

# International Congress of Physiotherapy

Saturday 27 January 2018 – Brussels, Belgium

## Women and sport : a multidisciplinary clinical approach

### From recreational to top athlete

#### PROGRAM

8.30 am : Welcome

Auditorium 1	
Moderator	V. Gangji
9.00 – 9.20 am Topic	D. Gavage <i>History of women in sport</i>
9.20 – 9.40 am Topic	J. Brouwre <i>Gender Psychology and sport</i>
9.40 – 10.00 am Topic	– <i>Philosophical approach to women in sport</i>
10.00 – 10.30 am Topic	M. Duclos <i>Physiology of sport in women in women</i>
10.30 – 11.00 am	Discussion

11.00 – 11.30 am: Break + posters exhibition

	Auditorium 1 Physiology & performance	Auditorium 2 Exercise therapy	Auditorium 3 Sports injuries
Moderators	G. Cheron	M. Chalon	V. Feipel
11.30 – 12.00 am Topic	S. Baudry <i>Muscle fatigability specificities in women</i>	M. Duclos <i>Cancer and exercise</i>	M. Jayankura <i>Hip diseases by sportswomen</i>
12.00 – 12.30 am Topic	L. Decroix <i>Over-training syndrome in women</i>	G. Van Heddegem <i>Cardio-respiratory specificities in women</i>	J. Van Cant <i>Patellofemoral syndrome</i>
12.30 am – 1.00 pm Topic	E. Lievens <i>Muscle fiber-type specificities in women</i>	– <i>Pulmonary specificities in women</i>	– <i>Dancing injuries specificities in women</i>

**1.00 – 2.00 pm: Lunch + posters exhibition**

	<b>Auditorium 1 Pelviperrineology</b>	<b>Auditorium 2 Breast</b>	<b>Auditorium 3 Nutrition &amp; psychology</b>
<b>Moderators</b>	<b>T. Roumeguère</b>	<b>J. Haut</b>	<b>J. Brouwre</b>
<b>2.00 – 2.30 pm Topic</b>	<b>I. Ethienney</b> <i>Perineal trauma</i>	– <i>Support bra during sport : for or against</i>	<b>J. Gillet</b> <i>Sociology aspects of sportswomen</i>
<b>2.30 – 3.00 pm Topic</b>	<b>K. Boo</b> <i>Biomechanical effects of sport on pelvic structures</i>	<b>V. Fuchs</b> <i>Lymphedema and exercises</i>	<b>N. Boisseau</b> <i>Nutrition in sportswomen</i>
<b>3.00 – 3.30 pm Topic</b>	– <i>Physical therapy for pelviperrineology sport damages</i>	<b>M. Lamotte</b> <i>Breast Cancer and exercises: case reports</i>	<b>R. Wollast</b> <i>Body image in sportswomen</i>

**3.30 – 4.00 pm: break + posters exhibition**

	<b>Auditorium 1 Puberty</b>	<b>Auditorium 2 Pregnancy</b>	<b>Auditorium 3 Adult women</b>
<b>Moderators</b>	–	<b>C. Daelemans</b>	<b>S. De Breucker</b>
<b>4.00 – 4.20 pm Topic</b>	<b>L. Baeyens</b> <i>Triad in young sportswomen</i>	– <i>Support bra during sport : for or against</i>	– <i>Physical activity in multiple sclerosis</i>
<b>4.20 – 4.40 pm Topic</b>	– <i>Bone growth in young sportswomen</i>	– <i>Lymphedema and exercises</i>	– <i>Retraining by physical activity in elderly women</i>
<b>4.40 – 5.00 pm Topic</b>	– <i>Puberties delay in young sportswomen</i>	<b>V. Faoro et M. Klass</b> <i>Recommandations for pregnant sportswomen</i>	<b>L. Baeyens</b> <i>Menopause in sportswomen</i>

**5.00 pm: Closing session + Best poster awards**

## **SPEAKERS AND MODERATORS**

- Baudry S., PhD (Faculté des Sciences de la Motricité, ULB, Belgium)
- Baeyens L., MD, PhD (Service de Gynécologie-obstétrique du sport, CHU Brugmann, Belgium)
- Boisseau N., PhD (Université Blaise Pascal, AME2P, Clermont Ferrand, France)
- Boo K., PhD (Norwegian School of Sport Sciences, Department of Sports Medicine, Oslo, Norway)
- Brouwre J. (Coach sportif Red Flames, voile Laser Radial, athlétisme olympique, Belgium)
- Chalon M., MD (Service de Médecine Physique, Hôpital Erasme, ULB, Brussels, Belgium)
- Cheron G., PhD (Faculté des Sciences de la Motricité, ULB, Belgium)
- Daelemans C., MD, PhD (Obstetrics Department, Hôpital Erasme, ULB, Brussels, Belgium)
- De Breucker S., MD (Service de Gériatrie, Hôpital Erasme, ULB, Brussels, Belgium)
- Decroix L., PhD student and Professional cyclist (Human Physiology Group, BLITS, VUB, Belgium)
- Duclos M., MD, PhD (CHU G.Montpied, Clermont-Ferrand, France)
- Ethienney I. (Groupe hospitalier Diaconesse Croix Saint Simon, Paris, France)
- Faoro V., PhD (Faculté des Sciences de la Motricité, ULB, Belgium)
- Feipel V., PhD (Faculté des Sciences de la Motricité, ULB, Belgium)
- Fuchs V. (Belgium)
- Gangji V., MD, PhD (Service de Médecine Physique, Hôpital Erasme, ULB, Brussels, Belgium)
- Gavage D. (Comité Olympique et Interfédéral Belge)
- Gillet J. (Service études et projets des femmes prévoyantes socialistes, Brussels, Belgium)
- Haut J., MD (Clinique Multidisciplinaire du Sein, Hôpital Erasme, ULB, Brussels, Belgium)
- Jayankura M., MD (Service d'Orthopédie, Hôpital Erasme, ULB, Brussels, Belgium)
- Klass M., PhD (Faculté des Sciences de la Motricité, ULB, Belgium)
- Lamotte M., PhD (Service de Kinésithérapie, Hôpital Erasme, ULB, Brussels, Belgium)
- Lievens E., PhD student (Faculty of Medicine and Health Sciences, Ghent University, Belgium)
- Minschaert M. (Service de Kinésithérapie, Hôpital Erasme, ULB, Brussels, Belgium)
- Roumeguère T., PhD (Service d'Urologie, Hôpital Erasme, ULB, Brussels, Belgium)
- Van Cant J., PhD (Kinésithérapeute de la Ligue Belge Francophone d'Athlétisme, Belgium)
- Van Heddegem G., MD (CHU Ambroise Paré, Belgium)
- Wollast R., PhD student (Faculté des Sciences Psychologiques et de l'Education, ULB, Belgium)