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Sports Nutrition and Ortho Congress

December 08-09, 2016 | Philadelphia, USA

Keynote Forum (Day 1)



SNOC 2016

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Mark Willems

University of Chichester, UK

Berry polyphenols: New ergogenic aids in sport and exercise?

Berries are multi-ingredient functional foods with the anthocyanin content linked to health benefits by known anti-inflammatory and anti-oxidant activity. Recently, certain berry products (e.g., New Zealand blackcurrant) have shown beneficial effects on cardiovascular, metabolic and physiological responses during and in recovery from exercise. Specific anthocyanin-containing foods and products seem to emerge as a new direction in sports nutrition research. Future work on multi-ingredient fruits and anthocyanin-containing products may provide justification for nutritional strategies used by athletes to enhance performance and aid recovery but also promises broader implications within the global world of sport and exercise.

Biography

Mark Willems has completed his PhD in 1994 from the Vrije Universiteit in Amsterdam, Netherlands. Since 2003, he has been working at the University of Chichester, UK. His current research interests focused on eccentric-contraction induced muscle injury, muscle fatigue and sports nutrition. He is on the Advisory Editorial Board of the European Journal of Applied Physiology, Editorial Board of the *European Journal of Sport Science* and the *Journal of Sports Medicine*. He is a Fellow of the European College of Sports Science.

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Ibrahim Abuomira

Al-Azhar University, Egypt

A case presentation of lengthening of short amputated foot stump

Introduction: The trauma after vascular disease is the most common indication for amputation in patients under the age of 50. Amputations due to traumatic lacerations have a number of unique characteristics not found in vascular disease. The remaining stump often has an excellent blood supply and the patient is usually young and in good general condition and is expected to regain a high level of function. The use of prosthesis has many complications, irritation and skin issues, general fatigue, reduced mobility, poor balance, instability, or a fear of falling, current prosthetic not meeting the needs, back pain and intact limb pain. The Ilizarov method is a reliable method for the lengthening foot stump. The technique of distraction osteogenesis can also be used to improve the quality of life of patients with short foot amputation stumps by giving them a better mechanical stump that is more effective than prosthetic use, and for the function of the adjacent joint.

Material & Methods: Female patient 17 years old was presented by short amputated foot stump. She was complaining from difficult fitting prosthetic uses that led to ulcer and infection. In this case, the observed foot-length discrepancy was 10 cm and was treated with classic ring Ilizarov fixator.

Discussion: The use of prosthesis with short foot amputation stumps has many complications. The technique of distraction osteogenesis can also be used to improve the quality of life of patients with short amputated feet stumps by giving them a better mechanical stump that is more effective than prosthetic use, and for the function of the adjacent joint. The main area of concern in amputation stump lengthening is the soft tissue. To prevent these skin problems resulting in new debridement's and re-amputation, skin and soft tissue should be in optimal condition prior to any lengthening. To this purpose tissue expanders can be used to produce a pocket for bone growth, or vascularized myocutaneous flaps. Lengthening of short amputated feet stumps is a lengthy treatment.

Results: The mean length gain was 8 cm but the consolidation time was very long (healing index 1.8 month/centimeter). The final outcome was excellent in this case.

Conclusion: The technique of distraction osteogenesis can also be used to improve the quality of life of patients with short amputation stumps by giving them a better mechanical stump that is more effective than prosthetic use, and for the function of the adjacent joint.

Biography

Ibrahim Abuomira is a Lecturer of Orthopedic, Al-Azhar University, Egypt. He is a Consultant in Deformity Correction and Limb Lengthening, Pediatric Orthopedic Surgery and obtained his MD from Institute Clinico Humanitus, Milano University, Italy during 2007-2010. He has received his PhD at Al-Azhar University in 2011 and is a Member of Egypt ASAMI, Member of International ASAMI and Member of American Academy for CP.

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Antonio Luiz Gonçalves Brandao

COT-Martagao, Brazil

Radiographic evaluation of patients undergoing treatment of idiopathic clubfoot by the ponseti method

Objective: To evaluate the radiograph as a method of measuring effectiveness of Ponseti technique for the treatment of unilateral congenital clubfeet using plain radiography.

Methods: We conducted a descriptive, retrospective study from medical record data on patients with congenital idiopathic unilateral clubfoot, with ages ranging from 48 to 177 months. Patients underwent radiographs in anteroposterior and profile, load and angles were traced to measure the relationship between the tarsal bones of the middle and hind foot of the treaty and normal.

Results: The final average Pirani score was 0.35. Statistical analysis showed that the calcaneus-fifth metatarsal angle on the anteroposterior view, tibial-calcaneano profile and the horizontal-calcaneus profile also showed when subjected to the comparison test similarity, with p values >0.05 . Other angles did not show statistical similarity when compared with the foot control ($p < 0.01$). All angles were within the normal range when compared to literature data. There was no significant correlation between radiographic results and parameter based on Pirani score.

Conclusion: Radiography is not an appropriate method to evaluate the effectiveness of the results of the Ponseti method in cases of unilateral idiopathic congenital clubfeet and may be indicated for after infancy or in treatments of neglected cases. There was no significant correlation between radiographic findings and clinical parameters used to assess correction.

Biography

Antonio Luiz Goncalves Brandao was graduated in Medicine from Bahia Foundation for Science Development-FBDC (1996), did Medical Residency in Orthopedics and Traumatology at COT-Martagao (1997-1999) and Pediatric Orthopedics and Foot Surgery in HCRP-USP (2000-2001). He is currently an Orthopedist at the Orthopedics and Traumatology Clinic (COT), Brazil. He has completed his Master's degree in Health Technology from Escola Bahiana de Medicina (EBM).

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Timothy M Dornemann

Barton College, USA

Best practices in nutritional supplementation and ergogenic aids: A scientific review

Statement of the Problem: The global market for nutritional supplements and ergogenic aids is expected to exceed 8 billion dollars by 2020. The sport supplement industry is driven by marketing, and the average consumers are unaware of which products are truly beneficial and which are not.

Methodology & Theoretical Orientation: As the leading organization in the field of sports nutrition, the International Society of Sports Nutrition (ISSN) has gathered and reviewed the scientific body of literature available and issued key position statements. In particular, the ISSN position statements on protein and exercise, nutrient timing, and exercise and sport nutrition review: research and recommendations serve as guides for best practices in the industry. The information provided in these statements provides a critical view on what supplements have been scientifically shown to be beneficial for use by athletes.

Conclusion & Significance: In the field of nutrition, research is constantly evolving and shaping our views. At the time that ISSN issued these positions stands the “apparently effective” supplements and ergogenic aids included vitamins and minerals, carbohydrates, protein, electrolytes, creatine monohydrate, water, caffeine, sodium phosphate, and sodium bicarbonate.

Biography

Timothy M Dornemann is an Assistant Professor in the Exercise Science Program at Barton College. He is currently the Director of Sports performance, where he oversees the strength and conditioning of 21 athletic teams. His research interests include exploring use of vibration training and rotary inertial training for athletic development. He has two books published by Linus Publishing: “*PowerRev Four Laws of Victory Character Development Program: Build Successful Teams and Athletes by Teaching Lessons That Transcend Sports*” and “*PowerRev Youth Athletic Development Program: Building Champions in Sports and in Life*”. He also serves as a Member of the United States Sports Academy’s National Faculty.

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Brad Johnson

University of Western States, USA

Caloric diet and recommendations: Macro nutrient needs based upon body shape

Dieting may not be effective because there is an assumption that everyone has same caloric needs and that restricting caloric intake is universal for everyone. One factor that influences the effectiveness of caloric restriction and dieting is the differences in body shapes. For example, few body shapes, such as apple shape, are insulin sensitive and higher carbohydrate consumption can lead to increased weight gain, even while dieting. Another factor has been the increase in process foods, including diet foods as well as a change in the food pyramid since the 1970's to increase the intake of carbohydrates. The increase in carbohydrate consumption has led to an increase of chronic inflammation within the body. This increase in inflammation is a primary cause of most illness, disease, faster aging and weight gain/obesity.

Biography

Brad Johnson is an international speaker in the fields of fitness and education. Dr. Johnson is author of 6 books including, Learning on Your Feet: Incorporating Physical Activity into the K-8 Classroom (Routledge). Dr. Johnson teaches courses in Advanced Health & Wellness as well as Human Performance for Western States University and the University System of Georgia. He recently spent time in Malaysia developing a fitness diploma with their Ministry of Education. He trained teachers throughout Malaysia to incorporate more fitness into the classroom.

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