

After work GIH mån 21 maj sal 1505 start 16.30, regi: Svensk Förening för fys akt och idrottsmedicin (på eng.)

(Ingen föransmälan behövs – det är bara att komma för de intresserade)

16.30 Welcome!

*Also an attending guest from USA: Jim Griffith, MBA, CAE,
Executive Director American Medical Society for Sports Medicine*

16.35-16.55

Sports Medicine in the US

John Lombardo, MD, CAQSM, FACP

Assistant Professor of Orthopaedics and Rehabilitation Medicine

The University of Chicago Medicine & Biological Sciences

16.55-17.15

The role of leucine in regulating skeletal muscle protein synthesis

William Apro, PhD, GIH=The Swedish School of Sport and Health Sciences

- The presentation will highlight the role of leucine in regulating protein synthesis through the mTORC1 signaling pathway in human skeletal muscle. The talk will focus on how leucine stands out amongst the essential amino acids and explore whether leucine alone is sufficient to maximize the response in connection with resistance exercise.

17.15-17.35

Vitamin D and the musculoskeletal system

Leonardo Olivera, assistant professor of orthopaedics and rehabilitation medicine at the University of Chicago and specializes in musculoskeletal medicine with focus on non-operative orthopaedics and clinical sports medicine. An interest in exercise performance, running injuries, sports concussions and the effects of vitamin D on the musculoskeletal system. part of the research committee since 2011 in the American Medical Society for Sports Medicine

17.35-17.55

Concurrent training – do opposite distract or attract?

Marcus Moberg, PhD, GIH=The Swedish School of Sport and Health Sciences

– This lecture will discuss the influence the addition of aerobic exercise to resistance exercise with regard to the skeletal muscle training adaptations.

18.00-18.30

Physical activity is as good as medication or CBT for mild to moderate depression

Eva Andersson, MD, PhD, GIH= The Swedish School of Sport and Health Sciences

Physical activity, mental illness and comorbidity with other diseases

Jill Taube, MD in psychiatry, Sjal och Kropp AB

- The lecture discuss that the impact of physical activity alone as treatment for mild to moderate depression is as good as antidepressant drugs or conversational therapy. Furthermore, prevention and recurrence of depression can be prevented by means of physical activity. In addition, examples of dosage and type of appropriate physical activity that can be performed as treatment for depression, based on various scientific studies, are described. Mechanisms for the positive effects of physical activity in depression are also described as well as comorbidity between mental illness and other diseases.

18.30-18.50

Differences between baseball pitchers and other overhead throwing sports

Jason L. Zaremski, MD, CAQSM, FACSM, FAAPMR

Assistant Professor, Divisions of PM&R, Sports Medicine, & Research

Department of Orthopaedics and Rehabilitation

Co-Medical Director Adolescent & High School Outreach Program

University of Florida College of Medicine

18.50-19.00

The effects of different ankle foot orthoses on Achilles tendon biomechanics

Toni Arndt, Professor, GIH= The Swedish School of Sport and Health Sciences

- Recent research has shown non-uniform deformation in the Achilles tendon in a number of activities and indicated that this non-uniformity is a sign of healthy function. Ankle foot orthoses (AFO) are used in rehabilitation protocols after Achilles tendon surgery and this study investigated the effects of different designs of AFO on Achilles tendon deformation, which has consequences for tendon healing.

19.00-19.30

Discussion