



**5<sup>th</sup> AFC**  
**MEDICAL CONFERENCE**  
**New Delhi 2015**

# PROGRAMME

*"Football Excellence through evidence  
based Sports Science & Medicine"*



# Leaders in sports medicine



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# AFC President's Message



Dear friends,

In November 2015, New Delhi shall open its arms to a highly significant conference in the world of sports, the 5th AFC Medical Conference 2015.

On behalf of the AFC, I extend my warm welcome to our worldwide network of friends from the medical fraternity to join us in exploring the latest issues and updates in sports medicine.

This conference is of far-reaching and profound significance not only in the field of medicine but also to sports, and in particular football. It gathers the wisdom and astuteness of the elites in the field of sports medicine and science, and therefore fully presents the experiences and knowledge that have influenced and shaped the discipline over the years.

The development in football, as well as the philosophy behind the game's tactical and technical approach has evolved considerably, leading to a more intense state of play. The demands of high level competitions today have had an impact on the physical and mental condition of players both on and off the pitch.

This being the case, it is incumbent upon the experts to explore more scientific research into sports science, technology and medicine for the protection players' health as well as enhancement of their performance.

We are glad, therefore, that we have always received great support from our friends in the medical fraternity not only through their efforts in the field of sports medicine but also dissemination of current professional knowledge in our conference.

Having the conference in New Delhi brings greater significance to this effort as we open the world to one of Asia's most illustrious countries. With so much to offer, India is both traditional and modern, and will provide the delegates with an interesting stay during the conference period.

I sincerely look forward to your participation in the 5th AFC Medical Conference 2015, and I hope that it will bring you new opportunities and a wonderful enlightenment.

Sincerely,

A stylized, handwritten signature in black ink, reading 'Salman'.

**Shaikh Salman bin Ebrahim Al Khalifa**

*AFC President*

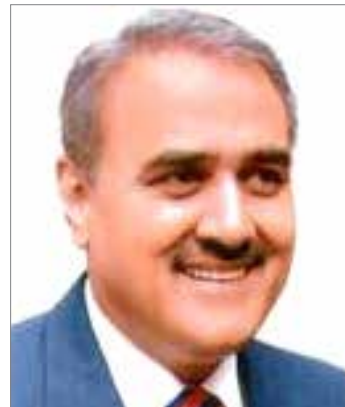
## AIFF President's Message

Football is fast gaining popularity in India and not only the rest of the world and Indian companies are looking at the development of the 'beautiful game' to take India to the next level. The successful bid for hosting the FIFA U-17 World Cup in 2017 has created widespread interest and enthusiasm and will be a game changer. We are also strong focusing intensely on youth development, coach education and improving the fitness and physical condition of the players. Thus, hosting the fifth edition of the prestigious Asian Football Confederation Medical Conference 2015 in New Delhi is an equally important milestone in the overall development of Indian Football.

Football Medicine is an important component for the development of the sport in the country. Health care and safety of the players are the primary responsibilities of those who govern the 'beautiful game'. Hence, a conference of such magnitude has been brought to South Asia which will encompass the varied aspects of football medicine, science and medico-legal issues. A pre-conference workshop will be held for the first time and should draw great interest from the medical fraternity at large.

Apart from participants being updated on current evidence-based research by renowned professionals in their field of expertise, they will also be able to experience the rich and exotic Indian culture, tradition and cuisines which will remain in their hearts and minds for long.

I hereby call upon all distinguished members of the football family to make the most of this one-of-a kind endeavor to be held in the capital in 2015.



**Praful Patel**

*President, All India Football Federation (AIFF)  
Vice President, Asian Football Confederation*



# FIFA Medical Committee Chairman's Message



The world of football is in full evolution: more games, heavier training charges, more speed. Also, the world around football has, in different fields, followed this evolution: juridical structures, goal-line technology, sportswear and so on.

One of these fields is the medical world. The evolution of medical matters surrounding of football is spectacular. As well in the field of orthopaedics and rehabilitation, of pharmaceutical care, of psychology, hygiene, diet and nutrition we have seen an substantial evolution.

The dramatic cases of sudden cardiac death have led to the obligation of a serious cardiac screening before each FIFA competition.

The 5th AFC Medical Conference 2015 is an important event to present this medical evolution in the world of football, to engage in a new dialogue among experts and to hand over to the young medical generation the recent knowledge, accumulated over the past years.



A handwritten signature in black ink, appearing to read 'Michel Baron D'Hooghe'.

**Dr. Michel Baron D'Hooghe**

*Chairman of the Medical Commission of FIFA*

## F-MARC Chairman's Message

F-MARC - FIFA Medical Assessment Research Center was established in 1994 and formulated jointly with FIFA President, Joseph S. Blatter with main objective: promoting football as a health enhancing leisure activity and at the same time improving social behaviour.

This continues to be a valid objective. Motivating us, along with doctors, scientists, physiotherapists and paramedical personnel by enhancing the body of knowledge particularly by implementing results from scientific studies to the daily life of footballer's - both gender's, different ages and skill levels.

Both Shaikh Salman bin Al Khalifa, the AFC President and Dato' Dr. Gurcharan Singh, Chairman of the AFC Medical Committee, have not only been supporting F-MARC but became active collaborators both designing and performing several research studies, moreover by implementing scientific achievements within the network of the AFC Medical Committee.

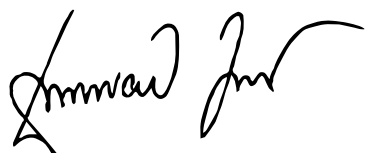
The consequent translation of age determination by using MRI to combat age cheating the within AFC and FIFA competitions was and continues to be exemplary of the AFC. AFC have proved to be a reliable partner for implementing the injury prevention programme "FIFA 11+", as well as the pre competition consequent performance of medical assessments to reduce the risks of sudden cardiac arrest.

In addition to the FIFA Medical Emergency Bag which was provided to each member association, the AFC has added another AED to each of their member associations. These are just a few subjects that will be presented in depth during the 5th AFC Medical Conference 2015 to promote and implement the FIFA and AFC philosophy of prevention:

- 11+ - to prevent injuries in football
- 11 steps - to prevent sudden cardiac death
- 11 rules - to prevent doping in football
- 11 for health - to prevent any disease
- 11 actions - to protect your environment

On one side it is our duty and commitment to improve the game of football through science but on the other hand we are privileged by using the popularity of football, hence contributing to the improvement of public health.

With these words we invite the different medical professions to this important 5th AFC Medical Conference 2015.



**Prof Jiří Dvořák, MD**

*FIFA Chief Medical Officer/Chairman F-MARC*



# Message by the Chairman, AFC Medical Committee and Scientific Committee



Football medicine is an important element in the development of the game. Through evidence-based scientific research it has influenced changes in the laws of the game, made the sport safer and addressed contentious and complex issues that challenge the integrity of the sport. Football medicine has also enhanced performance, protected the health of players and has been promoting football as a healthy lifestyle and leisure activity in the prevention of diseases amongst the general population.

New technologies and research constantly require reviewing our approach towards care of players. There is a need to keep abreast with changes and the AFC Medical Conference, held every four years, provides an excellent platform for this.

The 5th AFC Medical Conference, hosted jointly by the AFC and the All India Football Federation (AIFF), will be held from November 30 until December 2, 2015, at JW Marriot Hotel, Aero City, in New Delhi, India.

This conference has steadily made a strong mark in the medical fraternity. The maiden conference held in 1995 in Tokyo, Japan, attracted 250 delegates, while the second edition in 2000 in Kuala Lumpur, Malaysia, was attended by 341 participants. The number of participants rose also in 2005 in Muscat, Oman, to 357, while 455 delegates took part in the latest edition held in Kuala Lumpur in 2011.

We are expecting a surge in the number of participants in New Delhi with the addition of pre-conference workshops, namely the Team Physician Course, Sports Physiotherapist Course and the Anti-Doping Accreditation Workshop.

The elaborate and varied programme put together by the scientific committee reflects the high level of presentations by renowned international experts covering all aspects of football science and medicine.

During their stay in New Delhi, participants will be able to enjoy the warm Indian hospitality and the rich and diverse Indian cultures, customs, traditions, historical sites and cuisines.

We would like to thank the AIFF for jointly hosting the conference and wish the organising committee the very best of success for this landmark event in football medicine.

A handwritten signature in black ink, appearing to read 'D. Gurcharan Singh', with a stylized flourish at the end.

**Dato' Dr. Gurcharan Singh**

*Malaysia*



## Overview



Football cuts across religious, cultural, political, economic and geographical borders, captivating the hearts and minds of all who follow the world's most popular sport.

The game has a direct influence in communities worldwide and football's rapid development has resulted in the considerable advancement of scientific research into sports science, technology and medicine.

And this impacts the way medical professionals and sports officials provide, protect and enhance the performance as well as the health of players. The care of players is complex and demanding. It requires optimum medical and scientific knowledge to effectively discharge this responsibility. Hence, the need to keep abreast with modern scientific knowledge and changing demands of the sport.

The AFC views education as an essential tool in the development of football. Recognising the important role of science and medicine in the development of the sport and the care of players, the AFC fully supports and encourages the organisation of the AFC Medical Conference.

This high-level conference brings together worldwide experts with international recognition in their respective specialities to share and enhance scientific medical knowledge amongst the fraternity.

Since its inception in Tokyo in 1995, the conference's attendance and level of research expertise has grown in leaps and bounds. FIFA, F-MARC, sister confederations, the Olympic movement and international sports and medical bodies have fully supported the past conferences held in Kuala Lumpur (2000 and 2011) and Muscat (2005).

The 5th AFC Medical Conference will be held in India from 30 November to 2 December 2015 and over 800 industry professionals are expected to attend the event at the JW Marriott Hotel, Aerocity, New Delhi.

Pre-conference highlights for the participants include: workshops in anti-doping and rehabilitation; a two-day team physician workshop; a FIFA 11+ instructor course and a live orthopaedic procedure in cartilage repair.

The conference programme includes a keynote address, lectures, symposiums, free papers, poster presentations and clinical demonstrations.

A host of topical issues that confront the medical practitioner in sports will be addressed during the conference.

Issues for debate and discussion include topics such as stem cell application to muscle tissue and cartilage repair; age and sex determination, new insights into pathophysiology of injuries; the use and abuse of modern medicine; prevention of emergencies and injuries; sudden cardiac death; anti-doping biological passports and steroid profiling; and football for health: a preventive tool.

In addition, pharmaceutical companies, medical equipment manufacturers, health care providers, fitness and sports

equipment manufacturers and many others related to football, science and medicine will be on hand at the various booths during the conference as partners.

India has a diverse culture and a rich history dating back to early civilisation. The vast South Asian nation has provided the world with an early foundation in science and technology.

Conference attendees have the opportunity to enjoy the best of Indian tradition, culture, cuisine, and history as they create new professional networks and rekindle old friendships.

The AFC and the AIFF (All India Football Federation) welcomes all participants and partners to the 5th AFC Medical Conference... an invaluable 'low cost, high output' medical activity that you cannot afford to miss.

## Previous Conferences & the 5th Edition

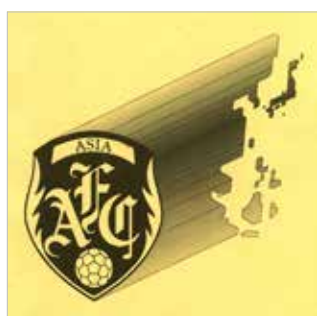
The AFC Medical Conference has steadily but strongly made its mark amongst the medical fraternity, with the number of attendees increasing with each hosting of the prestigious event.

The inaugural conference held in Tokyo in 1995 attracted 250 delegates while the second edition in Kuala Lumpur in 2000 attracted 341 participants. The 2005 AFC Medical Conference in Muscat had 357 attendees before the number increased by almost 100 as the event returned to Kuala Lumpur, with 455 turning up to the 2011 edition.

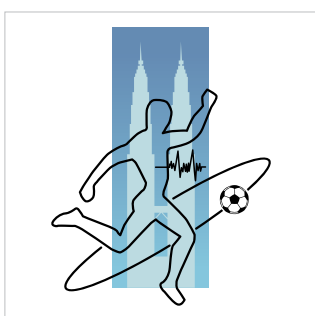
The attendance figure is set to almost double for the 5th AFC Medical Conference with over 800 delegates from sports

medicine communities worldwide expected to congregate in India.

The comprehensive scientific program is well-supported by renowned faculties from FIFA, sister confederations, FIFA Medical Centre of Excellence and international sports organizations while the conference also serves as the ideal platform for world experts, industry leaders as well as regional and international organisations to meet and exchange ideas on the current knowledge and technological advances in different facets of sports medicine.



**2 - 5 November 1995**  
*Tokyo, Japan*



**24 - 27 May 2000**  
*Kuala Lumpur, Malaysia*



**2 - 5 May 2005**  
*Muscat, Oman*



**18 - 20 March 2011**  
*Kuala Lumpur, Malaysia*

## Pre-Conference Course

### Team Physician and Sports Physiotherapy

28 – 29 November 2015 | JW Marriott Aerocity New Delhi

#### Faculty



**Ron Maughan**  
*United Kingdom*



**Gurcharan Singh**  
*Malaysia*



**Yacine Zerguini**  
*Algeria*



**Ian Beasley**  
*UK*



**Mehernoosh  
Sheriar Irani**  
*United Kingdom*



**Martin Vaso**  
*Switzerland*



**Jens Erik Bangsbo**  
*Denmark*



**Tony Edwards**  
*New Zealand*



**Shane Brun**  
*Australia*



**Patrick Yung**  
*Hong Kong*



**Anant Joshi**  
*India*



**Cristiano Eirale**  
*Italy/Aspetar*



**George Nassiss**  
*Greece/Aspetar*



**Pieter D'Hooghe**  
*Belgium/Aspetar*



**Yorck Olaf  
Schumacher**  
*Germany/Aspetar*



**Nicol Van Dyk**  
*South Africa/Aspetar*



**Andrea Mosler**  
*Australia/Aspetar*



**J.B.S Jaggi**  
*India*



**Yash Gulati**  
*India*



**Deepak Chaudhary**  
*India*



**Paisal  
Chantarapitak**  
*Thailand*



**Zohreh Haratian**  
*IR Iran*



**Randolph Molo**  
*Philippines*



**Shibu Varghese**  
*India*



**David Rajan**  
*India*

# Programme

## Day 1 (28 November 2015 / Saturday)

Crystal Ballroom 3-A		Crystal Ballroom 3-B	
Team Physician Course		Sports Physiotherapy Course	
<b>Session 1</b>	<b>CHAIR: YY Sul (KOR) / M. J. Ebrahim (SYR)</b>	<b>Session 1</b>	<b>CHAIR: E. Metnie (LIB) / S. Chakrabarti (IND)</b>
0900 hrs	The Physician – the spider in the web <i>Patrick Yung</i>	0900 hrs	Physiotherapist – the link (doctor/coach/player) <i>Andrea Mosler</i>
0920 hrs	Pre-Competition Medical Assessment <i>Cristiano Eirale</i>	0920 hrs	Pre-Competition Medical Assessment <i>Yacine Zerguini</i>
0940 hrs	Sudden Cardiac Arrest in Sports <i>Gurcharan Singh</i>	0940 hrs	On-field fitness assessment <i>George Nassis</i>
1000 hrs	On-field management SCA <i>Shane Brun</i>	1000 hrs	Special Groups – Women <i>Zohreh Haratian</i>
1020 hrs	Tea Break		
<b>Session 2</b>	<b>CHAIR: B. Singh (IND) / R. Molo (PHI)</b>	<b>Session 2</b>	<b>CHAIR: Lo Chun Kwong (HKG) / G. George (IND)</b>
1050 hrs	On-field management of medical emergencies <i>Shane Brun</i>	1050 hrs	Therapy Modalities: Validity & Challenges Manipulative Therapies <i>Nicol Van Dyk</i>
1120 hrs	MSK injuries in Football <i>Ian Beasely</i>	1120 hrs	Age Determination in Sports <i>Gurcharan Singh</i>
1140 hrs	Knee Injuries <i>Patrick Yung</i>	1140 hrs	On-Field Management of SCA <i>Shane Brun</i>
1200 hrs	The Footballer's Ankle <i>Pieter D'Hooghe</i>	1200 hrs	On-Field Management of Medical Emergencies <i>Shane Brun</i>
1220 hrs	Sports Nutrition <i>Ron Maughan</i>	1220 hrs	Overview of Anti-Doping in Sports <i>Martin Vaso</i>
1240 hrs	Infiltration of medication: use & abuse <i>Mike Irani</i>	1240 hrs	Participation in Extreme Condition - Heat <i>George Nassis</i>
1300 hrs	Lunch Break		
<b>Session 3</b>	<b>CHAIR: E. Merzo (PHI) / R. Maharjan (NEP)</b>	<b>Session 3</b>	<b>CHAIR: S. J. B. Younes (LEB) / H. Sakkiri (CAM)</b>
1400 hrs	Overview of Anti-Doping <i>Martin Vaso</i>	1400 hrs	PRACTICAL SESSIONS (rota 30mins)
1420 hrs	Participation in extreme conditions - heat <i>George Nassis</i>		THE LOWER BACK <i>(C. Eirale / S. Varghese / Gulati)</i>
1440 hrs	Travelling with Teams <i>Ian Beasely</i>		THE GROIN <i>(Y. Zerguini / JBS Jaggi / P. Yung )</i>
1510 hrs	Special Groups: Youth <i>Patrick Yung</i>		THE KNEE <i>(S. Brun / D. Rajan / A. Joshi)</i>
1540 hrs	Groin Injuries <i>Yacine Zerguini</i>		THE ANKLE <i>(R. Molo / P. D'Hooghe)</i>
1600 hrs	Tea Break		
<b>Session 4</b>	<b>CHAIR: T. Alwar / N. Phu (VIE)</b>	<b>Session 4</b>	<b>CHAIR: Q. Muadi (KSA) / S. Suppiah (MAS)</b>
1620 hrs	PRACTICAL SESSION: CPR & AED <i>Shane Brun / Yacine Zerguini</i> <i>ZOLL Medical Corporation</i>	1620 hrs	Return to play decisions <i>Cristiano Eirale</i>
		1640 hrs	Gender Determination in Sports <i>Gurcharan Singh</i>
1700 hrs	End of the Day Session		



# 5th AFC MEDICAL CONFERENCE 2015

"Football Excellence through evidence based Sports Science & Medicine"



## Programme

Day 2 (29 November 2015/Sunday)

Crystal Ballroom 3-A		Crystal Ballroom 3-B	
Team Physician Course		Sports Physiotherapy Course	
<b>Session 5</b>	<b>CHAIR: S. Tiwari (IND) / M. Al Maharmeh (JOR)</b>	<b>Session 5</b>	<b>CHAIR: N. Abu Sajad (SIN) / Z. Hosseinzadeh (IRN)</b>
0900 hrs	Hamstring injuries <i>Patrick Yung</i>	0900 hrs	Player's Diet <i>Ron Maughan</i>
0920 hrs	The tired player <i>Jens Bangsbo</i>	0920 hrs	Ramadan & Performance <i>Yacine Zerguini</i>
0940 hrs	Use & Abuse of supplements <i>Ron Maughan</i>	0940 hrs	On-field management of MSK injuries <i>Shane Brun</i>
1010 hrs	Special Groups: Women & Football <i>Zohreh Haratian</i>	1010 hrs	Use & Abuse of Supplements <i>Yacine Zerguini</i>
1030 hrs	Tea Break		

<b>Session 6</b>	<b>CHAIR: M.Z. Bin Saleh (MAS) / J. Chin (Brunei DS)</b>	<b>Session 6</b>	<b>CHAIR: T. Sasayanant (THA) / W. Javier (PHI)</b>
1100 hrs	On-field decisions – concussion (SCAT3) <i>Shane Brun</i>	1100 hrs	Hamstring Injuries & Management <i>Nicol Van Dyk</i>
1120 hrs	Ramadan & Performance <i>Yacine Zerguini</i>	1120 hrs	Infiltration of Medication – use & abuse <i>Mike Irani</i>
1140 hrs	Age & Gender Verification in Sports <i>Gurcharan Singh</i>	1140 hrs	ACL – rehabilitation & return to play <i>Anant Joshi</i>
1200 hrs	PRACTICAL SESSION: Musculoskeletal / Medical Emergencies <i>Shane Brun / Yacine Zerguini</i>	1200 hrs	PRACTICAL SESSION: Taping & Strapping <i>Andrea Mosler/ Nicol Van Dyk</i>
1300 hrs	Lunch Break		

<b>Session 7</b>	<b>CHAIR: P. Chantarapitak (THA) / An Nan (CHN)</b>	<b>Session 7</b>	<b>CHAIR: A. Zdravkovic (SRB) / N. Augustine (IND)</b>
1400 hrs	PRACTICAL SESSIONS (rota 20mins)	1400 hrs	Ankle Injuries <i>Tony Edwards</i>
	THE LOWER BACK <i>(Y. Gulati / S. Varghese / C. Eirale)</i>	1420 hrs	Does eccentric exercise work? <i>Nicol Van Dyk</i>
	THE GROIN <i>(Y. Zerguini / JBS Jaggi / P. Yung )</i>	1440 hrs	PRACTICAL SESSION: CPR & AED <i>Shane Brun / Yacine Zerguini</i> <i>ZOLL Medical Corporation</i>
	THE KNEE <i>(D. Chaudhary / D. Rajan / A. Joshi)</i>		
	THE ANKLE <i>(R. Molo / P. D'Hooghe)</i>		
1520 hrs	Tea Break		

<b>Session 8</b>	<b>CHAIR: R. Guerero (GUM) / L. Cruz (GUM)</b>	<b>Session 8</b>	<b>CHAIR: P. Carhill (USA) / S. Bhusal (BAN)</b>
1540 hrs	Exercise induced asthma <i>Olaf Schumacher</i>	1540 hrs	Hydration & Exercise <i>Ron Maughan</i>
1600 hrs	Closing Ceremony		
1630 hrs	End of the Day Session		





## Pre-Conference Course

### Anti-Doping Accreditation Course For Doping Control Officer

28 – 29 November 2015 | JW Marriott Aerocity New Delhi

#### Faculty



**Jiri Dvorak**  
*Switzerland*



**Gurcharan Singh**  
*Malaysia*



**Mehernoosh Sheriar  
Irani**  
*United Kingdom*



**Martin Vaso**  
*Switzerland*



**Michiko Dohi-Tashima**  
*Japan*



**Yorck Shumacher**  
*Germany/Aspetar*



**Shila Jain**  
*India/NDTL*



**Alka Beotra**  
*India/NDTL*



**Yoon Young Sul**  
*Korea Republic*



**Paisal Chantarapitak**  
*Thailand*

## Programme

### Day 1 (28 November 2015/Saturday)

<b>Session 1</b>	<i>Chairs: PSM Chandran (IND) / M. Dohi (JPN)</i>	
0830 hrs	Strategies in fight against doping – a success story / DCOs	<i>Gurcharan Singh</i>
0850 hrs	WADA Code and Prohibited list of Banned Substances / methods	<i>Mike Irani</i>
0930 hrs	Doping Control Procedure	<i>Michiko Dohi</i>
1015 hrs	Tea Break	
1045 hrs	Out-of-Competition Testing / Whereabouts Information	<i>Martin Vaso</i>
1145 hrs	TUE – what, when & why	<i>Mike Irani</i>
1215 hrs	Gene Doping / Stem cells / Atypical Findings etc.	<i>Gurcharan Singh</i>
1245 hrs	Lunch Break	

<b>Session 2</b>	<i>Chairs: A. Rana (NEP) / L. Ekenayake (SRI)</i>	
1400 hrs	Biological Passport (Haematological, Steroidal & Hormonal)	<i>Olaf Schumacher</i>
1430 hrs	Use of Supplements: root of all evil	<i>Mike Irani</i>
1500 hrs	Case Management – AAF	<i>Martin Vaso</i>
1530 hrs	Tea Break	
1600 hrs	Practical Session – Doping Control Procedure	<i>Singh, Michiko, Yoon &amp; Paisal</i>

### Day 2 (29 November 2015/Sunday)

<b>Session 3</b>	<i>Chairs: F.H. Imran (MAS) / M. Al Macki (OMA)</i>	
0900 hrs	WADA accredited laboratory analysis & Issues	<i>Shila Jain</i>
0945 hrs	Laboratory Procedures, threshold levels, Atypical Findings, IRMS	<i>Alka Beotra</i>
1015 hrs	Tea Break	
1045 hrs	Practical Session – Doping Control Procedure	<i>Paisal, Singh, Michiko &amp; Yoon</i>
1145 hrs	ADVR – special case presentations	<i>Martin Vaso</i>
1215 hrs	Use and Abuse of medications / GCS etc.	<i>Jiri Dvorak</i>
1245 hrs	Lunch Break	

<b>Session 4</b>	<i>Chairs: PSM Chandran (IND) / N.Y. Phu (VIE)</i>	
1400 hrs	Evaluation – Anti Doping Certification Program	<i>Jiri, Martin. Mike, Yorck</i>
1500 hrs	Interactive Sessions / Q & A	<i>Mike Irani / Martin Vaso / Olaf Schumacher</i>
1530 hrs	Tea Break	
1600 hrs	Closing Ceremony	

## Conference

### Scientific Program

Day 1 (30 November 2015 - Morning Session)

Grand Crystal Ballroom	
0800	Registration
0900	Opening Ceremony
	<b>Keynote 1: Evolution of Football Medicine</b>
0930	Medicine and Football - Coping with current times <i>Michel D'Hooghe (Belgium)</i>
0950	The 20 Years of F-MARC: From Medicine for Football to Football for Health <i>Jiri Dvorak (Switzerland)</i>
1010	MSK Lesion - who is responsible? <i>Jan Ekstrand (Sweden)</i>  <i>Chairs: G. Singh (MAS) / H. Chalabi (FRA)</i>
1030	<b>Lecture 1: On-field Management of Concussion in Football</b> <i>Jiri Dvorak (Switzerland)</i>  <i>Chairs: R. Abdul Aziz (MAS) / YY Sul (KOR)</i>
1100	Break

Crystal Ballroom 1		Crystal Ballroom 2		Studio 1	
Symposium 1 Performance & Environment <i>Chairs: D. Dohi (JPN) / N. Abu Sajad (SIN)</i>		Symposium 2 The Knee / The Ankle <i>Chair: S. Arumugam (IND) / R. Molo (PHI)</i>		Symposium 3 Referees & Coaching <i>Chairs: B. Singh (IND) / S. Sudan (IND)</i>	
1130	High Performance Support - "the Malaysian Experience"  <i>Abdul Aziz Ramlan (Malaysia)</i>	1130	Salvaging the career of professional football players with multiple ligament injuries of the knee - the challenges!  <i>Patrick Yung (Hong Kong)</i>	1130	FIFA Referees - PCMA in Male and Female World Cup Referees  <i>Mario Bizzini (Switzerland)</i>
1150	Intensified training to improve performance in football  <i>Jens Bangsbo (Denmark)</i>	1150	Chondral lesions & Footballers Knee  <i>Masoud Ali Al-Riyami (Oman)</i>	1150	Preparation for Tournaments Abroad  <i>Ian Beasley (UK)</i>
1210	Adaption of Heat acclimation in high-level athletes  <i>Olaf Schumacher (Germany)</i>	1210	ACL Injuries: a geographic prospective  <i>Cristiano Eirale (Italy)</i>	1210	Football Referee: Injuries and Prevention  <i>Mario Bizzini (Switzerland)</i>
1230	Training Load Assessment for Performance Enhancement and Injury Prevention  <i>George Nassis (Greece)</i>	1230	Ankle Arthroscopy - Portal, Set-up and Indications  <i>S. Arumugam (India)</i>	1230	Comparison of repeated sprint efforts in match play and small-sided games in professional football  <i>Fadi Maayah (Australia)</i>
1250	Measurement of Fatigue  <i>Tim Meyer (Germany)</i>	1250	Difficult stress fractures of the foot and ankle  <i>Tony Edwards (New Zealand)</i>	1250	Pre-event preparation and prevention of injuries  <i>Pushfinder Singh Bajaj (India)</i>
1310	Lunch Break/Poster Presentation				



# Scientific Program

## Day 1 (30 November 2015 - Afternoon Session)

Crystal Ballroom 1		Crystal Ballroom 2		Studio 1	
Symposium 4 EMS / Medical Issues <i>Chairs: P. Chandran (IND) / N. Phu (VIE)</i>		Symposium 5 Youth & Physical Science <i>Chairs: A. Ibrahim (AUS) / G. Gandhi (IND)</i>		Symposium 6 Sports Imaging <i>Chairs: Eun-Yong (KOR) / N. Alvarez (IND)</i>	
1400	Factors affecting Bone Health in Sports  <i>Mike Irani (UK)</i>	1400	Nutrition for the young players  <i>Ron Maughan (UK)</i>	1400	Fight Against Age Cheating in Sports - against odds  <i>Gucharan Singh (Malaysia)</i>
1420	Managing & Preventing Infections among Sports People  <i>Olaf Schumacher (Germany)</i>	1420	Comparison of the Physical, physiological and perceptual demands of small-sided games and matches play in Australia A-League  <i>Fadi Maayah (Australia)</i>	1420	Age determination of African Players using MRI  <i>Yacine Zerguini (Algeria)</i>
1440	Otc Prolongation and Sudden Death in Athletes  <i>Sudeep Satpathy (India)</i>	1440	Contaminated dietary supplements: how real is the doping risk?  <i>Ron Maughan (UK)</i>	1440	Age Doping: Have we nailed the issue?  <i>Mansharan Singh (Malaysia)</i>
1500	Recreational football training to treat hypertensive and diabetic patients  <i>Jens Bangsbo (Denmark)</i>	1500	Exercise Performance Evaluation and Prescription  <i>Mantu Saha (India)</i>	1500	Sports Imaging : What's the Difference?  <i>James Linklater (Australia)</i>
1520	Sudden Cardiac Death in Soccer Player – A Case Study  <i>Banwari L. Meel (India)</i>	1520	A Comparative Study of effect of High Intensity Interval Training  <i>Upadhyay Vivekanand (India)</i>		
1540	Break				

Lecture 2 <i>Chairs: A. Joshi / Hosny Ahmed (EGY)</i>		Lecture 3 <i>Chairs: H. Zohreh (IRN)/ F. Imran (MAS))</i>			
1600	The Hamstring Lesion – The One Lesion in Football  <i>Michel D'Hooghe (Belgium)</i>	1600	Nutrition – What's New?  <i>Ron Maughan (UK)</i>		



# 5th AFC MEDICAL CONFERENCE 2015

"Football Excellence through evidence based Sports Science & Medicine"



Studio 1		Studio 2		Studio 3	
Free Paper 1 MSK Injuries/Traumatology Chairs: M. Sein (MYA) / N. Chowdhury (IND)		Free Paper 2 Nutrition & Supplementation Chairs: J. Chin (BRU) / P. Carhill (NMI)		Free Paper 3 Sports Science & Performance Chairs: A. Roy (IND) / P. Khanlari (IRN)	
1630	The evaluation of relation between fitness parameters and incidence of injuries among Iran futsal national teams  <i>Haratian Zohreh (IR Iran)</i>	1630	Effects of Soy and BCAA on static balance and anaerobic power following exercise induced muscle damage: a randomized, double blinded placebo control study  <i>Dhawan Mrinal (India)</i>	1630	Change in Soccer – specific fitness after 4 weeks high intensity interval cycling training  <i>Hardaway Chun-Kwan Chan (Hong Kong)</i>
1640	Reducing the risk of non-contact Anterior Cruciate Ligament injuries as well as to improve lower limb strength and performance adaptation to "Sportsmetric" training in elite female Basketball players  <i>Amrinder Singh (India)</i>	1640	Small-sided Football Games in Combating Childhood Obesity  <i>Alston Choong (Malaysia)</i>	1640	Study of Physical, Physiological and anthropometric parameters, a descriptive study of Sri Lanka National Semi-Professional Female Football Players  <i>SP Senanayake (Sri Lanka)</i>
1650	Star Excursion Balance Test can predict lower extremity injuries in Soccer Players  <i>Mostafa Zarei (IR Iran)</i>	1650	Dietary Intake of West and North West Asian Countries Male Futsal Players  <i>Ghiasvand Reza (IR Iran)</i>	1650	Effect of inhaled Salbutamol on sports-specific fitness parameters of non-asthmatic professional football players  <i>Tohid Barghi (IR Iran)</i>
1700	A Longitudinal Epidemiology Study of Soccer Injuries During Four Iran's Premier Leagues  <i>Feridoon Mowlaei (IR Iran)</i>	1700	Study on Extra Energy requirement  <i>Subrata Mallick (India)</i>	1700	Homeopathy & Holistic therapies in sports – breasting the red tape  <i>Jatin Nandlal Valia (India)</i>
1710	End of the Day Session				
1900	Official Dinner				



# Scientific Program

## Day 2 (1 December 2015 - Morning Session)

Grand Crystal Ballroom	
0800	Registration
0900	<b>Keynote 2:</b> Using Football as after-school program & its effect on health education and cardio-respiratory fitness among children in Qatar <i>Mohamed Ghaith S A Al Kuwari (Qatar)</i>  Chairs: T. Edwards (NZL) / Jehad Ebrahim (SYR)
0930	<b>Lecture 4:</b> Recreational Football Training to Prevent Non-Communicable Diseases <i>Jens Bangsbo (Denmark)</i>  Chairs: F. Maayah (AUS) / S. Yoshitomo (JPN)
1000	<b>Lecture 5:</b> Tendinopathy: What is it and how it may be managed? <i>Shane Brun (AUS)</i>  Chairs: J. Sandhu (IND) / A. Rana (NEP)
1030	Break

Crystal Ballroom 1		Crystal Ballroom 2		Studio 1	
<b>Symposium 7</b> <b>Injury Prevention / PCMA</b> <i>Chairs: Paisal C. / A. Kashmiri (OMN)</i>		<b>Symposium 8</b> <b>Sponsored by Sportsmed Mumbai</b> <b>"Speciality orthopaedics &amp; an integrated approach, the way forward in sports injury management"</b> <i>Chairs: T. Law (AUS) / S. Tiwari (IND)</i>		<b>Symposium 9</b> <b>The Groin</b> <i>Chairs: M. Al Riyami (OMN) / R. Al Tounisi (KSA)</i>	
1100	FIFA 11+ worldwide dissemination and implementation  <i>Mario Bizzini (Switzerland)</i>	1100	Do all ACLs need surgery?  <i>Anant Joshi (India)</i>	1100	Managing avulsion fractures around the groin region in Young Players  <i>Patrick Yung (Hong Kong)</i>
1120	Injury /PCMA  <i>Dr. Cristiano Eirale (Italy)</i>	1115	Is ACL reconstruction alone sufficient?  <i>Bhushan Sabnis (India)</i>	1120	Bony Hip Morphology: A cohort of 445 professional Football players  <i>Andrea Mosler (Australia)</i>
1140	PCMA in Youth African players  <i>Yacine Zerguini (Algeria)</i>	1130	Ankle Arthroscopy in Footballers  <i>Abhishek Kini (India)</i>	1140	Groin Pain – How to recognize and treat this career limiting condition  <i>Shane Brun (Australia)</i>
1200	Physiological profile and common injuries in Female football players  <i>Patrick Yung (Hong Kong)</i>	1145	Upper Extremity injuries in Football  <i>Depak Bhatia</i>	1200	Return to sport after hip surgery (FAI) in athletes  <i>Mario Bizzini (Switzerland)</i>
1220	Are Stem cells the future in Football?  <i>Shane Brun (Australia)</i>	1200	Imaging & image guided intervention in football injuries  <i>Aditya Daftary</i>	1220	Femoroacetabular Impingement (FAI)  <i>JBS Jaggi, India</i>
1240	Injury prevention programmes in football. An evidence-based update, incl. FIFA 11+  <i>Mario Bizzini (Switzerland)</i>	1215	Role of Osteopathy in managing football injuries  <i>Jeff Morison</i> <i>SALT (Sportsmed Mumbai Partner)</i>		
1300	Lunch Break/Poster Presentation				

# 5th AFC MEDICAL CONFERENCE 2015

"Football Excellence through evidence based Sports Science & Medicine"



## Scientific Program

Day 2 (1 December 2015 - Afternoon Session)

Crystal Ballroom 1		Crystal Ballroom 2		Studio 1	
<b>Symposium 10</b> <b>Traumatology</b> <i>Chairs: D. Rajan (IND) R. Guerrero (GUM)</i>		<b>Symposium 11</b> <b>The Thigh / Hamstring</b> <i>Chairs: S. Al Harthi (KSA) / M. Jones (AUS)</i>		<b>Symposium 12</b> <b>Exercise and Performance</b> <i>Chairs: Terlochan S. (MAS) / S. Putul (BAN)</i>	
1400	Football Injuries - what progress have been made and what can we still do?  <i>Cristiano Eirale (Italy)</i>	1400	Hamstring Injuries in football players - Management update & injury prevention  <i>Patrick Yung (Hong Kong)</i>	1400	Exercise adaptation and regulation of energy balance  <i>Mantu Saha (India)</i>
1420	Lumbar back pain in football  <i>Tony Edwards (New Zealand)</i>	1420	The Role of strengthening in prevention and treatment of hamstring strain injuries  <i>Nicol Van Dyk (South Africa)</i>	1420	PRP – Magic Tonic for Football Injuries  <i>Shibu Varghese (India)</i>
1440	A qualitative study of the pressures and practices of bio-therapy decision-making for musculoskeletal injury in the English Premier League  <i>Alex Faulkner (UK)</i>	1440	The Development of a Novel simple devise for evaluating Athlete's Hamstring strength: The implication for the prevention of hamstring strain injuries  <i>Justin W.Y. Lee (Hong Kong)</i>	1440	Efficacy of a single Platelet Rich Plasma (PRP) injection to promote recovery in ankle Syndesmosis injury  <i>James Linklater (Australia)</i>
1500	Injection therapy for tendon injuries - Hope or Hype?  <i>Patrick Yung (Hong Kong)</i>	1500	Return to competitive football after ACL reconstruction  <i>Mario Bizzini (Switzerland)</i>	1500	Survey on injury prevention in football among nine participating countries at the AFC U-14 Regional Festival of Football 2015  <i>Jimmy Chin Chee Ming (Brunei Darussalam)</i>
1520	ACL Reconstruction: Injury to Rehabilitation  <i>Ashok Rajgopal (India)</i>	1520	MR of Muscle Injuries  <i>James Linklater (Australia)</i>	1520	Osteoarthritis in Soccer Players  <i>Shibu Varghese (India)</i>
1540	Break				

Crystal Ballroom 1		Studio 1	
	<b>Lecture 6</b> <i>Chairs : O. Schumacher (GER) / Subrata Mallick (IND)</i>		
1600	The Impact of in different environmental temperatures on performance and health  <i>George Nassis (Greece)</i>		
	<b>Lecture 7</b> <i>Chairs: C. Eirale (ITA) / Mantu Saha (IND)</i>		<b>Workshop</b> <i>Chairs: Yau KC "Quintin" (HKG) / Sivanasvaran (MAS)</i>
1630	Recovery from a football Game  <i>Jens Bangsbo (Denmark)</i>	1630	Strapping/Taping  <i>Nicol Van Dyk (South Africa)</i> <i>Andrea Mosler (Australia)</i>

# Scientific Program

## Day 2 (1 December 2015 - Afternoon Session)

Studio 2		Studio 3	
Free Paper 4 MSK Lesion/Traumatology Chair: S. Zaidi (MAS) / KAP Rizvi (PAK)		Free Paper 5 Applied Science/Sports Science & Performance Chairs: Y. Mun (PRK) / B. Siddiqi (AFG)	
1630	The effect of Kinesio Inhibition Technique on the triceps surae muscle after isokenetic fatigue protocol  <i>Qassim Muaidi (Saudi Arabia)</i>	1630	Comparison between static stretching exercise and dynamic stretching exercises (Physio Ball Trainig), on hyperlordosis treatment in football players of football summer schools  <i>Mohammadi Mobarakeh (IR Iran)</i>
1640	Epidemiology of muscle injuries among footballers – registry of injuries in UAE Professional Football Clubs: An overview and analysis  Reema Al Hosani (UAE)	1640	Relationship of Morphological Characteristics with vertical jump and somatotyping in India Basketball players  <i>Dipesh Sehwat (India)</i>
1650	Study of anthropometry and motor quality of 6296 volunteer boys  <i>Upadhyay Vivekanand (India)</i>	1650	Biomechanics of the Hip: A clinical model in vivo to prevent injuries and efficient functioning of lower extremities in Soccer Players  <i>Anshul Sharma (India)</i>
1700	The relationship between Static Lower extremity alignment and Injuries in Adolescent Soccer players  <i>Mostafa Zarei (IR Iran)</i>	1700	A study to evaluate Upper body anaerobic performance by using Upper body Wingate cycle ergometry in different categories of Wrestlers i.e Freestyle and Greco-roman  <i>Pradeep P. (India)</i>
1710	A Systematic Review on Effectiveness of Nordic Hamstring Exercise on Hamstring muscle Strength  <i>Piyush Singh (India)</i>	1710	A study to evaluate anaerobic performance by windgate test in wrestling and boxers  <i>Sunil Kumar Jhaharia (India)</i>

Studio 5		Studio 6	
Free Paper 6 Applied Science/Sports Science & Performance Chairs: H. Brooke (UK) / A. Emran (BAN)		Free Paper 7 Sports Science /Performance Chairs: Y. Al Maharmeh (JOR) / E. Merzo (PHI)	
1630	Awareness, Knowledge & Attitudes towards Doping amongst U-16 Asian Footballers – A Survey  <i>Kiran Kulkarni (India)</i>	1630	Electrocardiographic changes in Female footballers of Indian National Team - using seattle criteria  <i>Anirban Mallick (India)</i>
1640	How the Iranian football coaches and players know and think about doping? A knowledge and attitude study  <i>Tohid Seif Barghi (IR Iran)</i>	1640	Core endurance of Elite Indian Football Players and Comparison among various positions in Football  <i>Jahnvi Dandi (India)</i>
1650	Yogic Pranayama based Respiratory Muscle Training prolongs the maximal graded exercise treadmill running time in healthy adult recreational field sports players  <i>Krishnakumar Radhakrishnan (India)</i>	1650	Unilateral forced left nostril breathing exercise – an effective tool in stress management and handling anxiety – by improving cardio vagal tone  <i>Madhavan C (India)</i>
1700	Effect of Structured Physical Activities on Body composition and heart rate variability in Adolescent learners  <i>Vivek Kumar Sharma (India)</i>	1700	Inter-effort heart rate recovery in comparison with Cardio-Pulmonary capacity during an intermittent fitness test in male soccer players  <i>Zahra Raoufi (IR Iran)</i>
1710	Handgrip Strength and Health Related Physical Fitness Components: A Correlation Study  <i>Rajesh Adhau (India)</i>	1710	Football at Grassroots Level: An Evaluative Study  <i>Narendra Gangwar, India</i>
1720	End of the Day Session		

# 5th AFC MEDICAL CONFERENCE 2015

"Football Excellence through evidence based Sports Science & Medicine"



## Scientific Program

Day 3 (2 December 2015 - Morning Session)

Crystal Ballroom 1 & 2	
0800	Registration
0900	<b>Keynote:</b> Sudden Cardiac Arrest & Prevention of Cardiac Emergencies - the way forward <i>Tim Meyer (Germany)</i> <i>Chairs: S. Brun (AUS) / P. Mazumdar (IND)</i>
0930	<b>Lecture 8:</b> The UEFA Champions League Injury study helping clubs avoid injuries <i>Jan Ekstrand (Sweden)</i> <i>Chairs: G. Nassis (GRC) / P. D'Hooghe (BEL)</i>
1000	<b>Lecture 9:</b> Anti-Doping in Sports Is Football a Clean Sport? <i>Martin Vaso (Switzerland)</i>
1015	Doping - Biological Passport <i>Olaf Schumacher (Germany)</i> <i>Chairs: H.L. Nag (IND) / A. Beotra (IND)</i>
1030	Break

Crystal Ballroom 1		Crystal Ballroom 2		Studio 1	
<b>Symposium 13</b> <b>Women &amp; Youth</b> <i>Chairs: A.Raj Gopal (IND) / M. Al Macki (OMN)</i>		<b>Symposium 14</b> <b>MSK Lesions</b> <i>Chairs: J. Linklater (AUS) / D. Chaudhury (IND)</i>		<b>Symposium 15</b> <b>Traumatology/MSK</b> <i>Chairs: T. Alwar (IND) / KK Kulkarni (IND)</i>	
1100	Gender Verification in Sports <i>Gucharan Singh (Malaysia)</i>	1100	Muscle injuries in Football Players <i>Jan Ekstrand (Sweden)</i>	1100	Discogenic Back Pain/ Disc Prolapse <i>Yash Gulati (India)</i>
1120	Congenital Adrenal Hyperplasia in an Elite Female Soccer Player - What Sports Medicine Clinicians Should Know about this? <i>Haratian Zohreh (IR Iran)</i>	1120	2/3 Anatomical Ligament Repair: When and How? <i>Pieter D'Hooghe (Belgium)</i>	1120	Arthroscopic Bankart Repair in Amateur Footballers <i>Gaur Gautam Kar (India)</i>
1140	Experience with Elite Women's Waterpolo Team <i>Andrea Mosler (Australia)</i>	1140	MSK Lesion in Football <i>Jan Ekstrand (Sweden)</i>	1140	Autologous Tenocyte Injection for chronic Refractory Tendinopathy: from cell biology to clinical trials <i>Karra Arjun Rao (Australia)</i>
1200	ACL injury in the young footballer: does it warrant treatment? <i>David Rajan (India)</i>	1200	Achilles Tendinopathy <i>Tony Edwards (New Zealand)</i>	1200	Elbow Arthroscopy <i>S. Arumugam (India)</i>
1220	ACL Reconstruction in Skeletally Immature <i>Sachin Tapasvi (India)</i>	1220	Injuries when playing on artificial turf compared to playing on natural grass <i>Jan Ekstrand (Sweden)</i>	1220	Achilles Tendon Rupture - not just due to exercise overload <i>Karra Arjun Rao (Australia)</i>
1240	Prevention of ACL injuries in female football players <i>Sonika Sudan (India)</i>	1240	3/3 Return to play in tarsal/metatarsal stress fracture <i>Pieter D'Hooghe (Belgium)</i>	1240	Modified ACL reconstruction in footballers to avoid distal discomfort <i>Arya Roy (India)</i>
1310	Lunch Break/Poster Presentation				



# Scientific Program

## Day 3 (2 December 2015 - Afternoon Session)

Crystal Ballroom 1		Crystal Ballroom 2		Studio 1	
<b>Symposium 16</b> <b>Nutrition &amp; Supplementation</b> <i>Chairs: R. Al Hosani (UAE) / T. Barghi (IRN)</i>		<b>Symposium 17</b> <b>Physical Medicine &amp; Health</b> <i>Chairs: A. Baroon (UAE) / C.P. Singh Chauchan (IND)</i>		<b>Symposium 18</b> <b>Traumatology</b> <i>Chairs: S. Varghese (IND) / Joy Singh (IND)</i>	
1400	Medications and Nutritional Supplements among Asian Football Players  <i>Farrah-Hani Imran (Malaysia)</i>	1400	Recreational Football Training to improve performance and health of Elderly  <i>Jens Bangsbo (Denmark)</i>	1400	Articular cartilage injuries in the footballer and the recent advances in treatment  <i>David Rajan (India)</i>
1420	Food Supplements – any use at all?  <i>Mike Irani (UK)</i>	1420	Ethical Issues in Professional Football  <i>Ian Beasley (UK)</i>	1420	Cruciate Avulsion – Arthroscopy Management  <i>S. Arumugam (India)</i>
1440	Use and abuse of supplements in sports : How to deal with it?  <i>Alka Beotra (India)</i>	1440	Doping under Medical Supervision  <i>Mansoor Qazi (India)</i>	1440	Questions answered! Can football players play competitive football after ACL reconstruction- When? How?  <i>Pradeep Kumar (India)</i>
1500	Anabolic Steroids – Newer Dimension in Sports  <i>Shila Jain (India)</i>	1500	Signing Medicals  <i>Ian Beasley (UK)</i>	1500	The “ALL INSIDE ACL”-How does it compare to the Conventional Tunnel Technique  <i>Ashok Rajgopal (India)</i>
1520	Concerns about the use and detection of glucocorticosteroids in sports.  <i>Alka Beotra (India)</i>	1520	Fitness is a good business  <i>Hosny Ahmed Abdelrahman Ahmed (Egypt)</i>	1520	The Double Bundle ACL reconstruction  <i>Deepak Chaudhary (India)</i>
1540	Break				

Crystal Ballroom 1	
1600	Lecture 10: Measurement of Fatigue & Recovery Needs <i>Tim Meyer (Germany)</i>  <i>Chairs: Y. Zerguini (ALG) / J. Bangsbo (DEN)</i>
1630	Lecture 11: Rehabilitation and Return to Play Decisions <i>Ian Beasley (UK)</i>  <i>Chairs: M. Bizzini (SWI) / Y. Gulati (IND)</i>
1700	Closing Ceremony

## Scientific Program Poster Presentations

Poster Presentations (Lunch Break from 30 November - 2 December)		Presenter
01	The incidence of acute and recurrent lateral ankle sprain in Iranian Elite Football and Basketball Players and its associated risk factors	Mohammad Hossein Pourgharib Shahi (IR Iran)
02	Oxidative stress biomarker at rest on Indonesian Professional Football Athlete	Zaini Kadhafi Saragih (Indonesia)
03	Survey on "Awareness, knowledge and attitudes" towards Doping amongst U14 Asian Footballers during the AFC U1-4 Finals Iran 2014	Tohid Seif-Barghi (IR Iran)
04	Incidence of Low Back Pain in Football players of Iran Pro-League in 2011-2012 Season	Tohid Seif Barghi (IR Iran)
05	The effects of warm-up, stretching and massage on leg stiffness and performance in football players summer schools	Mohammadi Mobarakeh (IR Iran)
06	Assessment of Body Fat Mass, Joyfulness and eating disorders in Adolescent football players	Purbeh Daneshvar (IR Iran)
07	Fat accumulation, joyfulness, self-esteem of football players Girls and health status	Gholamreza Barani (IR Iran)
08	The relation between general health, body composition and perfectionism in professional Girl Football players	Ahmad Bagheri Moghaddam (IR Iran)
09	The relationship between several anthropometric characteristics, physical image, some psychological aspects and dietary intake of adolescent football players	Pooya Daneshvar (IR Iran)
10	The assessment of different physical status index in adolescent female football players	Nzaila Karamy (IR Iran)
11	The role of self-respect, body image and perfectionism on Nutritional intake of Girls Adolescent Football players with eating disorder	Mohammad Saleki (IR Iran)
12	Controlling Emotions at sporting events	Mr. Dominic Uzodimma Ikwuagwu (Nigeria)
13	Preventing sports injuries among young footballers	Mr. Dominic Uzodimma Ikwuagwu (Nigeria)
14	Effect of Spray and Stretch Technique on Hamstring Muscle in Professional Football Players	Tanaqon Sasayanant (Thailand)
15	Rehabilitation of Footballer's Ankle	Prachi Shah (India)
16	Are sports compression garments safe for nerves	Naresh Kumar (India)
17	Necessity Vitamin D screening for women players	Hashem Ghane HASH (IR Iran)
18	Determination Guidelines for Nutrition of Young Football Players	Bajraktarevic Adnan (Bosnia & Herzegovina)
19	Injury prevention education program for Junior Male Soccer Players – effects on awareness of injury prevention strategies and injury knowledge	Ahmed Fadhil Farhan (Iraq)
20	Injuries in Iran Futsal National Teams: A comparative study of incidences and characteristic	Haratian Zohreh (IR Iran)

## Scientific Program

### Poster Presentations

Poster Presentations (Lunch Break from 30 November - 2 December)		Presenter
21	Energy and Macronutrients intake of East Asian Countries of Male Futsal Players	<i>Ghiasvand Reza, IR Iran</i>
22	The effect of FIFA comprehensive warm-up program for the prevention of ankle injuries in soccer: A prospective randomized controlled trial	<i>Mostafa Zarei (IR Iran)</i>
23	The effect of the proposed program training using balls of different sizes and weight to develop the performance of the football schools players in Diwaniya Province of 14 - 16 years	<i>Majid Abdul Hameed Rasheed (Iraq)</i>
24	Comparison of body composition in Iranian soccer referees using bio-impedance analysis and skin fold thickness	<i>Kurosh Djafarian (IR Iran)</i>
25	Association between healthy eating index and body composition in Iranian Soccer Referees	<i>Kurosh Djafarian (IR Iran)</i>
26	The Epidemiology of Soccer Injuries via National Injury Surveillance System: A retrospective Study 2009 – 2011	<i>Ebrahimi Varkiani Mojtaba (IR Iran)</i>
27	The prevalence of abnormal electrocardiographic findings among Iranian Male Professional soccer players	<i>Hooman Angoorani (IR Iran)</i>
28	The effect of acute whole body vibration on IL-6, cortisol and creatine kinase responses of Iranian Elite Football players	<i>Alireza Shahab (IR Iran)</i>
29	The effect of one session continuous and intermittent aerobic exercise on blood response of HS{72, cortisol and creatine kinase in soccer players	<i>M. Amani (IR Iran)</i>
30	Prevalence of Injuries in Competitive Boxers – Retrospective Study	<i>Roshan Gopal Adkitte (India)</i>
31	Role of Sports Psychology in Games & Sports	<i>Indranil Ghosh (India)</i>
32	Evaluation of Dynamic Stability on Indian Badminton Players	<i>Manasi Kishor Dhamankar (India)</i>
33	Prevalence of Balance Alteration in Geriatric Population Using Berg Balance Scale	<i>Vijay kumar Mohanrao Biradar, (India)</i>
34	Correlation between self efficacy and depression in Geriatric having osteoarthritis of knee".	<i>Preethi Shetty (India)</i>
35	Physical and Physiological Characteristics of Indian inter-college Track Cyclists	<i>Vipul Kumar Jain (India)</i>
36	Injury Survey: AFC U14 Girls Regional Tournament 2015	<i>Farrah-Hani Imran (Malaysia)</i>
37	Registry of injuries in the AFC Asian Cup Australia 2015: An overview and analysis	<i>Dr. Terlochan Singh (Malaysia)</i>
38	Immediate effect of pursed-lip breathing while walking during six minute walk test on six minute walk distance in young individuals	<i>Sheweta Damle (India)</i>
39	A comparative study of passive stretching and muscle energy technique on hamstring tightness in normal subjects	<i>Ankit Srivastava (India)</i>

# Join the FIFA Medical Network

The **FIFA Medical Extranet**, which was launched on 17 October 2009 as a **non-restricted-access web-based service** with extensive medical information not available on FIFA.com, is aimed at physicians, physiotherapists and other medical professionals.

The FIFA Medical Committee and the FIFA Medical Assessment and Research Centre (F-MARC) focus on **injury prevention and improving standards of care for football players worldwide with the aim of protecting players' health.**

However, football, due to its enormous popularity among both genders of all ages, backgrounds, religions and cultures, is also a unique way **of improving the mental and physical health not only of players but also of their communities.**

FIFA therefore wants to **create a virtual community for football medicine** whose members not only apply best football medical practice and spotlight prevention but also focus on the bigger picture of improving public health through both playing and using football as an educational tool in prevention.

The education web offers **news on FIFA and F-MARC activities in football medicine, research and prevention** and information on **anti-doping issues in football.** The content corresponds to the F-MARC Football Medicine Manual and other F-MARC publications and covers the whole field of research, prevention and education in football medicine.

**All material is freely available for viewing and downloading.** The need for further features in the future, e.g. a forum, will be determined by the users.

<https://extranet.fifa.com/medical/>



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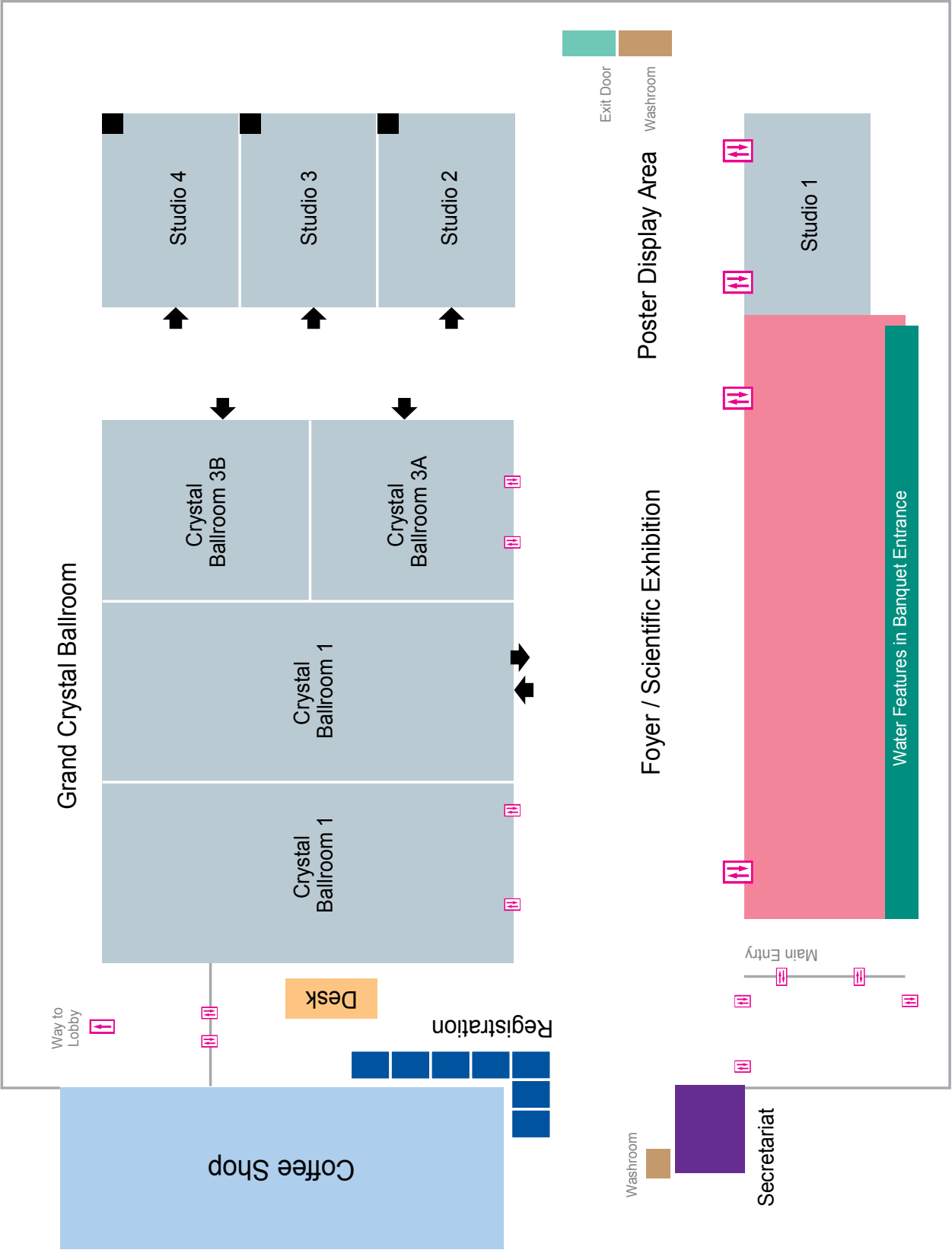
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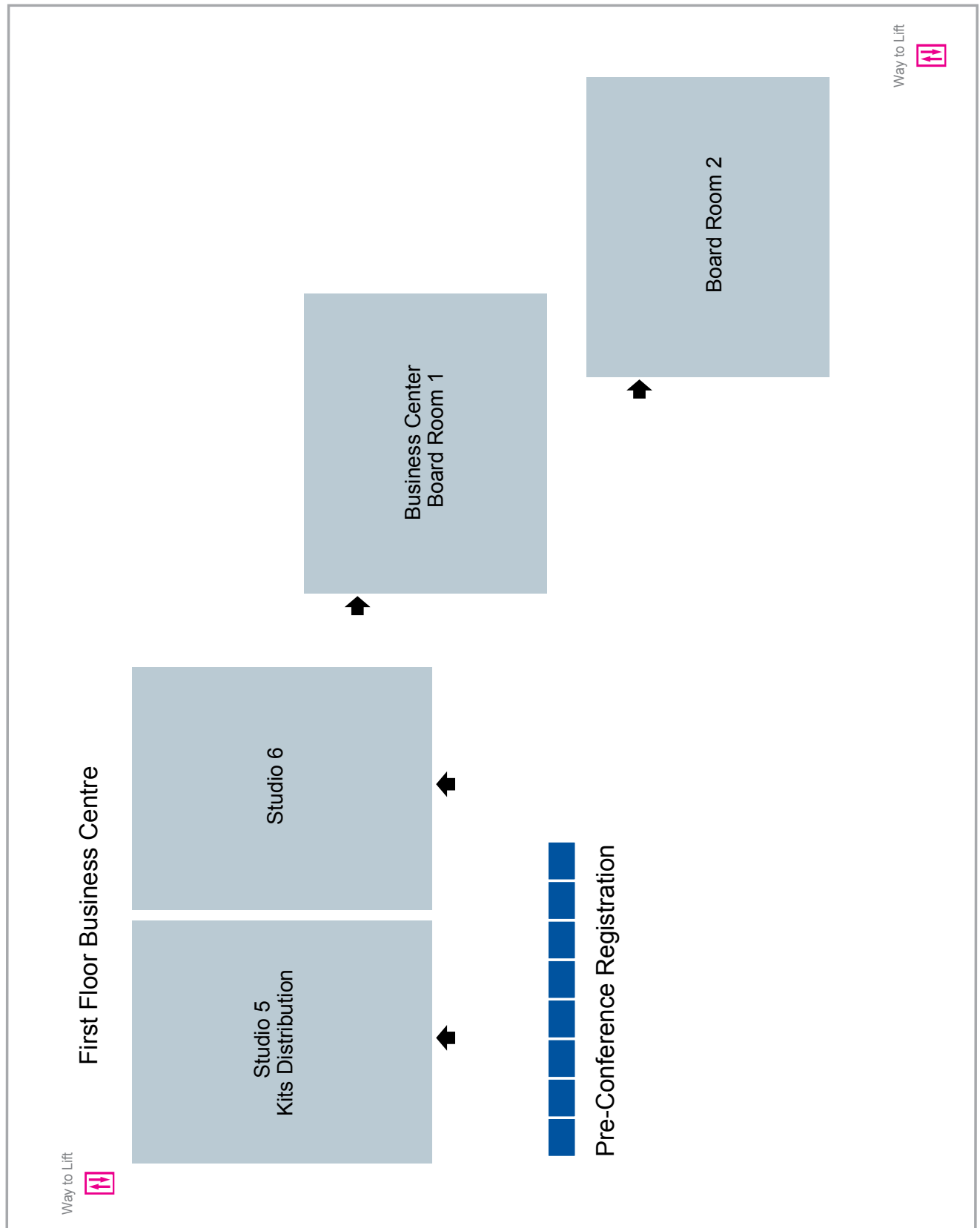
# Floor Plan





# 5th AFC MEDICAL CONFERENCE 2015

"Football Excellence through evidence based Sports Science & Medicine"



# Acknowledgements

On behalf of the AFC President and Executive Committee, AFC would like to express their sincere thanks and appreciation for the valuable support and assistance provided to make the 5th AFC Medical Conference a memorable and highly successful international event:

- All India Football Federation (AIFF)
- FIFA and FIFA Medical Committee
- FIFA – Medical Assessment Research Centre
- FIFA Development Office India
- Union of European Football Associations (UEFA)
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- Red Fox Hotel

and

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