



# 1st International Health Forum for Wheelchair Rugby

## Rio de Janeiro, Brazil

### Message from the President: Introduction and Objectives

With great satisfaction we would like to present the 1<sup>st</sup> International Health Forum for Wheelchair Rugby held on the 18<sup>th</sup> and 19<sup>th</sup> of December 2009 at CIAD (the Center of integrated attention to people with disabilities) at Rio de Janeiro, Brazil.

This event which is organized by Brazilian Wheelchair Rugby Association and supported by the National Paralympic Committee of Brazil is aimed at creating opportunity for reflection and debates on the importance of multi-disciplinary team operations when improving and/or maintaining health of a Wheelchair Rugby player.

It is going to be the first edition of this international forum, its programme was composed by high level professionals who were free to speak on any related topics.

The target audience is made up of specialists of various areas, including academicians, athletes, researches and educators who have interest in the field of Wheelchair Rugby.

Please enjoy with us this important event; we are certain that with your support it is going to be big success.

Matias Costa

President for the 1<sup>st</sup> International Health Forum for Wheelchair Rugby  
National Wheelchair Rugby Coordinator for Brazil NPC  
Development Coordinator of the Americas Zone for IWRF  
President of Brazilian Wheelchair Rugby Association

Achievement:



Support:



Official partners:





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## Rio de Janeiro, Brazil

### Programme: Friday, December 18<sup>th</sup>, 2009

**08:00 to 9:00 a.m.**  
Registration

**09:00 to 10:00 a.m.**  
Opening Ceremony

**10:00 to 10:30 a.m.**  
**Expectations for Rio 2016 Paralympic Games**  
Mr. Andrew Parsons – President of the Brazilian Paralympic Committee

**10:30 to 11:00 a.m.**  
**Wheelchair Rugby in Brazil**  
Mr. Luiz Claudio Alves Pereira - Vice-President of the Brazilian Paralympic Committee, Former President of the Brazilian Wheelchair Rugby Association and Honorary President of the Forum

**11:00 to 11:30 a.m.**  
**Wheelchair Rugby in the World**  
Mr. Juan Foa (Argentina) –President of IWRF Americas Zone Committee and Spokesman for “*Rugby Amistad* Foundation”, Argentina

**11:30 to 12:00 a.m.**  
**Wheelchair Rugby as Rehabilitation**  
Mr. Juan Pablo Salazar Salamanca (Colombia) – President of “Arcangeles Foundation”. idealizer of the International Maximus Quad Rugby Tournament and Leader of Maximus Movement.

**12:00 to 12:30 p.m.**  
**Traditional Chinese Medicine: its implementation in Sports**  
Dr. Isabel Cristina Cavalcanti Campos de Araújo –Physical Educator and Physiotherapist specialized in Acupuncture. Professor of Brazilian Acupuncture College.

**12:30 to 1:00 p.m.**  
**Traditional Chinese Medicine: Application in Elite Sport: prevention and treatment of injuries caused by sportive activities**  
Dr. Fabio Nakano – Biologist specialized in acupuncture, supervisor of Acupuncture Laboratory of Federal Police Department in Rio de Janeiro. Instructor of Post Graduates students at Brazilian Acupuncture College.

#### 1:00 to 2:00 pm – LUNCH BREAK

Achievement:



Support:



Official partners:





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**2:00 to 2:30 p.m.**

### **Contribution of Neurology to Health and Mental training of athletes**

Dr. Erick Francisco Quintas Conde – Psychologist of ANDEF, Brazilian Confederation of Judo and Flamengo Football Club.

**2:30 to 3:00 pm**

### **Spinal Cord Injuries and its Main Complications**

Dr. Luiz Alexandre Cantanhede – physician of CFZ Rio and of Physiatry Centre of Military Police of RJ

**15:00 - 15:30**

### **The importance of Prevention in Paralympic Sport**

Dr. Roberto Vital – Medical Department Coordinator for NPC Brazil

**15:30 - 16:00**

### **Wheelchair Rugby Athlete: Principal Approaches**

Dr. Marcelo Borner de Araújo – Deputy Coordinator of Sports Medicine Department of Brazilian Wheelchair Rugby Association, Physician of the Brazilian National Wheelchair Rugby Team, Instructor of Medical Course at Technical – educational Foundation Souza Marques

## **Saturday, December 19<sup>th</sup>, 2009**

**09:00 - 9:30**

### **Nutrition and Spinal Cord Injuries**

Dr. Flavia Albuquerque Figueiredo – Deputy Coordinator of Sports Nutrition Department of Brazilian Wheelchair Rugby Association, Nutritionist of the Brazilian National Wheelchair Rugby Team

**09:30 - 10:00**

### **Psychology of Paralympic Sport**

Dr. Maria Lucia Duarte Geloski – Deputy Coordinator of Sports Psychology Department of Brazilian Wheelchair Rugby Association, Psychologist of the Brazilian National Wheelchair Rugby Team

**10:00 - 10:30**

### **Functional Recovery of Sports Lesions in Water**

Dr. Odir de Souza Carmo – Physiotherapist of the Brazilian National Football Team, Physiotherapy Post Graduate Course Coordinator of University Castelo Branco/RJ.

Achievement:



Support:



Official partners:





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**10:30 - 11:00:**

### **Physiotherapy and Wheelchair Rugby**

Dr. Marcia Fernandes – Coordinator of Health Department of Brazilian Wheelchair Rugby Association, Physiotherapist of the Brazilian National Wheelchair Rugby Team

**11:00 - 11:30:**

### **Alternative Therapy in Paralympic Sport**

Dr. Bruno Veiga Faria – Physiotherapist of Bona Trauma Clinic and Health Care Clinic

**11:30 - 12:00:**

### **Oral Health in Wheelchair Rugby**

Dr. Fabrício Romero Saavedra – Dentist surgeon of FIOCRUZ

**12:00 - 12:30**

### **Doping and Paralympic Sport**

Dr. Hesojoy Glay – Doping Coordinator of NPC Brazil

**12:30 às 13:00**

### **Stretching X Flexibility – Myths and Truths**

Prof. Ércole Rubini – Master in Physical Education. Author of the book “Training of flexibility: from Theory to Practice”.

**13:00 - 13:30**

### **Posture in a rugby wheelchair and its relation with Function and Movement**

Dr. Andrea Aiello (Argentina) – Occupational Therapist of the National Wheelchair Rugby Team of Argentina

**13:30 - 14:00**

**Closing ceremony of the 1<sup>st</sup> International Health Forum for Wheelchair Rugby and presentation of the certificates.**

**The event is free  
The number of participants is limited!**

Place of the event:

CIAD – Centro Integrado de Atenção à Pessoa com Deficiência

Av. Presidente Vargas, 1997, Centro, RJ

**For info access the website:** [www.rugbiabrc.org.br](http://www.rugbiabrc.org.br)

**Registration over e-mail:** [abrc@rugbiabrc.org.br](mailto:abrc@rugbiabrc.org.br)

**Certificates will be issued to participants who attend more than 75% of the form activities.**

Achievement:



Support:



Official partners:





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**Honorable President of the event:** Luiz Claudio Alves Pereira  
**General Coordination:** Dr. Marcia Fernandes

**The Organizing Committee:**

Alexandre Erle, André Medina da Silva, Bruno Veiga Faria, Cintia Louise dos Santos, Flavia Albuquerque Figueiredo, Gildson Guedes Josuá de Moura, Hanna Kwitko, Karina Matiazh, Marcelo Borner de Araújo, Marco Aurélio dos Santos Pereira, Maria Lucia Duarte Geloski, Margarida Rosas, Pierre Figueira da Silva, Suzana Beatriz da Silva Magalhães e Thiago Ferraz Collela.

Achievement:



Support:



Official partners:

