XXXII International Scientific Congress of Polish Society of Sports Medicine

80th Anniversary of Sports Medicine in Poland - Challenges for the future

PROGRAMME
Wrocław
12th-14th October, 2017
Ladies and Gentleman, Dear Colleagues,

On behalf of the Board of Polish Society of Sports Medicine and The Congress Organization and Scientific Committees I wish to invite you to 32nd Scientific Congress of Polish Society of Sports Medicine, which is being held in Wroclaw on 12th-14th October 2017. For the 6th time the capital of Lower Silesia region will host Polish doctors of medicine who are interested in physically active population.

In the history of sports medicine in Poland, 1937 saw the first scientific meeting of sports medicine specialists organized in Worochta. Today, after 80 years of sports medicine functioning we are meeting in Wroclaw with

“80 years of Sports Medicine in Poland - Challenges for the future”

being the mission of the Congress.

We trust that this year’s meeting will not only provide an opportunity to discuss key issues of present-day sports medicine but also to integrate our sports medicine society.

In 2016 Wroclaw was the European Capital of Culture, this year the city is the host of the 10th edition of World Games 2017.

Dear Colleagues, you cannot miss the event as important as our celebration of the 80th anniversary of sports medicine in Poland.

With warm greetings,

Organising Committee
Andrzej Czamara

President of Polish Society of Sports Medicine
Andrzej Bugajski

Scientific Committee
Agnieszka Zembroń-Łacny
HONORARY PATRONAGE

• International Federation of Sports Medicine - FIMS
• European Federation of Sports Medicine Association – E.F.S.M.A
• The Ministry of Sport and Tourism
• The Ministry of Health
• Marshal of the Lower Silesian Voivodship
• Medical University of the name of Silesian Piasts of Wroclaw
• The College of Physiotherapy in Wroclaw

SCIENTIFIC COMMITTEE

General Chair:
Agnieszka Zembroń-Łacny
Andrzej Czamara

1. Andrzej Bugajski
2. Jarosław Drobnik
3. Artur Dziak
4. Witold Furgał
5. Janusz Hernik
6. Anna Jegier
7. Krzysztof Klukowski
8. Tomasz Kostka
9. Jarosław Krzywański
10. Romuald Lewicki
11. Stanisław Lochyński
12. Agnieszka Pedrycz-Wieczorska
13. Marek Pietruszewski
14. Andrzej Pokrywka
15. Paweł Reichert
16. Jerzy Smorawiński
17. Katarzyna Szmigielska
18. Wiesław Tomaszewski
19. Tadeusz Trzaska
20. Jerzy Widuchowski
21. Wojciech Widuchowski
22. Marek Zatoń
23. Andrzej Ziemba
24. Anna Zwierzchowska

Secretary of the Scientific Committee:
Aleksandra Królikowska
SCIENTIFIC PARTNERS

- International Federation of Sports Medicine (FIMS)
- European Federation of Sports Medicine Association - E.F.S.M.A
- Polish Arthroscopic Society
- Polish Association for the Study of Obesity
- Polish Society of Spinal Surgery
- Polish Society of Physiotherapy
- Polish Society of Family Medicine
- Polish Hyperbaric Medicine and Technology Society
- Polish Muscles, Ligaments & Tendons Society

ORGANISING COMMITTEE

General Chair:
Andrzej Czamara

Vice-Chair:
Andrzej Bugajski

Organising Committee Members
1. Aleksandra Bauer
2. Dorota Janiec-Koncewicz
3. Zbigniew Kaptur
4. Maciej Kentel
5. Jacek Konieczny
6. Robert Korzeniowski
7. Aleksandra Królikowska
8. Katarzyna Krzemińska
9. Andrzej Rakowski
10. Łukasz Sikorski
11. Łukasz Szuba
12. Bartosz Zając
13. Andrzej Zaleski
INVITED FOREIGN SPEAKERS

1. Fabio Pigozzi – President of International Federation of Sports Medicine (FIMS).
3. Martial Saugy - Center of Research & Expertise in Anti-doping Sciences, University of Lausanne - Switzerland.
4. Ulrich Schneider - Center for Regenerative Medicine, Tegernsee – Germany
5. Keiko Ikemoto- Iwaki Kyoritsu General Hospital, Iwaki, Fukushima, Fukushima Medical University – Japan.
6. Zbigniew Brodziński, Dubai Bone & Joint Center MBR University Medical Cluster – UAE.
8. Helmut Diers - Visiting Professor, Diplom-Engineer Helmut Diers Johannes -Gutenberg-University Mainz, Germany University Medical Center Department of Orthopedics and Orthopedic Surgery Biomechanics & Motion Analysis.
XXXII International Scientific Congress of Polish Society of Sports Medicine

80th Anniversary of Sports Medicine in Poland - Challenges for the future

PROGRAMME
12-14.10.2017
### Thursday 12th October

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>12.00-22.00</td>
<td>Participants registration Haston City Hotel, Wroclaw, 1/3 Irysowa Str. foyer next to Rolls Royce room</td>
<td>Haston City Hotel</td>
</tr>
<tr>
<td>15.00-15.20</td>
<td>Opening of 32nd Polish Society of Sports Medicine Congress <strong>room Rolls Royce</strong></td>
<td><strong>Room Rolls Royce</strong></td>
</tr>
<tr>
<td>15.30-16.30</td>
<td>Olympic Session <strong>room Rolls Royce</strong></td>
<td><strong>Room Rolls Royce</strong></td>
</tr>
<tr>
<td>16.30-18.00</td>
<td>The 30th anniversary of Polish anti-doping research <strong>room Rolls Royce</strong></td>
<td><strong>Room Rolls Royce</strong></td>
</tr>
<tr>
<td>17.00-18.00</td>
<td>Meeting of Sports Medicine Regional Consultants <strong>room Bentley</strong></td>
<td><strong>Room Bentley</strong></td>
</tr>
<tr>
<td>18.00-19.30</td>
<td>Welcome reception <strong>room Chrysler</strong></td>
<td><strong>Room Chrysler</strong></td>
</tr>
<tr>
<td>19.30-22.00</td>
<td>General meeting of members of the Polish Society of Sports Medicine <strong>room Rolls Royce</strong></td>
<td><strong>Room Rolls Royce</strong></td>
</tr>
</tbody>
</table>

### Friday 13th October

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.30-10.30</td>
<td>Disability Sport <strong>room Rolls Royce</strong></td>
<td><strong>Room Rolls Royce</strong></td>
</tr>
<tr>
<td>10.30-12.00</td>
<td>Medical qualification for sport in Poland <strong>room Rolls Royce</strong></td>
<td><strong>Room Rolls Royce</strong></td>
</tr>
<tr>
<td>12.00-12.30</td>
<td>Coffee Break <strong>room Chrysler</strong></td>
<td><strong>Room Chrysler</strong></td>
</tr>
<tr>
<td>12.30-14.00</td>
<td>80th Anniversary of Sports Medicine in Poland – challenges for the future <strong>room Rolls Royce</strong></td>
<td><strong>Room Rolls Royce</strong></td>
</tr>
<tr>
<td>14.00-15.00</td>
<td>Lunch Break <strong>Haston Hotel restaurant</strong></td>
<td><strong>Haston Hotel restaurant</strong></td>
</tr>
<tr>
<td>15.00-16.30</td>
<td>Physical activity in chronic disease prevention <strong>room Rolls Royce A</strong></td>
<td><strong>Room Rolls Royce A</strong></td>
</tr>
<tr>
<td>15.00-16.30</td>
<td>Regenerative surgery in sports traumatology and orthopaedics <strong>room Rolls Royce B</strong></td>
<td><strong>Room Rolls Royce B</strong></td>
</tr>
<tr>
<td>15.00-16.30</td>
<td>Modern diagnostic in sports medicine <strong>room Jaguar B</strong></td>
<td><strong>Room Jaguar B</strong></td>
</tr>
<tr>
<td>15.00-16.30</td>
<td>Workshop 3 <strong>room Jaguar A</strong></td>
<td><strong>Room Jaguar A</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>16.30-17.00</td>
<td>Coffee Break <strong>room Chrysler</strong></td>
<td><strong>Room Chrysler</strong></td>
</tr>
<tr>
<td>Time</td>
<td>Event</td>
<td>Room</td>
</tr>
<tr>
<td>--------------</td>
<td>------------------------------------------------------------------------</td>
<td>------------</td>
</tr>
<tr>
<td>17:00-18:30</td>
<td>Session of Polish Society of Diabetology</td>
<td>Jaguar A</td>
</tr>
<tr>
<td>17:00-18:30</td>
<td>Physical activity in neurodegenerative disease prevention</td>
<td>Rolls Royce A</td>
</tr>
<tr>
<td>17:00-18:30</td>
<td>Modern techniques of spine injury treatment</td>
<td>Rolls Royce B</td>
</tr>
<tr>
<td>18:30-19:00</td>
<td>Workshop 5</td>
<td>Jaguar B</td>
</tr>
<tr>
<td>20:00</td>
<td>Gala Dinner in Haston Hotel</td>
<td>Rolls Royce</td>
</tr>
</tbody>
</table>

**Saturday 14th October**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30-11:00</td>
<td>Physical activity, nutrition and diabetes</td>
<td>Rolls Royce A</td>
</tr>
<tr>
<td>9:00-11:00</td>
<td>Sports rehabilitation</td>
<td>Rolls Royce B</td>
</tr>
<tr>
<td>9:00-11:00</td>
<td>Sport and healthy physical activity</td>
<td>Cadillac</td>
</tr>
<tr>
<td>11:00-11:30</td>
<td>Coffee Break</td>
<td>Chrysler</td>
</tr>
<tr>
<td>11:30-13:00</td>
<td>Sports and travel medicine in seniors</td>
<td>Rolls Royce A</td>
</tr>
<tr>
<td>11:30-13:00</td>
<td>Genomics, proteomics and biomedicine</td>
<td>Rolls Royce B</td>
</tr>
<tr>
<td>11:30-13:00</td>
<td>Criteria for returning to sport after selected movement system injuries treatment</td>
<td>Cadillac</td>
</tr>
<tr>
<td>13:00</td>
<td>Congress Closing Ceremony</td>
<td>Rolls Royce A</td>
</tr>
</tbody>
</table>
Day One - Thursday 12th October 2017
Room Rolls Royce „A + B”

15.00  Opening Ceremony of the Congress – participants welcome and inauguration speech
Andrzej Bugajski – President of Polish Society of Sports Medicine
Andrzej Czamara, the Rector of the College of Physiotherapy in Wroclaw - Chairman of the Congress Organization Committee.
Andre Debruyne – President of European Federation of Sports Medicine Associations, E.F.S.M.A.
Fabio Pigozzi – President of International Federation of Sports Medicine, FIMS

15.20-15.30  Wanda Pieniak – harp, Piotr Pakowski - piano
Room Rolls Royce „A + B”

15.30-16.30  Olympic Session
Moderators:  Robert Korzeniowski, Jarosław Krzywański, Paweł Reichert
15.30-15.50  The role of medical team during the preparation for the Olympic Games and during the Olympic Games on the example of Rio 2016.
Jarosław Krzywański; National Center of Sports Medicine (COMS)
15.50-16.10  The role of the operational team supporting the competitive athlete.
Robert Korzeniowski; multiple European, World and Olympic Champion
16.10-16.30  Medical protection and the role of a doctor during Summer Universiade in Taipei.
Paweł Reichert; Medical University of Wroclaw
Room Rolls Royce „A + B”

16.30-18.00  The 30th anniversary of Polish anti-doping
Moderators:  Jerzy Smorawiński, Andrzej Pokrywka
16.30-16.50  Genesis and development of Polish anti-doping system.
Jerzy Smorawiński, Ryszard Wysoczański
16.50-17.10  The last developments of the biological monitoring of the athlete.
Martial Saugy, Center of Research & Expertise in Anti-doping Sciences, University of Lausanne
17.10-17.30  30 years of anti-doping research in Poland.
Andrzej Pokrywka; University of Zielona Gora, National Center of Sports Medicine (COMS)
17.30-17.45  Polish Anti-doping Agency – new chapter in anti-doping.
Rafał Piechota, The Ministry of Sport and Tourism
17.45-18.00  DISCUSSION
Room Crysler „A + B”

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>18.00-19.30</td>
<td>Welcome Party</td>
</tr>
<tr>
<td>18.00-20.00</td>
<td>Wanda Pieniak – harp, Piotr Pakowski - piano</td>
</tr>
</tbody>
</table>

Room Rolls Royce „A + B”

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>19.00</td>
<td>General meeting of members of the Polish Society of Sports Medicine</td>
</tr>
<tr>
<td>19.30-22.00</td>
<td>General meeting of members of the Polish Society of Sports Medicine - II</td>
</tr>
</tbody>
</table>

Day Two - Friday 13th October 2017

Room Rolls Royce „A + B”

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.30-10.30</td>
<td>Disability Sport</td>
</tr>
<tr>
<td></td>
<td>Moderators: Eugeniusz Bolach, Anna Zwierzchowska</td>
</tr>
<tr>
<td>9.30-9.45</td>
<td>Deaflympics - the history of sport for the disabled; similarities and differences. Anna Zwierzchowska, The Jerzy Kukuczka Academy of Physical Education in Katowice</td>
</tr>
<tr>
<td>9.45-10.00</td>
<td>Paraolympic sports and qualifications. Bartosz Molik, Józef Piłsudski University of Physical Education in Warsaw</td>
</tr>
<tr>
<td>10.00-10.15</td>
<td>Special Olympic Games – specificity of intellectual disability sports. Andrzej Myśliwiec; The Academy of Physical Education in Katowice</td>
</tr>
<tr>
<td>10.15-10.30</td>
<td>Health complications in the athletes from Rio. Andrzej Folga; National Center of Sports Medicine (COMS), Medical University of Warsaw</td>
</tr>
</tbody>
</table>

Room Rolls Royce „A + B”

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>10.30-12.00</td>
<td>Medical qualification for sport in Poland</td>
</tr>
<tr>
<td></td>
<td>Moderators: Andrzej Rakowski, Andrzej Bugajski, Hubert Krysztofiak</td>
</tr>
<tr>
<td>10.30-10.45</td>
<td>Medical qualification for sport in Poland. Andrzej Rakowski; National Consultant in Sports Medicine</td>
</tr>
<tr>
<td>10.45-11.00</td>
<td>Certificates of Polish Society of Sports Medicine. Andrzej Bugajski; The President of Polish Society of Sports Medicine</td>
</tr>
<tr>
<td>11.00-11.15</td>
<td>Selected legal issues for sports medicine specialists. Maciej Szostak; The University of Wroclaw</td>
</tr>
<tr>
<td>11.15-11.30</td>
<td>The representative of the Ministry of Health</td>
</tr>
<tr>
<td>11.30-12.00</td>
<td>DISCUSSION</td>
</tr>
</tbody>
</table>
Room Crysler „A + B”

12.00-12.30 Coffee Break

Room Rolls Royce „A + B”

12.30-14.00 80th Anniversary of Sports Medicine in Poland 1937-2017
Moderators: Andrzej Bugajski, Fabio Pigozzi, Andre Debruyne

Andre Debruyne – President of European Federation of Sports Medicine Associations, E.F.S.M.A.
Fabio Pigozzi – President of International Federation of Sports Medicine, FIMS

Henryk Kuński

Andrzej Bugajski; President of Polish Society of Sports Medicine 2013-2017

13.25-13.40 The role of Polish Olympic Committee (PKOl) and National Center of Sports Medicine in Polish sports medicine.
Hubert Krysztofiak; Chairman of Polish Olympic Committee Medical, Director of National Center of Sports Medicine

13.40-14.00 Artio band performance - harp, violin, cello

14.00-15.00 Lunch Break

Room Rolls Royce „A”

15.00-16.30 Physical activity in chronic disease prevention
Moderators: Andre Debruyne, Anna Jegier

15.00-15.20 E.F.S.M.A. Project „Exercise prescription for health” as a fundamental and key leader in European alliance for the promotion of physical activity EAPPA. Andre Debruyne, President of E.F.S.M.A.

15.20-15.40 Physical activity in arterial hypertension.
Anna Jegier; Medical University of Lodz

15.40-16.00 Obesity treatment of patients engaged in physical training.
Magdalena Olszanecka-Glinianowicz MD; Medical University of Silesia in Katowice

16.00-16.20 Physical activity and neoplastic diseases.
Katarzyna Szmielinska; Medical University of Lodz

16.20-16.30 DISCUSSION
### Room Rolls Royce „B”

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>15.00-16.40</td>
<td>Regenerative surgery in sports traumatology and orthopaedics</td>
</tr>
<tr>
<td>Moderators:</td>
<td>Wojciech Widuchowski</td>
</tr>
<tr>
<td>15.00-15.20</td>
<td>Modern treatment methods in knee joint ligament damage.</td>
</tr>
<tr>
<td>Jacek Kruczyński; Clinical Orthopaedics and Rehabilitation Hospital in Poznan</td>
<td></td>
</tr>
<tr>
<td>15.20-15.40</td>
<td>Platelet-rich plasma: facts and myths.</td>
</tr>
<tr>
<td>Tomasz Bielecki; St. Barbara Regional Specialist Hospital in Sosnowiec</td>
<td></td>
</tr>
<tr>
<td>15.40-16.00</td>
<td>Gold-induced autologous cytokine treatment in tendon lesions.</td>
</tr>
<tr>
<td>Ulrich Schneider, Center for Regenerative Medicine, Tegernsee, Germany</td>
<td></td>
</tr>
<tr>
<td>16.00-16.20</td>
<td>Cellular therapy in the treatment of articular cartilage damage.</td>
</tr>
<tr>
<td>Konrad Słynarski; Lekmed Hospital in Warsaw</td>
<td></td>
</tr>
<tr>
<td>Wojciech Widuchowski; The College of Physiotherapy in Wroclaw, District Hospital of Orthopedics and Trauma Surgery Piekary Ślaskie, Poland</td>
<td></td>
</tr>
</tbody>
</table>

### Room Jaguar "B"

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>15.00-16.30</td>
<td>Modern diagnostic in sports medicine</td>
</tr>
<tr>
<td>Moderators:</td>
<td>Katarzyna Szmigielska</td>
</tr>
<tr>
<td>15.00-15.10</td>
<td>Analgesics taken by competitors participating in the Poznan Marathon in 2014-2016.</td>
</tr>
<tr>
<td>Maciej Pawlak, Joanna Kamińska; Academy of Physical Education in Poznan</td>
<td></td>
</tr>
<tr>
<td>15.10-15.20</td>
<td>Excretion study of higenamine following single oral dose of contaminated dietary suplement.</td>
</tr>
<tr>
<td>Krzysztof Grucza, Piotr Chołbiński, Mariola Wicka, Katarzyna Kowalczyk, Joanna Sakowska-Bąk, Miroslaw Szutowski, Dorota Kwiatkowska; Medical University of Warsaw, Sports Institute - National Research Institute, Warsaw, University of Warsaw</td>
<td></td>
</tr>
<tr>
<td>15.20-15.30</td>
<td>cfDNA a new marker for monitoring workload and non-functional overreaching in athletes.</td>
</tr>
<tr>
<td>Barbara Morawin, Andrzej Pokrywka, Joanna Orysiak, Piotr Żmijewski, Dariusz Sitkowski, Anna Tylutka, Maciej Baumgarten, Dominika Zając, Katarzyna Oliwa, Magdalena Pitek, Dawid Muszkiet, Michał Borkowski, Igor Zienkiewicz, Agnieszka Zembron-Lacny; University of Zielona Gora, Sports Institute - National Research Institute, Warsaw</td>
<td></td>
</tr>
<tr>
<td>15.30-15.40</td>
<td>Influence of oral administration of hexarelin on concentrations of hGH dependent biomarkers IGF1 and PIIINP in serum in context of anti-doping testing.</td>
</tr>
<tr>
<td>Paweł Kaliszewski, Katarzyna Kowalczyk, Krzysztof Grucza, Dorota Michalak, Krystyna Burkhard-Jagodzińska, Joanna Sakowska-Bąk, Mariola Wicka, Dorota Kwiatkowska; National Research Institute, Warsaw, Medical University of Warsaw, University of Warsaw</td>
<td></td>
</tr>
</tbody>
</table>
Determination of caffeine in dietary supplements by capillary electrophoresis and gas chromatography mass spectrometry.
Ewa Kłodzińska, Marek Konop, Emilia Waraksa, Jacek Namieśnik; Sports Institute - National Research Institute, Warsaw, Medical University of Warsaw, Gdansk University of Technology

The use of flow cytometry in the analysis of athletes’ immunological response.
Anna Tylutka, Barbara Morawin, Maciej Baumgarten, Agnieszka Zembróż-Łacny; University of Zielona Gora

Relationships between running a marathon and irisin/chosen metabolic indices in men aged over 50.
Dawid Koźlenia, Katarzyna Zawadzka, Marek Konefal, Paweł Chmura, Katarzyna Mlynarska, Michał Kosowski, Marek Mędraś, Jan. Chmura, Piotr Ponikowski, Jacek Daroszewski, Paweł Jóźkó; The University School of Physical Education in Wroclaw, Medical University of Wroclaw

Analysis of nutritional supplements for doping substances by GC-MS.
Emilia Waraksa, Ewa Kłodzińska, Marek Konop, Jacek Namieśnik; Sports Institute - National Research Institute, Medical University of Warsaw, Gdansk University of Technology

Room Crysler „A + B”

16.30-17.00 Coffee Break

Room Rolls Royce „A”

17.00-18.30 Physical activity in prevention of neurodegenerative diseases

Moderator: Andrzej Ziemba

17.00-17.20 The role of physical activity in neurodegenerative diseases prevention. Andrzej Ziemba, Mossakowski Medical Research Center Polish of Academy of Sciences, Warsaw

17.20-17.40 Neurotrophins – cognitive process mediators activated by physical activity. Agnieszka Zembróż-Łacny; University of Zielona Gora

17.40-18.00 Alzheimer’s Disease and physical activity; from prevention to therapy. Jerzy Leszek, Medical University of Wroclaw

18.00-18.20 The role of dietary factors in increase or decrease risk for onset of dementia. Keiko Ikemoto, MD, PhD, Iwaki Kyoritsu General Hospital, Iwaki, Fukushima, Japan, Fukushima Med. Univ.

18.20-18.30 DISCUSSION

Room Rolls Royce „B”

17.00-18.30 Modern techniques of spine injury treatment
Moderators: Jerzy Widuchowski, Paweł Jarmużek

17.00-17.15 Low invasive technique of vertebral body fractures treatment with expandable implants. Paweł Jarmużek; University of Zielona Góra, Karol Marcinkowski Regional Clinical Hospital in Zielona Góra

17.15-17.30 Neuromodulation and biological treatment in post-traumatic spinal pain syndrome. Zbigniew Brodziński, Dubai Bone & Joint Center MBR University Medical Cluster, UAE

17.30-17.50 DTRAX - Posterior Cervical Fusion for Single-level Radiculopathy. Zbigniew Brodziński, Dubai Bone & Joint Center MBR University Medical Cluster, UAE

17.50-18.05 Low invasive surgical treatment techniques in discogenic spinal pain syndrome after sports injuries. Zbigniew Brodziński, Dubai Bone & Joint Center MBR University Medical Cluster, UAE

18.05-18.20 DiscoGel as low invasive treatment technique in intervertebral disc damage. Mariusz Maliszewski, St. Barbara Regional Specialist Hospital in Sosnowiec

18.20-18.30 DISCUSSION

Room Jaguar "A"

17.00-18.30 Session of Polish Society of Diabetology

Moderator: Dorota Zozulińska-Ziółkiewicz

17.00-17.30 Optimal insulin therapy for athletes with type 1 diabetes. Dorota Zozulińska-Ziółkiewicz, Medical University of Poznań, Department and Clinic of Internal Diseases and Diabetology

17.30-18.00 Monitoring health parameters of athlete with diabetes? With glycemia will you go smoothly? Andrzej Gawrecki, Medical University of Poznań, Department and Clinic of Internal Diseases and Diabetology

18.00-18.30 DISCUSSION

20.00 Social Evening

Social evening with The Black band (Piotr Pakowski – piano, Waldemar Pasternak - vocal, trumpet, guitar, Filip Laszuk – drums)
Day Three - Saturday 14th October 2017

Room Rolls Royce „A”

**9.30-11.00**  
**Moderator:**  
**Physical activity, nutrition and diabetes mellitus**  

**Małgorzata Słowińska**

- **9.30-9.50**  
  *Vitamin D and athlete’s exercise capacity.* Małgorzata Słowińska; The University School of Physical Education in Wrocław

- **9.50-10.10**  
  *Exercise, sport and diabetes mellitus.* Aleksandra Żebrowska; The Jerzy Kukuczka Academy of Physical Education in Katowice

- **10.10-10.30**  
  *Iron metabolism and diabetes mellitus – the role of physical activity.* Jędrzej Antoniewicz; Gdansk University of Physical Education and Sport

- **10.30-10.50**  
  *Nutrigenomics and nutrigenetics in health promotion.* Maciej Oziembłowski; Wroclaw University of Environmental and Life Sciences

- **10.50-11.00**  
  **DISCUSSION**

Room Rolls Royce „B”

**9.00-11.00**  
**Sports rehabilitation**  

**Moderators:**  
**Tadeusz Trzaska, Andrzej Czamara,**

- **9.00-9.25**  
  *The principles of physiotherapy in sport after revision reconstruction of the knee joint anterior cruciate ligament (ACL) - current challenges.* Andrzej Czamara, The College of Physiotherapy in Wroclaw

- **9.25-9.50**  
  *Lengthened State Eccentric Training: New Concept For Hamstring Injury Rehabilitation And Re-injury Prevention.* William Galway, PT. Hospital for Special Surgery in New York, USA

- **9.50-10.00**  
  *The principles of physiotherapy in femoropattellar joint overload and injury in sport.* Ryszard Biernat, Olsztyn College

- **10.00-10.10**  
  *Rehabilitation procedures in athletes with osseous defects reconstructions of lower limb joints.* Piotr Kotajny; St. Luke’s Hospital in Bielsko-Biała

- **10.10-10.20**  
  *The assessment of physiotherapy effectiveness after surgically-treated shoulder joint instability.* Łukasz Szuba; The College of Physiotherapy in Wroclaw

- **10.20-10.30**  
  *Principles of physiotherapy after elbow joint dislocation in sport.* Andrzez Czamara prof. WSF, The College of Physiotherapy in Wroclaw

- **10.30-10.40**  
  *Elbow joint comprehensive assessment for physiotherapeutic purposes in biceps brachii distal tendon reinsertion.* Aleksandra Królikowska, The College of Physiotherapy in Wroclaw

- **10.40-11.00**  
  **DISCUSSION**
9.30-11.00  Sport and healthy physical activity

Moderator: Agnieszka Pedrycz-Wieczorska

9.30-9.40  Pre-excitation syndrome as a cardiologic problem in sport.
Andrzej Rakowski, Dorota Wiśniewska, Agnieszka Krajnik, Laura Ligarszewska, Issa Fares, Gabriel Chęsy, Regional Center of Sports Medicine Sportvita Bydgoszcz

9.40-9.50  Monitoring of water and electrolyte balance of basketball players in the full training cycle.
Joanna Kamińska, Maciej Pawlak, Urszula Bartkowiak, Jacek Adrian, Tomasz Podgórski; The Eugeniusz Piasecki Academy of Physical Education in Poznan

9.50-10.00 Metabolic and hormonal assessment of sprint training over a 2-year training cycle.
H. Opaszowski, B. Długolęcka, S. Kędra, E. Jówko, Z. Obmiński; Faculty of Physical Education and Sport AWF Biała Podlaska, Sports Institute - National Research Institute, Warsaw

10.00-10.10 Concentration 25 (OH) D and the selected motor skills of judo practitioners.
Anna Książek, Wioletta Dziubek, Jadwiga Pietraszewska, Małgorzata Słowińska; The University School of Physical Education in Wroclaw

10.10-10.20 Monitoring water-electrolyte and hormone handballs during training on different surfaces.
Tomasz Podgórski, Joanna Kamińska, Maciej Pawlak, Urszula Bartkowiak, Jacek Adrian; The Eugeniusz Piasecki Academy of Physical Education in Poznan

10.20-10.30 Cardiovascular risk factors and fitness evaluation of senior group.
Maciej Baumgarten, Barbara Morawin, Anna Tylutka, J. Kania, A. Buczek, K. Chmielewski, K. Oliwa, M. Pitek, I. Zienkiewicz, A. Pokrywka, A. Zembron-Tacny; University of Zielona Gora

10.30-10.40 Changes in blood biochemistry helpful in determining the optimal forms of physical activity of sports veterans.
Krystyna Aniol-Strzyżewska, Zbigniew Obmiński; Sports Institute - National Research Institute, Warsaw

10.40-10.50 The influence of 12-week of physical exercises and motivation on functional efficiency and quality of life in an elderly population under institutional care.
Agnieszka Wiśniowska-Szurlej, Agnieszka Ćwirlej-Sożańska, Anna Wilmowska-Pieturszyńska, Natalia Wołoszyn; University of Rzeszow

10.50-11.00 DISCUSSION

Room Chrysler „A + B”

11.00-11.30 Coffee Break
### Room Rolls Royce „A”

**11.30-13.00**

**Sports and travel medicine in seniors**

**Moderator:** Tomasz Kostka

**11.30-11.50**

*Capabilities for sport in older age.*
Joanna Kostka, Medical University of Lodz

**11.50-12.10**

*Sports-related injuries and risk in older age.*
Tomasz Kostka, Medical University of Lodz

**12.10-12.30**

*Thromboembolic risk in physically active people.*
Wojciech Drygas

**12.30-12.50**

*Senior on a journey: what doctors mustn’t forget.*
Małgorzata Koziarska-Rościszewska, Medical University of Lodz

**12.50-13.00**

DISCUSSION

### Room Rolls Royce „B”

**11.30-13.00**

**Genomics, proteomics and biomedicine**

**Moderator:** Ewa Brzeziańska-Lasota

**11.30-11.50**

*Sports genetics and genomics - where are we heading?*
Ewa Brzeziańska - Lasota, Medical University of Lodz

**11.50-12.10**

*Identification of proteomic signatures in human body adaptation to exercise.*
Agnieszka Zembron-Łacny, University of Zielona Gora

**12.10-12.30**

*Innovative methods in tissue engineering for tendons and ligaments healing and regeneration.*
Zygmunt Pojda, Oncology Center, Maria Curie Institute in Warsaw

**12.30-12.50**

*Own experiences with processed adipose tissue applied in knee arthrosis.*
Jerzy Widuchowski, The College of Physiotherapy in Wroclaw

**12.50-13.00**

DISCUSSION

### Room Cadillac „A + B”

**11.30-13.00**

**Criteria for returning to sport after selected movement system injuries treatment**

**Moderator:** Wiesław Tomaszewski

**11.30-11.50**

*Criteria for returning to sport after treatment for traumatic injury - a joint view of a sports medicine physiotherapist and physiotherapist.*
Andrzej Bugajski, Andrzej Czamara, Polish Society of Sports Medicine

**11.50-12.00**

*Comprehensive assessment of the treatment of AAIS in professional football players from the perspective of returning to sport.*
Andrzej Czamara, Łukasz Szuba, Aleksandra Królikowska, Maciej Kentel, Sebastian Krupa, Wojciech Sznajder, Paweł Reichert; The College of Physiotherapy in Wroclaw
12.00-12.10 Criteria for admitting an athlete to full training load after injury. Remigiusz Rzepka; Polish National Football Team Medical Staff, Center of Physiotherapy „Fizjofit” Gliwice, Enel Sport Warsaw

12.10-12.20 Effectiveness of return to sport after anterior cruciate ligament reconstruction and revision in high-level professional football. Łukasz Szuba; Andrzej Czamara, Aleksandra Królikowska, The College of Physiotherapy in Wrocław

12.20-12.30 Kinesiotaping impact on proprioception, balance and motor coordination parameters after ankle sprain. Grzegorz Leszczyński, Magda Stolarczyk, Artur Stolarczyk, Iwona Przepiórka, Jarosław Deszczyński; Medical University of Warsaw

12.30-12.40 Does hamstring/quadriceps ratio of the knee joint muscles critically evaluate progress in sport physiotherapy? Katarzyna Krzemińska; Andrzej Czamara, Aleksandra Królikowska, Łukasz Szuba, Center of Rehabilitation and Medical Education Wrocław

12.40-12.50 Correlation between the duration of Anterior Cruciate Ligament (ACL) tear recovery and the risk of recurrence in professional football. Mateusz Dłutowski, Paweł Reichert, Tomasz Zahorski, Maciej Kocjan; Medical University of Wrocław

12.50-13.00 DISCUSSION

13.00-13.30 Congress Closing Ceremony
Day One - Thursday 12th October 2017
Poster Session
Room Jaguar „A + B”

Evaluative: Krzysztof Klukowski, Marek Zatoń, Janusz Hernik

1. Impact of the physical activity on the range of motions in ankle joint; Piotr Gawda, Magdalena Zawadka, Michał Ginszt, Maria Skublewska-Paszkowska, Jakub Smołka, Edyta Lukasik, Piotr Majcher; Medical University of Lubline, Lublin University of Technology

2. Effect of selected fascial techniques on the function of ankle joint in long-distance runners; Wojciech Golański, Andrzej Zaleski; Center of Physiotherapy Manufacture of Health Glogow, The College of Physiotherapy in Wroclaw

3. The awareness of runners in the prevention of oral diseases; Anna Hołduń, Ewa Szymańska, Anna Gawor, Anna Jakubik, Katarzyna Szczeklik, Jolanta Pytko-Polończyk; Jagiellonian University Medical College Krakow

4. Functional assessment of the knee after applying a flexible compression band in healthy subjects. Paulina Jaczewska, Magda Stolarczyk, Anna Jerzykowska, Monika Koseska, Artur Stolarczyk, Jarosław Deszczyński; Medical University of Warsaw

5. Scaphoid fracture. Small bone, big problem. A retrospective analysis; Helena Kierzkowska, Paweł Reichert; Medical University of Wroclaw

6. Physical activity and life satisfaction among pilots; Zdzisław Kobos, Rafał Wójcik; The Cardinal Wyszyński University in Warsaw, District Army Commision of Aviation and Medicine, Army Institute of Aviation Medicine

7. Functional assessment of the knee joint with the use of a flexible compression band in patients with advanced gonarthrosis; Paulina Kucińska, Magda Stolarczyk, Magdalena Gomola, Ewelina Roguska, Artur Stolarczyk, Jarosław Deszczyński; Medical University of Warsaw

8. Neural correlates of impulsivity and venturesomeness in combat athletes; Katarzyna Leźnicka, Anna Starkowska, Maciej Pawlak; Universytet Szczeciński, Pomorski Uniwersytet Medyczny w Szczecinie, The Eugeniusz Piasecki Academy of Physical Education in Poznan

9. Evaluation of energy expenditure based on commissioned exercises among children in age of 11-13 treated for obesity; Izabela Maciejewska, Magda Szostak-Trybuś, Wioletta Dunajewska, Jerzy Słowik, Maria Palka-Słowik, Patrycja Paszek, Tomasz Irzyniec; Medical University of Silesia in Katowice, Team Practice of Family Physicians Familia Siemianowice Śląskie

10. Changes in thigh muscle stiffness between the left and the right leg in male volleyball players during a six-week plyometric training program; Dariusz Mroczek, M. Konefał, K. Maćkała, T. Seweryniak, P. Chmura, E. Superlak, J. Chmura; The University School of Physical Education in Wroclaw

11. Estimation of knee joint extensor muscle strength after taping with different degrees of extensibility; Krzysztof Piwowar, Magda Stolarczyk, Artur Stolarczyk, Jarosław Deszczyński; Medical University of Warsaw
12. Comparison of test results with maximum speed and change of direction of manoeuvres in patients after knee joint anterior cruciate ligament reconstruction of the cruciate to recreational and professional athletes without injury to knee; Łukasz Sikorski, Łukasz Szuba, Andrzej Czamara, Aleksandra Królikowska, Katarzyna Krzemińska; The College of Physiotherapy in Wrocław, Center of Rehabilitation and Medical Education Wrocław

13. Evaluation of energy expenditure among children in preschool age covered by the obesity treatment program; Jerzy Słowik, Maria Palka-Słowik, Magda Szostak-Trybuś, Izabela Maciejewska, Patrycja Paszek; Team Practice of Family Physicians Familia Siemianowice Śląskie, Medical University of Silesia in Katowice

14. Proprioception, balance and motor coordination assessment in patients after total hip replacement surgery undertaking sporting activity; Magda Stolarczyk, Katarzyna Pawłowska, Ewelina Walczak, Artur Stolarczyk, Iwona Przepiórka, Jarosław Deszczynski; Medical University of Warsaw


16. Evaluation of the body posture of adolescents 13-16 years old qualified for volleyball; Paweł Wieczorkowski, Wiecheć Marek, Zbigniew Śliwiński, Grzegorz Śliwiński; The Jan Kochanowski University of Kielce, Markmed Center of Rehabilitation Ostrowiec Świętokrzyski, Ambulatory Rehabilitation Center Zgorzelec, Bioengineering Institute, Dresden University of Technology, Germany

17. Training of inspiratory muscles and physical fitness of long-distance runners; Krystyna Rożek-Piechura, Monika Kurzaj, Paulina Okrzymowska, Jacek Stodółka, Krzysztof Maćkała, Wojciech Kucharski; The University School of Physical Education in Wrocław

18. Efficiency of physiotherapy after the anterior cruciate ligament (ACL) reconstruction in the group of professionals handball players. Marek Woszczak, Kiljański Marek, Katarzyna Syrewicz, Joanna Kałuża-Pawłowska; University of Jan Kochanowski in Kielce, Academic Clinical Hospital of Medical University of Łódź, Pabianice Medical Center, Higher School of Computer Science and Skills of Łódź, NZOZ PAZARE in Pabianice
Day Two - Friday 13th October 2017

Workshops

1) 8.45-9.15
   room Jaguar „A"
   *The application of ergonomic fittings in sports physiotherapy.*
   HALCAMP company

2) 9.30-11.00
   room Jaguar „B"
   *DIERS System – a new dimension of functional diagnostics.*
   Supervisor Helmut Diers.
   Diers and MediProfit companies

3) 15.00-16.30
   room Jaguar „A"
   *Flossing and sensomotor exercise in motor training for athletes and in prevention of musculoskeletal injury.*
   Supervisor TB® Academy trainers: Józef Spałek and Maciej Skarwecki.
   Thera Band® Polska

4) 17.00-18.30
   room Jaguar „B"
   *Sudden cardiac death in athletes - rate the risk in your patients.*
   Supervisor Bartosz Szafran.
   BTL Poland company

5) 18.30 – 19.00
   room Jaguar „A"
   *The application of ergonomic fittings in sports physiotherapy.*
   Halcamp company
ORGANISATIONAL INFORMATION

Dear Guests, by welcoming you as the participants of the Congress of the Polish Society of Sports Medicine, we would like to convey the most important information that may be of assistance during your stay.

Venue
HASTON CITY HOTEL
Conference Center, 1–3 Irysowa Str., 51-117 Wrocław, Poland

Registration
Registration at Congress Office, HASTON CITY HOTEL – the foyer next to Rolls Royse
Opening hours:
12 October – 12.00-20.00
13 October – 8.00-19.00
14 October – 8.00-13.00

Identity Badges
At the Registration Office you will be provided with the Identity Badge which entitle you to:
• Participate in all the Congress sessions and workshops
• Congress materials
• Coffee break
• Welcome Reception before General Meeting of Polish Society of Sports Medicine Members
• Accompanying events
You should have the Identity Badge on You at all times. For the safety of all the Congress participants the organisers will consistently require the badge presentation.
If the Badge is lost, you will be given a substitute, however no copy of the Invitation will be provided.

Lecturers Room
Lecturers Room is located on the 1st floor and – Room Bentley. Coffee breaks in the Lecturers Room are available.

Certificates
All the registered participants will receive the Certificate which officially confirms 18 educational points.
Registered Congress participants will receive the certificate of attendance which will be recognized for the extension of PTMS Certificate validity. PTMS Certificate is the official document for MDs in Poland which entitles them to provide consultation in sports medicine for children and adolescents up to 21 years of age and for athletes up to 23 years of age.
The Certificates can be collected at the Congress Office on 14th October, since 10.00 am.
Exhibitions and Stalls
The participants can visit the stalls prepared by the Congress partner companies during the whole Congress duration.

Parking
Parking areas directly in front of and at the back of HASTON CITY HOTEL is provided free of charge.

Hotel*
Breakfasts are included, wi-fi is free of charge, check-in at 12.00, check-out at 15.00.

Social events
• 12th October (Thursday), 18.00 – 19.30 welcome reception, HASTON CITY HOTEL, 1st floor, admission only on presentation of the Congress Badge.
• 13th October (Friday), 20.00, Gala Dinner, HASTON CITY HOTEL. Admission with a valid Invitation and prior registration and fee.

WI-FI
The Internet access is free of charge

On behalf of the Organisers we wish You fruitful meetings and nice memories from Wroclaw.

Please find the enclosed Programme of 32nd Congress of Polish Society of Sports Medicine. All the information is also available on: www.ptms2017.pl

With warm greetings,
President of Polish Society of Sports Medicine
Andrzej Bugajski
Organising Committee
Andrzej Czamara
VRATISLAVIA MEDICA
Szpital im. Św. Jana Pawła II
we Wrocławiu
EXHIBITORS

HASCO-UK

Akuna

PZWŁ

MEDICAL SPORT

kriomedpol

HORTHO

LIPOGEMS

MEDEN INMED

KALMED

ProSpine

KOORDYNACJA

CoviMED

TechnomeX

GUNA

DuoLife
Excellencies,
Ladies and Gentlemen,
Dear Guests,

Referring to the current Congress, I am convinced that the excellent staff and high academic level of the lecturers will contribute to your further development and the establishment of new contacts. I hope that the atmosphere of accompanying events will last forever in the memory of participants of the Congress.

At this point, I would like to thank the Participants for their trust and upholding the traditions of the conventions organized by the College of Physiotherapy in Wroclaw. I would like to especially thank the President of the Polish Society of Sports Medicine, Dr Andrzej Bugajski, and the entire Board of the Society, for their great work during the last four years. I would like to thank the members of the Organizing Committee, Sponsors, Exhibitors and employees of the College of Physiotherapy in Wroclaw and other universities. Thank you to the principal sponsor of the Vratislavia Medica Hospital, the staff of the Haston Hotel and Hasco Lek Convention Center and the KEA Printing House for the release of the scientific materials.

It is thanks to the work of all these individuals and the activity of interdisciplinary scientific and professional circles from all over the country, foreign guests, we have the great honor to host such a great event.

I wish a resultful debates and memories that will be to remind the atmosphere of Wroclaw.

Yours faithfully

Chairman of the Organizing Committee
XXXII International Polish Society of Sports Medicine Scientific Congress
Prof. Czamara
SITE PLAN
FIRST FLOOR

JAGUAR A
CHRYSLER A
CHRYSLER B

TOILETS
STAIRS, LIFT

JAGUAR B

CITY HOTEL
HASTON

TOILETS
STAIRS, LIFT

RECEPTION DESK
HASTON CITY HOTEL

LUGGAGE CAN BE LEFT AT THE HASTON CITY HOTEL RECEPTION DESK

FREE OF EXPENSE

PARKING TICKETS AVAILABLE AT THE RECEPTION DESK

ENTRANCE

BEZPŁATNY

SAKWINI STAIRS, WINDA, STAIRS, LIFT

BAGAŻ NA POZOSTAWIĆ W RECEPCJI HASTON CITY HOTEL

CONFERENCE RECEPTION

RECEPCJA KONFERENCJI

HOLDBGÓWNY

REJESTRACJA UCZESTNIKÓW

PARTICIPANTS REGISTRATION

PARKING

ROLLS ROYCE A
ROLLS ROYCE B
LINCOLN

CADILAC A
CADILAC B

CHEVROLET
SITE PLAN

GROUND FLOOR

SITE PLAN
FIRST FLOOR

TOILETS
JAGUAR A SCHODY, WINDA
STAIRS
LIFTS
STAIRS
TO ALETY
TOILETS
TOALETY
JAGUAR B
CHRYSLER A
CHRYSLER B

SITE PLAN
GROUND FLOOR

ROLLS ROYCE A
ROLLS ROYCE B

ROLLS ROYCE A
ROLLS ROYCE B

HOL GŁÓWNY
WEJŚCIE
ENTRANCE
RECEPCJA
HOTELU
RECEPTION HOTEL
LUGGAGE CAN BE LEFT AT THE HASTON CITY HOTEL RECEPTION DESK
PARKING TICKETS AVAILABLE AT THE RECEPTION DESK
PARKING FREE OF EXPENSE
BEZPLATNY
PARKING FREE OF EXPENSE
PARKING JSITO AVAILABLE AT THE RECEPTION DESK
HOL GŁÓWNY
WEJŚCIE
ENTRANCE
RECEPCJA
HOTELU
RECEPTION HOTEL
LUGGAGE CAN BE LEFT AT THE HASTON CITY HOTEL RECEPTION DESK
PARKING TICKETS AVAILABLE AT THE RECEPTION DESK
PARKING FREE OF EXPENSE
BEZPLATNY
PARKING FREE OF EXPENSE
PARKING JSITO AVAILABLE AT THE RECEPTION DESK
HOL GŁÓWNY
WEJŚCIE
ENTRANCE
RECEPCJA
HOTELU
RECEPTION HOTEL
LUGGAGE CAN BE LEFT AT THE HASTON CITY HOTEL RECEPTION DESK
PARKING TICKETS AVAILABLE AT THE RECEPTION DESK
PARKING FREE OF EXPENSE
BEZPLATNY
PARKING FREE OF EXPENSE
PARKING JSITO AVAILABLE AT THE RECEPTION DESK
HOL GŁÓWNY
WEJŚCIE
ENTRANCE
RECEPCJA
HOTELU
RECEPTION HOTEL
LUGGAGE CAN BE LEFT AT THE HASTON CITY HOTEL RECEPTION DESK
PARKING TICKETS AVAILABLE AT THE RECEPTION DESK
PARKING FREE OF EXPENSE
BEZPLATNY
PARKING FREE OF EXPENSE
PARKING JSITO AVAILABLE AT THE RECEPTION DESK
HOL GŁÓWNY
WEJŚCIE
ENTRANCE
RECEPCJA
HOTELU
RECEPTION HOTEL
LUGGAGE CAN BE LEFT AT THE HASTON CITY HOTEL RECEPTION DESK
PARKING TICKETS AVAILABLE AT THE RECEPTION DESK
PARKING FREE OF EXPENSE
BEZPLATNY
PARKING FREE OF EXPENSE
PARKING JSITO AVAILABLE AT THE RECEPTION DESK
HOL GŁÓWNY
WEJŚCIE
ENTRANCE
RECEPCJA
HOTELU
RECEPTION HOTEL
LUGGAGE CAN BE LEFT AT THE HASTON CITY HOTEL RECEPTION DESK
PARKING TICKETS AVAILABLE AT THE RECEPTION DESK
PARKING FREE OF EXPENSE
BEZPLATNY
PARKING FREE OF EXPENSE
PARKING JSITO AVAILABLE AT THE RECEPTION DESK
HOL GŁÓWNY
WEJŚCIE
ENTRANCE
RECEPCJA
HOTELU
RECEPTION HOTEL
LUGGAGE CAN BE LEFT AT THE HASTON CITY HOTEL RECEPTION DESK
PARKING TICKETS AVAILABLE AT THE RECEPTION DESK
PARKING FREE OF EXPENSE
BEZPLATNY
PARKING FREE OF EXPENSE
PARKING JSITO AVAILABLE AT THE RECEPTION DESK
HOL GŁÓWNY
WEJŚCIE
ENTRANCE
RECEPCJA
HOTELU
RECEPTION HOTEL
LUGGAGE CAN BE LEFT AT THE HASTON CITY HOTEL RECEPTION DESK
PARKING TICKETS AVAILABLE AT THE RECEPTION DESK
PARKING FREE OF EXPENSE
BEZPLATNY
PARKING FREE OF EXPENSE
PARKING JSITO AVAILABLE AT THE RECEPTION DESK
HOL GŁÓWNY
WEJŚCIE
ENTRANCE
RECEPCJA
HOTELU
RECEPTION HOTEL
LUGGAGE CAN BE LEFT AT THE HASTON CITY HOTEL RECEPTION DESK
PARKING TICKETS AVAILABLE AT THE RECEPTION DESK
PARKING FREE OF EXPENSE
BEZPLATNY
PARKING FREE OF EXPENSE
PARKING JSITO AVAILABLE AT THE RECEPTION DESK
HOL GŁÓWNY
WEJŚCIE
ENTRANCE
RECEPCJA
HOTELU
RECEPTION HOTEL
LUGGAGE CAN BE LEFT AT THE HASTON CITY HOTEL RECEPTION DESK
PARKING TICKETS AVAILABLE AT THE RECEPTION DESK
PARKING FREE OF EXPENSE
BEZPLATNY
PARKING FREE OF EXPENSE
PARKING JSITO AVAILABLE AT THE RECEPTION DESK
HOL GŁÓWNY
WEJŚCIE
ENTRANCE
RECEPCJA
HOTELU
RECEPTION HOTEL
LUGGAGE CAN BE LEFT AT THE HASTON CITY HOTEL RECEPTION DESK
PARKING TICKETS AVAILABLE AT THE RECEPTION DESK
PARKING FREE OF EXPENSE
BEZPLATNY
PARKING FREE OF EXPENSE
PARKING JSITO AVAILABLE AT THE RECEPTION DESK
HOL GŁÓWNY
WEJŚCIE
ENTRANCE
RECEPCJA
HOTELU
RECEPTION HOTEL
LUGGAGE CAN BE LEFT AT THE HASTON CITY HOTEL RECEPTION DESK
PARKING TICKETS AVAILABLE AT THE RECEPTION DESK
PARKING FREE OF EXPENSE
BEZPLATNY
PARKING FREE OF EXPENSE
PARKING JSITO AVAILABLE AT THE RECEPTION DESK
HOL GŁÓWNY
WEJŚCIE
ENTRANCE
RECEPCJA
HOTELU
RECEPTION HOTEL
LUGGAGE CAN BE LEFT AT THE HASTON CITY HOTEL RECEPTION DESK
PARKING TICKETS AVAILABLE AT THE RECEPTION DESK
PARKING FREE OF EXPENSE
BEZPLATNY
PARKING FREE OF EXPENSE
PARKING JSITO AVAILABLE AT THE RECEPTION DESK
HOL GŁÓWNY
WEJŚCIE
ENTRANCE
RECEPCJA
HOTELU
RECEPTION HOTEL
LUGGAGE CAN BE LEFT AT THE HASTON CITY HOTEL RECEPTION DESK
PARKING TICKETS AVAILABLE AT THE RECEPTION DESK
PARKING FREE OF EXPENSE
BEZPLATNY
PARKING FREE OF EXPENSE
PARKING JSITO AVAILABLE AT THE RECEPTION DESK
HOL GŁÓWNY
WEJŚCIE
ENTRANCE
RECEPCJA
HOTELU
RECEPTION HOTEL
LUGGAGE CAN BE LEFT AT THE HASTON CITY HOTEL RECEPTION DESK
PARKING TICKETS AVAILABLE AT THE RECEPTION DESK
PARKING FREE OF EXPENSE
BEZPLATNY
PARKING FREE OF EXPENSE
PARKING JSITO AVAILABLE AT THE RECEPTION DESK
HOL GŁÓWNY
WEJŚCIE
ENTRANCE
RECEPCJA
HOTELU
RECEPTION HOTEL
LUGGAGE CAN BE LEFT AT THE HASTON CITY HOTEL RECEPTION DESK
PARKING TICKETS AVAILABLE AT THE RECEPTION DESK
PARKING FREE OF EXPENSE
BEZPLATNY
PARKING FREE OF EXPENSE
PARKING JSITO AVAILABLE AT THE RECEPTION DESK
HOL GŁÓWNY
WEJŚCIE
ENTRANCE
RECEPCJA
HOTELU
RECEPTION HOTEL
LUGGAGE CAN BE LEFT AT THE HASTON CITY HOTEL RECEPTION DESK
PARKING TICKETS AVAILABLE AT THE RECEPTION DESK
PARKING FREE OF EXPENSE
BEZPLATNY
PARKING FREE OF EXPENSE
PARKING JSITO AVAILABLE AT THE RECEPTION DESK
HOL GŁÓWNY
WEJŚCIE
ENTRANCE
RECEPCJA
HOTELU
RECEPTION HOTEL
LUGGAGE CAN BE LEFT AT THE HASTON CITY HOTEL RECEPTION DESK
PARKING TICKETS AVAILABLE AT THE RECEPTION DESK
PARKING FREE OF EXPENSE
BEZPLATNY
PARKING FREE OF EXPENSE
PARKING JSITO AVAILABLE AT THE RECEPTION DESK
HOL GŁÓWNY
WEJŚCIE
ENTRANCE
RECEPCJA
HOTELU
RECEPTION HOTEL
LUGGAGE CAN BE LEFT AT THE HASTON CITY HOTEL RECEPTION DESK
PARKING TICKETS AVAILABLE AT THE RECEPTION DESK
PARKING FREE OF EXPENSE
BEZPLATNY
PARKING FREE OF EXPENSE
PARKING JSITO AVAILABLE AT THE RECEPTION DESK
HOL GŁÓWNY
WEJŚCIE
ENTRANCE
RECEPCJA
HOTELU
RECEPTION HOTEL
LUGGAGE CAN BE LEFT AT THE HASTON CITY HOTEL RECEPTION DESK
PARKING TICKETS AVAILABLE AT THE RECEPTION DESK
PARKING FREE OF EXPENSE
BEZPLATNY
PARKING FREE OF EXPENSE
PARKING JSITO AVAILABLE AT THE RECEPTION DESK
HOL GŁÓWNY
WEJŚCIE
ENTRANCE
RECEPCJA
HOTELU
RECEPTION HOTEL
LUGGAGE CAN BE LEFT AT THE HASTON CITY HOTEL RECEPTION DESK
PARKING TICKETS AVAILABLE AT THE RECEPTION DESK
PARKING FREE OF EXPENSE
BEZPLATNY
PARKING FREE OF EXPENSE
PARKING JSITO AVAILABLE AT THE RECEPTION DESK
HOL GŁÓWNY
WEJŚCIE
ENTRANCE
RECEPCJA
HOTELU
RECEPTION HOTEL
LUGGAGE CAN BE LEFT AT THE HASTON CITY HOTEL RECEPTION DESK
PARKING TICKETS AVAILABLE AT THE RECEPTION DESK
PARKING FREE OF EXPENSE
BEZPLATNY
PARKING FREE OF EXPENSE
PARKING JSITO AVAILABLE AT THE RECEPTION DESK
HOL GŁÓWNY
WEJŚCIE
ENTRANCE
RECEPCJA
HOTELU
RECEPTION HOTEL
LUGGAGE CAN BE LEFT AT THE HASTON CITY HOTEL RECEPTION DESK
PARKING TICKETS AVAILABLE AT THE RECEPTION DESK
PARKING FREE OF EXPENSE
BEZPLATNY
PARKING FREE OF EXPENSE
PARKING JSITO AVAILABLE AT THE RECEPTION DESK
HOL GŁÓWNY
WEJŚCIE
ENTRANCE
RECEPCJA
HOTELU
RECEPTION HOTEL
LUGGAGE CAN BE LEFT AT THE HASTON CITY HOTEL RECEPTION DESK
PARKING TICKETS AVAILABLE AT THE RECEPTION DESK
PARKING FREE OF EXPENSE
BEZPLATNY
PARKING FREE OF EXPENSE
PARKING JSITO AVAILABLE AT THE RECEPTION DESK
HOL GŁÓWNY
WEJŚCIE
ENTRANCE
RECEPCJA
HOTELU
RECEPTION HOTEL
LUGGAGE CAN BE LEFT AT THE HASTON CITY HOTEL RECEPTION DESK
PARKING TICKETS AVAILABLE AT THE RECEPTION DESK
PARKING FREE OF EXPENSE
BEZPLATNY
PARKING FREE OF EXPENSE
PARKING JSITO AVAILABLE AT THE RECEPTION DESK
HOL GŁÓWNY
WEJŚCIE
ENTRANCE
RECEPCJA
HOTELU
RECEPTION HOTEL
LUGGAGE CAN BE LEFT AT THE HASTON CITY HOTEL RECEPTION DESK
PARKING TICKETS AVAILABLE AT THE RECEPTION DESK
PARKING FREE OF EXPENSE
BEZPLATNY
PARKING FREE OF EXPENSE
PARKING JSITO AVAILABLE AT THE RECEPTION DESK
HOL GŁÓWNY
WEJŚCIE
ENTRANCE
RECEPCJA
HOTELU
RECEPTIO