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The MEDICA MEDICINE + SPORTS CONFERENCE, was founded in 2013 at MEDICA, the world’s largest medical trade show with more than 120,000 visitors and 5,500 exhibitors. The 7th MEDICA MEDICINE + SPORTS CONFERENCE will take place on 20th and 21st of November 2019 in Düsseldorf.

The conference has established as the leading interdisciplinary exchange platform between international sports medicine experts, sport scientists and sport techies, the sporting goods and healthcare industries. The platform fosters new exchange formats, new sport medical therapies, and innovations in prevention, recovery and rehabilitation. During two consecutive days and eight sessions, international experts present the latest findings and innovations.

SESION 1 - Future Concepts in Professional Sports
Olympic Sports - Performance Medicine

SESION 2 - Sports for Health
Public Health Guidelines and Implementation - Exercise Prescription

SESION 3 - Guided Innovation Tour
Health and Fitness Monitoring - Training and Rehabilitation Solutions - Wearable Technologies

SESION 4 - Tailored Exercise Programs
Personalization - Prevention of Training Overload - Regeneration

SESION 5 - Application of Technologies to Sports Medicine
(powered by ACSM and NATA)

SESION 6 - Evidence-Based Diagnostics
Vital Data and Performance Monitoring - Movement and Body Analysis - Epigenetic Screening

SESION 7 - Head and Brain Injuries
Prevention - Assessment - Treatment

SESION 8 - Digital Innovations in Sports & Healthcare

The conference is accredited with 4 CME points on 20 November and 8 CME points on 21 November.

Agenda Day 1 // 20 November 2019

<table>
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<tr>
<th>Time</th>
<th>Session Title</th>
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| 12:00 - 13:10 h | Conference welcome  
Moderated by Christian Stammel, CEO and founder of WT Wearable Technologies |
| 12:10 - 13:15 h | Keynote  
by Sebastian Kienle – Ironman World Champion:  
“Triathlon training and technologies – the use of data for performance and health” |
| 12:15 - 13:15 h | Session 1 – Future concepts in professional sports  
Olympic sports - Performance medicine  
Dr. Stéphane Bermon - Director International Association of Athletics Federations, Health & Science Department: “Summer is coming! Preparation to Tokyo 2020 Olympics”  
Prof. Dr. med. Xavier Bigard - Medical Director Union Cycliste internationale, Past President French Society of Sports Medicine: “Nutritional recovery from prolonged exercises”  
Dr. med. Ralf Dubscher - Team Physician Borussia Monchengladbach, Department of Sports Medicine Charité, University Berlin: “The role of modern injectables in rehabilitating football injuries”  
Prof. Dr. Yannis Pitsiladis - Professor of Sport and Exercise Science, University of Brighton, IOC Medical and Scientific Commission Member, Chair of Scientific Commission FIMS: “The use of technology to protect the health of athletes during competitions in the heat.” |
| 14:35 – 14:45 h | Session 2 – Sports for health  
Public health guidelines and implementation - Exercise prescription  
Keynote by Prof. Dr. Fiona Bull - Program Manager for the Prevention of Noncommunicable Diseases, World Health Organization WHO, President of the International Society for Physical Activity and Health: “Using technologies to reach global targets for a more active healthier world”  
Prof. Dr. Dr. med. Dieter Leyk - Head of Bundeswehr Institute for Preventive Medicine: “The physically inactive and aging media society: Options to strengthen health and fitness promotion”  
Prof. Dr. med. Herbert Löttgen - Sports Cardiology, Member Executive Comm. EFMSA, honorary President of German Sports Medicine Association: „Exercise does not harm the heart”  
Prof. Dr. Jarek Krajewski - CEO, Institute for Experimental Psychophysiology: „AI-based affective computing systems for health, prevention and sports applications” |
| 15:45 – 16:00 h | Networking, coffee break |
| 16:00 – 17:15 h | Session 3 – Guided innovation tour  
Health and fitness monitoring - Training and rehabilitation solutions - Wearable Technologies |
| 17:15 – 18:15 h | Networking and get-together -  
MEDICA CONNECTED HEALTHCARE FORUM (Hall 13, Stand D45) |
| 18:15 h | End of day 1 of 7th MEDICA MEDICINE + SPORTS CONFERENCE |
Agenda Day 2 // 21 November 2019

10:00 - 12:45 h  Session 4 - Tailored exercise programs
Personalization - Prevention of training overload - Regeneration
Dr. med. Lutz Graumann - Consultant German Icehockey Federation: "Deep dive recovery"
Dr. Rajia Laukkanen - Director Science Collaborations, Polar: "Sleep and regeneration by wrist technology"
Prof. Dr. Kuno Holtrott - Head of Sports Medicine and Exercise Science, Martin Luther University Halle-Wittenberg: "Individualization of endurance training guided by cardiac vagal control"
MD Jens Hinder - Sports Medicine, University Munster, Past World Champion of Medical Health Professionals in Race Cycling, Team Physician Trek-Segafredo: "Field test to laboratory test: Usage of cycling power meters on treadmills for more accurate training transfer"
Dr. med. David Niederseer - Sport cardiologist, University of Zurich: "Active commuting to workplace to counteract physical inactivity in employees"
Francesco Cuzzolin - Director Science Department, Technogym: "Variable inertia: how technology can change the future of strength training"
Prof. Dipl. Ing. Dr. Barbara Wessner - Deputy Head Research Platform Active Ageing, University of Vienna, Center for Sport Science and University Sports: "Strength training modalities and intramuscular connective tissue"

12:45 - 13:45 h  Networking, lunch & exhibition break

13:45 - 15:00 h  Session 5 - Application of technologies to sports medicine (powered by ACSM)
Dr. med. Aaron Rubin - Program Director Sports Medicine, Kaiser Permanente;
Team Physician, University of California, FACSM: "Integrating new technology to a sports medicine practice"
Prof. Dr. med. Scott Paluska - Clinical Professor University of Illinois at Urbana-Champaign, Department Head Christie Clinic Sports Medicine, FACSM: "The rapid growth of in-home streaming group exercise classes: Is your living room as effective as the fitness club?"
Prof. Dr. Jeff Konin - Clinical Professor Florida International University: "The future of cannabis in sports rehabilitation"

15:00 - 17:30 h  Session 7 - Head and brain injuries
Prevention - Assessment - Treatment
Prof. Dr. Dr. med. Claus Reinsberger - Chair of Sports Medicine, University of Paderborn: "Sports neurophysiology as a tool to optimize performance and assess concussion"
Prof. Dr. med. Sam Browd - Professor of Neurological Surgery, University of Washington: "Innovations in head injury protection for athletes"

15:15 - 16:45 h  Session 8 - Digital innovations in sports & healthcare
Moderated by Miikka Neuvonen, Sports Technology Expert
Camil Moldoveanu - CEO and Founder Re.flex: "Remote patient monitoring technology"
Dr. Susanne Oertel - Senior Scientist, Fraunhofer IISB: "Sensor device for non-invasive diagnostics in sweat during exercise"
Wolfgang Schreibl - Sports Scientist and Sports Therapist Sense Product GmbH: "Sensorswave - An high tech assessment and training tool for injury prevention and rehabilitation"
Bernhard Hirschauer - Product Manager and Headcoach Running Racefox: "Real-time coaching by movement analysis for running"
Johannes Rosenmüller - CEO Humotion GmbH: "SmarTracks - Performance diagnostics with smart surfaces"
Nico Kaartinen - CEO Kaasa Solution: "State of the art sensor technology for wheelchair Paralympic athletes"
Tobias Teuber - CEO and Founder LykonDX: "Building a digital hub for biomarker based performance and prevention"
Philipp Merk - Founder and Managing Director LOEWI: "Personalized nutrition and supplements for elite athletes"
Ben McNamara - Head of Education EMEA Theragun LLC: "Percussive therapy: the new wave in performance and recovery"
Dr. Ulrich Jerichow - CEO VitaScale GmbH: "Next level of performance and metabolism analysis and coaching"

Satellite Session // 21 November 2019

9:00 - 10:45 h  Welcome and introduction - Prof. Dr. med. Christine Graf

11:00 - 12:30 h  Status quo Lacette performance diagnostics -
Prof. Dr. med. Hermann Heck

13:30 - 15:00 h  Transfer into practice - Dr. med. Michael Fritz

15:15 - 16:45 h  Cardiological aspects in sports medicine and performance diagnostics -
Dr. med. Thomas Schramm

Practice module 23 + 24 Nov 2019, German Sport University Cologne
Saturday 23 Nov. from 09:00 – 18:30 h | Sunday 24 Nov. from 08:30 – 14:00 h
- Attendees will receive the sport medical lactate performance diagnostics certificate by DGSP (German Sports Medicine Association) and 26 CME points category C
- Course language: German
- Requirements: sport physicians and sport scientists (medical license and additional title sport medicine required)
- Separate Registration: please contact Sportärztebund Nordrhein e.V. info@sportaerztebund.de
SPEAKERS & EXPERT COMMITTEE

Dr. med. Stéphane Bermon, Speaker

Dr. med. Stéphane Bermon is a Sports Physician (MD) and Exercise Physiologist (PhD). He has worked with professional soccer and cycling teams, as well as professional athletes for two decades. He has been a member of the Medical and Anti-Doping Commission at the International Associations of Athletics federations (IAAF) from 2004 to 2015. He still has a clinical activity at the Monaco Institute of Sports Medicine and Surgery (IM2S). Stéphane is also the Director of the Health and Science Department at the IAAF. His research interests have been on Exercise Immunology, but he is for several years more focusing on Applied Science in Athletics, which includes Endocrinology and physical performances. He has published more than 50 peer-reviewed articles or books.

Prof. Dr. med. Xavier Bigard, Speaker

Prof. Dr. med. Xavier Bigard, Professor at the Val-de-Grâce Medical School, Sports physician, researcher in exercise physiology, muscle biology and sports nutrition. Formerly scientific advisor of the French Anti-Doping Agency. Past President of the French Society of Sports Medicine (SFMES). Currently Medical Director of the Union Cycliste Internationale (UCI). Member of the French National Academy of Medicine. Member of the International Federation of Sports Medicine (IFMS) Interfederal Commission, and EFMSA Scientific and Education Commission. Member of the scientific commission of the Association of Summer Olympic International Federations (ASSIDF).

Prof. Dr. med. Wilhelm Bloch, Speaker

Prof. Dr. med. Wilhelm Bloch is professor at the German Sport University Cologne and the head of the Institute of Molecular and Cellular Sport Medicine. A recipient of the Venia Legendi for Anatomy and Cell Biology, University of Cologne 2000 (best habilitation 2000 at the medical faculty of the University of Cologne), Prof. Dr. Bloch derived the additional membership of the Medical Faculty of the University of Cologne 2005. He has served as a member of the scientific board of the German Society of Prevention and Sport Medicine since 2008 and as of 2011, chairman of this scientific board. Together with this, Prof. Dr. Bloch has been the Vice President of the German Sport Medicine Society from 2011-2018, and a member of the Scientific Committee European College of Sport Science ECSS from 2012-2016.

Prof. Dr. med. Samuel R. Browd, Speaker

Prof. Dr. med. Samuel R. Browd M.D., Ph.D., FACS, FAANS, FAAP is Professor of Neurological Surgery at the University of Washington, co-founder of VICIS, Inc. Dr. Browd is Director of the Sports Institute at UW Medicine, Neurosurgeon at Seattle Children’s Hospital, Medical Director of the Seattle Children’s Sports Concussion Program, adjunct Professor of Bioengineering and affiliate faculty of the Foster School of Business. He also serves as an Unaffiliated Neurologic Consultant to the NFL and a consultant to the Seattle Seahawks. Dr. Browd is a UW Presidential Entrepreneurial Faculty Fellow and was recognized as the University of Washington School of Medicine co-inventor of the year for 2016 with VICIS. Dr. Browd combined a M.D. and Ph.D at the University of Florida studying neuroplasticity and learning.

Prof. Dr. Fiona Bull, Keynote Speaker

Prof. Dr. Fiona Bull is Programme Lead for Physical Activity in the Department of Health Promotion situated within the new Division of Healthier Populations at the World Health Organization based at Headquarters in Geneva, Switzerland. Before joining WHO in 2017, Fiona was Professor of Public Health and Physical Activity at the University of Western Australia. She has been Director of two research centres, in Australia and the UK, and her work has focused on using technology to measure physical activity, understanding and promoting physical activity and on how technologies and urban design can influence peoples motivations and active behaviours. Dr Bull’s work has been recognised with the award of Member of the British Empire (MBE) for services to public health. She now leads the implementation of the WHO new Global Action Plan on Physical Activity – More active people for a healthier world.

Francesco Cuzzolin, Speaker

Francesco Cuzzolin is currently the Research and Innovation Director for Technogym Scientific Department. He has always split his professional experience between science and practice. He was the first European to become Head Strength and Conditioning Coach in NBA, with the Toronto Raptors, after starting his career with two of the most successful European basketball teams, Benetton Treviso and Virtus Bologna. For 3 years he has been with the Russian National Team and for 6 years with the Italian National Team. He has taught for many years training, re-training and injury prevention at the University of Verona and of Padova. He is a well appreciated international speaker having lectured in more than 20 countries.

Dr. med. Ralf Doysher, Speaker

Dr. med. Ralf Doysher is a german medical doctor, specialist for orthopedics and trauma surgery and specialising in non surgical sports medicine. He is working as a full time team-doctor with the german first league soccer club “Borussia VFL 1900 Mönchengladbach” as well as the best-scientist at the department for sports medicine at the Charité – Universitätsmedizin Berlin. Dr. Doysher is specialising in diagnostics, treatment and prevention of muscle injuries, as well as the non-surgical treatment of cartilage defects in athletes. One of his main focus is musculoskeletal sonography as well as ultrasound-guided injection-techniques.

Dr. med. Michael Fritz, Speaker

Dr. med. Michael Fritz is general practitioner and sports medicine specialist from Viersen, NRW, Germany. After taking part as vice chairman of the Sportärztekammer Nordrhein, member of the scientific committee of the academy for “Scientific education in sports medicine” in sports medicine and editorial member of the journal Sportmedizin und Nordrhein. “For the Sportärztebund Nordrhein he has worked as a course instructor” and lecturer in further education. In media-supported amateur sports projects, he led over 1000 runners to complete the marathon and 1600 non-athletes to complete the 10 KM run. As an experienced endurance athlete he has finished more than 50 marathons, over 20 ultramarathons and 18 Tremmen triathlons.

Prof. Dr. med. Dr. Christine Graf, Speaker

Prof. Dr. med. Dr. Christine Graf, Head of the Department of Physical Activity and Health Promotion at the Institute for Movement and Neuroscience of the German Sport University (DHSU) Cologne. Doctor and lecturer at the DHSU Cologne with special emphasis on prevention and therapy for cardiometabolic disorders, especially overweight and obesity. Her primary focus is on the promotion of a healthy lifestyle in children and adolescents in different areas (kindergartens and schools, municipalities), but also young families e.g. exercise in pregnancy. In addition, she is Vice President of the German Society for Sport medicine and prevention and also responsible for further education.

Dr. med. Lutz Graumann, Speaker & Expert Committee

Dr. med. Lutz Graumann, Enhancing performance has always been in the focus of his work. Starting his medical career in 1994 he soon realized that his desires in the professional field were close to those of his private life: sports. He accepted a full scholarship of the German Bundeswehr. Working with different pro athletes, special forces, fighter pilots and leadership groups, he has learned that training methods and nutritional concepts have varying impacts on the individual. He integrates sports and military medicine and cutting-edge technology to create data based movement, nutrition, recovery and mindset strategies for work and play. He is founder of Sportmedizin Rosenheim and is a Sports Physician (MD) and Exercise Physiologist (PhD). He has been member of the Medical and Anti-doping Commission at the International Associations of Athletics federations (IAAF) from 2004 to 2015. He still has a clinical activity at the Monaco Institute of Sports Medicine and Surgery (IM2S). He is also Sports Medicine Specialist from Viersen, NRW, Germany. After taking part as vice chairman of the Sportärztekammer Nordrhein, member of the scientific committee of the academy for “Scientific education in sports medicine” in sports medicine and editorial member of the journal Sportmedizin und Nordrhein. “For the Sportärztebund Nordrhein he has worked as a course instructor” and lecturer in further education. He has accepted a full scholarship of the German Bundeswehr. Working with different pro athletes, special forces, fighter pilots and leadership groups, he has learned that training methods and nutritional concepts have varying impacts on the individual. He integrates sports and military medicine and cutting-edge technology to create data based movement, nutrition, recovery and mindset strategies for work and play. He is founder of Sportmedizin Rosenheim and is a Sports Physician (MD) and Exercise Physiologist (PhD). He has been member of the Medical and Anti-doping Commission at the International Associations of Athletics federations (IAAF) from 2004 to 2015. He still has a clinical activity at the Monaco Institute of Sports Medicine and Surgery (IM2S). He is also Sports Medicine Specialist from Viersen, NRW, Germany. After taking part as vice chairman of the Sportärztekammer Nordrhein, member of the scientific committee of the academy for “Scientific education in sports medicine” in sports medicine and editorial member of the journal Sportmedizin und Nordrhein. “For the Sportärztebund Nordrhein he has worked as a course instructor” and lecturer in further education. He has accepted a full scholarship of the German Bundeswehr. Working with different pro athletes, special forces, fighter pilots and leadership groups, he has learned that training methods and nutritional concepts have varying impacts on the individual. He integrates sports and military medicine and cutting-edge technology to create data based movement, nutrition, recovery and mindset strategies for work and play. He is founder of Sportmedizin Rosenheim and is a Sports Physician (MD) and Exercise Physiologist (PhD). He has been member of the Medical and Anti-doping Commission at the International Associations of Athletics federations (IAAF) from 2004 to 2015. He still has a clinical activity at the Monaco Institute of Sports Medicine and Surgery (IM2S). He is also Sports Medicine Specialist from Viersen, NRW, Germany. After taking part as vice chairman of the Sportärztekammer Nordrheine...
Prof. Dr. med. Hermann Heck

Prof. Dr. med. Hermann Heck was Head of the Department of Sports Medicine at the Faculty of Sport Sciences of the Ruhr University Bochum since 1991 to 2005. His research focuses on sports medical performance diagnostics. The topic of his habilitation thesis is: lactate in performance diagnostics.

MD. Jens Hinder

MD. Jens Hinder is a German doctor and has great experience in looking after top athletes with regard to training, performance diagnostics and competition support. During his years of work at the Institute of Sports Medicine of the German Armed Forces in Warendorf, he was responsible for the care of top athletes, supervised national teams and professional athletes at world championships and the Olympic Games. As a successful racing cyclist himself, he has been a team doctor for the Trek-Segafredo professional cycling teams for many years, with participation in the Tour de France and races such as Paris-Roubaix. Since 2018 he is working as an internist and specialist in General Medicine at the Institute for Sports of the Medicine University Hospital Munster.

Bernhard Hirschauer

Bernhard Hirschauer is Product Manager and Head Coach Running at Racefox. Hirschauer holds a Master's in Business Administration and an Exec MBA. He has dissertated in material physics at the Royal Institute of Technology in Stockholm. Bernhard has coached individually more than 150 athletes of different categories in long distance running and triathlon since 1994. He is certified Ironman coach and Swedish national triathlon coach and run coach. Bernhard has a deep knowledge on wearables in sports and related digital technology as well as its connection to activity and training, user experience and effect on performance improvement and technology to drive training. He is now working at Racefox with running movement data classification using artificial intelligence to drive real-time coaching.

Prof. Dr. Kuno Hottenrott

Prof. Dr. Kuno Hottenrott has been teaching and researching at the Institute for Sports Science at Martin Luther University since 2003, is head of the Training Science & Sports Medicine department and director of the Institute for Performance Diagnostics and Health Promotion (ILIUG). His Master's programme "Sport and Nutrition", which is unique in Germany. Hottenrott has published >20 monographs and >200 scientific articles on topics ranging from performance and health sports, sports nutrition, performance diagnostics and autonomous and central nervous control of locomotor movements. From 2013 to 2017, Hottenrott was President of the German Association for Sports Science (dvs), is a member of ECSS and ACSM. He is an expert on heart rate variability and has coached endurance athletes successfully worldwide. Hottenrott is a passionate endurance athlete with a marathon best time of 2:36 h.

Dr. Ulrich Jerichow

Dr. Ulrich Jerichow is the founder and CEO of VitaScale, which offers the innovative next level of maskless breath analysis based diagnostic and coaching for medical, health, fitness and automotive applications. Ulrich Jerichow holds a PhD degree in Material Science, has more than 20 years experience as a CTO in various industries as well as top management consultant for R&D / Operations. The foundation of VitaScale is based on his long-lasting successful triathlon career, during which he developed the idea to make existing high end methods of sports medicine available to every end customer through a revolutionary product concept.

Prof. Dr. Jeff G. Konin

Prof. Dr. Jeff G. Konin is Clinical Professor at Florida International University and the President of Konin Consulting, Inc. based in Clearwater, FL. A physical therapist and athletic trainer, he is considered to be one of the leaders in sports medicine. He is also a co-founder of The Rehberg Konin Group and Sport Safety International, firms specializing providing expert safety advice. Dr. Konin is the co-editor of 24 textbooks. He has shared his expertise at professional conferences throughout the United States as well as in Australia, New Zealand, Italy, Norway, Romania, England, Netherlands, Spain, and Austria. Dr. Konin is a frequent invited speaker on the topic of cannabis in sport and rehabilitation.

Prof. Dr. Jarek Krajewski

Prof. Dr. Jarek Krajewski was Professor of Business Psychology at the University Cologne, Würzburg and Wuppertal. Currently he is professor of human-technology interaction at the Rheinische Fachhochschule Köln. He is the founder and CEO of the Institute for Experimental Psychophysiology (Dusseldorf). He is an international expert in the field of AI-based Affective Computing Systems in the fields of health, prevention and sport. Currently he is the consortium leader in Germany's biggest digital sports project 'Digital Sports Hub'.

Dr. Raija Laukkonen

Dr. Raija Laukkonen got her PhD at University of Kuopio, Department of Medicine in 1993. She has acted as Adjunct Professor in health-related fitness at the University of Oulu, since 1999. She is a Fellow of the ACSM and a founding member and Scientific Advisor for the International Nordic Walking Association, acted as a scientific advisor for Singapore Sports Council, a Board member of Sports Institute Pajulahti, Finland, a Board member of the Finnish Ministry of Education Sports Science Council. During1986-1995 she worked as a senior researcher at the UKI UKO, WHO collaboration Center for Health Promotion and Education Research. Dr. Laukkonen’s method for fitness assessment, UJK Walk Test, is in international use in over 20 countries. She has 65 scientific peer-review publications in the fields of physical activity, health and fitness assessments. She works currently as a Director in Science Collaborations at Polar Electro Oy.

Sebastian Kienle

Sebastian Kienle has won everything an IRONMAN can win. He was European champion twice, he won two times the World Championship title over the IRONMAN 70.3 distance and with the victory at the IRONMAN World Championship in Hawaii he achieved the greatest thing the world of triathlons has to offer. He is a fanatic, he is a perfectionist, he is what you call a hard worker and a fighter. His passion for sport, his discipline and determination made him what he is today: Sebastian Kienle is one of the most successful triathletes in the world.

Nico Kaartinen

Ben McNamara is an Australian born professional goalkeeper, currently living in the UK. He has been fortunate enough to work with and against former and current Premier League players, managers and coaches. During Ben’s more than decade long career as a professional athlete he has endured some almost career ending injuries and always searched for myofascial release tools to help him activate, recover and relieve pain. In April 2018 Ben met the founder of Theragun, Dr Jason Wersland. Since then he has been working with Theragun to understand protocols in muscle activation, recovery, and pain relief through high-frequency, high-amplitude neuromuscular percussive therapy. Ben’s role as Head of Education in EMEA is to drive Culture and Education throughout the EU, Middle East and Asia Pacific.

Philipp Merk is founder and managing director of Loewi and Data-Scientist at heart. He is in charge of product development at LOEWI with a big focus on translating the latest research into algorithms and enabling the best evidence-based supplement-recipes and nutrition recommendations.

Camil Moldeveau is a World and European champion in jiu jitsu. Being injured several times during his career, he visited multiple physiotherapy clinics and orthopedic hospitals and managed to understand few of the struggles a patient has to take in order to reach complete recovery. With over 12 years of experience into IT outsourcing management, he had the idea of creating a smart assistant to help patients finish their rehabilitation training at home.

Dr. med. David Niederseer is consultant cardiologist at the University Hospital Zurich, Switzerland. He holds degrees in medicine (MD), sports science (BSc), and a PhD in molecular medicine, and is trained in internal medicine in cardiology. Dr Niederseer has a special interest in sports cardiology, cardiac rehabilitation, exercise training and testing as well as preventive cardiology. He has published extensively in these areas, is nucleus member of several national and European societies or working groups, and is frequently invited to conferences as speaker. As ad hoc reviewer, he serves for leading journals. Additionally, he served as physician for the Swiss Ice Hockey Federation.

Prof. Dr. med. Scott Paluska is the medical director of sports medicine at Christie Clinic. He is a Fellow of ACSM and on the Board of Trustees. He is a Clinical Professor in the College of Medicine at Illinois and the Carle Illinois College of Medicine. He has worked with high school, collegiate and professional teams. He currently works with athletic teams at the University of Illinois. He has published many peer-reviewed abstracts, articles and book chapters and conducts research through the Department of Kinesiology at the University of Illinois. He strives to promote an evidence-based practice model that utilizes the most recent literature and data to guide his medical decision making. He lives in Urbana with his wife and two daughters. A former collegiate skier and rower, he is currently a competitive runner and triathlete.

Prof. Dr. med. Yannis Pitsiladis is professor of sport and exercise science at the University of Brighton. Current research priority is the application of "omics" technologies to the detection of drugs in sport with particular reference to recombinant human erythropoietin (rHuEpo), blood doping and testosterone, funded by the World Anti-Doping Agency (WADA). He is current member of the International Olympic Committee (IOC) Medical and Scientific Commission, the Executive Committee and Chair of the Scientific Commission of the International Sports Medicine Federation (FIMS); the American College of Sports Medicine (ACSM); expert committee pool member of the Biotechnology and Biological Sciences Research Council (BBSRC). He has published +140 papers and books and has featured in numerous research documentaries (e.g. BBC).

Prof. Dr. med. Herbert Läligen is head of the Bundeswehr Institute for Preventive Medicine, Germany (www.militärmedizin.de) and head of the Research Group "Epidemiology of Performance", German Sport University Cologne (www.dahs-koeln.de/leiststep). His research areas are physical fitness and performance diagnostics, age and gender related differences, environmental and occupational physiology as well as physical activity and health promotion. He is a member of the scientific advisory board of DEUTSCHES ÄRZTEBLATT INTERNATIONAL (official journal of the German Medical Association and the National Association of Statutory Health Insurers) and responsible for Sports Medicine. Dieter Leyk was a former Handball-player and coach, now an enthusiastic leisure-time athlete. He is married and has 2 kids.

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Prof. Dr. med. Herbert Läligen is FACC, FAHA, F.FIEMS, F.UEMS Education in medicine and sports sciences with State Doctorate MD YH6, Bonn, Germany. Specialist training in internal medicine, occupational and sports medicine at Universities of Mainz, Copenhagen (Bengt Saltin) and German Sports University, Cologne. Qualifications in Internal Medicine, Cardiology 1978 (European Cardiologist), Preventive Medicine, Echocardiography, Lecturer: Gutenberg-University, Mainz (PhD), Vice head cardiology dept. Freiburg Univ., Head of Department of Internal Medicine, Romscheid (1985-2008): Interventricular Cardiology, Intensive Care Medicine, Pneumology, Sports Medicine. Space Medicine Consultant for DLR, ESA, and NASA, Houston. Private practice since 2008 (Internal Medicine, Cardiology, Sports Cardiology.

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Prof. Dr. med. Dr. Dieter Leyk is head of the Bundeswehr Institute for Preventive Medicine, Germany (www.militärmedizin.de) and head of the Research Group "Epidemiology of Performance", German Sport University Cologne (www.dahs-koeln.de/leiststep). His research areas are physical fitness and performance diagnostics, age and gender related differences, environmental and occupational physiology as well as physical activity and health promotion. He is a member of the scientific advisory board of DEUTSCHES ÄRZTEBLATT INTERNATIONAL (official journal of the German Medical Association and the National Association of Statutory Health Insurers) and responsible for Sports Medicine. Dieter Leyk was a former Handball-player and coach, now an enthusiastic leisure-time athlete. He is married and has 2 kids.
Johannes Rosenmöller

Johannes Rosenmöller has worked from 1993 to 2003 with ROSEN Group in building today’s global market leader in inline inspection technology for pipelines. Worked for ROSEN in an executive management capacity in R&D, Data Analysis and Marketing. Joined Soft Imaging Solutions (SiS) a German tech company in the microcopy field in 2003 as executive Vice President Business Development. Responsible for subsidiaries in UK, Malaysia, Singapore and Australia. After takeover of SiS by Olympus Group Japan supported the integration into Olympus Group with added responsibility as CFO and direct reporting to Tokyo. Left Olympus Group in 2007 and founded his first tech startup in 2007, Humotion in 2008, FourSense in 2011. Current focus as CEO of Humotion is on business development for sport applications under the SmartTracks brand and medical applications under the SmartVia brand.

Dr. Aaron Rubin

Dr. Aaron Rubin, Aaron Rubin, MD, FACSM, FAAFP practices Family Medicine and Sports Medicine at Kaiser Permanente in Fontana, CA where he is the program director for the Kaiser Permanente Sports Medicine Fellowship Program. He is the team physician at Patriot High School and the University of California, Riverside and the Chief Medical Officer for Special Olympics Southern California. Dr. Rubin obtained his bachelor’s degree in Pharmacy from the University of Texas at Austin and Medical Doctors from Texas Tech University Health Science Center in Lubbock, TX. Dr. Rubin is the Regional Coordinator for Disaster Preparedness for the Kaiser Permanente Southern California and has served as the Commander for the San Bernardino Sheriff’s Medical Reserve Corp. He was the Medical Director for the Special Olympics World Games held in 2015 in Los Angeles and continues to advise the Special Olympics movement.

Dr. med. Thomas Schramm

Dr. med. Thomas Schramm has been working at the German Sports University Cologne while and after graduating in both medicine and sports science as well as working as academic assistant with Prof. Dr. h. c. Hollmann. After continuation of his education as internist and cardiologist and work as consultant in that field both at Cologne Town Hospital and Cologne University Hospital with Prof. Dr. Korne he is now working in his own practice in Köln-Redenkirchen. He is still associated with the Institute of Sports Medicine at German Sports University Cologne and the department of interventional cardiology at Merheim Hospital. He cooperates with the Olympic base Rheinland. He is VP of the German Society of Prevention and Rehabilitation (DGSP) and a member of the task force Sports Cardiology at BWH. He is also a member of the section non-medicinal therapy of hypertension in the German society of hypertension and cardiologist for events like Cologne Marathon.

Wolfgang Schriebel

Wolfgang Schriebel is a Sports Scientist and Sports Therapist with more than 20 years of experience in Professional Football in Austria, Germany, Russia, and Kazakhstan.

Christian Stammel

Christian Stammel is founder and CEO of WT Wearable Technologies Group and Navispace AG. Born in 1969, he successfully enables innovation and cooperation in the Internet of Things and wearables sector. Christian had already founded his first IT company during his university years, which went public in 2000. He is one of the digital pioneers with a track record of over 20 years in IoT and has created some world’s firsts including an ECG shirt in 2002. He advises some of the biggest tech companies and organizes with his teams important networking platforms in the US, Europe, Asia and Australia.

Tobias Teuber

Tobias Teuber, Business entrepreneur and blood expert Tobias Teuber founded Lykon in 2015. The company digitalizes laboratory results, offering consumers direct access to their personal medical data and highly personalized nutrition advice. Healthy nutrition and sports have always been a key driver for Teuber since his childhood; his interest in the body and its functionality further developed over the years. Prior to Lykon, he built and scaled several companies internationally as well as consulted various publicly listed companies in the medical and chemical industry. Lykon combines Teuber’s business experience with his passion for health.

Prof. Dr. Barbara Wessner

Prof. Dr. Barbara Wessner, Deputy Head of the Centre for Sport Science and University Sports (University of Vienna, Austria), runs an analytical laboratory which aims to study the impact of exercise and nutrition on skeletal muscle function. Thereby, research questions and methodologies from the traditional field of Sport Science are merged with those from Nutritional Science and Molecular Biology. Her research output derived from the Vienna Active Ageing Study contributed significantly to unravel some of the molecular signatures associated with age-related muscle loss. Current projects focus on acute and chronic exercise studies to alter intramuscular connective tissue in young and old adults.

Prof. Dr. med. Norbert Bachl

Prof. Dr. med. Norbert Bachl is professor at the Department of Sports and Exercise Physiology in the Centre for Sports Science and University Sports of the University of Vienna. Prof. Dr. Bachl also serves as Director of the Austrian Institute for Sport Medicine, Vice President of FIMS and Honorary President of EFSSM. In addition to this, he is a member of the Medical Commission of IOC, EOC, IOC and of the European Academy of Sciences and Arts. Prof. Dr. Bachl acts as the Head of the Medical Commission of the UCI.

Prof. Dr. med. Cindy Lin

Prof. Dr. med. Cindy Lin, MD is a Sports Medicine and Physical Medicine & Rehabilitation Clinical Assistant Professor at University of Washington Medical Center, Seattle, WA USA. She is an Exercise Medicine (EIM) Emerging Leader as well as a member of the EIM Clinical Practice Committee for the American College of Sports Medicine (ACSM). She is Associate Editor of PM&R Journal. She practiced at the Chang Sports Medicine Centre, Singapore prior to joining University of Washington. She has been involved in national and international sporting event coverage as well as published journal articles and book chapters related to sports and exercise medicine.
**Prof. Dr. med. Rüdiger Reer**

**Scientific Head of Program & Expert Committee**

Prof. Dr. med. Rüdiger Reer is the Secretary General of the German Sports Medicine Association DGSP (Deutsche Gesellschaft für Sportmedizin und Prävention) and Deputy Director of exercise science of Hamburg University, Germany. He is member of the DGSP, American College of Sports Medicine, the European College of Sport Science and Hamburg Sports Medicine Association. Focus of his research is on spiroergometry of swimmers in performance diagnostics, exercise therapies for different disease patterns. In 2000, he won the International Science Award (ICSSPE) in Clinical Sciences in Brisbane, Australia.

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**Dr. med. Christian Schneider**

**Expert Committee**

Dr. med. Christian Schneider, MD PhD, is an orthopedic surgeon and specialist in sports medicine, and former head of Back and Sports Orthopedic Institute in SCHÖN KLINIK Munich. He is the head of Orthopedic Center Theresia in Munich and a member of the Medical Expert Committee of the German Olympic Sports Confederation (DGB). Dr. Schneider is chairman and board member of several associations and federations, including SOTS (German Society for Orthopedic-Traumatologic Sports Medicine), FIMS, as well as Head of DGB-Sports physiotherapy for the German Olympic Sports Confederation (DGB). Dr. Schneider works as consultant of the Olympic Base Camp Bavaria and other sports organizations. He was part of the Olympic medical staff in the previous Olympics and also Medical Commission of the European Olympic Committee in 1st European Games in Baku 2015.

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**Prof. Dr. Ansgar Schwirtz**

**Expert Committee**

Prof. Dr. Ansgar Schwirtz, Since 2002, Prof. Dr. Schwirtz is professor for biomechanics in Sports at the Technial University Munich. He has been Dean of the Faculty of Sports and Health Sciences there since October 2013. After completing his postgraduate and doctoral studies at the DSHS in Cologne, Schwirtz received his doctorate in “Movement Technology and Muscular Coordination in Cross-Country Skiing”. Since 2019 he is the president of DVS, the german association for sport science.

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**Prof. Dr. med. Jürgen Steinacker**

**Expert Committee**

Prof. Dr. med. Jürgen Steinacker is professor of Sports and Rehabilitation Medicine at the Medical Center, University of Ulm and is appointed specialist for internal medicine, cardiology, rehabilitation medicine and sports medicine. He is member of the World Anti-Doping-Agency’s Health Medical and Research Committee; Vice-chair of the scientific committee, DGSP; Chair of the European Initiative for Exercise in Medicine and chief editor of the German Journal of Sports Medicine. The division of Sports Medicine provides outpatient care in cardiology and general sports medicine, including overtraining, fatigue syndromes and aging-related disorders, a rehabilitation center, a physiology, performance center and a molecular muscle laboratory. His population health promotion program deals with physical activity and healthy lifestyle in primary school and kindergarten.

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