

# MEDICINE + SPORTS CONFERENCES 2018



29 AUGUST 2018  
SINGAPORE ASIA



13 + 14 NOVEMBER 2018  
DÜSSELDORF GERMANY



# MEDICINE + SPORTS CONFERENCES

Who We Are



**2<sup>nd</sup> MEDICAL FAIR ASIA MEDICINE + SPORTS CONFERENCE | 29-30 August 2018 in Singapore**

- At the region's leading medical trade show MEDICAL FAIR ASIA -

**6<sup>th</sup> MEDICA MEDICINE + SPORTS CONFERENCE | 13-14 November 2018 in Dusseldorf**

- At the world's largest medical trade show MEDICA -

The MEDICINE + SPORTS CONFERENCE ecosystem was established in 2013 at MEDICA, the world's largest medical trade show with more than 130,000 visitors and 5,000 exhibitors. The conference has been THE highlight of MEDICA for the past five years and will once again be held during MEDICA 2018. In 2016, this worldwide hotspot for innovation and networking made its way also to ASIA and Singapore. The second installment of the conference in Asia will take place at MEDICAL FAIR ASIA 2018.

The MEDICINE + SPORTS CONFERENCES have been established as the leading interdisciplinary exchange platforms between international sports medicine experts, professional athletes and sport techies, the sporting goods and healthcare industries. This platform fosters new exchange formats, new sport medical therapies, and innovative products for prevention, recovery and population health management. International sports medicine experts present the latest innovations and approaches in sports medicine in tailored conference programs.

# FACTS & FIGURES

## Overview



29 AUGUST | SINGAPORE

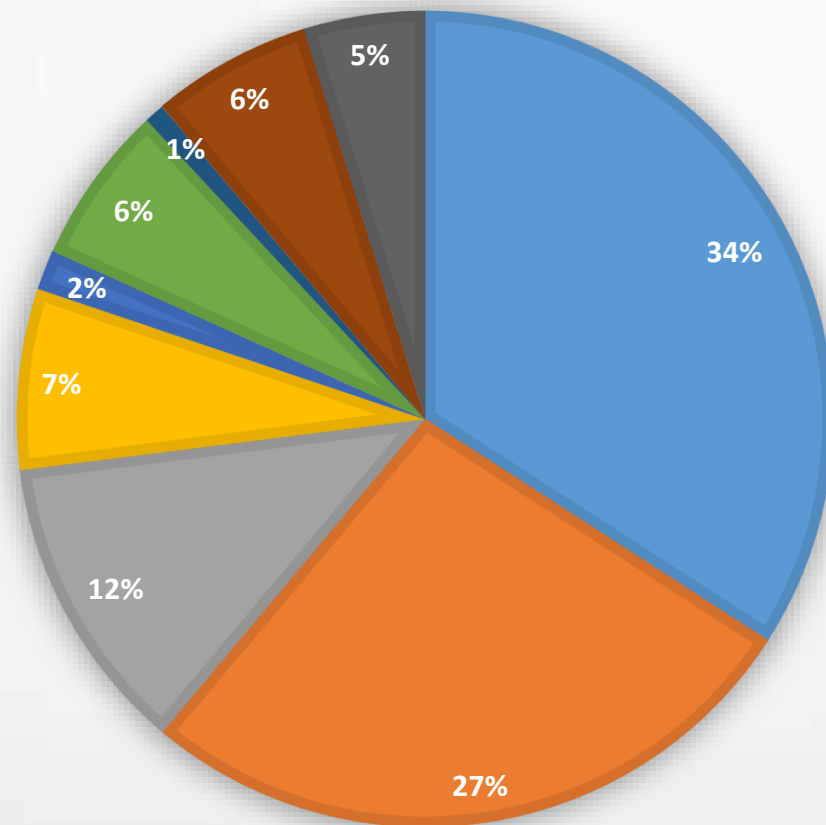


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- Established exchange platform for:
  - Sports medicine and healthcare professionals
  - Sports Scientists and Athletes
  - Healthcare industry
  - Sports and fitness industry
  - ICT industry
- International conferences at MEDICAL FAIR ASIA in Singapore (29 August 2018) and MEDICA in Dusseldorf (13-14 November 2018)
- The conferences are a part of the largest medical fairs in the world.
  - MEDICAL FAIR ASIA Asia's leading event for medical and healthcare industries with 830 exhibitors.
  - MEDICA is world's largest medical trade fair with +5,100 exhibitors.
- Network with +200 high-level international participants and learn from +25 expert speakers, drivers and doers
- See the latest innovations and cutting-edge products and technologies
- Learn more about innovative methods and technologies for prevention, therapy and recovery

# PARTICIPANT BREAKDOWN 2017

## BREAKDOWN BY MARKET SEGMENT



- Medical Equipment Company
- Sports Physicians/General Practitioner
- Associations/Institutions
- Physiotherapists
- Physiotherapy Organisations
- Clinics
- Multiplicators
- Research/Universities
- Others

# 6<sup>th</sup> MEDICA MEDICINE + SPORTS CONFERENCE<sup>(1)</sup>



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## Program Structure\* | DAY 1, November 13<sup>th</sup>

13:00 h – 13:10 h

### Conference Welcome

**Horst Giesen** | Director, MEDICA

13:10 h – 13:50 h

### Keynote

#### The Rise of Chronic Diseases in Children: An Unwanted Lasting Legacy

**Prof. Dr. Larry Durstine** | Professor at Arnold School's Department of Exercise Science, University of South Carolina, Past President American College of Sports Medicine

#### Global Active City: A New Framework to Fight a Pandemy of Inactivity in a Rapidly Urbanising World

**Philippe Furrer** | Senior Manager & Head of Youth Engagement, International Olympic Committee (IOC)

13:50 h – 14:45 h

### Session 1 | Future Concepts in Professional Sports

360 Monitoring | Digital Life Management | Virtual and Augmented Reality | Analytics  
powered by WISS / German Institute of Sports Science

#### Key Elements For Elite Coaches and Athletes to Adhere to and Benefit from Data Monitoring

**Prof. Dr. Billy Sperlich** | Head of Integrative & Experimental Exercise Science & Training, University Würzburg

#### Football through the eyes of a computer

**Manuel Stein** | University Konstanz

**Tobias Menzel** | Boxing Research

**Thomas Hock** | Simi Reality Motion Systems GmbH

# 6<sup>th</sup> MEDICA MEDICINE + SPORTS CONFERENCE<sup>(2)</sup>



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## Program Structure\* | DAY 1, November 13<sup>th</sup>

14:45 h – 16:00 h

### **Session 2 | Latest Innovations in Monitoring Vital Data & Sport Performance**

Vital Data and Performance Monitoring | Movement and Body Analysis | Point-of-Care Analytics | Diagnostics of Various Parameters

#### **Necessary Steps to Accelerate the Integration of Wearables Sensors into Recreation and Competitive Sports**

**Prof. Dr. Yannis Pitsiladis** | Professor of Sport and Exercise Science, University Brighton

#### **Physiology of Muscle and Tendon Healing**

**Prof. Dr. med. Wilhelm Bloch** | Head of Department, Molecular & Cellular Sports Medicine, German Sports University Cologne, VP DGSP

#### **Therapy of Muscle and Tendon Injuries**

**Dr. med. Casper Grim** | Medical Director of Orthopedics Osnabrück Hospital, Head Team Physician German Triathlon Union

#### **Bio Impedance Analysis: A New Way for Monitoring Body Water**

**Prof. Dr. Luis Bettencourt-Sardinha** | Professor of Exercise Prescription and Functional Body Composition and Energy Regulation at the Faculty of Human Kinetics, University Lisbon

16:00 h – 16:15 h

### **Networking Coffee Break**

16:15 h – 17:30 h

### **Session 3 | Guided Innovation Tour**

Health and Fitness Monitoring | Training and Rehabilitation Solutions | Wearable Technologies

17:30 h – 18:15 h

### **Networking and Get-Together - MEDICA CONNECTED HEALTHCARE FORUM (Hall 15, Stand 15C24)**

18:15 h

### **End of day 1 of MEDICA MEDICINE + SPORTS CONFERENCE**

\* PROGRAM SUBJECT TO CHANGE

# 6<sup>th</sup> MEDICA MEDICINE + SPORTS CONFERENCE<sup>(3)</sup>



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## Program Structure\* | DAY 2, November 14<sup>th</sup>

10:00 h– 12:00 h

### **Session 4 | Tailored Exercise Programs**

Individual Programs for Training and Rehabilitation | Return-to-Activity Protocols | Exercise Programs for Patients

#### **How To Move Kids – Findings of a New Psychophysical Approach**

**Prof. Hans Holdhaus** | Founder and Director of IMSB Austria

#### **Get Active – Community Mobilization in a Cross Generational Cardiovascular Health Awareness Program**

**Dr. Birgit Böhm** | Chair of Preventive Pediatrics, TU Munich

#### **Resistance Training in Children and Adolescents**

**Prof. Dr. Urs Granacher** | University of Potsdam, Division of Training and Movement Sciences

#### **Functional Evaluation and Exercise Prescription for People with Severe Obesity**

**Prof. Dr. Andrea Ermolao** | Head of Department, Sport and Exercise Medicine Division, University Padova

#### **Low Back Pain in Sports & The General Population – The Effectiveness of Neuromuscular Training**

**Prof. Dr. med. Frank Mayer** | Medical Director of the University Outpatient Clinic, University Potsdam, Board Member of the GOTS and DOSB, ACSM and ECSS

#### **E-Bike & Health – New Findings on the Effect of E-Biking on Health Parameters**

**Prof. Dr. med. Uwe Tegtbur** | Director of the Institute for Sports and Medicine, University Hannover, VP Sports Association Niedersachsen E.V

# 6<sup>th</sup> MEDICA MEDICINE + SPORTS CONFERENCE<sup>(4)</sup>



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## Program Structure\* | DAY 2, November 14<sup>th</sup>

12:00 h – 13:00 h

### Networking Lunch & Exhibition Break

13:00 h – 14:30 h

### **Session 5 | Exercise | From Idea to Action - Panel Discussion**

Public Health Guidelines and Implementation | Exercise Prescription

#### Swedish Physical activity on prescription- a role model for behavioural change?

**Prof. Dr. med. Mats Börjesson** | Department of Physiology at Institute of Neuroscience and Physiology, Sahlgrenska Academy

#### Exercise is Medicine – National Action Plans and Learnings

**Prof. Dr. med. Jürgen Steinacker** | Chair European Initiative for Exercise is Medicine

**Prof. Dr. med. Mats Börjesson** | Department of Physiology at Institute of Neuroscience and Physiology, Sahlgrenska Academy

**Prof. Dr. Luis Bettencourt-Sardinha** | Technical University of Lisboa

**Prof. Dr. med. Andrea Ermolao** | Head of Department, Sport and Exercise Medicine Division, University Padova

**Dr. Donia Koubaa** | Sports Medicine Department Tunisia

**Prof. Dr. Larry Durstine** | Distinguished Professor Arnold School's Department of Exercise Science, University of South Carolina, Past President American College of Sports Medicine



# 6<sup>th</sup> MEDICA MEDICINE + SPORTS CONFERENCE<sup>(5)</sup>



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## Program Structure\* | DAY 2, November 14<sup>th</sup>

14:30 h – 15:30 h

### **Session 6 | Corporate Fitness**

Monitoring Corporate Fitness | Best Practice Programs and Implementation

#### **Best Practise –The EXOS Vision for Corporate Wellness**

**Martin Welke** | Senior Director Fitness & Health Management, adidas AG

**Anthony Slater** | Senior Vice President, EXOS

#### **The cost-effectiveness of worksite physical activity and exercise interventions**

**Prof. Willem van Mechelen** | Department of Public and Occupational Health (DPOH) Amsterdam

#### **Improving Corporate Fitness and Performance: The "Health & Fitness Street" and Its Implementation**

**Prof. Dr. med Rüdiger Reer** | Secretary General of German Sports Medicine Association DGSP and Deputy Director Exercise Science, Hamburg University

15:30 h – 15:45 h

### **Networking Coffee Break**

# 6<sup>th</sup> MEDICA MEDICINE + SPORTS CONFERENCE<sup>(6)</sup>



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## Program Structure\* | DAY 2, November 14<sup>th</sup>

15:45 h – 17:15 h

### **Session 7 | Digital Innovations in Sports & Healthcare**

Wearable Technologies | AR Training Environments | Team Performance Tracking  
moderated by SportsTech Germany (Fee Beyer & Marcel Isakowitz)

**Paul Kirchmeier** | Business Development Director, NuvoAir

**Hyungyu Ko** | CEO LogonU

**Athanase Kollias** | Co-Founder K-Invent

**Oleksii Vynogradov** | CEO and Founder HeartIn

**Jörg Fehlinger** | CEO and Co-Founder Fitrockr

**Niels Schuldt** | CEO, OXY4 GmbH \*tbc

**Benoit Mariani** | CEO and Co-Founder GaitUp

17:30 h

**Summary & Closing remarks**

# SPEAKERS 2018<sup>(1)</sup>



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**Ms. Fee Beyer**  
Freelance Consultant for Sports  
Technologies, Innovation and Analysis



**Alberto Bichi**  
Executive Director | EPSI / House of  
Sports



**Prof. Dr. med. Wilhelm Bloch**  
Head of Department, Molecular &  
Cellular Sports Medicine | German  
Sports University Cologne



**Dr. Birgit Böhm**  
Chair Preventive Pediatrics, TU Munich



**Prof. Dr. med. Mats Börjesson**  
Head of the Center for Health and  
Performance (CHP), Institute of  
Neuroscience and Physiology,  
University Gothenburg and Sahlgrenska  
University Hospital



**Prof. Dr. med. Larry Durstine**  
Distinguished Professor Arnold  
School's Department of Exercise  
Science, University of South Carolina,  
Past President American College of  
Sports Medicine



**Prof. Dr. Andrea Ermolao**  
Head of Department, Sport and  
Exercise Medicine Division, Director of  
the School of Specialization of Sport  
and Exercise Medicine, University  
Padova, member ACSM



**Jörg Fehlinger**  
CEO and Co-Founder fitrockr



**Philippe Furrer**  
Senior Manager & Head of Youth  
Engagement | International Olympic  
Committee (IOC)

# SPEAKERS 2018<sup>(2)</sup>



**Prof. Dr. Urs Granacher**

Head of the Division of Training and Movement Sciences



**Dr. med. Casper Grim**

Medical Director of Orthopedics  
Osnabrück Hospital, Head Team  
Physician German Triathlon Union



**Prof. Hans Holdhaus**

Director and Founder of the IMSB Austria,  
Professor for Performance Physiology and  
Diagnosis and Former Head Scientist of the  
Austrian Olympic Team



**Paul Kirchmeyer**

Business Development Director  
NuvoAir



**Hyungyu Ko**

CEO and Founder LogonU



**Athanase Kollias**

CEO and Founder K-Invent



**Dr. Donia Koubaa**

Sports Medicine Department of  
Tunisia



**Prof. Dr. med Frank Mayer**

Medical Director of the University  
Outpatient Clinic | University Potsdam,  
Board Member of the GOTS and DOSB,  
ACSM and ECSS



**Prof. Dr. Yannis Pitsiladis**

Professor of Sport and Exercise  
Science, University Brighton, Head of  
SUB2HRS Marathon Project, Member  
of the International Olympic  
Committee Medical and Scientific  
Commission, Executive Member FIMS

# SPEAKERS 2018<sub>(3)</sub>



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**Prof. Dr. med. Rüdiger Reer**  
Secretary General | German Sports  
Medicine Association DGSP (Deutsche  
Gesellschaft für Sportmedizin und  
Prävention); Deputy Director  
Department Exercise Science |  
Hamburg University



**Prof. Dr. Luis Bettencourt Sardinha**  
Professor of Exercise Prescription and  
Functional Body Composition and  
Energy Regulation at the Faculty of  
Human Kinetics, University Lisbon



**Niels Schuldt**  
CEO OXY4 GmbH



**Anthony Slater**  
Senior Vice President EXOS



**Christian Stammel**  
Founder and CEO | Wearable  
Technologies



**Prof. Dr. med. Jürgen Steinacker**  
Chair European Initiative for Exercise is  
Medicine | Professor of Sports and  
Rehabilitation Medicine and division at  
the University of Ulm, Medical Center,  
Ulm



**Prof. Dr. med. Uwe Tegtbur**  
Director of the Institute for Sports and  
Medicine, University Hannover, VP  
Sports Association Niedersachsen E.V



**Oleksii Vynogradov**  
CEO and Founder HeartIn



**Martin Welke**  
Senior Director Fitness & Health  
Management adidas AG

# SPEAKERS 2018<sub>(4)</sub>



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**Prof. Willem van Mechelen**  
Department of Public and  
Occupational Health (DPOH)  
Amsterdam



**Benoit Mariani**  
CEO and Co-Founder GaitUp



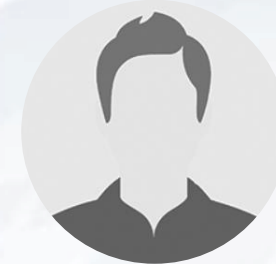
**Manuel Stein**  
PHD University Konstanz



**Marcel Isakowitz**  
CO-Founder Sports Tech Germany



**Thomas Hock**  
Simi Reality Motion Systems GmbH



**Tobias Menzel**  
Boxing Researcher



**Prof. Dr. Billy Sperlich** | University  
Head of Integrative & Experimental  
Exercise Science & Training, University  
Würzburg

# EXPERT COMMITTEE



**Prof. Dr. med. Norbert Bachl**  
Vice President | FIMS; Honorary  
President | EFSMA



**Alberto Bichi**  
Executive Director | EPSI / House of  
Sports



**Dr. Adrian Hutber**  
Secretary General, Exercise is  
Medicine | American College of Sports  
Medicine



**Prof. Dr. Tim Meyer**  
Professor for Sports and Preventive  
Medicine | Saarland University; Team  
Physician | German National Football  
Team



**Prof. Dr. med. Rüdiger Reer**  
Secretary General | German Sports  
Medicine Association DGSP (Deutsche  
Gesellschaft für Sportmedizin und  
Prävention); Deputy Director  
Department Exercise Science |  
Hamburg University



**Dr. med. Christian Schneider**  
Head of Back Institute and Sports  
Medicine | SCHÖN KLINIK Munich  
Harlaching; Medical Expert Committee  
| German Olympic Sports Confederation  
(DOSB)



**Christian Stammel**  
Founder and CEO | Wearable  
Technologies



**Prof. Dr. med. Jürgen Steinacker**  
Chair European Initiative for Exercise is  
Medicine | Professor of Sports and  
Rehabilitation Medicine and division at  
the University of Ulm, Medical Center,  
Ulm

# COOPERATION PARTNERS (1)



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## American College of Sports Medicine (Exercise is Medicine)

ACSM is the largest sports medicine and exercise science organization in the world. With more than 45,000 members and certified professionals worldwide, ACSM is dedicated to advancing and integrating scientific research to provide educational and practical applications of exercise science and sports medicine. [www.acsm.org](http://www.acsm.org)



## The European Initiative for Exercise in Medicine

The European Initiative for Exercise in Medicine is the European part of global Exercise is Medicine®, a global health initiative that is focused on encouraging primary care physicians and other health care providers to include physical activity when designing treatment plans for patients and referring their patients to EIM Credentialed Exercise and Exercise Professionals.



## German Association for Sports Medicine and Prevention (DGSP)

With its 9.000 medical members, DGSP one of the biggest professional associations in Germany. The DGSP is the main institution in the fields of sports medicine, as well as healthcare and health prevention by physical activity. [www.dgsp.de](http://www.dgsp.de)



## Fédération Internationale de Médecine du Sport (FIMS)

FIMS is a structured and well-organized association, strongly committed to the promotion of the study and development of sports medicine throughout the world. FIMS is made up of continental and national sports medicine associations, as well as multinational groups and individual members. [www.fims.org](http://www.fims.org)



## European Federation of Sports Medicine Associations

EFSMA is a not-for-profit association having its legal seat in Lausanne, Switzerland. The EFSMA is recognized by the International Federation of Sports Medicine (FIMS). [www.efsma.net](http://www.efsma.net)



# COOPERATION PARTNERS (2)

Düsseldorf & Singapore



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## The German Society of Sport Science (DVS)

The German Society of Sport Science (Deutsche Vereinigung für Sportwissenschaft, abbr.: DVS) is a federation of researchers active in teaching, research or practice, and it was founded in Munich in 1976. Their mission is to encourage and support research in sport science. [www.sportwissenschaft.de](http://www.sportwissenschaft.de)



## The European Platform for Sport Innovation (EPSI)

The European Platform for Sport Innovation is a membership-based networking organization within Europe that focuses on innovation in the areas of physical activity related to sport, leisure and health. EPSI strives for a more innovation-friendly environment for the EU sports industry, in order to stimulate technological innovation and to set up businesses with a focus on innovative technology.

[www.epsi.eu](http://www.epsi.eu)



## Perform Better Europe

Perform Better is the leading provider of high-quality training equipment such as kettlebells, TRX, slings, dumbbells, coordination ladders, sandbags, training ropes, minibands, powerbands, superbands, blackroll, equalizer, sandbells, Assault Air Bike, and medicine balls as well as trainings, advanced trainings, certifications, and seminars about functional training. We additionally offer courses in functional fitness and fascia training at events such as the FIBO (Fitness and Body building Fair) or the IFAA (International Fitness Aerobics Academy). [www.perform-better.de](http://www.perform-better.de)



WEARABLE TECHNOLOGIES

## Wearable Technologies AG

the pioneer and internationally leading innovation, market development and incubation platform for technologies worn close to or at the body (wearable technologies). [www.wearable-technologies.com](http://www.wearable-technologies.com)

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# CONTACT US!



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 [info@navispace.de](mailto:info@navispace.de)

### CONFERENCE ORGANIZATION, PARTNERSHIPS & PROGRAM MANAGEMENT

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