

# FIFA MEDICAL CONFERENCE

ZURICH, 17 AND 18 OCTOBER 2009



## SATURDAY, 17 OCTOBER 2009 – SWISSÔTEL ZURICH OERLIKON

Time	Subject	Speaker(s)
09.00-09.30	<b>Welcome/Opening</b>	FIFA President
09.30-10.00	<b>For the Game ... Medicine for Football, "Develop the game" introduction</b>	Michel D'Hooghe
10.00-10.45	<b>The most important kick of my life</b> How to prevent <b>contact injuries</b> ? Rule changes	Raul Madero Lars Peterson Pavel Nedved Martin Hansson
10.45-11.15	<i>Coffee and tea break</i>	
11.15-12.00	<b>Prevention is better than cure</b> How to prevent <b>non-contact injuries</b> ? Exercise-based programmes	Astrid Junge Mario Bizzini Birgit Prinz Lucas Radebe Gerard Houllier
12.00-13.30	<i>Lunch break</i>	
13.30-14.00	<b>Heart of the matter</b> How to prevent sudden cardiac death? Pre-Competition Medical Assessment (PCMA)	Yacine Zerguini Fernando Di Paolo Bert Mandelbaum
14.00-15.00	<b>Fair play – from a medical perspective/the bigger picture</b> Playing football in the heat High altitude Age determination Fasting and playing New strategies in the fight against doping in football	Ron Maughan Michel D'Hooghe Gurcharan Singh Yacine Zerguini Jiri Dvorak / Martial Saugy / David Howman
15.00-15.30	<b>Working together – "Touch the world"</b> How to disseminate knowledge	Michel D'Hooghe Jiri Dvorak Katharina Grimm Karim Khan
15.30-16.00	<i>Coffee and tea break</i>	
16.00-17.00	<b>... for the World – Football for Health</b>	Jiri Dvorak Colin Fuller
17.00-17.30	<b>Conclusion: "Build a better future"</b> The need for national medical committees	FIFA President

***All sessions moderated by Dr Michel D'Hooghe and Prof. Jiri Dvorak  
All sessions end with Q&A from audience.***

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## SUNDAY, 18 OCTOBER 2009 – PLENARY SESSION FOR EXECUTIVES – SWISSÔTEL ZURICH OERLIKON

	Plenary session	
09.30-12.30	<p><b>How to implement and use football medicine in national programmes</b></p> <ul style="list-style-type: none"> <li>• Importance of national medical committees, how to find the best physicians, requirements</li> <li>• PCMA implementation in MAs</li> <li>• Medical Centres of Excellence</li> <li>• How to implement “The 11+”</li> <li>• Football as an educational platform</li> <li>• FIFA Medical Code of Ethics</li> <li>• Closing remarks</li> </ul>	<p>Michel D’Hooghe</p> <p>Ian Beasley, Kalusha Bwalya</p> <p>Tony Edwards</p> <p>Ivan Hasek, Simon Gianotti, Jiri Chomiak</p> <p>Jiri Dvorak, A M. Coll-Seck</p> <p>Michel D’Hooghe</p> <p>FIFA President</p>

## SUNDAY, 18 OCTOBER 2009 – INSTRUCTIONAL WORKSHOPS FOR PHYSICIANS – SWISSÔTEL ZURICH OERLIKON

	Workshop I	Workshop II	Workshop III	Workshop IV
09.15-10.30	PCMA Lüscher/Schmied Di Paolo P. D’Hooghe/Zerguini	“The 11+” Injury prevention Bizzini/Silvers	Anti-doping Hesse Singh/Grimm	Football Emergency Medicine Constantinou, Kramer, Motaung
<b>10:30–10:45</b>	<b>Break</b>			
10.45-12.00	PCMA Lüscher/Schmied Di Paolo Palavicini/Madero	“The 11+” Injury prevention Bizzini/Silvers	Anti-doping Hesse Singh/Grimm	Football Emergency Medicine Constantinou, Kramer, Motaung
<b>12:15-12:30</b>	<b>Plenary Session - Closing remarks FIFA President</b>			
<b>12:30–13:30</b>	<b>Lunch Break</b>			
13.30-14.45	PCMA Lüscher/Schmied Di Paolo Ahmed/Al-Riyami	“The 11+” Injury prevention Bizzini/Silvers	Anti-doping Hesse Singh/Grimm Zerguini	Football Emergency Medicine Constantinou, Kramer, Motaung
<b>14:45–15:00</b>	<b>Break</b>			
15.00-16.15	PCMA Lüscher/Schmied Di Paolo Babwah/Edwards	“The 11+” Injury prevention Bizzini/Silvers	Anti-doping Hesse Singh/Grimm Madero/Grimm	Football Emergency Medicine Constantinou, Kramer, Motaung

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- Workshop I**      **Pre-Competition Medical Assessment.** Identifying risk factors prior to participation in football/competitions with the football-specific F-MARC PCMA form, focusing on cardiac risk assessment.
- Workshop II**      **“The 11+: a complete warm-up to prevent injuries”.** The new F-MARC injury prevention programme reduces injuries in general by almost 30% and severe injuries by 50%. Physicians need to promote the implementation of a structured warm-up.
- Workshop III**      **Anti-doping.** Doping control in- and out-of-competition with sample collection procedure, implications of the World Anti-Doping Code and result management.
- Workshop IV**      **Football emergency medicine.** A complete programme for member associations and LOCs to prepare their medical staff for matches and competitions.