delaware

CHASING CANCELLARA FLANDERS

PRELIMINARY PROGRAM - CYCLO SCIENCE CONFERENCE
CHASING CANCELLARA FLANDERS

SATURDAY 21ST OF MARCH 2020

Introduction: CEO Delaware BeLux - Folker Lamote

- CYCLING WITH HIP OR KNEE PROTHESIS
  WHAT SHOULD WE PAY ATTENTION TO?
  Dr. Pieter Vandenbussche - AZ Glorieux
- HEART EXAMINATION WITH ENDURANCE SPORTS RECREANTS
  FALSE SENSE OF SAFETY OR ABSOLUTE NECESSITY?
  Dr. Catherine De Maeyer - UZA
- KETONES
  HOW DO KETONE ESTERS WORK AND ARE THEY REALLY EFFECTIVE FOR CYCLISTS?
  Prof. Dr. Kieran Clarke - University of OXFORD
- MASSAGE AND PHYSIOTHERAPY FOR CYCLISTS
  USEFUL? NECESSARY?
  Mr. Lieven Maesschalck - Move to cure
- THE PARALYMPIC DREAM
  Dhr. Heinrich Popow
- ARCH SUPPORTS AND CYCLING
  PROVEN EFFECT OR UNNECESSARY?
  Dr. K. Van Der Donckt - AZ Glorieux
- CENTRAL NERVE SYSTEM
  IMPORTANCE AND EXTRA VALUE IN CYCLING?
  Dr. Stijn Quanten - Koshine Health & Performance
  Egwin Ponette - Vitori sports centre Zwevegem
- POLARISED OR PIRAMIDAL TRAINING – SPORTS DISCIPLINE SPECIFIC?
  Prof. Dr. Jan Bourgois - University of Ghent
- SADDLES – A PAIN IN THE ASS
  Mr. Alphonse Vermote
- THE MYSTERY OF KNEE INJURIES WITH CYCLISTS
  Dr. Toon Claes
- ROUND TABLE WITH TOP ATHLETES
  HOW IMPORTANT IS SCIENCE IN ACHIEVING YOUR GOALS DURING YOUR CARREER?
  Fabian Cancellara – *2 olympic victories timerace*
  Frederik Van Lierde – Ironman 2013
  Renaat Schotte (VRT Sporza) - *moderator*
  Marc Herremans – *Run to walk again*
  Natascha Badmann – *10x worldchampion + 6x Ironman*
  Heinrich Popow – *gold medal paralympics 2012 100m sprint*

Collaboration Orthopedic department AZ Ronse
& Vitori sports centre Zwevegem