

Source: <https://physiocongress.com/junior-doctor-physical-medicine-rehabilitation-talking-ecss-experience/>

## **A junior doctor in Physical Medicine and rehabilitation talking about “the ECSS experience”**

### **What an experience!**

As a junior doctor, specialized in physical medicine and rehabilitation, I daily see patients with problems surrounding the musculoskeletal system and, even more important, involving the mind.

I always have had a broad interest in literature and new items concerning sports medicine, especially in soccer and other ball sports. The ‘ECSS – Cutting sport science at the edge (Dublin, Ireland)’ was an amazing opportunity for me to improve my knowledge, not only on actual topics concerning sports medicine but also on sport science, clinical tools and a healthy mind. It’s mind blowing how many people I got to meet and new insights I gained.

### What makes the ECSS-Congress superb in his kind?

The annual ECSS-Congress is definitely one of the biggest in the field of sport science. With 2700 participants, they’re getting bigger every year. Although this was only my first time there, I could definitely agree they are able to give every Congress Guest a personal approach. A comfortably filled schedule (8.00 – 19.00 daily) with different types of lectures and information (oral, plenary sessions, poster sessions, workshops, etc.) gives you the feeling you step into a whole new world every time. Seen the parallel progress of the lectures, everyone will definitely be able to find something concerning his interests.



In comparison to the pertinent part, the ECSS spends a lot of attention to fun activities like a global morning run, pub crawls, an amazing Closing Party in the truly magnificent Guinness Storehouse and much more. They bring you the perfect balance between work and pleasure, gathering knowledge and sharing information with others, connecting with colleagues and making friends. These 4 days were definitely the most effective I've had on a Congress so far.

#### Interesting for a Physical Medicine specialis

As doctors specialized in Physical Medicine and Rehabilitation, we see patients from a different side. I dare to say we are the only kind of doctors who pay attention to the body as much to the mind. At the ECSS Congress there was much attention for the BPS-Model, BioPsychoSocial model in full. Next to the latest developments in sports and exe

rcise science, there were enough possibilities to learn about the new developments and insight in the physical health. Especially the plenary session about the influence of the genetics and the environment on exercise performance was one of the most interesting things I heard so far.

What I noticed on some other Congresses, was the lack of clinical approach besides the overwhelming amount of scientific data. At the ECSS this was perfectly integrated with the opportunity to participate in workshops with professional elucidation by the exhibitors.



## Up to the future

The possibility to present your work (PhD, research) as a mini-oral also took my interest. Divided in well-structured subjects, every presentation took 3 to 5 minutes regarding a sub-topic with the advantage of questioning by the listeners so you could actively participate in the discussion regarding interesting topics. This is, in my opinion, the best way to improve your clinical reasoning. The presented atmosphere over there inspired me to present something in one of the following editions. The experience and remarks you get from the specialists in this discipline are one of a kind to your research.

The 2019 edition held in Prague (Czech Republic), is already on top of my list regarding congresses I want to participate in the future. Due to the amazing atmosphere and the high qualified literature, I guarantee you'll see me on one of the next editions for sure.

Hope to meet you there!