Sir/Madam. We have the honor to invite You to participate in the International Conference "Medicine and sports: problems and prospects".

Registration of participants of the Conference October 13, 2023 at 8.00 am in the lobby of the InterContinental Tashkent .

Opening of the Conference will be held in the hall "Sirdarya" InterContinental Tashkent at 9.00 am October 13, 2023.

InterContinental Tashkent Hotel, Shakhrisabz Street, 2

Organising Committee
Republican Scientific and Practical Center of Sports Medicine
Address: Tashkent, Almazar street, 6.

CONFERENCE PROGRAM

"Medicine and sports: problems and prospects"

Friday, October 13, 2023

InterContinental Tashkent, Sirdarya Hall

8.00 - 9.00 - Registration of conference participants

9.00 – 9.30 Opening of the conference. Greetings:

Minister of Youth Policy and Sports of the Republic of Uzbekistan
Ikramov Adkhan Ilkhamovich
Minister of Health of the Republic of Uzbekistan
Inoyatov Amrillo Shodievich
Secretary General of the National Olympic Committee
Kasimov Oybek Omilovich
Director of the Republican Scientific and Practical Center of Sports Medicine
Sirojitdinov Kamol Kamilovich

REPORTS

PLENARY SESSION

(Sirdarya hall)

ZOOM registration https://us06web.zoom.us/meeting/register/tZYsc-2uqTgiG92IpgYlTIHpoErMyUpSUcGJ

Moderators: K. K. Sirojitdinov, I. R. Mavlyanov, B. A. Polyaev, V. A. Badtieva, F. I. Khamrabaeva, I. A. Malyovanaya.

	TITLE OF THE REPORT	Speaker, country
9.30 - 9.45	**PROSPECTS FOR THE DEVELOPMENT OF SPORTS MEDICINE IN UZBEKISTAN** **I.R. Mavlyanov,** Doctor of Medical Sciences, Professor, Academician of the European Academy of Natural Sciences, Corresponding Member of the Russian Academy of Medical Sciences, Head of the Department of Clinical Pharmacology of the Center for Clinical Pharmacology, Advisor to the Director of the Republican Scientific and Practical Center of Sports Medicine	
9.45 - 10.00	**MOVEMENT - NATURAL MEDICINE** **B.A. Polyaev,** Doctor of Medical Sciences, Professor, President of the Russian Association for Sports Medicine and Rehabilitation of the Sick and Disabled (RASMSD), member of the executive committees of the Russian Paralympic Committee, member of the executive committees of the European Federation of Sports Medicine Association (EFSMA) and the Federation of International Sports Medicine (FIMS). Russia	
10.00- 10.15	**MINIMALLY INVASIVE SURGERY FOR DEGENERATIVE SPINE DISEASES** **A.V. Baskov,** Doctor of Medical Sciences, Professor, President of the Russian Society "Spinal Cord", member of the Association of Neurosurgeons of Russia, European and World Association of Neurosurgery, European Association of Spine Surgery, European Neurotraumatology Academy, Russia	
10.15-10.30	**ISSUES OF ANTHROPOMETRY AND SPORTS HYGIENE IN CHILDREN'S AND ADOLESCENT SPORTS** **R.T.Kamilova,** Doctor of Medical Sciences, Professor, Director of the Research Institute of Sanitation, Hygiene and Occupational Diseases Tashkent, Uzbekistan	

10.30- 10.45	**PRIORITIES OF MODERN SPORTS MEDICINE: FROM SCIENCE TO PRACTICE** **V.A. Badtieva,** Doctor of Medical Sciences, Professor, Corresponding Member of the Russian Academy of Sciences, Head of the Moscow Scientific and Practical Center for Medical Rehabilitation, Rehabilitation and Sports Medicine. Moscow, Russia
10.45-11.00	**THE IMPORTANCE OF FOOTBALL THROUGH THE EYES OF A DOCTOR. INJURY IN SPORTS; HIP AND KNEE REPLACEMENT SURGERY** **Omer Faruk Tasher,** Professor, Head of the Department of Traumatology, Acibadem Clinic, Türkiye
11.00-11.30	**BREAK (COFFEE BREAK)**
11.30-11.45	**IMAGING METHODS IN ASSESSING BIOMECHANICAL DISORDERS OF THE MUSCULOSKELETAL SYSTEM AND THE EFFECTIVENESS OF TREATMENT FOR VERTEBROGENIC DORSOPATHIES IN ELITE SPORTS** **I.A. Malyovanaya**, President of the Association of Sports Medicine of Belarus, Director of the Republican Scientific and Practical Center for Sports, Minsk, Belarus
11.45-12.00	**MODERN IDEAS ABOUT THE PHYSIOLOGICAL AND PATHOLOGICAL SPORTS HEART.** **E.A. Gavrilova**, Doctor of Medical Sciences, Professor, Head of the Department of Sports Medicine and Physical Therapy, Northwestern State Medical University named after Mechnikov. Saint-Petersburg, Russia
12.00-12.15	**SPORTS INJURIES AND RETURN TO THE FIELD AFTER INJURY.** **Bulent Bayraktar,** Deputy Dean, Faculty of Medicine, Istanbul University, Türkiye
12.15-12.30	**BIOREGULATORY APPROACH IN SPORTS MEDICINE.** **Stefan Pecher,** doctor of the German national team of skiing
12.30-12.45	**MULTIDISCIPLINARY APPROACH IN THE TREATMENT OF OBESE PATIENTS** **M.T. Afandieva,** Doctor of Medical Sciences, Professor of the National Institute of Sports Medicine and Rehabilitation of the Ministry of Sports and Youth of Azerbaijan
12.45-13.00 (online)	**THE INFLUENCE OF RELATIVE AGE AND GENETIC FACTORS ON SELECTION IN HOCKEY** **I.I.Akhmetov**, Professor at Liverpool University named after John Moores, UK.

13.00 – 14.00 -BREAK (LUNCH)

SECTIONAL SESSIONS

ZOOM registration https://us06web.zoom.us/meeting/register/tZYsc-2uqTgiG92IpgYlTIHpoErMyUpSUcGJ

SPORTS MEDICINE SECTION (I)

Friday, October 13, 2023
InterContinental Tashkent, Sirdarya Hall

14.00 - Opening of the sectional session

Moderators: N.B. Tursunov, V.A. Badtieva, G.P., Kasymova, M.T. Afandieva, F.I. Khamrabaeva,

Time	TITLE OF THE REPORT	Speaker, country
14.00-14.15	**LESSONS LEARNED AND THE LEGACY OF MAJOR SPORTING EVENTS** **V.A. Badtieva,** Doctor of Medical Sciences, Professor, Corresponding Member of the Russian Academy of Sciences, Head of the Moscow Scientific and Practical Center for Medical Rehabilitation, Rehabilitation and Sports Medicine. Moscow, Russia	
14.15-14.30 (online)	**IMPROVING MEDICAL, MEDICAL-BIOLOGICAL, SCIENTIFIC AND METHODOLOGICAL SUPPORT FOR THE TRAINING OF SPORTS RESERVES IN THE CONSTITUENT ENTITIES OF THE RUSSIAN FEDERATION** **A.Yu. Lapin,** President of the Association of the Assistance for Development of Physical Culture and Sports "Federation of Sports Medicine". Moscow, Russia.	
14.30-14.45	**THE PHENOMENON OF TRANSSEXUALITY OF MODERN SPORTS** **G.P.Kasymova**, Doctor of Medical Sciences, Professor, President of the "Public Association of Specialists in Sports Medicine and Rehabilitation", Head of the Department of Sports Medicine of the Institute of Postgraduate Education. - Almaty, Kazakhstan.	

14.45-15.00	**THE EFFECT OF VARIOUS SPORTS ON THE DIGESTIVE ORGANS** **F.I. Khamrabaeva,** Doctor of Medical Sciences, Professor, Dean of the Faculty of Therapy, Head of the Department of Gastroenterology and Physiotherapy of the Central Republican Medical Center, Member of the European Club of Pancreatologists, Russian Association of Gastroenterologists, Association of Therapists of Uzbekistan.
15.00-15.15	**STRATEGY FOR THE DEVELOPMENT OF SPORTS MEDICINE IN THE REPUBLIC OF TATARSTAN** **R.S. Sadykova,** chief freelance specialist in sports medicine and exercise therapy of the Volga Federal District of the Ministry of Health of the Russian Federation and the Republic of Tatarstan.
15.15-15.30	**FEATURES OF ANTERIOR CRUCIATE LIGAMENT RESTORATION IN ATHLETES** **M.E.Irismetov,** Doctor of Medical Sciences, Director of the Republican Specialized Scientific and Practical Medical Center for Orthopedics and Traumatology. Tashkent, Uzbekistan
15.30 - 15.45	**A LOOK THROUGH THE EYES OF A FOOTBALL TECHNICIAN. FOOTBALL AS A SPORT, CULTURE AND INDUSTRY** **Fatih Terim,** coach of the Turkish national team
15.45-16.00	**THE INFLUENCE OF SPORTS ON THE HEALTH OF PARALYMPIC ATHLETES** **N.B. Tursunov,** Ph.D., Associate Professor, First Deputy Director of the Republican Scientific and Practical Center of Sports Medicine for work with regional branches Tashkent, Uzbekistan
16.00-16.15	**CLINICAL RESULTS OF LASER RECONSTRUCTION OF INTERVERTEBRAL DISCS AND KNEE JOINTS** **V.A. Baskov,** PhD, member of the European and World Association of Neurosurgery, the International Spinal Cord Society, the North American Society of Neurosurgeons, the Russian Medical Academy of Postgraduate Education. Moscow, Russia
16.30-16.45	**MILD TBI IN SPORTS - AN UNDERESTIMATED PROBLEM?** **N.V. Sichinava,** Doctor of medical science, Chief Researcher, Deputy Head of the Sports Medicine Clinic "Moscow Scientific and Practical Center for Medical Rehabilitation, Rehabilitation and Sports Medicine" Moscow, Russia
16.45-17.00	**CURRENT ISSUES OF OVERTRAINING** **M.N. Khokhlova,** Ph.D, Head of the Department of Medical Rehabilitation of the Sports Medicine Clinic "Moscow Scientific and Practical Center for Medical Rehabilitation, Rehabilitation and Sports Medicine." Moscow, Russia
17.00-17.15	**GENETIC PREDICTORS OF MORPHOFUNCTIONAL CHARACTERISTICS OF MUSCLE FIBERS. LOOKING FOR NEW MARKERS** **E.V.Generozov,** Ph.D., Associate Professor, Head of the Laboratory of Human Molecular Genetics of the Federal State Budgetary Institution - Federal Scientific and Clinical Center for Physical and Chemical Medicine named after. Yu.M. Lopukhina. Moscow, Russia
17.15-17.30	**ASSESSMENT OF CARDIORESPIRATORY SYSTEM RESERVES IN GAS ANALYSIS OF HIGHLY QUALIFIED ATHLETES** **T.N. Lukyanenko,** Ph.D., Associate Professor, Republican Scientific and Practical Center for Sports, Minsk, Belarus

SECTIONAL SESSIONS

ZOOM registration https://zoom.us/meeting/register/tJ0kcO6tpz4uH9x14FCuEVDgxWbx-jOAo67p

SECTION OF FUNCTIONAL DIAGNOSTICS AND REHABILITATION IN SPORTS (II)

Friday, October 13, 2023
InterContinental Tashkent, Amudarya-1 hall

14.00 – Opening of sectional session

Moderators: A.R. Shayusupov, O.A. Churganov, V.I. Pavlov

Time	TITLE OF THE REPORT	Speaker, country
14.00 - 14.15	**SCIENTIFIC AND METHODOLOGICAL SUPPORT IN THE WORK OF A SPORTS MEDICINE DOCTOR**	**O.A. Churganov,** Professor, head of the department of sports psychology of Northwestern State Medical University named after Mechnikov. Saint-Petersburg, Russia
14.30 - 14.45 (online)	**ARTERIAL HYPERTENSION IN ATHLETES UNDER 18 YEARS OF AGE. ISSUES OF DIAGNOSIS AND MANAGEMENT TACTICS**	**S.O. Klyuchnikov,** Doctor of Medical Sciences, Professor, Leading Researcher of the Organizational and Research Department of the Federal State Budgetary Institution Federal state budgetary institution "Federal research and clinical center for sports medicine and rehabilitation of the federal medical-biological agency of Russia.
14.45 - 15.00	**FUNCTIONAL METHODS OF EXAMINATION OF ATHLETES**	**V.I. Pavlov,** Doctor of Medical Sciences, Senior Researcher, Head of the Department of Functional Diagnostics, Moscow Scientific and Practical Center for Medical Rehabilitation, Rehabilitation and Sports Medicine. Moscow, Russia
15.00 - 15.15	**REHABILITATION OF ATHLETES AFTER ANKLE INJURIES**	**N.V. Trukhacheva,** Ph.D., senior researcher employee of the Moscow Scientific and Practical Center for Medical Rehabilitation, Rehabilitation and Sports Medicine. Moscow, Russia
15.15 - 15.30	**FUNCTIONAL METHODS OF EXAMINATION OF ATHLETES**	**Yu.M. Ivanova,** Ph.D, Senior Researcher, Doctor of the Department of Functional Diagnostics of the Moscow Scientific and Practical Center for Medical Rehabilitation, Rehabilitation and Sports Medicine. Moscow, Russia
15.30 - 15.45	**SUBCLINICAL HYPOTHYROIDISM IN ATHLETES: PREVALENCE, IMPACT ON PHYSICAL PERFORMANCE PARAMETERS.**	**E.A. Tenyaeva,** Ph.D., leading researcher at the Moscow Scientific and Practical Center for Medical Rehabilitation, Rehabilitation and Sports Medicine. Moscow, Russia
15.45-16.00 (online)	**BIOREGULATORY APPROACH FOR THE PREVENTION OF MICROTRAUMATIC INJURIES**	**V.V. Grishin,** Associate Professor of the Department of Sports Medicine and Health Technology, NSU named after P.F. Lesgaft, St. Petersburg, Russia.
16.00-16.15	**DYSFUNCTION, WEAKNESS SYNDROME AND SINUS NODE ARREST IN AN ACTIVE ATHLETE - DIFFICULTIES IN DIAGNOSIS AND CHOICE OF TREATMENT TACTICS**	**D.A. Akopyan,** Doctor of the functional diagnostics department of the Sports Medicine Clinic "Moscow Scientific and Practical Center for Medical Rehabilitation, Rehabilitation and Sports Medicine". Moscow, Russia
16.15-16.30	**OUR EXPERIENCE IN SURGICAL REHABILITATION USING STABILIZING SYSTEMS FOR NONSPECIFIC SPONDYLITIS**	**Sh.E.Abdiev,** National Center for Rehabilitation and Prosthetics for Disabled People of the Republic of Uzbekistan. Tashkent, Uzbekistan
16.30- 16.45	**EVALUATION OF THE EFFECTIVENESS OF PREOPERATIVE REHABILITATION FOR PLASTIC SURGERY OF THE ANTERIOR CRUCIATE LIGAMENT IN PROFESSIONAL ATHLETES**	**M.Yu. Nemchinova,** Sports and Rehabilitation Center "New Step". Moscow, Russia

16.45-17.00	**IS A "SLIGHT" TRAUMATIC BRAIN INJURY IN SPORTS AN UNDERESTIMATED PROBLEM?** **A.M.Tanatarova,** Doctor of the functional diagnostics department of the Sports Medicine Clinic "Moscow Scientific and Practical Center for Medical Rehabilitation, Rehabilitation and Sports Medicine". Moscow, Russia
16.45-17.00	**EXPERIENCE OF USING AN IMPROVED POST-EXERTIONAL RECOVERY PROTOCOL AMONG PROFESSIONAL JUDOKAS** **D.B.Sattarova,** Tashkent Medical Academy. Uzbekistan.

SECTIONAL SESSIONS

ZOOM **registration** https://zoom.us/meeting/register/tJwrd-uvpzsjGNM79PWL33OoK0CDMq1xc3Gb

SECTION OF SPORTS PSYCHOLOGY, PHARMACOLOGY AND DIETOLOGY (III)

Friday, October 13, 2023
InterContinental Tashkent, Amudarya-2 hall

14.00 – Opening of the sectional session

Moderators: I.R.Mavlyanov, R.T.Kamilova, S.V.Sokolovskaya, N.M.Rakhimova

Time	TITLE OF THE REPORT	Speaker, country
14.00 - 14.15	**INFORMATIVENESS OF LABORATORY DIAGNOSTIC PREDICTORS IN SPORTS MEDICINE.** **N.M. Rakhimova,** DSc, senior researcher, head of the scientific and clinical laboratory of the Republican Scientific and Practical Center for Medical Sciences. Tashkent, Uzbekistan
14.15 - 14.30	**PSYCHOLOGICAL ASPECTS OF MEDICAL AND BIOLOGICAL SUPPORT OF SPORTS TRAINING** **S.V.Sokolovskaya,** Ph.D., Head of the Department of Sports Medicine and Psychology of the National Nijniy Novgorod State University, Russia
14.30 - 14.45	**ANALYSIS OF DIET OF WEIGHTLIFTING ATHLETES** **I.O. Otajonov,** Doctor of Medical Sciences, Associate Professor of the Department of Food Hygiene for Children and Adolescents, Tashkent Medical Academy. Uzbekistan.
14.45 - 15.00 (online)	**ASSESSMENT OF ERYTHROCYTE DEFORMABILITY DURING ADAPTATION TO HIGH-ALTITUDE HYPOXIA** **N.V. Akulich,** Ph.D., Associate Professor, Head. Laboratory of Biochemistry of the Republican Scientific and Practical Center for Sports. Minsk, Belarus.
15.00 - 15.15 (online)	**MODERN ASPECTS OF THE SAFETY AND EFFECTIVENESS OF THE USE OF SPECIALIZED FOOD PRODUCTS BY ATHLETES OF DIFFERENT AGE GROUPS** **T.A. Yashin,** Head of the functional state correction room of the Federal Scientific and Clinical Center for Sports Medicine and Rehabilitation of the Federal Medical and Biological Agency of Russia.
15.15 - 15.30	**NEUROPSYCHOBIOLOGICAL AND GENETIC FEATURES OF PHYSICAL ACTIVITY IN ELITE SPOR PHD,TS** **N.Sh. Usmonalieva,** PhD, senior researcher, head of the department of scientific research and training of scientific and pedagogical personnel of the Republican Scientific and Pedagogical Center for Social Sciences. Tashkent, Uzbekistan.
15.30-15.45	**SPECIFICITY OF COMPREHENSIVE ASSESSMENT OF NEUROPHYSIOLOGICAL CONDITION OF JUNIOR AND CADET ATHLETES** **M.R. Rakhmatova,** PhD, Associate Professor, Bukhara State Medical University, Bukhara, Uzbekistan
15.45-16.00	**SPECIAL METHODS AND MEANS OF PSYCHOLOGICAL PREPARATION OF ATHLETES FOR COMPETITIONS** **D.R. Abdumajidova,** PhD, doctoral student of the Republican Scientific and Practical Center of Sports Medicine. Tashkent, Uzbekistan
16:00-16:15	**PHARMACOLOGICAL CORRECTION OF FATIGUE DURING HEAVY PHYSICAL EXERTION**

	S.S. Fotiev, sports pharmacologist of the Republican Scientific and Practical Center of Sports Medicine. Tashkent, Uzbekistan.
16:15-16:30	**PSYCHOLOGICAL CHARACTERISTICS OF SELF-CONTROL IN ATHLETES** **Z. Kuvvatova,** basic doctoral student of the Republican Scientific and Practical Center of Sports Medicine. Tashkent, Uzbekistan
16:30- 16.45	**ASSESSMENT OF THE PSYCHO-EMOTIONAL STATE OF ATHLETES BEFORE COMPETITIONS** **G.H. Ernaeva,** basic doctoral student of the Republican Scientific and Practical Center of Sports Medicine. Tashkent, Uzbekistan
16.45-17.00	**CHEMICAL COMPOSITION AND SOME TOXICOLOGICAL FEATURES OF THE PLANT FERULA MOSCHATA** **G.D. Majidova,** basic doctoral student of the Republican Scientific and Practical Center of Sports Medicine. Tashkent, Uzbekistan

MASTER CLASSES

ZOOM registration https://us06web.zoom.us/meeting/register/tZYlc-uqqT4sGtTGMVhlXksm1Mg0bl1leZx

Saturday, October 14, 2023, Tashkent city

Venue: Republican Scientific and Practical Center of Sports Medicine - National Olympic Committee Hall (2nd floor, A-block)

9.00 – opening and registration for the master class

9.00 -12.30 - theoretical part

13.30-18.00 - practical part

Time	NAME OF MASTER CLASSE	Master
09.00 – 10.00	**KEY POINT FOR FUNCTIONAL MOVEMENT SCREEN** **Dr. Ingin Dinch,** sports doctor, co-founder of Quadroathletics	
10.15– 11:15	**WHAT IS SELECTIVE FUNCTIONAL MOVEMENT ASSESSMENT? HOW WE USING IT IN SPORTS REHABILITATION?** **Eric Lazar,** Professor of Neuroorthopedics, Biomechanics and Biophysics, Madrid Chiropractic College - El Escorial, Spain. Director of Chiropractic and Rehabilitation Services.	
11:15 – 11:30	**COFFEE - BREAK**	
11:30 – 12:30	**FUNDAMENTALS OF PERFORMANCE – FUNCTIONAL CAPACITY SCREEN** **Eberhard Schlömmer,** certified strength and conditioning coach, sports and rehabilitation consultant, functional movement systems instructor	
12:30 -13:30	**LUNCH**	
13:30-18:00	**Practical part**	
18:00	**Discussion**	

MASTER CLASSES

Saturday, October 14, 2023, Tashkent city

Venue: Republican Scientific and Practical Center of Sports Medicine: Department of Physiotherapy and Rehabilitation (3rd floor, A-block)

9.00 – opening and registration for the master class

Time	NAME OF MASTER CLASS	Master
09.00 – 11.00	**BIOREGULATORY THERAPY OF DISEASES OF THE MUSCULOSKELETAL SYSTEM. POSSIBILITIES OF THE BIOPUNCTURE METHOD IN THE REHABILITATION PERIOD**	**Dalius Barkauskas,** Doctor of medical sciences, sports doctor of the Lithuanian Olympic Committee.
09.00 – 10.00	**THE EFFICIENCY OF EXERCISE THERAPY AS THE MAIN MEANS OF PHYSICAL REHABILITATION AFTER HIP REPLACEMENT IN ATHLETES (EARLY PERIOD)**	**D.B. Sattarova,** neuropathologist and rehabilitation specialist at the Republican Scientific and Practical Center of Sports Medicine. Tashkent, Uzbekistan

PLENAUM OF THE ASSOCIATION OF SPORTS MEDICINE OF THE CIS COUNTRIES, GEORGIA AND BALTIC COUNTRIES

Saturday, October 14, 2023, Tashkent city

Venue: National Olympic Committee meeting room