

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 EN 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
- POLARISED OR PIRAMIDAL TRAINING – SPORTS DISCIPLINE SPECIFIC?
Prof. Dr. Jan Bourgois - University of Ghent
- SADDLES – A PAIN IN THE ASS
Dhr. 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 CAREER?
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*