

PROGRAMME –April – June 2021

Date	Time	Title	Lecturer
1 April 2021	14:00 – 15:00 CET	Heat, health and athletics Hot climatic conditions have clear impact on performance and on health. The aim of this session is to explore the potential consequences of heat on health, and to discuss what are the heat-related illnesses and how to diagnose, treat and prevent them.	Prof Karsten Hollander (GER)
15 April 2021	14:00 – 15:00 CET	Communications and medical data The presentation will tackle the power of social medias from an athlete/medical perspective including speed of misinformation spreading and the issues of personal consent of medical data.	Robert Faulkner (GBR) Markus Knipp (GER)
29 April 2021	14:00 – 15:00 CET	Muscle injuries What is the epidemiology of muscle injuries in athletics? What are the differences in muscle injuries according to disciplines? How to perform the diagnosis (physical and/or imaging)? How to treat the muscle injuries and manage until the return to full practice? How to reduce the risk of muscle injuries?	Prof Pascal Edouard (FRA)
20 May 2021	14:00 – 15:00 CET	Preparing the travel with teams What is important to know when you are a member of a medical team and you are preparing for a travel with the team for a training camp or a championship? What should be anticipated, at which time?	Andrew Lichtenthal (GER)
27 May 2021	14:00 – 15:00 CET	Mental issues during COVID-19 in elite athletes The aim is to discuss the specific consequences and issues on mental aspects caused by the COVID-19 pandemic and the potential strategies to manage them.	Prof Volker Scheer (ESP/GER)
3 June 2021	14:00 – 15:00 CET	How to evaluate and improve foot strength in athletes Foot – and its strength – plays an important role in the performance of all athletics disciplines, as an intermediate between the ground and the body. How to evaluate foot strength in laboratory and field settings? Why and how to improve foot strength?	François Fourchet (SUI)
24 June 2021	14:00 – 15:00 CET	Stress fracture What is the epidemiology of stress fractures in athletics? How to perform the diagnosis? How to treat and manage stress fractures until the return to full practice? How to reduce the risk of stress fractures?	Ove Talsnes (NOR)