

## Scandinavian Conference on Injury Prevention in Youth Sport, April 18<sup>th</sup>, 2024, Sophiahemmet University

### Venue

The conference will take place at Sophiahemmet University, Stockholm, in building R (see ← on the map below). The registration opens at 9:40am and the conference starts at 10am. There are parking facilities outside the conference building. The closest station (bus and subway) is Tekniska Högskolan located 100 meters from Sophiahemmet University. For more information about the public transport please visit [www.sl.se](http://www.sl.se).



**Programme** (program schedule is subject to change)

Time	Title	Speakers
09:40-10:00	<b>Registration</b>	
10:00-10:10	<b>Opening</b>	Martin Asker
10:10-10:40	<b>Keynote - 25 years of injury prevention, from the young athletes to the professionals</b>	Grethe Myklebust
10:45-11:35	<b>Injury prevention in youth football and handball</b> Preventing injuries in youth sport through an interdisciplinary and theory-based approach Back pain in youth sport Happy project – injury prevention in youth community sport Knee and shoulder injury prevention in youth handball – The Swedish Handball Cohort	Hege Grindem Eva Skillgate Merete Møller Martin Asker
11:40-12:20	<b>It's not solely about football and handball; what about injury prevention in other sports?</b> Strength in tennis – from a prevention and performance perspective What can we learn from Olympic athletes? Injury prevention in floorball	Fredrik Johansson Kalle Torvaldsson Ida Åkerlund
12:20-13:30	Lunch break	
13:30-14:10	<b>Knäkontroll+ and Axelkontroll: how can we implement them in different sport settings?</b>	Hanna Lindblom Martin Asker
14:15-14:55	<b>"I haven't thrown up, so it is not a concussion!"</b> Concussion in youth football codes – what are we missing? Concussion in youth handball – yes, been there, done that! Protect your brain - Exploration of SRC prevention, detection, and immediate action	Rod Whiteley Stefan Bohlin Mikael Swarén
14:55-15:15	Coffee break	
15:15-16:15	<b>Hamstrings injury, ACL, and shoulder injuries</b> Why use EMG to guide selection of exercises and optimise feedback? The case for early specialisation to prevent injury in youth sports	Jesper Bencke Rod Whiteley
16:20-17:00	<b>Is it all about biomechanics, workload, and injuries?</b> Psychological aspects in injury prevention Eating habits and the risk of injury in youth sport Health problems in youth sport – not only acute injuries	Ulrika Tranaeus Clara Onell Martin Hägglund
17:05-17:45	<b>Keynote - how we more than halved our reinjury rates by embedding ongoing testing – the hamstring and ACL story.</b>	Rod Whiteley
17:50-18:00	Closing and future perspective	Martin Asker

## Speakers

Grethe Myklebust, PT, Professor, Oslo Sports Trauma Research Centre

Rod Whiteley, PT, PhD, Aspetar Orthopaedic and Sports Medicine Hospital

Martin Hägglund, PT, Professor, SWIPE, Linköping University

Merete Møller, PT, Associate professor, University of Southern Denmark

Jesper Bencke, PhD, Amager and Hvidovre Hospital, Copenhagen

Hege Grindem, PT, PhD, Oslo Sports Trauma Research Centre

Martin Asker, DN, PhD, Sophiahemmet University

Hanna Lindbom, PT, PhD, SWIPE, Linköping University

Eva Skillgate, DN, Professor, Sophiahemmet University

Fredrik Johansson, DN, Associate professor, Sophiahemmet University

Ulrika Tranaues, DN, Associate professor

Mikael Swarén, PhD, Dalarna University

Clara Onell, MSc, PhD student, Sophiahemmet University

Stefan Bohlin, DN, PhD student, Sophiahemmet University

Kalle Torvaldsson, PT, PhD student, SWIPE, Linköping University

Ida Åkerlund, PT, PhD student, SWIPE, Linköping University