



Sports Medical Course Sportclimbing and Trailrunning **Preliminary programm**

Frankenjura

29.6.-2.7.2026

Course Language: English

SPORTSMEDICINE BAMBERG
Medicine and Science for Extreme Sports



Sports Medical Course - Sportclimbing and Trailrunning



Course Informations

Organizers: Prof. Dr.med. Volker Schöffl, MHBA

Dept. of Orthopedic and Trauma Surgery - Sportsmedicine,
Sozialstiftung Bamberg

Registration: Mrs.I.Grasser, Center of 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 75 Euro, a later cancellation cannot be performed.

Course fee (including full board)

Course fee with accommodation in a single/double room, “Hotel zur Post Waischenfeld”, is 900 Euro per person in a double room, and 950 Euro in a single room. Fees include breakfast, coffee breaks with snacks, lunch (on the last day), dinner. On site (hotel, restaurant) you can only pay in cash or ec-card, not with a credit card. An ATM is close to the venue.

Course approval and CME accreditation:

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

- Bavarian Medical Board: 16 CME
- German Degree in Sports Medicine ZTK Modul 4 (WBO 2020) 16h.
- Physiotherapy CME points: 20

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

Hotel zur Post, Marktpl. 8, 91344 Waischenfeld, FRG, www.hotel-zur-post-waischenfeld.de

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

Map: (source: google.maps)



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 and www.frankenjura.com.

The closest climbing area is just a 5 minute walk from the course venue. There is a large variety of trail running trails close by.

Program 29.6. – 2.7.2026

Monday 29.6.2026

- 13.00 Get together, Registration, Coffee
- 13.15 Welcome and course information
- 13.30 Injury epidemiology trends in climbing (V.Schöffl)
- 13.50 Injuries to the lower extremities in climbing (V.Schöffl)
- 14.20 Interactive Case Presentations and Discussion Lower Limb (X. Iruretagoiena/V.Schöffl)
- 14.45 Coffee Break
- 15.15 Cardiopulmonary Exercise Testing in Trailrunning (I.Schöffl)
- 15.45 The athletes ECG with Quiz (C.Paech)
- 16.15 Management of arrhythmia in athletes (C.Paech, I.Schöffl)

- 17.00 Sport practice: Running (V.Schöffl)
- 19.00 Dinner

Thursday 30.6.2026

- 7.00 Early Morning Run (I.Schöffl, V.Schöffl)
- 7.45 Breakfast
- 8.15 Radiographic imaging of climbing related injuries (T.Bayer)
- 8.45 Finger strength testing (T.Nelson)
- 9.15 Sports ability test and medical supervision of junior high level athletes, Climbing with a cardiac condition (I.Schöffl)

- 9.45 Coffee Break
- 10.15 Climbing Psychology (M.Ionel)
- 10.45 Basics of diagnostic ultrasound in the hand and fingers (X. Iruretagoiena)
- 11.05 Case Presentation finger Injuries ultrasound (X. Iruretagoiena, V.Schöffl)
- 11.30 Workshops : I. Ultrasound Hand/Fingers and II. Taping (2 groups) (X. Iruretagoiena, V.Schöffl, I.Schöffl)

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

- 19.00 Dinner

Program 29.6. – 2.7.2026

Wednesday 1.7.2026

- 7.00 Early Morning Run (I.Schöffl, V.Schöffl)
- 7.45 Breakfast
- 8.15 Differential diagnosis of finger pain (V.Schöffl)
- 8.40 The pulley and us (V.S., X.I.)
- 9.00 Interactive case presentations finger (Auditorium, V.S., X.I.)
- 9.30 Physiotherapy in Climbers (X. Iruretagoiena)
- 10.15 Coffee Break
- 10.45 Radiographic changes in long time climbers (V.Schöffl)
- 11.15 Modern climbing movement and shoulder overstress -
what can we do? (P.Matros, D.Korb)
- 12.30 Sport practice: Rock climbing, trail running (guides)
- 19.00 Dinner

Thursday 2.7.2026

- 7.00 Early Morning Run (I.Schöffl, V.Schöffl)
- 7.45 Breakfast
- 8.15 Rockclimbing with medical conditions (T. Küpper)
- 8.45 Case presentations: Antidoping and TUE in competition climbing
(T.Küpper)
- 9.15 REDs in Rock climbing (V.Schöffl)
- 9.45 Psychological Aspects of REDs in Climbing (M.Ionel)
- 10.15 REDs from the inside: short report and QR session with former
Boulder World Champion and medical doctor Juliane Wurm
- 10.45 Coffee Break
- 11.15 Finger strength training – modern concepts (T.Nelson)
- 11.45 Shoulder Conditions in Climbers (M.Simon)
- 12.15 Video Analysis Shoulder injuries (V.Schöffl)
- 12.45 Lunch
- 14.00 Wrist Injuries in Climbing (J.Lisse)
- 14.30 The climbing battered child – is it worth the stress (I.S., J.W.)
(about hot shot kids, lost childhoods and a return to normal life)
- 15.00 Psychological aspects of being a wonder kid (M.Ionel)
- 15.20 Round table – panel discussions (Panel speakers)
Medical conditions and topics in climbers
- 15.45 Closure, Issuing of participation certificate

Board

Thomas Bayer MD, PhD, Department of Radiology, Klinikum Fürth

Jochen Hollfelder, UIAA certified Mountain Guide, ProAlpin, Bamberg

Maria Stefania Ionel, MA, PhD, Psychologist and Psychotherapist, Babes-Bolyai University, Cluj-Napoca, Rumania

Xeber Iruretagoiena, PhD, MSc, MSc, Physiotherapist, Sports Scientist, Sports Therapist, Deusto University, San Sebastian and Clinic Eskura Osasun zentroa, San Sebastian, Spain

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

Jens Lisse MD, SportDocsFranken, Nürnberg

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

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

Paech Christian, MD, PhD, Herzzentrum, University Leipzig

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

Volker Schöffl MD, PhD, MHBA, Dept. of Orthopedic and Trauma Surgery, Sozialstiftung Bamberg, MedCom IFSC

Michael Simon, MD, Dept. of Orthopedic and Trauma Surgery, FAU Erlangen-Nuremberg

Tyler Nelson, DC, MS, CSCS, Camp for Human Performance, Salt Lake City, USA

Juliane Wurm, MD, World Champion Bouldering 2014, Dept. of Pediatrics, Kantonsspital Luzern

Registration Form

I register for the sportsmedical course "Sportclimbing and Trailrunning" from the 29.6.-2.7.2026 in Waischenfeld, Germany. The fee for registration, board and lodging was paid.

Name:

Address:

Phone, Fax:

Room: single room:

double room:

E-mail:

Date/Signature

Please send to:

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Bugerstr.80, 96049 Bamberg, Germany.
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