



#Sportskongres2024: from science to practice

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The Sportskongres you know and love returned in 2023 after 2 years of COVID-19-induced hiatus. In 2024, Copenhagen once again hosts the congress from 1 February to 3 February 2024. In 2023, overwhelming interest from clinicians and researchers meant the congress was sold out well in advance of its start date. And in every aspect of the congress—from the practical workshop sessions with waiting lists of people wanting to get in, to the world-famous gala that saw people partying into the early hours—it was obvious that you were all excited to meet in person again.

It is always challenging for a scientific committee to follow up on the successes of a previous congress. We feel #Sportskongres2024, with its extensive and diverse content, will meet the high expectations of the clinicians, researchers, coaches and athletes from Scandinavia, Europe and beyond, who mark every February in their calendar as the time for high-quality science, cutting-edge practical content and high-energy dance floors.

The diverse programme is reflected in different clinical topics and in diverse target populations. From the opening keynote, delivered by world-renowned clinician-scientist, Dr Kathryn Schneider, you will encounter a programme that reflects the current challenges and opportunities in research and practice. Concussion features in prominent places through the congress, reflecting the increasing public awareness and the decades of work from dedicated researchers and clinicians to protect athletes' brain health. You will hear the latest consensus on concussion and have opportunities to practise your skills in hands-on workshops.

Return-to-sport makes an early appearance, and its influence carries through the congress: discussing best practice in testing and shared decision-making, and followed up by symposia addressing specific issues in return to sport testing for upper limb injuries and knee injuries. You will learn more about how to test depending on the tools

and technology you have available, and hear about the latest approaches to integrating the brain into rehabilitation and return-to-sport testing. Again, you will have the opportunity to practise new skills and learn from colleagues in linked workshops delivered by world-class presenters.

Tendon loading and overuse injuries are extensively covered from the fundamental biology underlying the problems to concrete advice on how to relieve the problems. And perennial surgical challenges in managing ACL injuries, compartment syndrome and hip pain have plenty of 'air time'. The programme also has an eye on the long-term health of athletes' knees—you would not want to miss the OPTIKNEE sessions, which outline best practice for preventing post-traumatic osteoarthritis, and the opportunity to debate the role of exercise therapy for managing osteoarthritis.

In 2024's congress, we focus on the challenges of the 'real-life' clinical context by discussing how clinicians can best support athletes when working in settings with few resources. You will hear from clinicians, athletes and coaches, and researchers about how to work better together to help athletes stay healthy and perform at their best.

All the exciting symposia and workshops are presented by experts in their respective fields. One of the true highlights of the congress is the best oral presentation session, with the first prize supported by *BMJ Open Sports & Exercise Medicine* (BOSEM). In this event, you will see rising stars compete on scientific presentation skills and project designs in an atmosphere not unlike a Eurovision song contest with cheering crowds and enthusiastic moderators keeping the show rolling.

The challenge of how to implement new knowledge and skills into practice is a perennial discussion point at sports science and medicine conferences the world over. To cap off Sportskongres2024,



join Professors Michael Kjær and Peter Magnusson, who will share their tips on this important issue in the closing keynote lecture.

Register soon so you do not miss out on Sportskongres2024. If you are not able to come, or you miss one of the final seats, our collaboration with BOSEM provides the opportunity to follow the congress on social media. Better yet—see you in Copenhagen!

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