



# Swiss Chiropractic Sports Council

The Jolly Organizers present the  
**2018 Learn and Ski Seminar**

## SLIDE AND RUN



### **Dr Boris Gojanovic** MD

Sports Medicine, Internal Medicine (General Medicine), Public Health, Executive Board Member of SSMS Health and Performance Medical Director, Swiss Olympic Medical Center, Hôpital de la Tour, Meyrin (Geneva)

### **Dr François Fourchet** PT, PhD, Osteopath

Physiothérapeute du Sport, Docteur ès Sciences du Sport, leading the Motion Analysis Laboratory Hôpital de la Tour, senior lecturer for French universities, reviewer for several peer-reviewed journals

### **Dr Alexander Ruhe** MChiro, PhD

PhD clinical Biomechanics, MSc Medical Ultrasound, a member of the Medical Task Force of the German ice hockey league. General Secretary, German Sports Chiropractic Council (DGSC)

**Wednesday March 7 to Saturday March 10, 2018**

SCSC and ChiroSuisse

approved 16 hours Continuing Education Credits



**Accommodation and venue**

**Hotel Ferienart, Saas Fee, Wallis, Switzerland**



Dr Roger Picard DC, ICSSD  
SCSC Social & Sport commission



Dr Philippe Roulet DC  
SCSC Social & Sport Commission

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fax: 024 426 05 22



# Accomodation and Venue



## Hotel Ferienart Resort & Spa \*\*\*\*\*

Dorfweg 1, CH-3906 Saas-Fee, Wallis

Tel. +41 (0) 27 958 19 00 Email: reservation@ferienart.ch

www.ferienart.ch

www.ferienart.ch/en/home/



*Per day - breakfast and 5 course evening meal included*

Standard Single room: 230.-

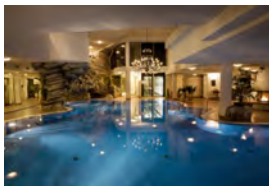
Double room Rainbow: 330.- (165.- per person)

Alpine chic + 100.- per room and day

Alpine Suit + 150.- per room and day

The local taxes are CHF 8.05 per person per day

**Make your reservation directly with the hotel  
mention Chiro sport seminar**



You are looking to the following included services:

- Overnight stays
- Welcome Drink at the lobby & water in your room
- Generous breakfast buffet
- 5 course dinner in the evening in the main restaurant Cäsar Ritz
- Free entry into the 1200 m<sup>2</sup> huge wellness oasis Paradia Spa, adventure pool, rock whirlpool, various saunas, hot spa and a modern gym
- Pick-up service with our green electric taxi at arrival and departure

### TRAVELLING BY TRAIN

Please contact the hotel before you are in Saas Fee. The portier with an Electric Taxi will pick you up free of charge. Passengers traveling by train have to change in Visp main station to the bus in direction of Saas Fee.

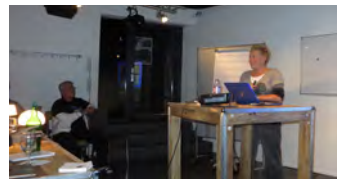
### TRAVELING BY CAR

Saas Fee is a car free village.

Please note that a public parking garage can be used at the entrance of Saas-Fee. You can unload your luggage in the unloading zone A or B of the car park and contact the Hotel. Electric taxi shuttle to and from the car park on arrival and departure is free of charge.



# Programme



**Alexander**



is an AECC graduate and currently practicing in Germany. He holds a PhD in Clinical Biomechanics and an MSc in Medical Ultrasound. In addition to treating athletes in practice he was part of medical teams for national and international sports events, including the FICS delegations for the 2009 and 2017 World Games. Since 2009 Alex is team chiropractor for the national league ice hockey team "Grizzlys Wolfsburg" and is engaged in interdisciplinary research projects in sports medicine. Furthermore, he is a member of the Medical Task Force of the German ice hockey league and lectures on various topics such as clinical biomechanics, research methods and the FICS ICSSP program.



**Boris**



is a sports medicine physician with interests in the many areas of sports, health, exercise and science. He studied in Lausanne, specialized in internal medicine and sports before perfecting his research and clinical skills at Stanford University (USA). He was the Head of Sports Medicine at the Swiss Federal Institute for Sports (Magglingen) before moving to Geneva as Health & Performance medical director at the Swiss Olympic Medical Center, Hôpital de La Tour. His ever growing experience aims to serve athletes in their pursuit of greatness and success, and also non-athletic people on their way to a better active and productive health through movement and exercise.



**Francois**



is a French sport physiotherapist, osteopath and researcher. He currently works at the Physiotherapy Department of the Hôpital La Tour in Geneva and he is leading the Motion Analysis Laboratory. Formerly, he was Senior Physiotherapist in Aspetar/Aspire in Doha - Qatar. François focuses on applied science and published papers about foot/ankle injury prevention and foot core strengthening, electromyostimulation, relations between injuries and maturation in adolescent athletes and running biomechanics changes due to fatigue. He defended his PhD in 2012 and he is a certified senior lecturer for French universities. Francois also works as a reviewer for several peer-reviewed journals (Gait & Posture, Journal of Athletic Training, BMC Musculoskeletal Disorders...) and he is a member of the International Ankle Consortium.

All lectures will be in English





# JO 2018 Programme

All lectures will be in English

## Wednesday 07.03

15:00 - 17:00

ALEXANDER RUHE  
Concussion

17:00 - 19:00

BORIS GOJANOVIC  
Preparticipation examination  
How we approach Youth sports and medical role in evaluation

## Thursday 08.03

08:00 - 09:00

ALEXANDER RUHE  
Concussion practical tests

09:00 - 10:00

FRANCOIS FOURCHET  
Functional screening  
Local stabilizers vs. global movers concept

10:00 - 11:00

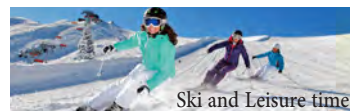
FRANCOIS FOURCHET  
Running shoes  
Classification, prescription, individualization

11:00 - 12:00

FRANCOIS FOURCHET  
Growth osteochondral lesions  
Focus on management/and RTP



## Friday 09.03



15:00 - 17:00

FRANCOIS FOURCHET  
Running analysis  
Practical / treadmill video

17:00 - 18:00

BORIS & FRANCOIS  
Clinical cases

18:00 - 19:00

FRANCOIS & BORIS  
Running as a rehab tool

## Saturday 10.03

08:00 - 09:00

BORIS GOJANOVIC  
The 5Cs of positive athlete development

09:00 - 10:00

BORIS GOJANOVIC  
Antidoping

10:00 - 11:00

ALEXANDER RUHE  
Hockey injuries prevalence

11:00 - 12:00

ALEXANDER RUHE  
Working in an integrated team



The Jolly Organizers



# SCSC JO WINTER SEMINAR 2018



SEMINAR FEE	REGISTRATION
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<input type="checkbox"/> SCSC member	CHF 550.-
<input type="checkbox"/> Non SCSC member	CHF 650.-
<input type="checkbox"/> SCSC - Assistant	CHF 200.-
<input type="checkbox"/> Non SCSC - Assistant	CHF 250.-
<input type="checkbox"/> Student	CHF 100.-

Those particularly favorable hotel rates have been reached under the understanding that participants stay at the hotel. Under special conditions, including locales, family reasons and students statutes, outside participants may be accepted. The hotel will charge them a CHF 20.- fee per day to cover the cost including the conference room and the coffee breaks.

Title \_\_\_\_\_

L.Name, F.Name: \_\_\_\_\_

Street \_\_\_\_\_

NPA, Town: \_\_\_\_\_

Country: \_\_\_\_\_ Mobile: \_\_\_\_\_

Office phone: \_\_\_\_\_ FAX: \_\_\_\_\_

Email: \_\_\_\_\_

Submit this form either by:

1. Mail: Roger Picard,  
rue de Flore 32, 2502 Biel/Bienne, Switzerland or
2. Email: roger.picard@chirosuisse.ch or
3. Fax: +41 (0)32 323 66 63

Places are limited, register as soon as possible

Payment to:

Banque Raiffeisen Broye - Compte 10-351-5 - 1530 Payerne  
CH03 8047 9000 0162 4586 1 The Jolly Organizers 2502 Biel/Bienne

SWIFT-BIC: RAIFCH22

Nb CB SIC: 0479

Registration is not valid until payment is received.  
All cancellations will incur a CHF 50.00 administration fee  
No refund with cancellation after January 08, 2018