

IWF Medical Committee Report

Mr. Michael S. Irani, Chairman
Executive Board Meeting
5th March 2019 – Las Vegas, USA

4 year plan of the Medical Committee

1. Transgender/Transsexual Athletes
2. Dissociation from Doping Issue
3. Injury Minimisation
4. Health Promotion
5. Recruitment of Medical Committee and Retention of Competition Doctors (CD)
6. Research and Development



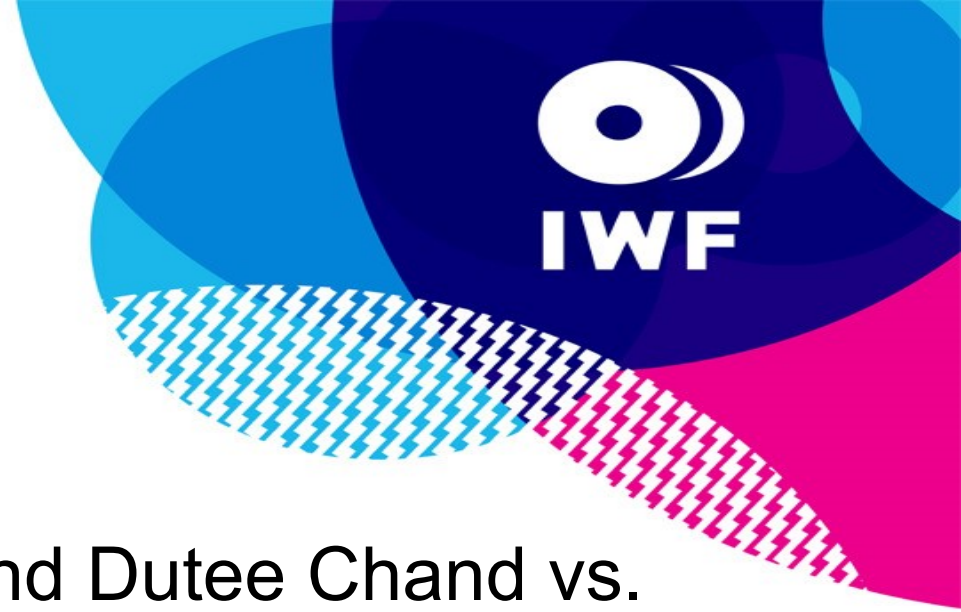
Agenda of the MC Meeting



Important points of the Agenda:

- Transgender Update
- Research projects of the Medical Committee:
 - Hip – waist – girth
 - Hip problems of the Athletes
 - Sport Specialization in Elite USA Weightlifting Athletes

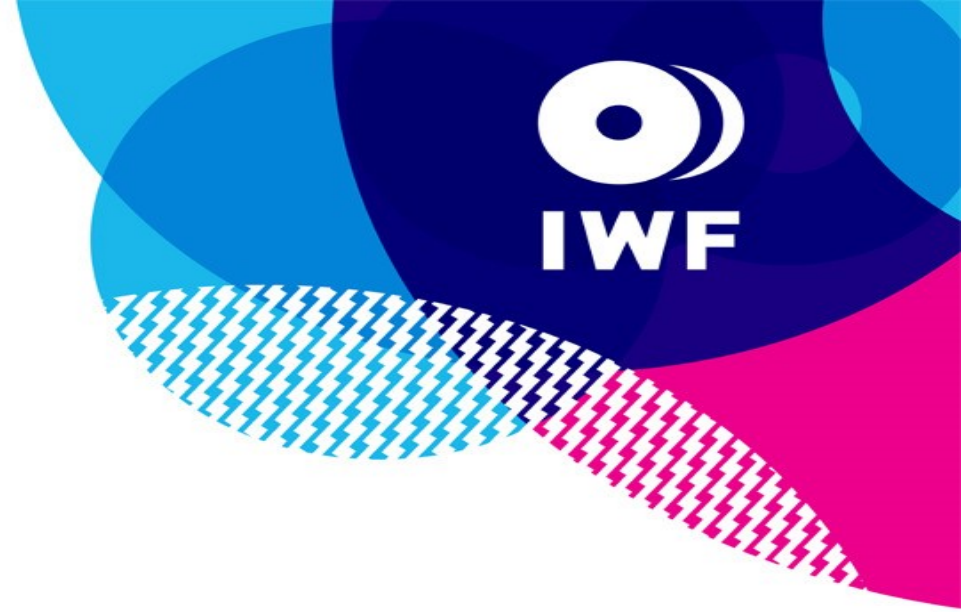
Transgender Update



- Transgender Guideline - Caster Semanya and Dutee Chand vs. IAAF
- Case before the CAS (Court of Arbitration in Sports)
- 5nmol/l testosterone limit
- Outcome of the lawsuit -> IAAF Regulations/IOC Guidelines nullified?
- Decision expected: March 2019

Research Projects of the MC

- Hip – waist – girth
- Hip problems of the Athletes
- Sport Specialization in Elite USA Weightlifting Athletes
- Mental health of the Athlete



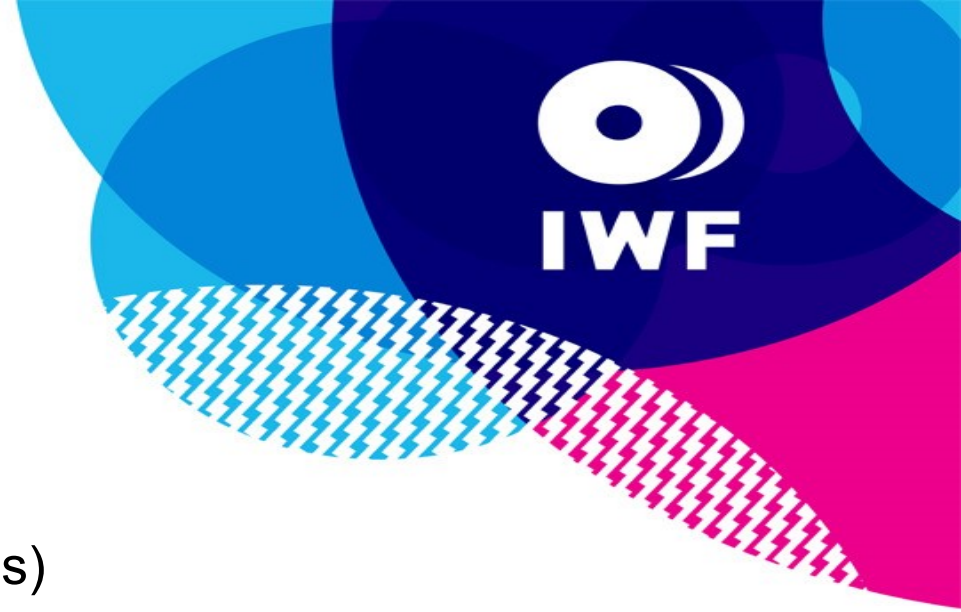
Hip – Waist - Girth



- ☐ Body Mass Index (BMI) Data
- ☐ Differences between Athlete's BMI Index
- ☐ Requested data for the research: Nationality, LOT Number, Competition number, Height, Weight, Waist, Hip,
- ☐ Data shall be collected at the weigh-in
- ☐ Data will be collected at the Youth World Championships

Hip problems of the Athletes

- Hip Pain of the Athlete
- Source of the Pain
- Differential Diagnosis of Hip Pain (Musculoskeletal Causes)
- Differential Diagnosis of Hip Pain (Non-Musculoskeletal Causes)
- Hip-Pain: Skeletally immature
- Femoral Neck Stress FX
- Femoroacetabular Impingement (FAI)
- Acetabular Labrum Tears
- Hip Avascular Necrosis (AVN)
- Hip Arthritis
- Osteitis Pubis
- Sport Hernia (Athletic Pubalgia)
- Lateral Hip Pain
- Greater Trochanteric Pain Syndrome (GTPS)
- Snapping Hip
- Conclusions



Sport Specialization in Elite USA Weightlifting Athletes



- ☐ Definition: Point in which an Athlete ceases from competing in other sports to focus primarily one sport competitively
- ☐ Online survey – 20 national ranked lifters
- ☐ Focus on: significant injuries
- ☐ Survey – 6 questions – simple questions – available in various languages



**Thank you for
your attention!**