Sports Medical Course
Sportclimbing and Trailrunning

Obertrubach
4.-7.July 2019

Course Language: English
Sports Medical Course - Sportclimbing and Running

Course Informations

Organizers: Prof. Dr.med. Volker Schöffl, MHBA
Dr.Dr.med.Isabelle Schöffl, MSc
Dept. of Sportsorthopedics and Sportsmedicine, Sozialstiftung Bamberg and Dept. of Pediatric Cardiology, FAU Erlangen-Nuremberg

Registration: Mrs.I.Grasser, Dept. of Sportsorthopedics and Sportsmedicine, Klinikum Bamberg, Bugerstr.80, 96049 Bamberg, Germany
Tel 0951 503 12241, Fax 0951 503 12249, sporttraumatologie@sozialstiftung-bamberg.de

Registration is obligatory and must be in written form. Registration is only effective after payment (reference: sports medical course) of the course fee to the following bank account: Volker Schöffl, Sparkasse Bamberg, SWIFT/BIC BYLADEM1SKB, IBAN DE90 7705 0000 0578 4494 15, Germany. As the number of participants is limited please register early. Cancellation more than 4 weeks prior to the course results in an administration charge of 25 Euro, a later cancellation cannot be performed.
Course fee (including full board)

Course fee for a single room is 500 Euro, accommodation in a twin room is 480 Euro per person. Fees include breakfast, coffee, lunch (take away at climbing days) and dinner.

Course approval and CME accreditation:

The course has been approved by GOTS (The Society for Orthopaedic Traumatologic Sports Medicine) and the UIAA Medical Commission. CME accreditation from various medical bodies will be requested as in previous years. This includes accreditation from:

- Bavarian Medical Board: 16 CME points requested
- German Degree in Sports Medicine (sports medicine 17h (A:1h, B:10h, E:4h, G:2h) sports medical aspects of sports 15h (7:7h, 8:8h)
- Physiotherapy CME points: 25

Location: In the heart of the “Frankenjura” – one of the Worlds most famous climbing areas

Arbeitnehmerbildungsstätte Obertrubach, Fränkische Schweiz 
Pfarrer-Grieb-Weg 25, 91286 Obertrubach, Germany 
Phone: +49 9245 9821-0, Fax: +49 9245 9821-30 
http: www.bildungshaus-obertrubach.de

Airports: Nuremberg (45min), Munich (2h), Frankfurt (2.5h)

Map:
**Equipment:**

Rental climbing gear is available for minor costs. If possible bring your own gear. Active sport program will be in small groups, transportation to the climbing spots will be arranged through private cars of participants.

**Insurance Cover:**

The course fee does not include any insurance cover for the sport activities or other accidents during the course. Please be sure to have your personal travel insurance cover.

There are many climbing possibilities close by. We refer to the present guidebooks or online to [www.climbing.de](http://www.climbing.de) and [www.frankenjura.com](http://www.frankenjura.com). The closest bouldering area is just a 5 minutes walk from the course venue. There are a large variety of running and mountain bike trails close by.
Program 4.-5.7.

Thursday 4.7.2019

13.00 Get together, Registration, Coffee

13.15 Welcome and course information
13.30 Injury statistics (V.Schöffl)
13.50 Injuries to the lower extremities in climbing (V.Schöffl)
14.20 Anatomy and biomechanics of the hand and fingers (I.Schöffl)

14.50 Coffee Break
15.15 Shoulder problems in rock climbers (D.Popp)
15.45 Natural Running – technique and tactics (J.Emmler)
16.15 ECG in athletes (P.Zimmermann)
16.45 Train hard or smart – How to calculate training workload (G.Jones)

17.15 Sport practise: Running (V.Schöffl)

18.30 Dinner

Friday 5.7.2019

7.00 Early Morning Run (I.Schöffl, V.Schöffl)

7.45 Breakfast
8.15 Modern body composition assessment and BIVA (G.Bosetti)
8.45 Sports nutrition and professional climbers (G.Bosetti)
9.15 Trauma management in the mountains, ventilation during helicopter rescue and resuscitation of avalanche victims (T.Keil)

9.45 Coffee Break
10.15 Nutrition and Hydration during running competitions (I.Schöffl)
10.30 Sports ability test and medical supervision of junior high level athletes (I.Schöffl)

11.00 Epiphyseal fractures in adolescent athletes (I.Schöffl)
11.20 Orthopedic treatment of epiphyseal fractures (M.Simon)

12.30 Sport practice: Rock climbing, trail running (guides)

18.30 Dinner
Program 6.-7.7.

Saturday 6.7.

7.00 Early Morning Run (I.Schöffl, V.Schöffl)
7.45 Breakfast
8.15 Differential diagnosis of finger pain (V.Schöffl)
9.15 Radiographic imaging of climbing related injuries (T.Bayer)
9.45 Coffee Break
10.00 Radiographic changes in long time climbers (V.Schöffl)
10.30 Workshops: I. Ultrasound Hand/Fingers and II. Taping (2 groups)
   (R.Pfefferkorn, V.Schöffl, I.Schöffl)
12.15 Sport practice: Rock climbing, running (guides)
18.30 Dinner

Sunday 7.7.

7.00 Early Morning Run (I.Schöffl, V.Schöffl)
7.45 Breakfast
8.15 Rockclimbing with medical conditions (Th. Küpper)
9.00 Modern climbing movement and shoulder overstress -
   what can we do? (P.Matros, D.Korb)
9.45 Bone marrow edema and hamate hook fractures (C.Lutter)
10.00 Coffee Break
10.30 Workshop: Body in balance - exercises to keep you away from
   injury and overstress - Kraftfactory (P. Matros, D. Korb)
12.00 Lunch
13.00 Anorexia in Rock climbing (I.Schöffl)
13.30 Spiroergometry running and skimountaineering (O.Pöppelmeier)
14.00 Physiotherapy in high level climbers (S.Watson)
14.45 Round tables – panel discussions
   Management of finger injuries (V.Schöffl, S.Watson, R.Pfefferkorn)
   Professional sports and the young athlete (I.Schöffl, A.Morrison,
   U.Schwarz)
   Performance diagnosis (O.Pöppelmeier, J.Emmler,
   P.Zimmermann)
15.45 Closure, Issuing of participation certificate
Board

Gianluca Bosetti, PhD, Biologo Nutrizionista, Bassano del Grappa
Italy

Thomas Bayer MD, PhD, Department of Radiology, University Erlangen-Nuremberg

Christian Donner, UIAA certified Mountain Guide, ProAlpin, Bamberg

Julia Emmler, Athletic coach, Dept. Sportsorthopedics - Sportsmedicine, Sozialstiftung Bamberg

Gareth Jones PhD, School of Clinical and Applied Sciences, Leeds Beckett University, UK

Lutter Christoph MD, Dept. of Orthopedic and Trauma Surgery, Sozialstiftung Bamberg

Ludwig (Dicki) Korb, Author of “Gimme Kraft”, Former member of Trainer Team German National Team Climbing, Kraftfactory

Holger Heuber, Rock Climber, Expedition Climber, Forchheim

Thorsten Keil MD, Head Dept. of Anesthesiology, Klinikum Lichtenfels, Helicopter Rescue Physician, Austria

Pfefferkorn Ronny MD, Dept. of Orthopedic and Trauma Surgery, Sozialstiftung Bamberg

Dominik Popp MD, Consultant Dept. of Orthopedic and Trauma Surgery, Sozialstiftung Bamberg

Matros Patrick, Sport Scientist, Author of “Gimme Kraft”, former member of Trainer Team German National Team Climbing, Kraftfactory

Olaf Pöppelmeier, MD Consultant Dept. of Orthopedic and Trauma Surgery, Sozialstiftung Bamberg

Thomas Küpper MD, PhD, Inst. of Occupational and Social Medicine, Aachen Technical University, MedCom UIAA

Isabelle Schöffl MD, PhD, MSc, Dept. of Pediatric Cardiology, FAU Erlangen-Nuremberg

Volker Schöffl MD, PhD, MHBA, Dept. of Sportsorthopedics and Sportsmedicine, Sozialstiftung Bamberg, MedCom IFSC

Michael Simon, MD, Dept. of Orthopedic and Trauma Surgery, Sozialstiftung Bamberg

Stewart Watson, Physiotherapist and former World Cup competing climber, Austria

Paul Zimmermann, MD, Consultant Dept. of Cardiology, Sozialstiftung Bamberg
Registration Form

I register for the sportsmedical course “Sportclimbing and Running” from the 4.-7.7. in Obertrubach, Germany. The fee for registration, board and lodging was paid.

Name:

Adress:

Phone, Fax:

Room: single room: double room:

E-mail: Date/Signature

Please sent to:

Fr.I.Grasser, Sekretariat Sportorthopädie, Klinikum Bamberg, Bugerstr.80, 96049 Bamberg, Germany.
Tel 0951 503 12241, Fax 0951 503 12249,
sporttraumatologie@sozialstiftung-bamberg.de