



**PUERTO RICO**  
SPORTS MEDICINE **2010**

FROM EXERCISE FOR HEALTH  
TO SPORTS PERFORMANCE

**XXXI FIMS SPORTS MEDICINE  
WORLD CONGRESS**

May 19-22, 2010 • Caribe Hilton Hotel, San Juan, Puerto Rico



A DIVISION OF HB TRAVEL CONSULTANTS, INC.

(787) 765-1700

hbenero@hbtravelpr.com

## Letter from the President of the Organizing Committee

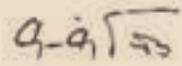
*Dear Colleagues and Friends:*

*We hope this letter finds you well. Puerto Rico has been selected as the host of the XXXI FIMS Sports Medicine World Congress. This international event will take place at the Caribe Hilton Hotel in San Juan, Puerto Rico, from the 19th to the 22nd of May 2010. In collaboration with the Organizing Committee of the Central American and Caribbean Sports Games of 2010, the Medical Congress of the XXI Games will be celebrated in conjunction with the FIMS World Sports Medicine Congress.*

*More than 20 of the most recognized scientific experts will be present during this occasion representing 120 countries from Europe, Asia, Oceania, Africa and America. This is the second time that this Congress has been celebrated in America since the creation of the International Sports Medicine Federation in 1928.*

*The organizing committee has prepared an excellent scientific program complemented with exciting social and diverse activities. We feel very proud to have the opportunity to present this important event in Puerto Rico and hope that you will join us in May 2010.*

*Sincerely,*



*Dr. Enrique Amy  
President - Organizing Committee*

## Carta del Presidente del Comité Organizador

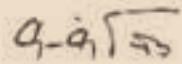
*Estimados Amigos:*

*Esperamos que al leer esta carta se encuentre bien. Puerto Rico ha sido seleccionado como anfitrión del XXXI Congreso Mundial de Medicina Deportiva FIMS. Este evento internacional se llevará a cabo en el Hotel Caribe Hilton en San Juan, Puerto Rico, del 19 al 22 de Mayo de 2010. En colaboración con el Comité Organizador de los Juegos Centroamericanos y del Caribe del 2010, se celebrará el Congreso Médico de los XXI Juegos junto a nuestro Congreso Mundial de Medicina Deportiva FIMS.*

*Más de 20 expertos científicos reconocidos estarán presentes, representando 120 países, de Europa, Asia, Oceanía, África y América. Esta es la segunda vez que este congreso se celebra en América desde la creación de la Federación Internacional de Medicina Deportiva en el 1928.*

*El Comité Organizador ha preparado un excelente programa científico complementado con diversas actividades sociales muy excitantes. Nos sentimos muy orgullosos de tener la oportunidad de presentar este evento tan importante en Puerto Rico y esperamos que nos acompañen en mayo del 2010.*

*Sinceramente,*



*Dr. Enrique Amy  
Presidente - Comité Organizador*

# XXXI FIMS World Congress of Sports Medicine

MAY 19-22, 2009 - SAN JUAN, PUERTO RICO

THE CONTINUUM OF SPORTS MEDICINE: FROM EXERCISE FOR HEALTH TO SPORTS PERFORMANCE

## SCIENTIFIC PROGRAM

### MEDICAL AND CLINICAL ASPECTS

May 20

#### Emergency Management of Field Injuries

Emergency Management of Injuries to the Brain  
Spinal Cord Injury: Acute Management  
Dental Emergencies in Contact Sports

#### Early Interventions in the Rehabilitation of Sports Injuries

Anterior Cruciate Ligament Injuries  
Proprioception Training in Ankle and Knee injuries  
Preventing Fibrosis in Muscle Injuries

#### Controversial Decisions in the Management of Sports Injuries

Are Non-Steroidal Anti-inflammatory Drugs Harmful?  
Return to Play After Injury  
Aggressive Rehabilitation of Knee Ligamentous Injury  
Shoulder Injuries in the Adolescent Throwing Athlete

May 21

#### Telesurgery: Operative Demonstrations

#### Special Considerations in Women Athletes

The Female Athlete Triad: New Information  
Eating Disorders and Disordered Eating  
Risk for Ligamentous Injuries

#### Regenerative Medicine in Sport

Fundamentals in Regenerative Medicine  
Autologous Chondrocyte Implantation  
Muscle and Tendon Healing

May 22

#### Recent Trends in Sports Injuries

Ultrasound versus MRI in the Diagnosis of Sports Injuries  
Sport Specific Aquatic Rehabilitation  
Tendinopathies: Therapeutic Advances

#### Sports Medicine in the 21<sup>st</sup> Central American Games

Overview of Health Services  
Epidemiology of Health Problems during International Games  
The Role of the Team Physician during the Games

### APPLIED SPORTS SCIENCES

May 20

#### Physical Activity for Health

The Challenge of Diabetes and the Metabolic Syndrome  
Strategies for Better Health: Counting Steps  
Exercise for Cancer Prevention and Rehabilitation of Survivors

#### Training Strategies for Elite Sports

Weight Training for Endurance and Tactical Sports  
Pre-competition Tapering for Different Sports

#### Exercise in the Heat

Pre-Cooling Methods for Performance in the Heat  
Acclimation Strategies  
Dehydration, Hyperhydration and Hyponatremia

May 21

#### State of the Art in Sports Nutrition

Creatine and Other Supplements  
Manipulation of Dietary Components to Optimize Recovery After Exercise  
Repeated Weight Loss and Regain in Athletes

#### The International Paralympic Committee (IPC) Symposium

The IPC and Paralympic Games  
Technological Advances in Paralympic Sports  
Controversies in the Classification of Athletes with Disabilities

#### Doping in the 21<sup>st</sup> Century

Doping in the Olympic Games: Past and Future  
Genetic Doping: Reality and Myths  
Use and Detection of EPO and Growth Hormone

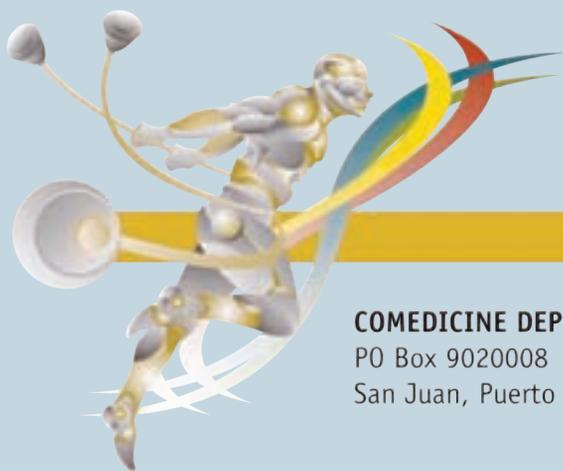
May 22

#### Sports Medicine in International Sports Federations

Cycling  
Archery and other Tactical Sports  
Soccer and Team Sports

#### Lifelong Sports Competition

The Child and Adolescent Athlete  
The Master Athlete



# XXXI FIMS SPORTS MEDICINE WORLD CONGRESS

mayo 19-22, 2010 • Caribe Hilton Hotel, San Juan, Puerto Rico

<http://www.fimspr.org>

**COMEDICINE DEPORTIVA, INC.**  
PO Box 9020008  
San Juan, Puerto Rico 00902-0008

Teléfono: 787-765-2363 / 787-765-1700  
787-824-7301  
Fax: 787-765-1710  
email: [events@hbtravelpr.com](mailto:events@hbtravelpr.com)

## CUOTAS DE REGISTRO

CATEGORÍAS	ETAPAS DE PRE-REGISTRO			EN SEDE	PRECIO POR DÍA
	I jul 15/09 sept 15/09	II sept 16/09 dic 31/09	III ene 01/10 mar 31/10		
General (Médicos, PhD)	US \$300	US \$350	US \$400	US \$450	US \$100
Miembros de FIMS	US \$250	US \$250	US \$250	US \$300	US \$100
Profesionales de la salud (Terapeutas, Entrenadores, Masajistas)	US \$150	US \$150	US \$150	US \$200	US \$100
Estudiantes	US \$100	US \$100	US \$100	US \$100	US \$100
Acompañantes (mayores de 12 años de edad)	US \$50	US \$50	US \$50	US \$75	US \$100
Talleres (máximo de 30 personas)					
<input type="checkbox"/> Examen físico de las rodillas, hombros y tobillos	US \$25	US \$25	US \$25	US \$50	US \$50
<input type="checkbox"/> Medida de índice de sudor en los atletas	US \$25	US \$25	US \$25	US \$50	US \$50
<input type="checkbox"/> Vendajes y entablillados	US \$25	US \$25	US \$25	US \$50	US \$50
<input type="checkbox"/> Controlando la energía disponible	US \$25	US \$25	US \$25	US \$50	US \$50
Curso para Médico de Equipo (máximo de 50 personas)			US \$100	US \$150	

### EL PAGO DE LA CUOTA DA DERECHO A:

- **Congresistas:** Asistencia al Congreso, documentación y libro de resúmenes, café en los descansos y Cóctel de Bienvenida.
- **Acompañantes:** Asistencia al programa social y a los actos programados exclusivamente para los acompañantes.
- **Residentes:** Tendrán los mismos derechos que los Congresistas. Necesitarán acreditarlo mediante certificado firmado por el Jefe de Servicio de Hospital, adjunto a la hoja de inscripción.

Luego de recibir su formulario de registro, le enviaremos una carta de confirmación y su recibo de pago. Si no recibe esta información en un plazo de 7 días luego de enviado el formulario deberá comunicarse con el Comité Organizador.

### POLÍTICA DE CANCELACIÓN

- Toda solicitud de cancelación se hará por escrito y se enviará al **COMITÉ ORGANIZADOR**.
- Si usted cancela en o antes del 15 de febrero de 2010, se le devolverá el 50% de su inscripción.
- Si usted cancela en o antes del 15 de marzo de 2010, se le devolverá el 20% de costo.
- Si usted cancela en o antes del 15 de abril de 2010, no tendrá derecho a devolución.
- No se aceptarán cancelaciones por problemas de visado.
- Toda devolución se llevará a cabo un mes luego de concluido el evento.

Para más información visítenos en:  
<http://www.fimspr.org>