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23rd World Congress of the International Society for Medical Shockwave Treatment
June 25 – 26, 2020 | Hotel Savoyen Vienna | Austria



Preliminary Program



General Information

→ ORGANIZER

Austrian Workers' Compensation Board (AUVA)
Head Office
Adalbert-Stifter-Strasse 65
1200 Vienna | Austria

→ SCIENTIFIC ORGANIZATION

Wolfgang Schaden
President of the ISMST

Rainer Mittermayr
ISMST Scientific Congress Secretary

→ INFORMATION AND ORGANIZATION

Austrian Workers' Compensation Board (AUVA)
Office for International Relations and Convention Management
Adalbert-Stifter-Strasse 65
1200 Vienna | Austria

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→ REGISTRATION AND PAYMENT

Jennifer Konecky
Phone: +43 5 93 93-20193
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→ CONGRESS LANGUAGE

The official congress language is English.

→ CONGRESS WEBSITE

<https://www.shockwavetherapy.org>

→ CONFERENCE VENUE

Hotel Savoyen Vienna
Rennweg 16
1030 Vienna | Austria
Phone: +43 1 206 33-9109
savoyen@austria-trend.at

→ APPROBATION

For the event Austrian DFP credits will be requested at the Austrian Medical Chamber.
These credits are convertible for the respective country.

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Welcome Letter of the President of the ISMST



@bettinagreslehner

Dear Colleagues and Friends, dear Shockwave Family!

It is a great pleasure and an honor for me to invite you all to the 23rd World Congress of the ISMST in Vienna. Indeed, it was in Vienna that, on 14 June 1997, our society was founded by a small group of physicians fascinated by this new technology that appeared to have such huge potential to help our patients, without significant adverse side-effects or risks.

Right from the outset, we were keen to ensure that our society remained open-minded, welcoming new ideas, concepts and theories.

Most of our members were orthopedic surgeons dealing with the 'classic' four indications: tennis elbow, heel spur, shoulder calcifications, and bone non unions. Back then, shockwave treatment was regarded as some sort of 'voodoo therapy', so our first objective was to produce evidence to gain acceptance within the 'scientific community'. And it was a long and rocky road to obtain funding for the first clinical studies to perform randomized controlled trials. Once we had demonstrated the efficacy and safety of ESWT, we became more and more interested in the working mechanism of this wonderful tool. By then, our society was attracting extremely committed researchers keen to help us understand the mechanism that underlies shockwaves.

We developed a new understanding of the way shockwaves act on biological tissue: mechano-transduction describes the fact that shockwaves (mechanical impulses such as pressure, shear and tensile forces) are translated into biological signals that activate genes. Groups of genes then start to produce proteins (growth factors, etc.) which successfully trigger regenerative processes in pathological tissue. Even the body's own stem cells can be activated to regenerate the affected area under the influence of shockwaves.

Meanwhile, interest in shockwave technology was steadily growing and spreading all over the world. So much so that the ISMST society now comprises almost 400 members from 60 countries across all continents.

Thanks to our society's open-minded approach, we were able to broaden the scope of shockwave technology from the 'classic four' to practically all disciplines of medicine. Indeed, ESWT is now used for all kinds of tendon and bone pathologies, wound healing disorders, pathologies in urology and sexual medicine, muscle pathologies, and neurological pathologies such as spasticity, polyneuropathy, carpal tunnel syndrome and M. Alzheimer.

Clinical trials are underway in thoracic surgery, applying shockwaves to the open heart to stimulate heart muscle regeneration and, for patients with acute spinal cord injuries, as a causal therapy to modulate initial inflammation and stimulate early nerve regeneration.

It is thanks solely to the passionate commitment of our society's members that this phenomenal development has been possible. And I would like to take this opportunity to thank in particular one of our founding members, Richard Thiele, who sadly passed away far too early.

And so, as you prepare to travel to Vienna, I am certain that you can look forward to another exciting congress packed with all the latest insights into the fascinating field that is shockwave medicine.

Welcome to Vienna!

Wolfgang Schaden,
President of the ISMST

Welcome Letter of the ISMST Scientific Congress Secretary



Dear Colleagues and Friends, dear Shockwave Family!

It is my particular pleasure and honor, as the conference secretary, to welcome you in Vienna for the 23rd World Congress of the International Society for Medical Shockwave Treatment. It is already the second time that this unique society and its members come together in the center of Europe, in beautiful Vienna. Beyond, we feel proud that one of the founders of our society – Wolfgang Schaden – will host this conference.

Vienna is known for its cosmopolitanism and peaceful living together of a multicultural community (183 nations) in an environment of the highest quality of life. In my opinion, these qualities are perfectly reflected also by our society making it more a family than an association. Vienna is named for the most livable city in the world already for the 10th time. Vienna is world-famous for its exceptional music and cultural diversity performed at historic places from the Musikverein to the renowned Kunsthistorisches Museum. While walk through relaxing green spaces, parks and gardens you will pass by places of the magnificent imperial heritage like Schönbrunn Palace, Hofburg Palace, and Belvedere Palace, which is in the direct vicinity of our meeting venue, Hotel Savoyen Vienna.

At this inspiring place, we will experience a new program format, which we believe is in equal measure, innovative and exciting. We endeavored to organize sessions dedicated to different disciplines, also including previously under-recognized scopes of application (e.g., urology and sexual medicine). We are convinced that this change will further expand our perception of shockwave treatment. Furthermore, we are happy to present you several keynote lectures per session, which will be given by world-leading experts.

We also have the pleasure to invite you to outstanding social events (Networking Dinner at the City Hall and a typical Viennese Heuriger), which will give us the occasion to share our knowledge in pleasant surroundings, do networking, and to establish personal contacts.

We hope in your numerous active and enthusiastic participation in this 23rd international congress of the ISMST.

I am looking forward to welcoming you all in Vienna and sharing with you the latest insights in shockwave therapy.

Rainer Mittermayr,
ISMST Scientific Congress Secretary



MAIN TOPICS

- **ESWT in Sports Medicine**
- **Basic Research**
- **25 Years DIGEST**
- **ESWT in Pain and Myofascial Treatment**
- **Radial Pressure Waves in Physiotherapy and Professional Sport**
- **ESWT in Urology and Sexual Medicine**
- **ESWT in Neurological Pathologies**
- **ESWT in Wound Healing Disorders**
- **Recent Developments of ESWT in Orthopedics and Traumatology**

→ SCIENTIFIC COMMITTEE

Cristina D'Agostino, Humanitas Research Hospital, Italy

Ludger Gerdesmeyer, Med Baltic, Germany

Irwin Goldstein, Alvarado Hospital Medical Center,
United States of America

David Hercher, Ludwig Boltzmann Institute for Experimental
and Clinical Traumatology, Austria

Johannes Holfeld, University Clinic of Cardiac Surgery, Austria

Karsten Knobloch, SportPraxis, Germany

Carlos Leal, Fenway Medical, Colombia

Rainer Mittermayr, Austrian Workers' Compensation Board

Daniel Moya, Buenos Aires British Hospital, Argentina

Hannes Müller-Ehrenberg, Triggerpoint Center, Germany

Tomáš Nedělka, Charles University, Czech Republic

Silvia Ramon, Quirónsalud Hospital, Spain, Spain

Jens Rassweiler, SLK-Kliniken, Germany

Martin Ringeisen, Private Practice, Germany

Wolfgang Schaden, Austrian Workers' Compensation Board

Program Overview

 **LOCATION** **Head Office of the Austrian Workers' Compensation Board (AUVA)**
Address: Adalbert-Stifter-Strasse 65, 1200 Vienna

TUESDAY, JUNE 23, 2020

10.00-18.00 **Managing Board Meeting**

WEDNESDAY, JUNE 24, 2020

08.00-17.30 **Instructional Certification Course for Physiotherapists (ICC)**

Further information about the ICC at:

<https://www.shockwavetherapy.org/23rd-ismst-world-congress/icc/>

 **LOCATION** **Hotel Savoyen Vienna**
Address: Rennweg 16, 1030 Vienna

As of 15.00 Congress Registration

19.00-22.00 [Welcome Cocktail at the Hotel Savoyen](#)

THURSDAY, JUNE 25, 2020

As of 07.30 Congress Registration and [Wake-up Coffee](#)

08.30 Opening Session

09.00 → **ESWT in Sports Medicine**

→ **Basic Research**

→ **25 Years DIGEST**

→ **ESWT in Pain and Myofascial Treatment**
Annual General Meeting

18.30 [Guided transfer to the Vienna City Hall](#)

20.00 [Networking Dinner at the Vienna City Hall](#)

FRIDAY, JUNE 26, 2020

As of 07.30 Congress Registration and [Wake-up Coffee](#)

08.30 → **Radial Pressure Waves in Physiotherapy and Professional Sport**

→ **ESWT in Urology and Sexual Medicine**

→ **ESWT in Neurological Pathologies**

→ **ESWT in Wound Healing Disorders**

→ **Recent Developments of ESWT in Orthopedics and Traumatology**

18.00 Awards and Closing Session

19.00 [Get-together at the "Viennese Heurigen"](#) (Bus Transfer included)

 **LOCATION** **Head Office of the Austrian Workers' Compensation Board (AUVA)**
Address: Adalbert-Stifter-Strasse 65, 1200 Vienna

SATURDAY, JUNE 27, 2020

08.00-17.00 **Instructional Certification Course for Physicians (ICC)**

Further information about the ICC at:

<https://www.shockwavetherapy.org/23rd-ismst-world-congress/icc/>

SCIENTIFIC AWARD

At the 23rd International Congress of the ISMST the Managing Board will grant awards to the best **basic AND clinical research paper** on Shockwave Medicine.

The subject of the work can be of both Basic Research (experimental studies) and Clinical Research (clinical studies) on Shockwave Technology.

The work opting to an award must be submitted **before March 31, 2020** under this link: <https://www.conftool.org/ismst2020/>

The awards will consist of a first and second place of each category.

The awardees will receive an ISMST Certificate and a bank-check (money transfer) for an amount of:

Basic Research Award (experimental studies):

- 1st Place: 1,000 EUR
- 2nd Place: 500 EUR

Clinical Research Award (clinical studies):

- 1st Place: 1,000 EUR
- 2nd Place: 500 EUR

For detailed information, please see the ISMST Website under the following link: www.shockwavetherapy.org





SUBMISSION ABSTRACT/POSTER

Please submit your abstract or poster via the following link:

<https://www.conftool.org/ismst2020/>

Deadline for paper submission: March 31, 2020

Abstracts should be written in **English**, length of abstract must not exceed **350 words**.

The abstracts and presentations will be made available to the conference participants in electronic format.

EXHIBITION

The exhibition area is located in the rooms Olympia Mancini 3.
Coffee breaks and lunch will be served in this area as well.

Exhibition and sponsors' management

S12! Studio12 gmbh

Ralph Kerschbaumer

Kaiser Josef Strasse 9 | 6020 Innsbruck | Austria

Phone: +43 (0)512-890438

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WEDNESDAY, JUNE 24, 2020

19.00-22.00 **Welcome Cocktail at the Hotel Savoyen**

THURSDAY, JUNE 25, 2020

18.30 **Guided transfer to the Vienna City Hall**
As of 20.00 **Networking Dinner at the Vienna City Hall**

The Vienna City Hall is located in the center of Vienna at the "Ringstrasse". It is one of the most splendid amongst the numerous monumental buildings in Vienna. Designed by Friedrich Schmidt it was erected between 1872 and 1883. The Vienna City Hall was built in gothic style with a tower similar to gothic cathedrals. The gothic era saw the growth of the cities and the emergence of an urban bourgeoisie. Today the Vienna City Hall is the head office of Vienna's municipal administration.



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FRIDAY, JUNE 26, 2020

19.00 **Get-Together at the "Viennese Heuriger" (Bus-Transfer included)**

The real Viennese "Heuriger" or wine tavern primarily offers their guests a pleasant atmosphere, fine Viennese wines and a fitting culinary accompaniment. A special place where all guests are welcome and can feel comfortable. The word "Heuriger" does not just describe the tavern itself, but also the wine from the current vintage, which is reflecting the richness of the variety and the special Viennese climate.



© Florian Wieser

Congress Registration

ONLINE REGISTRATION

Please use the link below:

<https://online-services.auva.at/congress>

Click on the header “Events” and select “ISMST 2020”. Upon receiving your registration, the congress office will send you a registration confirmation and the invoice.

If you have any trouble with the registration, please do not hesitate to contact us at:

congress@auva.at

Congress Fee	Regular Registration until June 2, 2020	On-site Registration
Regular Participant – ISMST Member	400 EUR	500 EUR
Regular Participant – non ISMST Member	450 EUR	550 EUR
Speaker – ISMST Member	350 EUR	450 EUR
Speaker – non ISMST Member	400 EUR	500 EUR
Student (student ID required)	100 EUR	150 EUR
Keynote Speaker, AUVA Employee	free of charge	free of charge

ISMST Certification Course	Regular Registration until June 2, 2020	On-site Registration
ICC Physiotherapist – ISMST Member	200 EUR	300 EUR
ICC Physiotherapist – non ISMST Member	250 EUR	350 EUR
ICC Physician – ISMST Member	200 EUR	350 EUR
ICC Physician – non ISMST Member	250 EUR	350 EUR

ISMST Certification Course for NON Congress Attendees	Regular Registration until June 2, 2020	On-site Registration
ICC Physiotherapist / Physician	500 EUR	600 EUR

Social Events	Regular Participant, Speaker, Keynote Speaker	AUVA Employee, Student & Accompanying Person
Welcome Cocktail	free of charge	free of charge
Networking Dinner (Vienna City Hall)	free of charge	100 EUR
Get-Together at the “Heuriger” (Bus Transfer included)	80 EUR	80 EUR

Please note that early registration to the social events is necessary as the number of places is limited!

PAYMENT

Please make the payment to the following account:

Allgemeine Unfallversicherungsanstalt – key word “ISMST 2020”

Raiffeisen Zentralbank, Vienna

IBAN: AT08 3100 0020 0010 5460

BIC: RZBAATWW

Please indicate the invoice number (or name) on the transfer form, otherwise we cannot allocate your payment!

Congress fee includes admission to the congress and the exhibition area, coffee breaks, lunches and participation in the social events as indicated. (Please see congress fees above!)

DEADLINE FOR ONLINE REGISTRATION

Tuesday, June 2, 2020

After this date registration and payment is no longer available online, however, on-site registration is possible during the congress.

CONGRESS REGISTRATION ON-SITE

Wednesday, June 24, 2020 as of 15.00

Thursday, June 25, 2020 as of 07.30

Friday, June 26, 2020 as of 07.30

CANCELLATION AND REFUNDS

Cancellation has to be made in writing to **congress@auva.at**

Participants will get refund for requests received before June 2, 2020 minus a processing fee of 20,- EUR. After that date no refunds will be provided. However, another participant can be nominated instead.

PHOTOGRAPHIC AND VIDEO DOCUMENTATION

By participating, you agree to the present and future use of the pictures and videos taken during the event by the Austrian Workers' Compensation Board. It is prohibited to take pictures and videos from the scientific presentations.

<https://www.shockwavetherapy.org>

HOTEL SAVOYEN VIENNA

The AUVA has blocked a contingent of rooms for the period of the congress at:

Hotel Savoyen Vienna

Rennweg 16

1030 Vienna, Austria

Phone: +43 1 206 33-9109

Booking link: www.austria-trend.at/book/AUVA2020

Booking Deadline: Sunday, May 24, 2020

A free cancellation is possible up to 7 days prior to arrival. Later cancellations and/or no-show will be charged with 100% of the total booking amount.

If you want to stay in another hotel, the **Vienna Tourist Board** offers online reservation and booking service:

<http://wien.info/en/hotels>

Information and Hotels (Service for free!):

Vienna Hotels & Info

Reservation

(Service for free!)

Phone: +43 1 24 555

Fax: +43 1 24 555 666

info@wien.info

ARRIVAL BY PLANE

Take the rapid transit line S7 (EUR 4,20/single ride) in the direction "Laa/Thaya" to the station "Rennweg". Then the Hotel Savoyen is located within 2 minutes walking distance.



For further information see:

www.cityairporttrain.com

www.oebb.at

www.wienerlinien.at

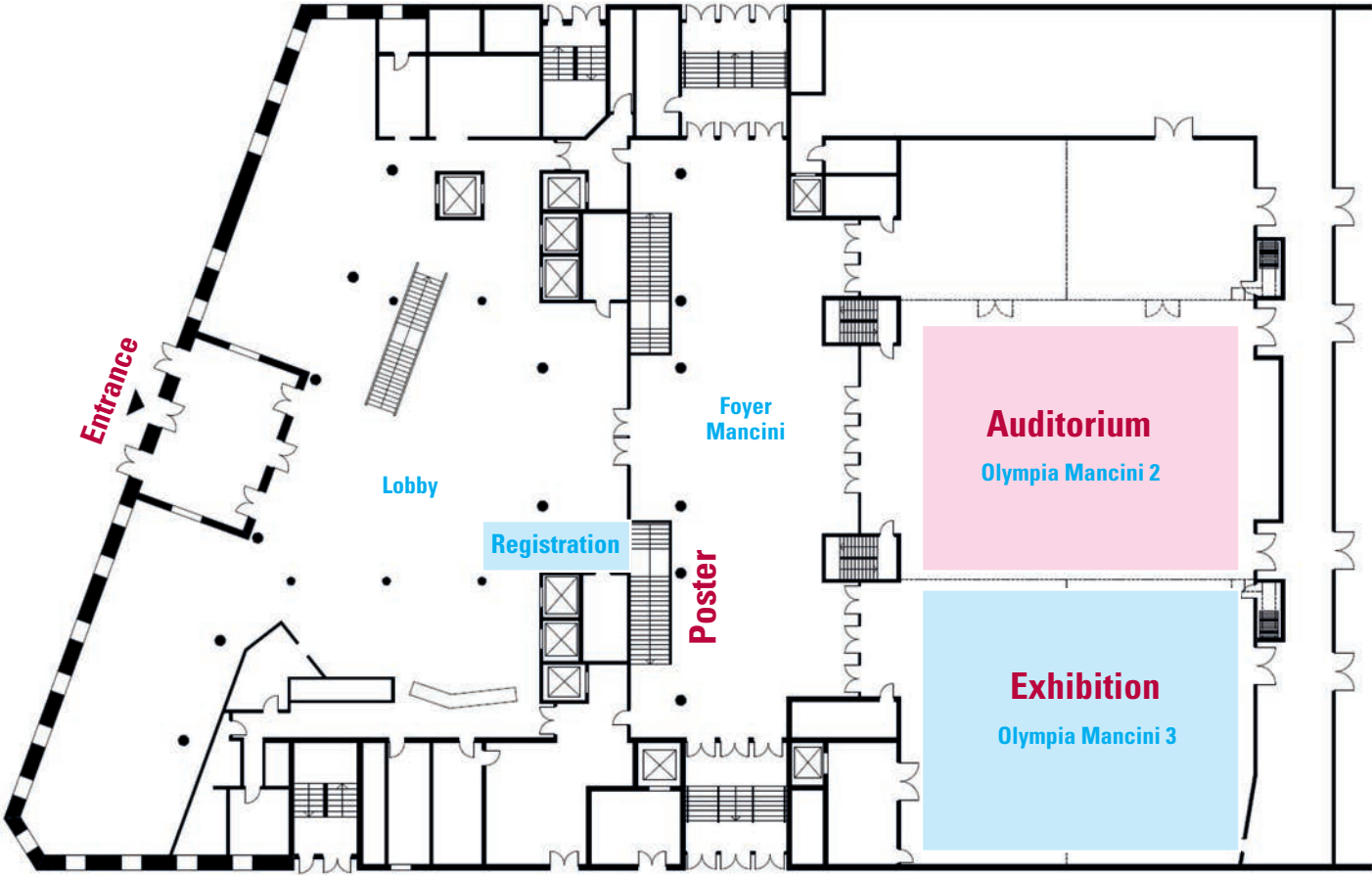
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HOTEL SAVOYEN – GROUND FLOOR



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