



# Sports Medical Course Sportclimbing and Running

Obertrubach

6.6. – 9.6.2013

Organizers: Priv.Doz.Dr.med.V.Schöffl  
Dr.Dr.med.I.Schöffl

Course Language: English



## Sports Medical Course - Sportclimbing and Running



### Course Informations

**Organizers:** Priv.-Doz. 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

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)**, the **UIAA Medical Commission** and **The Wilderness Medical Society**. 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 18h (A:1h, B:8h, C:1h, E:5h, G:3h) sports medical aspects of sports 15h (7:7h, 8:8h).
- FAWM credits of WMS: 13.5 h
- Physiotherapy CME points

## 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 6th and 7th**

### **Thursday 6.6.2013**

13.00 Get together, Registration, Coffee

13.30 Injury statistics, scoring, injuries to the lower extremity  
(V.Schöffl)

14.30 Anatomy and biomechanics of the hand, finger and pulleys  
(I.Schöffl)

15.00 Coffee Break

15.30 Introduction to spiroergometrie (O.Pöppelmeier)

16.15 Specific spiroergometrie in mountainering – competition ski  
mountaineering (V.Schöffl)

17.00 Sport practise: Running / Slackline (J.Emmler, U.Schwarz)

18.30 Dinner

20.00 Slide Show: Holger Heuber

### **Friday 7.6.2013**

7.00 Early Morning Run (J.Emmler, I.Schöffl, J.Pöppelmeier)

8.00 Breakfast

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

9.15 Climbing accidents in the mountains, ventilation during helicopter  
rescue, dive injuries in the Alps and helicopter rescue (T.Keil)

10.00 Coffee Break

10.30 Natural Running – technique and tactics (J.Emmler)

11.00 Ice Climbing: Injuries and overuse syndromes (U.Schwarz)

11.30 Interactions between mountain sports and pregnancy (Löffler-  
Röder)

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

19.00 Dinner

20.00 Slide Show: Schöffl / Schöffl: Rockclimbing in Laos

## **Program June 8th and 9th**

### **Saturday 8.6.2013**

- 7.00 Early Morning Run (J.Emmler, I.Schöffl, J.Pöppelmeier)
- 8.00 Breakfast
- 8.30 Differential diagnosis of finger pain (V.Schöffl)
- 9.15 Training methods in rock climbing (M.Michailov)
- 10.00 Coffee Break
- 10.30 Sports ability test and medical supervision of junior high level athletes (I.Schöffl)
- 11.00 Workshops : I. Ultrasound and II. Taping (2 groups) (J.Jüngert, V.Schöffl, I.Schöffl)
- 12.00 Sport practice: Rock climbing, running, mountainbike (guides)
- 19.00 Dinner

### **So 9.6.2013**

- 7.00 Early Morning Run (J.Emmler, I.Schöffl, J.Pöppelmeier)
- 8.00 Breakfast
- 8.30 Rockclimbing with medical conditions (Th. Küpper)
- 9.15 Cardiac arrhythmia and rock climbing – A case discussion (U.Schwarz)
- 9.30 Shoulder Problems in Rock Climbers (D.Popp)
- 10.00 Coffee Break
- 10.15 Children and Climbing (I.Schöffl)
- 10.45 Practical Session: Technique training in Running (J.Emmler)
- 12.00 Mittagessen
- 13.00 Nutrition in Rock Climbing (A.Morrison)
- 13.45 Physiotherapy of climbing specific conditions (S.Watson)
- 14.30 Long term prognosis of rock climbing (V.Schöffl)
- 15.15 Issuing of participation certificate

## Board

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

**Julia Emmler**, Sportstrainer, Natural Running Trainer, Spiroergometry, Motion Analysis, Dept. Sportsorthopedics - Sportsmedicine, Sozialstiftung Bamberg

**Jörg Jüngert MD**, Consultant Dept. of Pediatrics, DEGUM Instructor level 3, Head of Ultrasound Diagnostics, University Erlangen-Nuremberg

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

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

**Dominik Popp MD**, Consultant Dept. of Orthopedic and Trauma Surgery, Klinikum Bamberg

**Birgit Löffler-Röder MD**, Consultant Dept. of Gynaecology, Sozialstiftung Bamberg

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

**Misho Michailov, PhD**, Institute of Sports Science, Bulgaria

**Olaf Pöppelmeier, MD** Dept. of Orthopedic and Trauma Surgery, Klinikum Bamberg

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

**Isabelle Schöffl MD, PhD, MSc**, Dept. of Pediatrics, Klinikum Bamberg

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

**Ulrich Schwarz MD**, Private Practice, Oberstdorf

**Stewart Waston, Physiotherapist** and World Cup competing climber, Austria

## Registration Form

I register for the sportsmedical course "Sportclimbing and Running" from the 6.6. to 9.6.2013 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:

Fr.I.Grasser, Sekretariat Sportorthopädie, Klinikum Bamberg,  
Bugerstr.80, 96049 Bamberg, Germany.  
Tel 0951 503 12241, Fax 0951 503 12249,  
sporttraumatologie@sozialstiftung-bamberg.de