Hellenic Sports Medicine

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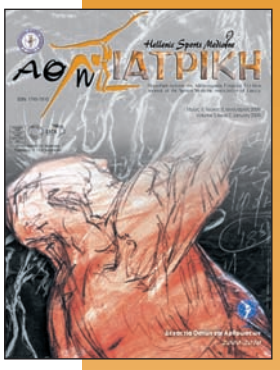

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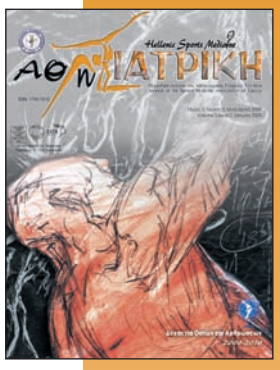

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d) Conference/Congress proceedings: Tocitu D, editor Enzymatic of the adaptative processes in High-Performance Sport. Proceedings of the 12th Balkan Sports Medicine Congress, 6th International Congress of the Sports Medicine Association of Greece, 3rd Hellenic-Cyprus Sports Medicine Congress 2002 March 21-24; Thessaloniki, Greece.

e) Dissertation: K.Natsis. Ultrastructural study of the skeletal muscle fibers after an experimental muscle atrophy [dissertation number 870]. Medical School, Aristotle University of Thessaloniki, 1993.

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Figures: Figures, illustrations, or halftones should be used when findings are best visually communicated. The use of photographs or equipment and experimental subjects should be avoided; good line drawings are more informative. Abbreviations used in the figure must be explained in the legend. Reference to the figure should be made in the text. Figures, illustrations or halftones must be sharp and high contrast. Uniform typographical setup (font style & size, line thickness) of all figures in a paper is highly desirable. Images should be provided as .tif or .jpg files in a resolution of 300 dpi. Color figures, illustrations or

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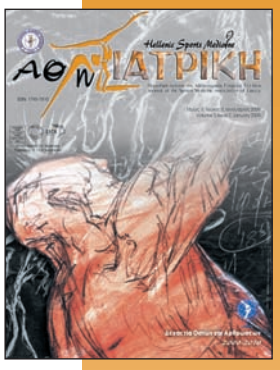

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Volume 3 - Issue 2, January 2009

Contents

The World Anti-Doping Code - The 2009 Prohibited List 17

2009 Prohibited List - Summary of Major Modifications and Clarifications 25

Exercise - induced arterial adaptations 28
Baltopoulos P.

Posterior ankle impingement syndrome 38
Balalis K., Christoforakis Z., Katonis P., Tzoanos G.

Cognitive motion therapy in patients with mild cognitive impairment 44
Kounti F., Bakoglidou E., Tsolaki M.

Complete rupture of the distal biceps brachii tendon - A case report 56
Natsis K., Anastasopoulos N., Papathanasiou E., Totlis T.

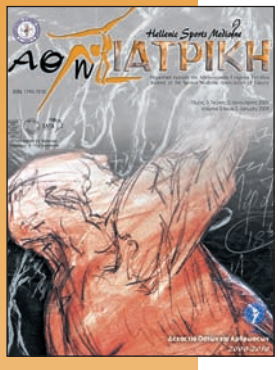
Epidemiologic data and determination of the musculoskeletal injuries mechanism on the elite sailing athletes in dinghy boat "470" 62
Ntitsiopoulos K., Skoufa A., Protopapadaki A., Terzidis I., Tsaklis P.

Double osteochondral fracture of the lateral condyle in children after patellar dislocation. A case report and review of the literature 69
Alaseirlis D., Terzidis I., Kalampakos C., Michail K., Samoladas E.

Christos Papanikolaou

Born in Larissa in 1968, he studied the art of frescoes under the instruction of S. Sergiadis, I. Arsenios and K. Xynopoulos (School of Fine Arts) from 1987 to 1992 and under I. Karousos from 1995 to 1996.

He personally contributed to the field of Byzantine painting with linear monochromatic chiaroscuro. He has lectured at European Union seminars on the Byzantine art (icons and frescoes); since 1994 has been teaching at the "Visual Arts Site" and POLYTECHNO Liberal Studies Workshop in Larissa and since 1999 at the School of Fine Arts in Tirana (O.A.A.).



He has exhibited his work in a number of solo exhibitions, including:

1993: Salone Centro Civico Aosta (Aosta valley).

1994: Salone Centro Civico Comune di Cesaro Boscone (Milan).

1994: Sala della Pieta San Marco (Milan).

1994: Municipal Art Gallery of Larissa.

1997: Wall - intervention, M.Raptou 's School, Larissa.

2000: Windows to the World (COSMOS) - (Cosmos Shop in Shop), Larissa.

2002: Memory temple\Installation in the therapeutic community "Exodus", Larissa 2003 Exhibition of studio work\Department of portable icon and fresco, National Gallery, Tirana, Albania.

2003: Frieze of angels/Corfu
Corfu Imperial Grecotel.

2003: Installation in Larissa Municipal Art Gallery, G. I. Katsigras Museum.

2004: Installation in the space of the Hospital "RED CROSS" in Athens "Putting colour at grey".

2005: Installation in Attico Metro, station Ag. Dimitrios - Al. Panagoulis (Athens) "People - Birds - Angels".

2005: Installation in the University Hospital of Thessalia (Larissa).

2007: Installation in the University Hospital of Thessalia (Larissa).

2008: Installation in the Office of the Public Enterprise for Watering and Sanitation of Larissa (D.E.Y.A.L.)

2008: Installation in the "Hatzigianneio" Cultural Center Of Larissa.

2008: Installation in the Prefectorial House of Larissa.

He has also participated in a number of group exhibitions, including:

1997: Exhibition at the Contemporary Art Centre of Larissa (Experimental Team for Contemporary Religious Painting).

1999: Participated in the 1st MINI-GRAPHIC and PAINTING INTERNATIONAL BIENNIAL - PISA 1999 (Accademia d' Arte di Pisa).

1999: Participated in the visual arts exhibition held by the International Congress on The Olive in the Past and Present. P. and M. Kydonieos Foundation (Andros).

2001: Itinerary V, Larissa Contemporary Art Centre.

2002: Days of Greek Civilization, (Poland).

He is a member of the Visual Arts Chamber of Greece.

Exercise-induced arterial adaptations

Baltopoulos P.

Abstract

Sports activity results in cardiovascular structural and functional adaptations, that depend on the pattern, intensity, duration and frequency of exercise. Although cardiac adaptations are well studied, arterial adaptations are a quite new field of interest and study. The current review aims to present the laboratory methods of the exercise induced arterial adaptations, the underlying pathophysiological mechanisms for cardiovascular remodeling and to summarize previous studies on cardiovascular adaptations to different sports for professional and amateur, healthy and disabled athletes.

Key words: *exercise, adaptation, cardiovascular, endothelial.*

Posterior ankle impingement syndrome

Balalis K., Christoforakis Z., Katonis P., Tzoanos G.

Abstract

Aim: *The purpose of the present study is to present our experience and clinical results of the management of posterior ankle impingement syndrome (PAIS), and simultaneously refer to the relevant literature in a comprehensive manner.*

Materials - Method: *Sixteen cases of soccer players presenting with symptoms and signs of posterior impingement syndrome were treated in our Department over a period of 3 years (Dec 2003 - Dec 2006). Initially, the same protocol of conservative treatment (casting for rest, ice, anti-inflammatory medication and non-weigh bearing walking with crutches) was applied, for a period of 2-4 weeks. Then, treatment was continued with physiotherapy and gradually returning to sporting activities. Patients, failed to improve with conservative management for a minimum period of 3 months, and after further imaging evaluation (dynamic radiographic views - bone scan), were considered eligible for surgical intervention.*

Results: *Patients were followed-up by the same surgeon for a period ranging from 12 to 20 months (av.15) and the clinical results were graded according to Hedrick and McBride. Conservative treatment gave satisfactory results in 10 athletes (8 excellent, 2 good) and poor in 6. The latter, after further imaging, were operated on and the results were excellent in 3(50%), good in 2(33%) and fair in 1(17,5%).*

Conclusions: *The appropriate diagnostic approach of PAIS will direct treatment plans to the underlying pathology, so that the problem is dealt with successfully, either with the proper conservative treatment or with a surgical intervention.*

Key words: *posterior impingement, ankle, athletes.*

Cognitive motion therapy in patients with mild cognitive impairment

Kounti F., Bakoglidou E., Tsolaki M.

Abstract

The study investigated the possibilities of "Cognitive Motion Therapy" as a therapeutic method aiming to the improvement or stabilization of cognitive and functional performance of Mild Cognitive Impairment (MCI) patients, activating attention, memory, language and visuo-spatial abilities through motion instructions.

Method: *Participants were 6 men and 6 women, with MCI (MMSE=24-30), classified in two groups, experimental and control. Groups were matched in gender (p=0.710), education (p=0.197), MMSE (p=0.354), emotional status (p=0.323), cholinesterase inhibitors (p=0.502), and cognitive abilities, assessed for the purposes of the study. Experimental group attended Cognitive Motion Therapy for five months, while controls did not participate in any non pharmacological therapy during this period. Neuropsychological assessment prior to and after the therapy included sound control of cognitive and functional performance for both groups.*

Results: *At the end of the therapy, there were differences between the two groups in favor of the experimental group, in ADL, verbal memory, attention, language and visuo-constructive abilities. In the control group, between the first and the second assessment a trend of deterioration was observed in attention, executive function and episodic memory, while the experimental group had a trend of improvement in visual perception.*

Conclusion: *The experimental patients had a significant benefit from the Cognitive Motion Therapy in respect to the controls that deteriorated in the same period of time.*

Key words: *non pharmacological therapy, cognitive training, motion therapy, mild cognitive impairment.*

Complete rupture of the distal biceps brachii tendon – A case report

Natsis K., Anastasopoulos N., Papathanasiou E., Totlis T.

Abstract

Abstract: *Complete rupture of the distal biceps insertion is an infrequent injury. 96% of biceps tendon injuries involve the long head, 1% the short head, and 3% the distal insertion. The injury does appear to be most commonly caused by an unintentional eccentric load to a flexed elbow with a shortened and contracted muscle forcing the joint into extension. We report one case of a 45 years old male, with rupture of the distal biceps tendon which had been sustained in the process of resisting a heavy load with a flexed elbow.*

Clinical examination and MRI of the elbow confirmed the diagnosis of distal biceps brachii tendon rupture. The patient underwent surgery where a complete distal tendon tear was repaired, using two Super Anchor 2.9 mm (Mitek). At last follow-up, there was no neurovascular deficit. We believe that operative repair of distal biceps tendon rupture, using a single anterior incision and suture anchors is a safe and effective method of treating this injury.

Key words: *sports injuries, tendon ruptures, surgical management, biceps brachii muscle, distal insertion.*

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Epidemiologic data and determination of the musculoskeletal injuries mechanism on the elite sailing athletes in dinghy boat "470"

Ntitsiopoulos K., Skoufa A., Protopapadaki A., Terzidis I., Tsaklis P.

Abstract

Sailing is a sport that needs a high level of technical skills and physical endurance. Many hours of training under extreme circumstances and the special kinesiology of the sport can be the causes of different musculoskeletal injuries. The aim of this study is to demonstrate the epidemiology and to determine the mechanisms of injuries in 470 elite sailing athletes. In this study fifteen male and five female elite athletes, with winning record participations in the Olympics, World and European championships (1st-8th place) were included. Their injuries, symptoms and therapeutic treatment during their careers were analyzed with regard to their medical history. The types of injuries that were diagnosed by orthopaedic surgeons were as follows: low back injuries (55%), knee injuries (15%), tendinosis (10%), muscles spasm (5%). In conclusion, the most common injuries of 470 athletes affect the lumbar spine and the knee. The underlying pathology includes overuse syndrome more often than direct trauma.

Key words: *athletes, 470, injuries, sailing, dinghy boat.*

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Double osteochondral fracture of the lateral condyle in children after patellar dislocation. A case report and review of the literature

Alaseirlis D., Terzidis I., Kalampakos C., Michail K., Samoladas E.

Abstract

Osteochondral knee fractures in children after patellar dislocation are relatively rare injuries which could result in considerable knee problems if they are not treated on time. An interesting case report is presented, involving a 14 y.o. patient with two osteochondral fractures of the lateral femoral condyle following a recurrent patellar dislocation. History of the patient, clinical, X-ray and MRI findings, and differential diagnosis dilemma are presented. Final treatment consisted of anatomic reduction and fixation of the osteochondral fractures using absorbable pins, supplemented with release of the lateral retinacular ligament, reefing of the medial retinacular ligament and modified Roux- Goldthwait procedure, resulting in satisfactory outcome. Proper treatment of osteochondral fractures of the knee in children after patellar dislocation demands a meticulous diagnostic approach and often needs more than one demanding procedures. A brief review of the literature is presented concerning incidence, pathogenesis, pathoanatomy of the lesions, diagnostic approach and therapeutic options.

Key words: *recurrent patellar dislocation, osteochondral knee fracture, medial patellofemoral ligament reefing, lateral patellofemoral ligament release, modified Roux-Goldthwait procedure.*