL

*Alan McCall (Research&Sport Innovation Consultant)*

RECOVERY STRATEGIES AND LEVELS OF EVIDENCE

*Gregory Dupont (Université Lille)*

18.45h — break

19.00h

### INTERVENCIÓN ERGONUTRICIONAL

*San Mames.* Coordinación: Toscana Viar (Servicio de Nutrición, Athletic Club)

COMPAÑÍAS “100% NATURAL” Y “FULL GAS”

MESA REDONDA: “LA IMPORTANCIA DE LOS COMPLEMENTOS NUTRICIONALES EN EL RENDIMIENTO DEPORTIVO”

*Participan: P. Van Hulle, P. Navas, F. Drobnic, P. Bjork*

17 04

Seminarios prácticos:

10.00h

### CIRUGÍA “SPORT HERNIA”

*Clinica IMQ Zorrotzaurre.* Dra. Muschaweck

12.00h

### VALORACIÓN-REHABILITACIÓN-READAPTACIÓN LESIONES MUSCULARES

*Instalaciones de Lezama.* Jean Benoit Morin

## LESIONES EN FÚTBOL +

15.00h

### EPIDEMIOLOGÍA

*San Mames.* Coordinación: Dra. Helena Herrero (Jefe de los Servicios Médicos RFEF)

EPIDEMIOLOGY IN PROFESSIONAL FOOTBALL

*Jan Ekstrand (UEFA Football research group, Jonkoping)*

EPIDEMIOLOGÍA ATHLETIC CLUB

*Josean Lekue (Servicios Médicos Athletic Club)*

16.00h **ACTUALIZACIÓN EN VALORACIÓN , DIAGNÓSTICO Y REHABILITACIÓN FUNCIONAL DE PATOLOGÍA MUSCULAR**

**San Mames.** *Coord. Dr. Luis Serratosa (Hospital Quirón Madrid)*

*A. Franklyn Miller (Sports Surgery Clinic, Dublin)*

*Jean-Benoit Morin (University of Nice Sophia Ant., France)*

*Jurdan Mendigutxia (Zentrum, Iruña)*

*Fernando Idoate (Radiología, Clínica San Miguel, Iruña)*

**SPORT HERNIA: SURGICAL TREATMENT EXPERIENCE**

*Dra U. Muschaweck (Hernienzentrum, Munich)*

18.30h — **break**

18.45h **PATOLOGÍA ARTICULAR**

**San Mames.** *Coord. Dr. J.J. Cota (RC Celta, Selección Española de Fútbol)*

**CADERA, ROTURA DE LABRUM: CONCEPTO, DIAGNÓSTICO Y TRATAMIENTO**

*Dr. M. Ribas (Institut Universitari Dexeus Barcelona)*

**ENFOQUE TERAPÉUTICO DE LAS LESIONES MULTI-LIGAMENTOSAS EN LA RODILLA**

*Dr. M. Leyes (Clínica Centro Madrid)*

**EXPERIENCIA EN PRP Y LESIÓN ARTICULAR**

*Dr. M. Sánchez (Vithas San José Vitoria-Gasteiz)*

**18 04**

Seminario:

9.00h

**INFORMACIÓN MÉDICA (DEPORTIVA) Y MEDIOS DE COMUNICACIÓN**

**San Mames.** *Athletic Club, medios de comunicación*

*Coordinación: Dr. Juan Goiria (Presidente de la Academia de Ciencias Médicas de Bilbao)*

*Participan: Patxi Xabier Fernandez (Jefe de Prensa Athletic Club), Borja Osés (Landaberea Abogados)*

**FÚTBOL FORMACIÓN +**

10.30h **DETECCIÓN, SELECCIÓN, DESARROLLO DE FUTBOLISTAS**

**San Mames.** *Coordinación: Prof. Susana Gil (EHU-UPV)*

**TALENT IDENTIFICATION AND DEVELOPMENT OF YOUNG PLAYERS:  
SOME AUXOLOGICAL CONSIDERATIONS**

*Antonio J. Figueiredo (University of Coimbra)*

**DEVELOPMENT OF PHYSICAL FITNESS IN ADOLESCENT PLAYERS:  
TRAINING OR GROWTH?**

*Humberto M. Carvalho (University of Coimbra)*

**DESARROLLO-EVOLUCIÓN DE CARACTERÍSTICAS FÍSICAS-FISIOLÓGICAS EN  
JUGADORES JÓVENES ATHLETIC CLUB**

*Iraia Bidaurrezaga (EHU-UPV)*

12.00h **EL DESARROLLO DEL TALENTO**

**San Mames.**

**ACCUMULATED FATIGUE, NON-FUNCTIONAL OVERREACHING  
AND INJURY RISK IN YOUTH FOOTBALL**

*M. De Ste Croix (Gloucestershire University, UK)*

**EPIDEMIOLOGÍA CATEGORÍAS INFERIORES ATHLETIC CLUB**

*Juanma Santisteban (Servicio Médico Athletic Club)*

12.45h **MESA REDONDA**

Cierre: **AUTORIDAD LOCAL**

04 16

Seminar:

10.00h

**MEDICAL SERVICE MODELS IN PROFESSIONAL CLUBS**

*Zorrotzaurre IMQ Clinic. - Managers, Heads of Medical Services, Sports Directors*

**HEALTH, FITNESS, TRAINING IN FOOTBALL +**

15.00h

**SESSION 1: HEART SAFETY IN FOOTBALL**

*San Mames. Coordinator: Dr. Zigor Madaria (IMQ)*

CARDIAC SCREENING AT ATHLETIC CLUB

*Paco Angulo (Athletic Club Medical Services)*

HEALTH CARE SERVICES AT MATCHES

*Jorge Villalonga (IMQ Medical Services)*

CARDIOLOGY AND SPORT: PAST, PRESENT AND FUTURE

*Araceli Boraita (Cardiology CDS)*

16.45h

Official inauguration: **PRESIDENT OF ATHLETIC CLUB, GENERAL DIRECTOR OF IMQ**

17.00h

**SESSION 2: TRAINING AND RECOVERY STRATEGIES CONTROL**

*San Mames. Coordinator: Prof. Julio Calleja (EHU-UPV)*

TRAINING AND MATCH LOAD CONTROL IN TEAM SPORTS

*Aaron J. Coutts (UTS, University of Technology, Sydney)*

LOAD CONTROL AND INJURY RISK IN FOOTBALL

*Alan McCall (Research&Sport Innovation Consultant)*

RECOVERY STRATEGIES AND LEVELS OF EVIDENCE

*Gregory Dupont (Université Lille)*

18.45h — break

19.00h

**ERGO-NUTRITIONAL INTERVENTION**

*San Mames. Coordinator: Toscana Viar (Athletic Club Nutrition Service)*

“100% NATURAL” AND “FULL GAS ” COMPANIES

ROUND TABLE: “THE RELEVANCE OF NUTRITIONAL COMPLEMENTS IN SPORTS PERFORMANCE”

*Participating: P. Van Hulle, P. Navas, F. Drobnic, P. Bjork*

04 17

Practical seminars:

10.00h

**“SPORT HERNIA” SURGERY**

*Zorrotzaurre IMQ Clinic. Dra. Muschaweck*

12.00h

**ASSESSMENT -REHABILITATION-READAPTATION OF MUSCLE INJURIES**

*Lezama football facilities. Jean Benoit Morin*

**FOOTBALL INJURIES +**

15.00h

**EPIDEMIOLOGY**

*San Mames. Coordination : Dra. Helena Herrero (RFEF Spanish football team medical services)*

EPIDEMIOLOGY IN PROFESSIONAL FOOTBALL

*Jan Ekstrand (UEFA Football research group, Jonkoping)*

EPIDEMIOLOGY IN ATHLETIC CLUB

*Josean Lekue (Athletic Club Medical Service)*

16.00h

## **ASSESSMENT, DIAGNOSIS AND FUNCTIONAL REHABILITATION UPDATE OF MUSCULAR PATHOLOGIES**

**San Mames.** *Coord. Dr. Luis Serratos (Quirón Hospital Madrid)*

*A. Franklyn Miller (Sports Surgery Clinic, Dublin)*

*Jean-Benoit Morin (University of Nice Sophia Ant., France)*

*Jurdan Mendigutxia (Zentrum, Iruña)*

*Fernando Idoate (Radiology, San Miguel Clinic, Iruña)*

**SPORT HERNIA: SURGICAL TREATMENT EXPERIENCE**

*Dra U. Muschaweck (Hernienzentrum, Munich)*

18.30h — **break**

18.45h

## **JOINT PATHOLOGIES**

**San Mames.** *Coord. Dr. J.J. Cota (RC Celta, Spanish Football Team)*

**HIP. LABRAL TEAR: CONCEPT, DIAGNOSIS AND TREATMENT**

*Dr. M. Ribas (Institut Universitari Dexeus Barcelona)*

**THERAPEUTIC APPROACH OF KNEE**

*Dr. M. Leyes (Centro Clinic Madrid)*

**EXPERIENCE IN PRP AND JOINT INJURIES**

*Dr. M. Sánchez (Vithas San José Vitoria-Gasteiz)*

**04 18**

Seminar:

9.00h

## **MEDICAL INFORMATION (SPORTS) AND THE MEDIA**

**San Mames.** *Athletic Club, media services*

*Coordination : Dr. Juan Goiria (President of Medical Sciences Academy of Bilbao)*

*Participating: Patxi Xabier Fernandez (Athletic Club Press Officer), Borja Osés (Landaberea Lawyers)*

## **FOOTBALL TRAINING +**

10.30h

### **IDENTIFICATION, SELECTION, DEVELOPMENT OF FOOTBALL PLAYERS**

**San Mames.** *Coordinator: Prof. Susana Gil (EHU-UPV)*

**TALENT IDENTIFICATION AND DEVELOPMENT OF YOUNG PLAYERS:  
SOME AUXOLOGICAL CONSIDERATIONS**

*Antonio J. Figueiredo (University of Coimbra)*

**DEVELOPMENT OF PHYSICAL FITNESS IN ADOLESCENT PLAYERS:  
TRAINING OR GROWTH?**

*Humberto M. Carvalho (University of Coimbra)*

**DEVELOPMENT-EVOLUTION OF THE PHYSICAL-PHYSIOLOGICAL TRAITS  
OF YOUNG PLAYERS IN ATHLETIC CLUB**

*Iraia Bidaurrezaga (EHU-UPV)*

12.00h

### **TALENT DEVELOPMENT**

**San Mames.**

**ACCUMULATED FATIGUE, NON-FUNCTIONAL OVERREACHING  
AND INJURY RISK IN YOUTH FOOTBALL**

*M. De Ste Croix (Gloucestershire University, UK)*

**EPIDEMIOLOGY IN ATHLETIC CLUB YOUTH TEAMS**

*Juanma Santisteban (Athletic Club Medical Service)*

12.45h

### **ROUND TABLE**

Closing: **LOCAL AUTHORITIES**