

# Programme

## September 8, Thursday

at the University of Tartu Library - Main Hall

8:30 – 9:30 Registration desk open

### International Symposium on Exercise Physiology

Dedicated to the 90th anniversary of Professor Atko-Meeme Viru

09:30 - 10:00	Opening
10:00 - 11:40	<b>Session 1 (Eng)</b> Chair: Mehis Viru (University of Tartu, Estonia)
10:00 - 10:40	Anthony C. Hackney (University of North Carolina, Chapel Hill; USA) <b>"Exercise training effects on anabolic and catabolic hormones: influence of age"</b>
10:40 - 11:20	Anna Książek (Wrocław University of Sport and Health Sciences, Poland) <b>"Vitamin D metabolites and physical performance in athletes"</b>
11:20 - 11:40	Jaak Jürimäe (University of Tartu, Estonia) <b>"Monitoring of performance and training in rowers"</b>
11:40 - 12:00	Coffee break
12:00 - 13:40	<b>Session 2 (Eng)</b> Chair: Vahur Ööpik (University of Tartu, Estonia)
12:00 - 12:40	Kerry Stephen Seiler (University of Agder, Norway) <b>"Evidence based approach to endurance training"</b>
12:40 - 13:20	Ronald J. Maughan (St Andrews University, United Kingdom) <b>"Nutrition strategies for sports performance"</b>
13:20 - 13:40	Mati Pääsuke (University of Tartu, Estonia) <b>"Adaptation to cycling sprint-interval training in older adults"</b>
13:40 - 14:40	Lunch
14:40 - 16:20	<b>Session 3 (Eng)</b> Chair: Mati Pääsuke (University of Tartu, Estonia)
14:40 - 15:20	Tommy Lundberg (Karolinska Institutet; Karolinska University Hospital, Sweden) <b>"Transgender women in the female category of sport - is there an unfair advantage?"</b>
15:20 - 15:40	Priit Kaasik (University of Tartu, Estonia) <b>"Myonuclear domain in adaptation and performance"</b>
15:40 - 16:00	Sigitas Kamandulis (Lithuanian Sports University, Lithuania) <b>"Hamstring muscle injury prevention in football: implications for high-velocity elastic band training strategy"</b>
16:00 - 16:20	Inese Pontaga (Latvian Academy of Sports Education, Latvia) <b>"Side-asymmetry of musculoskeletal system in athletes as adaptation to training loads"</b>
16:20 - 16:40	Closing of the symposium
17:00 - 18:00	A guided walking tour in the city center of Tartu
18:30 - 18:55	<b>Sponsor's presentation: "Diagnosing rhythm disorders in athletes"</b> Jari Kaija (PulseOn, Finland)
19:00 - 22:00	<b>Welcome Reception</b> - A get-together cocktail at the Gaudeamus Cafe at the University of Tartu Library

# September 9, Friday

08:00 – 08:30 Registration desk open

	University of Tartu Library - Main Hall	University of Tartu Library - Tõstamaa room
08:30 - 09:45	<b>Session 4A</b> - Short presentations ( <i>Eng</i> ) Chair: Maie Tali (University of Tartu, Tartu University Hospital, Estonia)	<b>Session 4B</b> - Short presentations ( <i>Eng</i> ) Chair: Jaak Jürimäe (University of Tartu, Estonia)
08:30 - 08:45	Eno Vahtra (University of Tartu, Estonia) <b>"The effect of strength training on anaerobic and aerobic performance in young cross-country skiers"</b>	Kirkke Reisberg (University of Tartu; Tartu Health Care College, Estonia) <b>"Longitudinal associations between physical activity, physical fitness, body composition and cognitive performance in the transition from preschool to school"</b>
08:45 - 09:00	Lauri Savolainen (University of Tartu, Estonia) <b>"Vitamin D supplementation: influence on cardiorespiratory fitness and inflammatory status in vitamin D deficient men"</b>	Juta Kraav (University of Tartu, Estonia) <b>"Late adolescence physical activity, fitness and body composition affect our arterial health in the future"</b>
09:00 - 09:15	Svetlana Rudmizie (Latvian Academy of Sport Education, Latvia) <b>"Equestrian competitions activities: what are the obstacles to good performance of the competitions?"</b>	Saima Kuu (Tallinn University, Estonia) <b>"Physical fitness and activity of Estonian schoolchildren in 2021 compared to 2017"</b>
09:15 - 09:30	Dmitri Valiulin (University of Tartu, Estonia) <b>"Clinical significance of exercise therapy among chronic cancer patients"</b>	Aave Hannus (University of Tartu, Estonia) <b>"How to measure children's joy of movement?"</b>
09:30 - 09:45	Domantas Gružas (Lithuanian University of Health Sciences, Lithuania) <b>"Paediatric asymptomatic flexible flatfoot. Is it still just about pain?"</b>	Guoping Qian (Gdansk University of Physical Education and Sport, Poland) <b>"Study on factors influencing teaching ability of students specializing in Sports Dance in sports colleges"</b>
09:45 - 10:00	Coffee break	
10:00 - 12:00	<b>Session 5:</b> Evidence-based approach to athletic training ( <i>Eng</i> ) Chair: Priit Kaasik (University of Tartu, Estonia)	
10:00 - 10:30	Lewis James (Loughborough University; United Kingdom) <b>"New perspectives on hydration for athletic performance"</b>	
10:30 - 11:00	Ronald J. Maughan (St Andrews University, United Kingdom) <b>"Nutrition support for training: is there a place for dietary supplements?"</b>	
11:00 - 11:30	Kerry Stephen Seiler (University of Agder, Norway) <b>"Practical lessons from integrating sport science to athletic preparation"</b>	
11:30 - 12:00	Lela Maskhulia (Tbilisi State Medical University, Georgia) <b>"Effects of non-functional overreaching and overtraining on responses of skeletal muscle and cardiac biomarkers for monitoring overtraining syndrome in athletes"</b>	
12:15 - 12:45	Martti Raju (Eesti Olümpiakomitee, Eesti) <b>"Team Estonia"</b> Presentation is in estonian/ Ettekanne toimub eesti keeles	

	University of Tartu Library - Foyer	
12:15 - 13:00	<b>Session 6</b> Poster session ( <i>Eng</i> ) Chairs: Sandra Rozenstoka (Sports laboratory - sports medicine, sports traumatology and rehabilitation centre, FIMS Collaborating Centre, Latvia) and Sigitas Kamandulis (Lithuanian Sports University, Lithuania)	
13:00 - 14:00	Lunch	
	University of Tartu Library - Main Hall	University of Tartu Library - Tõstamaa room
14:00 - 15:10	<b>Sessioon 7A</b> Sporditoitumine ( <i>Est</i> ) Juhataja: Mehis Viru (Tartu Ülikool, Eesti)	<b>Session 7B</b> Sports medicine ( <i>Eng</i> ) Chair: Madis Rahu (Tartu University Hospital; University of Tartu, Estonia)
14:00 - 14:20	Leila ja Lily Luik (Tartu Ülikooli Akadeemiline Spordiklubi, Eesti) <b>"Kas ja kuidas mõjutavad maratoonari töövõimet toit ja söömine?"</b>	Sandra Rozenstoka (Sports laboratory - sports medicine, sports traumatology and rehabilitation centre, FIMS Collaborating Centre, Latvia) <b>"The Significance of Sports Physician Exercise Consultation on athletes health"</b>
14:20 - 14:40	Mehis Viru (Tartu Ülikool, Eesti) <b>"Ashwagandha (Withania somnifera) kasutamise võimalused toidulisandina spordis"</b>	Saulė Salatkaitė-Urbonė (Hospital of Lithuanian University of Health Sciences, Lithuania) <b>"Long-term outcomes of young physically active individuals after anterior cruciate ligament reconstruction"</b>
14:40 - 15:00	Vahur Ööpik (Tartu Ülikool, Eesti) <b>"Toidulisandite tõendus põhine kasutamine spordis"</b>	Valeri Akhalkatsi (Tbilisi State Medical University, Georgia) <b>"Assessment of risks for the development of arthrofibrosis and prevention of knee extension deficit following anterior cruciate ligament reconstruction"</b>
15:00 - 15:10	Diskussioon	Discussion
15:20 - 16:30	<b>Sessioon 8</b> Sportliku treeningu teaduspõhine monitooring ( <i>Est</i> ) Juhataja: Jarek Mäestu (Tartu Ülikool, Eesti)	<b>Round table meeting of the Baltic Sports Medicine Associations</b>
15:20 - 15:40	Jarek Mäestu (Tartu Ülikool, Eesti) <b>"Läbi raskuste teadlikuma treeningu suunas"</b>	
15:40 - 16:00	Marko Albert (Eesti Triatloni Liit, Eesti) <b>"Millist rolli mängib triatleedi ettevalmistuses töövõime testimine?"</b>	
16:00 - 16:20	Alar Rikberg (Eesti Võrkpalli Liit, Eesti) <b>"Mida ütlevad statistilised andmed võrkpallitreenerile?"</b>	
16:20 - 16:30	Diskussioon	
16:30 - 16:50	Coffee break	
16:50 - 18:00	<b>Sessioon 9</b> Sportlase ettevalmistus tiitlivõistlusteks ( <i>Est</i> ) Juhataja: Kristjan Kais (Tartu Ülikool, Eesti)	Starting at 17:00 <b>Workshop on scientific communication</b> ( <i>Eng</i> ) <b>"Publishing effectively and open science"</b> Martin Hagger (University of California, Merced, USA; University of Jyväskylä, Finland)
16:50 - 17:10	Tiidrek Nurme (Eesti Kergejõustikuliit, Eesti) <b>"Tippu viivad mitu teed"</b>	OPEN WORKSHOP FOR ALL CONFERENCE PARTICIPANTS
17:10 - 17:30	Kaido Kaaberma (Eesti Vehklemisliit, Eesti) <b>"Kulla hind"</b>	
17:30 - 17:50	Kristel Kiens (Tallinna Ülikool, Eesti) <b>"Tiitlivõistlused: oodates "ootamatut""</b>	
17:50 - 18:00	Diskussioon	
19:00 - 23:00	<b>Conference Dinner</b> in the White Hall of the University of Tartu Museum. The Museum is open to participants starting from 18:00. Musical performance by C-JAM	

## September 9, Friday

### Workshops at Ujula 4, Study building of the Institute of Sports Sciences and Physiotherapy\*

\* For physiotherapists only

Time		Room No
15:00 - 16:00	Spordifüsioteraapia töötuba 1-1 ( <i>Est</i> ) <b>"Rehabilitatsioon tendinopaatiate puhul"</b> Tauno Koovit, Mihkel Luik (Tartu Ülikooli Kliinikum, Eesti)	3014
16:00 - 16:55	Workshop on sports physiotherapy 1-2 ( <i>Eng</i> ) <b>"Rehabilitation of tendinopathies"</b> Tauno Koovit, Mihkel Luik (Tartu University Hospital, Estonia)	3014
16:00 - 16:55	Workshop on physiotherapy 2-1 ( <i>Eng</i> ) <b>"Building aquatic exercise therapy for chronic and acute cartilage injury. What and how would work the best?"</b> Ben Waller (Sports Science Department, University of Reykjavik, Iceland)	3027
16:00 - 16:55	Workshop on physiotherapy 3-1 ( <i>Eng</i> ) <b>"Practical physiotherapeutic management and diagnostics of patellofemoral pain."</b> Michael Skovdal Rathleff (Aalborg University, Denmark)	3026
17:00 - 18:00	Workshop on physiotherapy 2-2 ( <i>Eng</i> ) <b>"Building aquatic exercise therapy for chronic and acute cartilage injury. What and how would work the best?"</b> Ben Waller (Sports Science Department, University of Reykjavik, Iceland)	3027
17:00 - 18:00	Workshop on physiotherapy 3-2 ( <i>Eng</i> ) <b>"Practical physiotherapeutic management and diagnostics of patellofemoral pain."</b> Michael Skovdal Rathleff (Aalborg University, Denmark)	3026

## September 10, Saturday

8:30 – 9:00 Registration desk open

	University of Tartu Library - Main Hall	University of Tartu Library - Tõstamaa room
09:00 - 10:30	<b>Session 10A</b> Athletic training and health issues ( <i>Eng</i> ) Chair: Eve Unt (University of Tartu; Tartu University Hospital, Estonia)	<b>Session 10B</b> Physical education and physical activity ( <i>Eng</i> ) Chair: Vello Hein (University of Tartu, Estonia)
09:00 - 09:30	Kirsi Korpi (Tampere University Hospital, Finland) <b>"Covid-19 and myocarditis"</b>	Eero Haapala (University of Jyväskylä, Finland) <b>"Associations between physical activity, metabolic indices and cognition"</b>
09:30 - 10:00	Krista Lääne (Viljandi Hospital, Estonia) <b>"Rehabilitation after COVID-19 and long COVID syndrome".</b>	Rita Gruodyte-Raciene (Lithuanian Sports University, Lithuania) <b>"Physical activity and bone health of children"</b>
10:00 - 10:30	Pärt Prommik (University of Tartu, Estonia) <b>"Profound unmet need for physical and occupational therapy in Estonia and their regionally unequal accessibility"</b>	Martin Hagger (University of California, Merced, USA; University of Jyväskylä, Finland) <b>"Promoting out-of-school time physical activity using a theory-based intervention delivered in physical education"</b>
10:30 - 11:00	Coffee break	

	University of Tartu Library - Main Hall	University of Tartu Library - Tõstamaa room
11:00 - 12:40	<b>Session 11A</b> Overload injuries in sports: prevention and treatment <i>(Eng)</i> Chair: Valeri Akhalkatsi (Tbilisi State Medical University, Georgia)	<b>Sessioon 11B</b> Eesti laste ja noorte kehaline aktiivsus <i>(Est)</i> Juhataja: Eva-Maria Riso (Tartu Ülikool, Eesti)
11:00 - 11:30	Madis Rahu (Tartu University Hospital; University of Tartu, Estonia) <b>“Shoulder injuries in the overhead athletes” – orthopaedic surgeon’s view</b>	Aave Hannus (Tartu Ülikool, Eesti) <b>“Kuidas mõõta laste liikumisrõõmu?”</b>
11:30 - 12:00	Tauno Koovit (Tartu University Hospital, Estonia) <b>“Shoulder injuries in the overhead athletes – physiotherapist’s view”</b>	Saima Kuu (Tallinna Ülikool, Eesti) <b>“Eesti koolinoorte kehaline aktiivsus ja võimekus 4 aasta võrdluses”</b>
12:00 - 12:30	Leho Rips (Tartu University Hospital, Estonia) <b>“Treatment of Achilles tendon injuries”</b>	Eva-Maria Riso (Tartu Ülikool, Eesti) <b>“Laste liikumisharjumused lasteaiast põhikoolini”</b>
12:30 - 12:40	Discussion	Diskussioon
12:40 - 13:40	Lunch	
13:40 - 15:20	<b>Session 12A</b> Physiotherapy: current status and future perspectives <i>(Eng)</i> Chair: Doris Vahtrik (University of Tartu, Estonia)	<b>Sessioon 12B</b> Kehaline kasvatus Eesti koolis: tänapäev ja tulevikuväljavaated <i>(Est)</i> Juhataja: Andre Koka (Tartu Ülikool, Eesti)
13:40 - 14:20	Michael Skovdal Rathleff (Aalborg University, Denmark) <b>“Patellofemoral pain – exercise, load management and supporting self-management”</b>	13:40 - 14:10 Eneli Pöld-Mändlo (Tallinna Ülikool, Eesti) <b>“Valmisolek ja murekohad seoses uue liikumisõpetuse ainekavaga õpetajate ja õpilaste vaatest”</b>
14:20 - 14:50	Ben Waller (Sports Science Department, University of Reykjavik, Iceland) <b>“Deep water running for athletic training and rehabilitation”</b>	14:10 - 14:40 Sigrid Tilk (Muraste Kool, Eesti) <b>“Õpetajalt õpetajale - kuidas alustada liikumisõpetuse ainekava rakendamisega”</b>
14:50 - 15:20	Dalia Woznica (Polish Chamber of Physiotherapy, Poland) <b>“Physiotherapy trends and perspectives in Poland”</b>	14:40 - 15:10 Andre Koka (Tartu Ülikool, Eesti) <b>“Õpetajatele suunatud sekkumisprogrammide tõhusus õpilaste liikumismotivatsiooni tõstmisel”</b>
		15:10 - 15:20 Diskussioon
15:20 - 15:50	Coffee break	
15:50 - 17:30	<b>Session 13</b> Evidence-based practice in physiotherapy <i>(Eng)</i> Chair: Siiri Heinaru (Estonian Physiotherapy Association, Estonia)	
15:50 - 16:20	Kadri Englas (Haapsalu Neurorehabilitation Centre, Estonia) <b>Engaging practices in neurorehabilitation (neurological physiotherapy) to support self-management”</b>	
16:20 - 16:50	Mati Arend (University of Tartu, Estonia) <b>“Chronic pain, fear avoidance and kinesiophobia treatment options”</b>	
16:50 - 17:20	Martin Argus (University of Tartu, Estonia) <b>“Current limitations in evidence-based practice: developing skills to pick better evidence”</b>	
17:20 - 17:30	Discussion	
17:30	Closing of the conference	

## Session 6 Poster session (Eng)

September 9, Friday 12:15 - 13:00

University of Tartu Library - Foyer

Chairs: Sandra Rozenstoka (Sports laboratory - sports medicine, sports traumatology and rehabilitation centre, FIMS Collaborating Centre, Latvia) and Sigitas Kamandulis (Lithuanian Sports University, Lithuania)

No	Presenting author, country, Title
1	Nelli Differt (University of Tartu, Estonia) <b>"Associations of chronic low back pain with disability, depression, and physical activity in Estonian working-age people"</b>
2	Kadi Rahu (University of Tartu, Estonia) <b>"Dynamic balance test performance in fallers and non-fallers with Parkinson's disease"</b>
3	Triinu Rooni (University of Tartu, Estonia) <b>"Effect of robotic-assisted gait therapy in a child with cerebral palsy: a case study"</b>
4	Christi Ojaste (University of Tartu; Rakvere Hospital, Estonia) <b>"The burnout of physiotherapists in healthcare and social welfare – a survey based on self- assessment"</b>
5	Mari-Liis Ööpik-Loks (Haapsalu Neurological Rehabilitation Centre; Centre of Excellence in Health Promotion and Rehabilitation, Estonia) <b>"Enriched environment at Haapsalu Neurological Rehabilitation Centre"</b>
6	Monika Mets (University of Tartu, Estonia) <b>"Patients with knee joint osteoarthritis report health status improvement after an 8-week home exercise program"</b>
7	Germans Jakubovskis (Latvian Academy of Sport Education, Latvia) <b>"Analysis of competitive activity of the best Latvian swimmers at a 100m distance in comparison with the indexes of finalists of the 2016 European Championship"</b>
8	Gheorghe Stefanet (Atletmed National Centre of Sports Medicine, Moldova) <b>"Physiological and pathological aspects of inverted T-waves in electrocardiogram of high-performance athletes"</b>
9	Liina-Mari Roolah (Põlva Hospital; University of Tartu, Estonia) <b>"Relative energy intake deficiency in female athletes: descriptive analysis based on periodic health examination"</b>
10	Valentina Ginevičienė (Vilnius University, Lithuania) <b>"ACE – genetic marker for elite athletes' performance"</b>
11	Agnes Mägi (Tartu University Hospital, Estonia) <b>"Genetic predisposition related to overuse injuries in athletes: genome-wide association study in Estonian elite athletes"</b>
12	Mari Arak (Tartu University Hospital, Estonia) <b>"COVID-19 infection in Estonian athletes: retrospective questionnaire-based study"</b>
13	Domantas Gružas (Lithuanian University of Health Sciences, Lithuania) <b>"Evaluation of modified Dorgan technique treatment method of the children with displaced humeral supracondylar fracture"</b>
14	Thawichai Khaothin (Suranaree University of Technology, Thailand) <b>"Effect of Anapanasati meditation training on anxiety and rowing performance in pararowers"</b>
15	Pornthep Rachnavy (Suranaree University of Technology, Thailand) <b>"Effects of integrated and traditional periodization on rowing performance in pararowers"</b>