



# Sports Medical Course Sportclimbing and Running

Obertrubach

22.6.-25.6.2017

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,  
Dept. of Pediatrics  
Sozialstiftung Bamberg

**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](mailto: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, BLZ 77050000, Ac.No. 578449415, 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 450 Euro, accommodation in a twin room is 420 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:

- Bay. Landesärztekammer: 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](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. If you want to mountainbike as part of the sports program please bring your own bike and gear.

## 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 June 22. – 23.**

### **Thursday 22.6.2017**

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 Spiroergometry running and skimountaineering (O.Pöppelmeier)

15.45 Natural Running – technique and tactics (J.Derbfuß)

16.15 Shoulder problems in rock climbers (D.Popp)

16.45 ECG in athletes (P.Zimmermann)

17.15 Athletes ECG-Quiz (U.Schwarz)

17.30 Sport practise: Running / Slackline (V.Schöffl, U.Schwarz)

18.30 Dinner

### **Friday 23.6.2017**

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

7.45 Breakfast

8.15 Physiological responses to rock climbing in young climbers  
(A.Morrison)

8.45 Trauma management in the mountains, ventilation during heli-  
copter rescue and resuscitation of avalanche victims (T.Keil)

9.15 Coffee Break

9.45 Nutrition and Hydration during running competitions (I.Schöffl)

10.00 Sports ability test and medical supervision of junior high level  
athletes (I.Schöffl)

10.30 Epiphyseal fractures in adolescent athletes (I.Schöffl)

10.50 Orthopedic treatment of epiphyseal fractures (M.Simon)

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

18.30 Dinner

20.00 Slide Show Holger Heuber

## **Program June 24. – 25.**

### **Saturday 24.6.2017**

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

7.45 Breakfast

8.15 Differential diagnosis of finger pain (V.Schöffl)

9.00 Ultrasound evaluation of the A3 pulley (J.Deeg)

9.15 Radiographic imaging of climbing related injuries (T.Bayer)

9.45 Bone marrow edema and hamate hook fractures (C.Lutter)

10.00 Coffee Break

10.30 Radiographic changes in long time climbers (V.Schöffl)

10.45 Workshops : I. Ultrasound Hand/Fingers and II. Taping (2 groups)  
(J.Jüngert, R.Pfefferkorn, V.Schöffl, I.Schöffl)

12.15 Sport practice: Rock climbing, running, mountainbike  
(guides)

18.30 Dinner

### **Sunday 25.6.2017**

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

7.45 Breakfast

8.15 Rockclimbing with medical conditions (Th. Küpper)

9.00 Gimme Kraft – Modern sport climbing training (P.Matros, D.Korb)

9.45 Coffee Break

10.15 Workshop: Gimme Kraft – Core strength and  
“how to train to flash 9a” (P.Matros, D.Korb)

12.00 Lunch

13.00 Anorexia in Rock climbing (I.Schöffl)

13.30 Physiotherapeutic analysis of climbing techniques (S.Watson)

14.15 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.Derbfuß,  
P.Zimmermann)

15.45 Closure, Issuing of participation certificate

## Board

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

**Christian Donner**, UIAA certified Mountain Guide, ProAlpin, Bergsportschule Bamberg GbR

**Julia Derbfuß**, Athletic coach, Natural Running Trainer, Spiroergometry, Motion Analysis, Dept. Sportsorthopedics - Sportsmedicine, Sozialstiftung Bamberg

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

**Deeg Johannes, MD**, Dept. of Sportsorthopedics and Sportsmedicine, Sozialstiftung Bamberg

**Ludwig (Dicki) Korb**, Author of "Gimme Kraft", Former member of Trainer Team German National Team Climbing,

**Holger Heuber**, Rock Climber, Expedition Climber, Forchheim

**Jörg Jüngert, MD**, Consultant Dept. of Pediatrics, University of Erlangen-Nuremberg

**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

**Audry Morrison, BSc** (Hons in Human Nutrition), RNutr (registered nutritionist), and MedCom UIAA, London UIAA

**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 Pediatrics, Sozialstiftung Bamberg

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

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

**Ulrich Schwarz MD**, Private Practise, Oberstdorf

**Stewart Watson**, Physiotherapist and 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 22.-25.6.2017 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:

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Bugerstr.80, 96049 Bamberg, Germany.  
Tel 0951 503 12241, Fax 0951 503 12249,  
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