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Olympiastützpunkt  
Bayern



Offizielles  
medizinisches  
Zentrum

# Sports Medical Course Sportclimbing and Trailrunning

## Frankenjura

30.6.-3.7.2022

Course Language: English

**SPORTSMEDICINE BAMBERG**  
Medicine and Science for Extreme Sports



Gesellschaft für Orthopädisch-  
Traumatologische Sportmedizin

LOWA



**TERREX**



## Sports Medical Course - Sportclimbing and Trailrunning



### Course Informations

**Organizers:** Prof. Dr.med. Volker Schöffl, MHBA  
PD.Dr.Dr.med.Isabelle Schöffl, MSc

Dept. of Orthopedic and Trauma Surgery - Sportsmedicine,  
Sozialstiftung Bamberg and Dept. of Pediatric Cardiology, FAU  
Erlangen-Nuremberg

**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](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, 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 50 Euro, a later cancellation cannot be performed.

## Course fee (including full board)

Course fee with accommodation in a single/double room, Hotel Goldener Stern \*\*\*\*, is 800 Euro per person. Fees include breakfast, coffee breaks with snacks, lunch (on the last day), dinner, use of indoor pool and SPA area.

## 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 (sports medicine 17h (A:1h, B:10h, E:4h, G:2h) sports medical aspects of sports 15h (7:7h, 8:8h)(WBO 2003) or ZTK Modul 4 (WBO 2020)(requested)
- Physiotherapy CME points: 25

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

**Hotel Goldner Stern \*\*\*\*, Muggendorf, Bavaria, FRG, [www.goldner-stern.de](http://www.goldner-stern.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](http://www.climbing.de) and [www.frankenjura.com](http://www.frankenjura.com).

The closest bouldering area is just a 10 minute walk from the course venue. There is a large variety of trail running trails close by.

## **Program 30.6.1.7.**

**Thursday 30.6.2022**

13.00 Get together, Registration, Coffee

13.15 Welcome and course information

13.30 Injury epidemiology in climbing (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 (M.Simon)

15.45 Spiroergometry trail running (I.Schöffl)

16.30 ECG in athletes (P.Zimmermann)

17.00 Sport practice: Running (V.Schöffl)

18.30 Dinner

**Friday 1.7.2022**

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

7.45 Breakfast

8.15 Physiotherapy in Climbers (X. Iruretagoiena)

9.00 Trauma management in the mountains, ventilation during helicopter rescue and resuscitation of avalanche victims (T.Keil)

9.45 Coffee Break

10.15 Sports ability test and medical supervision of junior high level Athletes, Cardiac adaptations to climbing (I.Schöffl)

11.00 Ultrasound in the hand and fingers (X. Iruretagoiena)

11.45 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)

18.30 Dinner

20.00 Slide Show (Volker Schöffl ("Diversity of being a climber and doctor) and Kilian Reil (BikeRafting in Sibirien)

## **Program 2.-3.7.**

### **Saturday 2.7.22**

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

10.15 Anorexia in Rock climbing (I.Schöffl)

11.00 Modern climbing movement and shoulder overstress -  
what can we do? (P.Matros, D.Korb)

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

18.30 Dinner

### **Sunday 3.7.22**

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

7.45 Breakfast

8.15 Rockclimbing with medical conditions (Th. Küpper)

9.00 Antidoping and TUE in competition climbing (Th.Küpper)

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

10:00 Coffee Break

10:30 Surgical case presentations of hand and finger injuries in climbers  
(N. Thumm)

11.00 EKG in the extreme athletes (C.Paech)

12.00 Lunch

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

13.30 Update – IFSC medical commission – whats going on in  
competition climbing (V.Schöffl)

14.00 A Systematic Framework for Rehabilitation Climbing Injury  
(J.Vagy)

14.45 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

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

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

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

**Lutter Christoph MD, PhD, MHBA, MSc** Dept. of Orthopedics, University Rostock

**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

**Kilian Reil**, photographer and film director, Nürnberg

**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, Sozialstiftung Bamberg

**Nicolas Thumm Bock, MD**, hand surgeon, Clinica Universidad de los Andes, Chile

**Jared Vagy, PT, DPT, OCS**, Doctor of Physical Therapy, Division of Biokinesiology and Physical Therapy. University of Southern California, USA

**Paul Zimmermann, MD**, Consultant Dept. of Cardiology, Sozialstiftung Bamberg

## Registration Form

I register for the sportsmedical course "Sportclimbing and Trailrunning" from the 30.6.-3.7.2022 in Muggendorf, 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