



# MACC

## MEDICINE AFRICA CYCLING CONGRESS

CAPE MEDICAL CONGRESSES (PTY) LTD Registration No: 2017/157553/07

Directors: Dr Richard De Villiers, Marie-Louise De Villiers, Tertia Brand

**THURSDAY 23 NOVEMBER 2017**  
**SPORT SCIENCE INSTITUTE OF SA**  
**CYCLING BIOMECHANICS & INJURY PREVENTION / MANAGEMENT**  
**DETAILED PROGRAMME**

<b>07:00 – 08:00</b>	<b>REGISTRATION &amp; COFFEE</b>
08:00 – 08:30	Welcome ( <b>Dr Jeroen Swart</b> )
08:30 – 09:00	<b>Dana Kotler:</b> Collaborative evaluation of the cyclist: Role of Bike Fit
09:00 – 09:30	<b>Lotte Kraus:</b> A hands on approach to managing overuse injuries
<b>09:30 – 10:00</b>	<b>COFFEE &amp; TEA</b>
10:30 – 13:00	<b>Jeroen Swart &amp; Lotte Kraus:</b> A multi-dimensional approach to bike fit. Integrating multiple tools in an optimal workflow pattern
<b>13:00 – 14:00</b>	<b>LUNCH</b>
14:00 – 15:00	<b>Dr Borut Fonda:</b> Application of force pedals in everyday bike fitting practice: from effectiveness to stability
15:00 – 15:30	<b>Wendy Holliday:</b> It's not about the bike - Cycling specific stretching, mobilisation and interventions to improve bike fit
<b>15:30 – 16:00</b>	<b>COFFEE &amp; TEA</b>

