



XXI

International Conference on Sports
Rehabilitation and Traumatology



PROGRAMME

Football Medicine Strategies for Knee Injuries

In partnership with:



21st-22nd April, 2012
Stamford Bridge Stadium, Chelsea FC
LONDON, UK

Conference Area

Level 4

Clarke Suite

- Video Presentation of Great Hall Sessions

Level 3

Harris Suite

- Free Poster Presentations
- Free Oral Presentations

Level 2

Tambling Suite

- Workshops

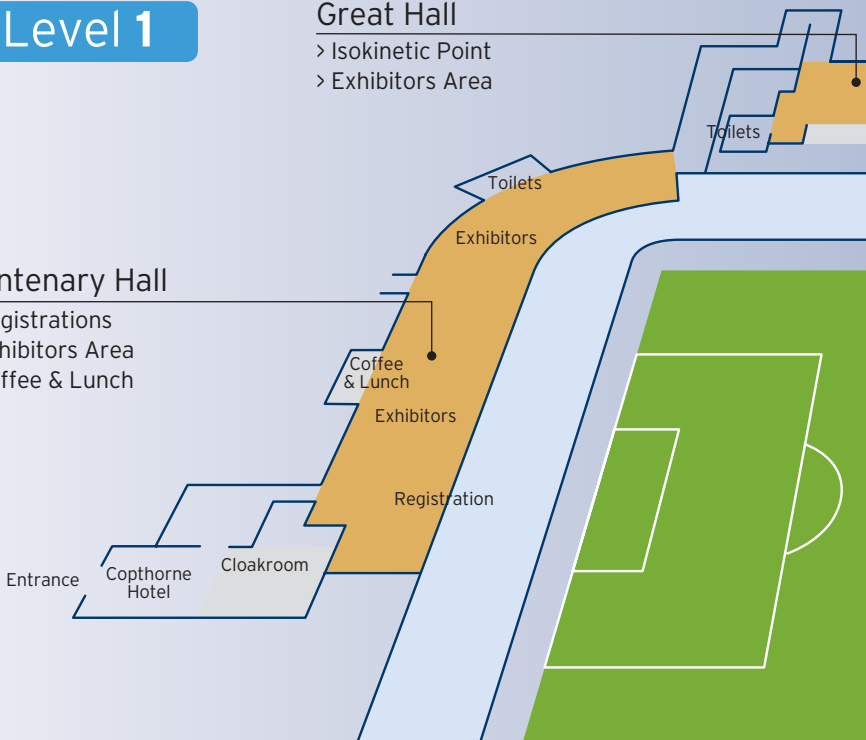
Level 1

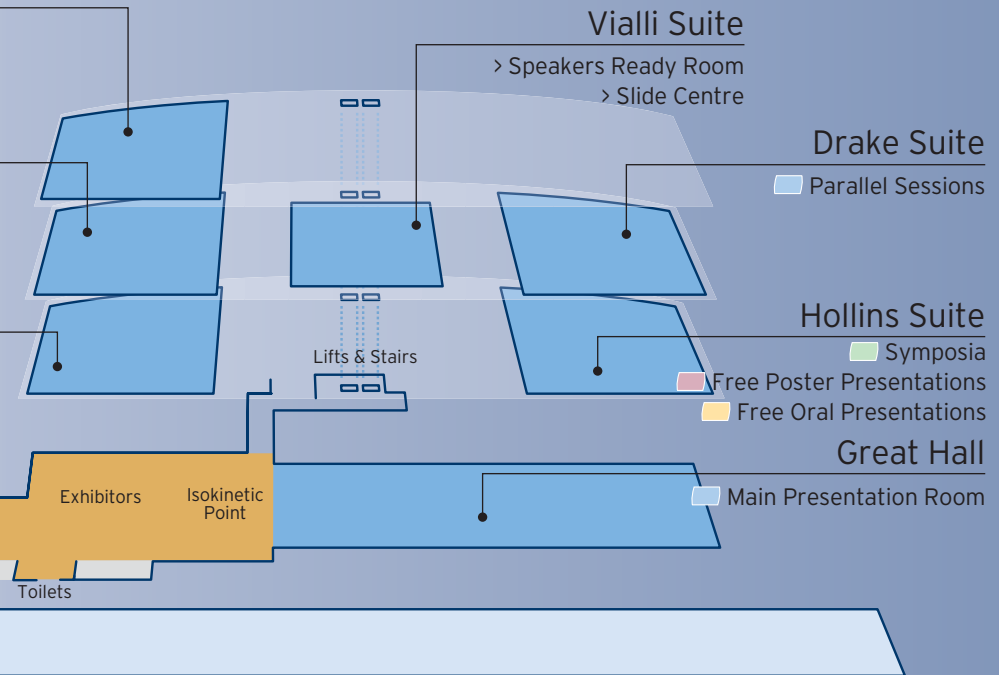
Great Hall

- Isokinetic Point
- Exhibitors Area

Centenary Hall

- Registrations
- Exhibitors Area
- Coffee & Lunch





Schedule Summary

Saturday 21st April, 2012

Great Hall

Main Room

Drake Suite

Parallel sessions

9:15-10:00	The Landscape	
10:00-10:30		
10:30-11:00		
11:00-11:30	Break	
11:30-12:00	Medial Collateral Ligament	Knee Injuries in Rugby
12:00-12:30		
12:30-13:15		
13:15-14:00	Lunch	Lunch
14:00-14:30		
14:30-15:00	Anterior Cruciate Ligament	Physiology & Biomechanics of the Knee & Free Oral Presentations
15:00-15:30		
15:30-16:15		
16:15-16:45	Break	Break
16:45-17:15	Meniscus	Physiotherapy for Knee Injuries & Free Oral Presentations
17:15-17:45		
17:45- 18:30		

Sunday 22nd April, 2012

Great Hall

Main Room

Drake Suite

Parallel sessions

8:30-9:00	Surgery of Complex Lesions	Diagnosis & Imaging of the Knee in Football and Rugby
9:00-9:30		
9:30-10:00	Extensor Mechanisms	News in Orthopaedics for Footballers
10:00-10:40		
10:40-11:00		
11:00-11:30	Break	Break
11:30-12:00	Cartilage	Epidemiology Prevention & Functional Recovery & Free Oral presentations
12:00-12:30		
12:30-13:15		
13:15-14:00	Lunch	Lunch
14:00-14:30		
14:30-15:00	Knee Support System	Surgical Challenges in the Footballers knee Queen Mary University of London Symposium
15:00-15:30		
15:30-16:15		
16:00-16:30		
16:30-17:00	FIFA Medical Centres of Excellence Case Reports	
17:00-17:30		
17:30-18:00		
18:00-18:15		



Plenary Sessions

Symposia

Free Oral Presentations

Free Poster Presentations

Workshops

Harris Suite

Free Presentations

Hollins Suite

Symposia / Free Presentations

Tambling Suite

Workshops

9:15-10:00				
10:00-10:30				
10:30-11:00				
11:00-11:30				
11:30-12:00	Free Oral Presentations Useful Orthopaedic Experiences for Managing Knee Injuries of Current and Former Football Players: Cartilage	University College Of London Symposium		
12:00-12:30			Orthokey Workshop	
12:30-13:15				
13:15-14:00	Lunch	Lunch	Lunch Workshop Finceramica Ortek	
14:00-14:30	Free Poster Presentations PA Modalities & Rehabilitation PB Orthopaedic Experiences	Free Poster Presentations PC Case Reports		
14:30-15:00				Fidia Workshop
15:00-15:30				
15:30-16:15		The FA Symposium: Osteoarthritis in ex-Footballers		
16:15-16:45	Break		Break	
16:45-17:15	Free Oral Presentations Useful Orthopaedic Experiences for Managing Knee Injuries of Current and Former Football Players: ACL-1			
17:15-17:45				ECOSEP Workshop
17:45- 18:30				

Harris Suite

Free Presentations

Hollins Suite

Symposia / Free Presentations

Tambling Suite

Workshops

8:30-9:00	Free Oral Presentations Epidemiology and Prevention	Free Oral Presentations Orthopaedics for Football Players	
9:00-9:30			
9:30-10:00		Free Oral Presentations Case Reports	
10:00-10:40			
10:40-11:00			
11:00-11:30	Break	Break	
11:30-12:00	Free Oral Presentations Useful Orthopaedic Experiences for Managing Knee Injuries of Current and Former Football Players: ACL-2		Technogym Workshop
12:00-12:30			
12:30-13:15			
13:15-14:00	Lunch	Lunch	
14:00-14:30	Free Poster Presentations PD Functional Assessment	Free Poster Presentations PE Epidemiology and Prevention	Sybermedica Workshop
14:30-15:00			
15:00-15:30			
15:30-16:15			
16:00-16:30			
16:30-17:00			
17:00-17:30			
17:30-18:00			
18:00-18:15			

Great Hall

Saturday 21st April, 2012

Morning



9:00 Official Welcome

Session 1

The Landscape

Chairs Beasley, Ian (London, United Kingdom)
D'Hooghe, Michel (Bruges, Belgium)

09:30 **Epidemiology** Ekstrand, Jan (Linköping, Sweden)

09:45 **Prevention Strategy** Dvorak, Jiri (Zurich, Switzerland)

10:00 **Surgical Strategy** Marcacci, Maurizio (Bologna, Italy)

10:15 **Post Surgical Strategy** Della Villa, Stefano (Bologna, Italy)

10:30 Discussion

11:00 Tea & Coffee Break

Session 2

Medial Collateral Ligament

Chairs Lavelle Jonathon (London United Kingdom)
Margheritini, Fabrizio (Rome, Italy)

11:30 **MCL Injuries in Football** Medina, Daniel (Barcelona, Spain)

11:45 **Conservative Treatment of MCL** Bell, Philip (London, United Kingdom)

12:00 **Who needs MCL Surgery?** Zorzi, Claudio (Verona, Italy)

12:15 **Surgical Treatment of MCL Injuries** Williams, Andy (London, United Kingdom)

12:30 **Prevention of Reinjuries or Other Associated Injuries** Mandelbaum, Bert (Santa Monica, USA)

12:45 Discussion

13:15 Lunch Break

Afternoon



Session 3

Anterior Cruciate Ligament

Chairs Church, Sam (London United Kingdom)
Haddad, Fares (London, United Kingdom)

14:30 **ACL Injuries in Elite Football** Walden, Marcus (Linköping, Sweden)

14:45 **ACL Surgery in Football Players** Neyret, Philippe (Lyon, France)

15:00 **Graft Options** Maffulli, Nicola (London, United Kingdom)

15:15 **Anatomical ACL Reconstruction** Fu, Freddy (Pittsburg, USA)

15:30 **Customised Post Surgical Rehabilitation** Danelon, Furio (Milano, Italy)

15:45 Discussion

16:15 Tea & Coffee Break

Session 4

Meniscus

Chairs Delcogliano, Antonio (Rome, Italy)
Rosa, Donato (Napoli, Italy)

17:00 **Meniscectomy and Repair** Lelli, Alessandro (Bologna, Italy)

17:15 **Meniscal Transplants** Verdonk, Peter (Gent, Belgium)

17:30 **Meniscus Treatment Depending on Timing of ACL Reconstruction After Injury** Angele, Peter (Regensburg, Germany)

17:45 **Rehabilitation Protocols** Snyder-Mackler, Lynn (Newark, USA)

18:00 Discussion

18:30 End of the Day



Session 5

Knee Injuries in Rugby

- 
- Chairs Kemp, Simon (London, United Kingdom)
Walker, Andrew (London, United Kingdom)
- 11:30 **Knee Injuries in Rugby Union: Epidemiology, Pathologies and Risk Factors**
Brooks, John and Kemp, Simon (London, United Kingdom)
- 11:45 **Rugby Injury Prevention: the New Zealand Experience**
Edwards, Tony (Auckland, New Zealand)
- 12:00 **Surgical Decision Making: Rugby Specific Issues** Webb, Jonathan
(London, United Kingdom)
- 12:15 **Returning Rugby Players to Action** Olmo, Jesus (Madrid, Spain)
- 12:30 **Objective Criteria for Progressing Rehabilitation and Return to Play**
Millson, Helen (Ipswich, United Kingdom)
- 12:45 Discussion
- 13:15 Lunch Break

Session 6

Physiology & Biomechanics of the Knee & Free Oral Presentations

- 
- Chairs Drust, Barry (Liverpool, United Kingdom)
Narici, Marco (Derby, United Kingdom)
- 14:30 **Biomechanical Analysis in Preventing Injuries** Silvers H (Santa Monica, Usa)
- 14:45 **Wearable Wireless Systems for the Rehabilitation of the Football Players**
Zunarelli PP (Bologna, Italy)
- 15:00 **An Integrated Analysis on NMES Training: a Strategy for Knee Injury?**
D'Antona G, Pintavalle G (Pavia, Italy)
- 15:10 **Torsional Injuries of the Lower Limb: an Analysis of the Frictional Torque Between Different Types of Football Turf and the Shoe Outsole**
Smeets K, Jacobs P, Hertogs R, Luyckx JP, Innocenti B, De Corte R, Corten K, Ekstrand J, Bellemans J (Leuven Belgium; Linköping, Sweden)
- 15:20 **Monitoring of Muscle Activation Changes After ACL Surgery**
Tramullas JA (Barcelona, Spain)
- 15:30 **Isokinetic Seasonal Evaluations of Professional Soccer Players**
Martelli G, Manetti P, Dainelli S, Grazzini G (Florence, Italy)
- 15:40 Discussion
- 16:00 Coffee Break

Session 7

Physiotherapy for Knee Injuries & Free Oral Presentations

- 
- Chairs Lewin, Gary (London, United Kingdom)
Schneider, Christian (Munich, Germany)
- 16:45 **Current Concepts in Knee Rehabilitation** Phillips, Nicola
(Cardiff, United Kingdom)
- 17:00 **Rehabilitation in Five Phases** Zanobbi, Marco (Rimini, Italy)
- 17:15 **Knee Rehabilitation in the Pool** Taddio Nicola (Padova, Italy)
- 17:30 **Long-term Effectiveness of ESWT in Jumper's Knee Treatment**
Saggini R, Di Stefano A, Galati V, Panelli E, Valeri M, Di Pancrazio L, Bellomo RG (Chieti, Italy)
- 17:40 **Deep Hyperthermy for Knee Pain After ACL Reconstruction and Meniscectomy: A Case Report** Rojas N (Barcelona, Spain)
- 17:50 **Tecarterapy Treatment of Patellar Tendinopathy** Ribeiro L,
Ribeiro R (Lisbon, Portugal)
- 18:00 Discussion
- 18:30 End of the Day

Harris Suite

Saturday 21st April, 2012

Morning

Free Oral Presentations

Useful Orthopaedic Experiences for Managing Knee Injuries of Current and Former Football Players: Cartilage

- Chairs Gobbi, Alberto (Milan, Italy) - Steinwachs Matthias (Zürich, Switzerland)
- 11:30 **Scientific Evidence of Cartilage Repair in Football Players** Steinwachs MR (Zürich, Switzerland)
- 11:40 **Arthroscopic Microdrilling and Atelocollagen Gel for Cartilage Repair of the Knee** Shetty AA, Stelzener D, Bilagi P, Kim SJ (Kent, United Kingdom; Gyeonggi-do, Korea)
- 11:50 **Rationale of Biophysical Stimulation of The Knee Cartilage in Football Players** Massari L, Osti R, Setti S, Cadossi R (Ferrara and Carpi, Italy)
- 12:00 **The Use of Pulsed Electromagnetic Fields in Symptomatic Patients with Degenerative Cartilage Lesions of the Knee: a Preliminary Report** Karnatzikos G, Kumar A, Gobbi A (Milan, Italy)
- 12:10 **Novel Bilayered Scaffolds for Treatment of Osteochondral Lesions** Oliveira JM, Pereira DR, Silva-Correia J, Pereira J, Oliveira MB, Mano JF, Espregueira-Mendes J, Reis RL (Guimarães and Porto, Portugal)
- 12:20 **Outcome of Autologous Matrix Induced Chondrogenesis (AMIC) in Cartilage Knee Surgery: Data of the AMIC Registry** Gille J, Behrens P, Volpi P, de Girolamo L, Reiss E, Zoch W, Anders S (Lübeck and Hamburg, Germany; Milano, Italy, Oftringen, Switzerland; Soltau, Germany and Abbach, Germany)
- 12:30 **Indications, Surgical Technique and Results of AMIC in Cartilage Defects** Varoga D (Kiel, Germany)
- 12:40 **Meniscus Allograft Transplantation in Young People, with Old Knees** Kempshall P, Getgood A, Thompson P, Spalding T (Coventry, United Kingdom)
- 12:50 **Meniscus Tissue Engineering and Regenerative Strategies in Highly Prevalent Football Lesions** Pereira H, Silva-Correia J, Frias A, Oliveira J, Reis R, Espregueira-Mendes J (Porto and Guimarães, Portugal)
- 13:00 Discussion
- 13:30 Lunch Break

Afternoon

Free Poster Presentations

Modalities & Rehabilitation - Orthopaedic Experiences

14:00 - 15:30 See POSTER SESSIONS pages

Free Oral Presentations

Useful Orthopaedic Experiences for Managing Knee Injuries of Current and Former Football Players: ACL -1

- Chairs Brukner Peter (Liverpool UK) - De Carli, Angelo (Roma, Italy)
- 16:45 **Intra-operative Validation of a Novel Method dedicated to Quantify Pivot-Shift Phenomenon** Zaffagnini S, Lopomo N, Marcheggiani Muccioli GM, Signorelli C, Bonanzinga T, Marcacci M (Bologna, Italy)
- 16:55 **ACL Reconstruction with Lars Artificial Ligament: Review and Results at Medium Term Follow-up** Parchi P, Baluganti A, Dolfi L, Ciapini G, Chiellini F, Lisanti M (Pisa, Italy)
- 17:05 **Narrow Fabrics for Anterior Cruciate Ligament Replacement** Gloy Y, Löhner M, Rosiepen C, Gries T (Aachen, Germany)
- 17:15 **Does an Extra-Articular Procedure Improve Clinical Outcome in ACL Reconstruction with Hamstrings in Female Football Players?** Vadalà A, Lanzetti RM, Ciompi A, Iorio C, Fabbri M, De Carli A, Iorio R, Bonifazi AM, Rossi C, Ferretti A (Rome, Italy)
- 17:25 **Postoperative Evaluation of Hamstring Strength Recovery and Tendon Regrowth After Harvesting for ACL Reconstruction** Skarpas G, Nikolopoulos D, Rossas C, Damoulianos A, Liarokapis S, Barbounakis N, Michos I (Athens, Greece)
- 17:35 **The Influence of IL-1 β on the Clinical Outcome after ACL Surgery** Darabos N, Haspl M, Moser C (Zagreb, Croatia; Duesseldorf, Germany)
- 17:45 **All-Inside Anatomical ACL Reconstruction: Surgical Technique and Preliminary Results** Buda R, Vannini F, Ruffilli A, Parma A, Pagliuzzi G, Giannini S (Bologna, Italy)
- 17:55 **Open VS Arthroscopic Surgical Treatment of Chronic Proximal Patellar Tendinopathy. A Systematic Review** Marcheggiani Muccioli GM, Tsapralis K, Zaffagnini S, Bonanzinga T, Grassi A, Zanobbi M, Della Villa S, Marcacci M (Bologna and Rimini, Italy)
- 18:10 Discussion
- 18:30 End of the Day

Hollins Suite

Saturday 21st April, 2012



Morning



Symposium

University College of London Symposium

Chairs Haddad, Fares (London, United Kingdom)
Patel, Rahul (London, United Kingdom)

11:00 - 13:30 See PARALLEL EVENTS pages

Free Poster Presentations

Case Reports

13:45 - 15:15 See POSTER SESSIONS pages

Afternoon



Symposium

The FA Symposium:

Osteoarthritis in ex-Footballers

Chairs Batt, Mark (Nottingham, United Kingdom)
Beasley, Ian (London, United Kingdom)

15:30 - 18:30 See PARALLEL EVENTS pages

Great Hall

Sunday 22nd April, 2012

Morning



Session 8

Surgery Of Complex Lesions

Chairs Adravanti, Paolo (Parma, Italy)

Spalding, Tim (London, United Kingdom)

08:30 **Multiligament Injuries in Top Level Football Players** Benazzo, Francesco (Pavia, Italy)

08:45 **Combined ACL and MCL Reconstruction** Engebretsen, Lars (Oslo, Norway)

09:00 **Combined ACL and Cartilage Surgery** Gobbi, Alberto (Milan, Italy)

09:15 Discussion

09:30 End of the Session

Session 9

Extensor Mechanisms

Chairs Minola, Riccardo (Milan, Italy)

Higgins, Richard (Sheffield, United Kingdom)

09:30 **Anterior Knee Pain in Football** Dejour, David (Lyon, France)

09:45 **Patellofemoral Joint Surgery** Zaffagnini, Stefano (Bologna, Italy)

10:00 **Patellar Tendon and PRP** Cugat, Ramon (Barcelona, Spain)

10:15 **Eccentric Rehabilitation Exercises** Diesel, Wayne (London, United Kingdom)

10:30 Discussion

11:00 Tea and Coffee Break



Session 10

Cartilage

Chairs Ergelet, Christoph (Zürich, Switzerland)

Mithoefer, Kai (Chestnut Hill, USA)

11:30 **Cartilage Lesions in Football** Espregueira-Mendes, Joao (Porto, Portugal)

11:45 **Surgical Options** Getgood, Alan (Cambridge, United Kingdom)

12:00 **Mesenchymal Cells one Step** Giannini, Sandro (Bologna, Italy)

12:15 **Return to Sport** Kon, Elizaveta (Bologna, Italy)

12:30 **Rehabilitation Guidelines** Hamby, Karen (London, United Kingdom)

12:45 Discussion

13:15 Lunch Break



Afternoon



Session 11

Knee Support Systems

Chairs Melegati, Gianluca (Milan, Italy)

Nieper, Alex (Zürich, Switzerland)

14:30 **Muscles and Dynamic Stabilisation** Serratos, Luis (Madrid, Spain)

14:45 **Core Stability and Kinetic Chain** Konin, Jeff (Tampa, USA)

15:00 **Neuromuscular Control: Gym Exercises** Knowles, Bill (Vermont, USA)

15:15 **Neuromuscular Control: Water Exercises** Killgore, Garry (Oregon, USA)

15:30 **Metabolic Support** Tsapralis, Kyriakos (Bologna, Italy)

15:45 Discussion

16:15 Tea and Coffee Break

Session 12

FIFA Medical Centres Of Excellence - Case Reports

Chairs Chalabi, Hakim (Doha, Qatar) - Gurcharan, Singh (Kuala Lumpur, Malaysia)
Peterson, Lars (Gothenburg, Sweden)

16:30 **Case Report from Italy** Tencone, Fabrizio (Torino, Italy)

16:40 **Case Report from Qatar** Eirale, Cristiano (Doha, Qatar)

16:50 **Case Report from Mexico** Arroyo, Francisco (Guadalajara, Mexico)

17:00 **Case Report from Algeria** Zerguini, Yacine (Alger, Algeria)

17:10 **Case Report from Brazil** Pedrinelli, André (São Paulo, Brasil)

17:20 Discussion

18:00 End of the Day



Drake Suite

Sunday 22nd April, 2012

Morning



Session 13

Diagnosis & Imaging of The Knee in Football & Rugby

Chairs Healy, Jerry (London, United Kingdom)

Nanni, Gianni (Bologna, Italy)

08:30 **Ten Essential Points that You Need to Know About Knee MRI** Chan, Otto (London, United Kingdom)

08:45 **Sports Radiology to Confirm or Refute the Diagnosis** Rogers, Ralph (London, United Kingdom)

09:00 **MRI in Articular Surface Lesions** Padron, Mario (Madrid, Spain)

09:15 Discussion

09:30 End of the Session



Session 14

News in Orthopaedics For Footballers

Chairs Axe, Michael (Newark, USA) - Berruto, Massimo (Milan, Italy)

09:30 **Treatment of Knee Dislocation in Footballers** Panics, Gergely (Budapest, Hungary)

09:45 **New Arthritis in Former Football Players** Volpi, Piero (Milan, Italy)

10:00 **Treatment of Osteochondritis Dissecans in Young Players** Chomiak, Jiri (Prague, Czech Republic)

10:15 **New Trends in Revision of ACL Surgery** Ferretti, Andrea (Roma, Italy)

10:30 Discussion

11:00 Coffee Break



Session 15

Epidemiology, Prevention and Functional Recovery & Free Oral Presentations

Chairs Batty, Phil (Manchester, United Kingdom)

Malliaropoulos, Nikos (Thessaloniki, Greece)

11:30 **The FIFA 11+ Programme** Bizzini, Mario (Zurich, Switzerland)

11:45 **Incidence of Knee Injuries in Young Players** Mayer Michael (Munich, Germany)

12:00 **Effectiveness of an Injury Prevention Program for Adult Male Soccer Players** van Beijsterveldt AMC, Krist MR, van de Port IGL, Schmikli SS, Backx FJG (Utrecht, the Netherlands)

12:10 **Injury Patterns Among Ghanaian Footballers During the 2009-2010 League Season** Quartey J, Larweh M, Oduro R, Allotey J (Accra, Ghana)

12:20 **Youth National Italian Soccer Team Injury Study: a Preliminary Survey** De Carli A, Ciompi A, Lanzetti RM, Labianca L, Ticca L, Tudisco C, Monaco E, Agrò AM, Bolle G, Ferretti A (Rome, Italy)

12:30 **Effects of Hip Muscle Strength and Flexibility on Knee Valgus** DiStefano L, Martinez J, Kerner M, Crowley E, Murphy E, Barry M, Buckholz K, Trojan T (Storrs, USA)

12:40 Discussion

13:00 Lunch Break



Session 16

Surgical Challenges in the Footballers Knee Cartilage Case Reports

QUEEN MARY UNIVERSITY OF LONDON SYMPOSIUM

Chairs Maffulli, Nicola (London, United Kingdom)

Peterson, Lars (Gothenburg, Sweden)

14:30-18:15 See PARALLEL EVENTS pages

Afternoon

Harris Suite

Sunday 22nd April, 2012

Morning

Free Oral Presentations

Epidemiology & Prevention

- Chairs Eirale, Cristiano (Doha, Qatar) - Tencone, Fabrizio (Torino, Italy)
- 8:30 **Functional Diagnostics as a Part of Primary Injury Prevention in Female Soccer Players**
Conditioning Grygorowicz M (Poznan, Poland)
- 8:40 **History of Hamstring Injuries is Associated with Poor Control of Lumbar Extension** Mottram S, Barr A, Roussel N, Comerford M (Chichester, United Kingdom; New York, USA; Antwerp, Belgium)
- 8:50 **Lower Extremity Fractures in Belgian Football Players** Vanlommel L, Bollars P, Bellemans J (Leuven, Belgium)
- 9:00 **Epidemiological Study of Four Seasons in Young Italian Professional Footballers** Mura R, Cugia P, Piras F, Scorcu M, Angius L (Cagliari, Italy)
- 9:10 **Prospective Comparison of Biomechanics in ACL Injured and Healthy Athletes** Padua D, Boling M, Goerger B, Beutler A, Marshall S (Chapel Hill, Jacksonville and Bethesda; USA)
- 9:20 **The 11+ Advocacy Team Experience in Nigeria** Bakare U, Ogunkunle E (Lagos and Abuja; Nigeria)
- 9:30 **Knee Injuries in Elite Professional Footballers: the Findings of one English Premier League Team** Murray D, Jain N, Kemp S (Manchester, Salford and Wolverhampton; United Kingdom)
- 9:40 **Functional Assessment of the Superficial Back Line in a Professional Soccer Squad** Fevre D (Blackburn, United Kingdom)
- 9:50 **Incidence and Prognosticators for Injuries in Belgian Soccer Players: Evolution Over the Past Decade** Bollars P, Van Lommel L, Claes S, Corten K, Bellemans J (Leuven, Belgium)
- 10:00 **Innovative Prevention Program for Muscle Strains Based Skarpas G, Kakavas G, Alexiou V, Kouloumentas P, Nanos V (Athens, Greece)**
- 10:10 Discussion
- 10:40 End of the Session

Free Oral Presentations

Useful Orthopaedic Experiences for Managing Knee Injuries of Current and Former Football Players: ACL-2

- Chairs De Carli, Angelo (Roma, Italy) - Chomiak, Jiri (Prague, Czech Republic)
- 11:30 **Anatomic Double Bundle Reconstruction VS Non Anatomic Augmentation Surgery in the Treatment of Partial ACL Tears: a Comparative Study** Buda R, Vannini F, Ruffilli A, Cavallo M, Ramponi L, Giannini S (Bologna, Italy)
- 11:40 **Double Bundle ACL Reconstruction Technique Produces a Better Clinical Result by Affecting the Tunnel Widening** Darabos N, Haspl M, Moser C, Trsek D, Elabjer E (Zagreb and Bochum, Croatia)
- 11:50 **Double Bundle Anterior Cruciate Ligament Reconstruction not for All: a MRI Study** Tzoanos G, Ntaliani A, Tsavalas N, Katonis P, Karantanas A (Heraklion, Greece)
- 12:00 **Anatomic Single-Bundle VS Double-Bundle ACL Reconstruction for Football Players: Which Procedure Works Best?** Skarpas G, Nikolopoulos D, Liarokapis S, Barbounakis N, Rossas C, Nomikarios D, Michos I (Athens, Greece)
- 12:10 **Clinical Outcome of Anatomic Anterior Cruciate Ligament Reconstruction** Getgood A, Spencer S, Bird J, Carmont M, Thompson P, Spalding T (Coventry, United Kingdom)
- 12:20 **Return to Competitions: Functional Outcome 24 Months from Arthroscopic ACL Reconstruction** Schäferhoff P, Klein P, Dewitz H (Cologne, Germany)
- 12:30 **Revision ACL Reconstruction: the French Experience** Trojani CH, Colombet PH, Neyret PH (Nice, Mérignac, Lyon, and Paris, France)
- 12:40 Discussion
- 13:15 End of the session

Afternoon

Free Poster Presentations

Functional Assessment

14:00 - 15:30 See POSTER SESSIONS pages

Hollins Suite

Sunday 22nd April, 2012



Morning

Free Oral Presentations

Orthopaedics for Football Players

- Chairs Bell, Jonathan (London, United Kingdom) - Mithoefer, Kai (Chestnut Hill, USA)
- 8:30 **Anatomic ACL Reconstruction in Football Players** Tsoukas D, Malliaropoulos N (Athens and Thessaloniki; Greece)
- 8:40 **Anterior Cruciate Ligament Surgery in Professional Soccer Players** Batista J, Maestu R, Verrone L, Loggioco L, Roncolato D, Ortega Gallo P (Buenos Aires, Argentina)
- 8:50 **Four Stranded Anatomical Single Bundle Technique Using Both Autograft and a Biomimetic Graft for Primary ACL Reconstruction. A Novel Technique for Elite Football Players** Alevrogiannis S, Skarpas G (Athens, Greece)
- 9:00 **Porto-Knee Testing Device: Improving MRI Assessment of Rotational Laxity in ACL-Deficient Knees in Football Players** Pereira H, Passos C, Vasconcelos JC, Monteiro A, Oliveira JM, Reis RL, Espregueira Mendes J (Porto and Guimarães; Portugal)
- 9:10 **Osteochondral Allograft Transplantation in Osteochondral Knee and Ankle Injuries in Young Athletes** Cortese F, Madonna V, Iacono V, Russo A, Screpis D, Zorzi C (Verona, Napoli, Perugia; Italy)
- 9:20 **Patella Tendinitis: Experiences of One English Premier League Club** Jain N, Murray D, Kemp S (Manchester and Wolverhampton; United Kingdom)
- 9:30 **The Use of Prolotherapy in Medial Collateral Ligament Injuries of The Knee: the Findings of one English Premier League Team** Murray D, Jain N, Kemp S (Manchester, Salford and Wolverhampton; United Kingdom)
- 9:40 **Efficacy of an Ultrasound Guided Percutaneous Electrolysis Intra-tendon (EPI) in the Treatment of Patellar Tendinopathy in Football Players** Sánchez-Ibáñez JM, Polidori F, Valera F, Minaya F (Barcelona and Madrid, Spain)
- 9:50 Discussion
- 10:00 End of the Session

Free Oral Presentations

Case Report

- Chairs Bianchedi, Diana (Roma, Italy) - Konin, Jeff (Tampa, USA)
- 10:00 **Treatment of Knee Related Muscular Lesions with Fp3 - Laser and Focused Shock Wave Therapy in Football** Roth R (Essen, Germany)
- 10:10 **Knee Cartilage Defects: Return to professional Soccer after HTO and Microfracture** Schäferhoff P, Dewitz H, Klein P (Cologne, Germany)
- 10:20 **Traumatic Patellar Tendon Avulsion Following ACL Reconstruction in an Elite Football Player** Bizzotto N, Regis D, Costa A, Sandri A (Verona, Italy)
- 10:30 **Occidental and Oriental Principles Used in Knee Rehabilitation** Tohaneanu A, Tohaneanu L, Dragomir M, Calina D (Craiova, Romania)
- 10:40 **Common Peroneal Nerve Palsy in a Football Player after a Knee Injury** Bevoni R, D'Apote G, Berti L, Schuh R, Montanari G, Mignani G, Di Motta D, Girolami M (Bologna, Italy)
- 10:50 Discussion
- 11:10 Coffee Break

Free Poster Presentations

Epidemiology & Prevention

14:00 - 15:30 See POSTER SESSIONS pages

Afternoon

Poster Sessions

Saturday 21st April, 2012

HARRIS SUITE (14:00 - 15:30)

Modalities & Rehabilitation

Chairs Hamby, Karen (London, United Kingdom) - Zanobbi, Marco (Rimini, Italy)

- PA01 **High Intensity Laser Therapy Stimulates Cartilage Regrowth in Humans** Zati A, Benedetti MG, Grigolo B, Desando G, Fortuna D, Valent A, Buda R (Bologna, Firenze and Modena, Italy)
- PA02 **Superpulsed Laser and Hyaluronic Acid therapy in the Conservative Approach to Knee Pain in Football and Rugby Players** Rando G (Alba, Italy)
- PA03 **Early Back to Football After ACL Reconstruction: Still an Open Challenge** Marcheggiani Muccioli GM, Zaffagnini S, Berti L, Lullini G, Bonanzinga T, Ricci M, Tsapralis K, Zanobbi M, Musiani C, Nanni G, Marcacci M (Bologna, Italy)
- PA04 **Specific Exercises for Strength Recovery of Medial Hamstrings After ACL Reconstruction** Zuppardo S, D' Angella M (Grosseto, Italy)
- PA05 **Postural Disorders and Related Knee Injuries in Football Players** Zolezzi D, Cuzzilla M, Sai L, Giosa M, Campofiorito F, Grimaldi C, Zenato F, Crisafulli V (Genova, Italy)
- PA06 **Fear of Re-Injury in Football Players after ACL Reconstruction: Effect of Rehabilitation on the Field** Danelon F, Barboglio A, Pisoni D, Rivaroli S (Milan, Italy)
- PA07 **Efficacy of an Accelerate Protocol in the Treatment of ACL Reconstruction in Non-Professional Athletes** Ribera A, Zeballos B, Torres F, Chalor Q, Garreta R (Terrassa, Spain)
- PA08 **Rehabilitation and Functional Recovery after ACL Reconstruction** Calero T, Pérez Hidalgo S, Molano Nogales FJ, Ruiz de Alarcón A, Alvarez Casado JM, Suárez Arrones L (Seville, Spain)

Saturday 21st April, 2012

HARRIS SUITE (14:00 - 15:30)

Useful Orthopaedic Experiences for Managing Knee Injuries of Current and Former Football Players

Chairs Axe Michael (Newark USA) - Konin Jeff (Tampa, USA)

- PB 01 **Artiplant's Artelon Augmentation Device in ACL Reconstruction** De Pamphilis R, Gifuni P, Sala C, Manzini C (Giussano and Monza, Italy)
- PB 02 **Morphological, Phenotypal and Biochemical Study of an Engineered Cartilage Tissue from in Vitro to in Vivo** Deponti D, Peretti GM, Gaudino P, Alberti G (Milano, Italy)
- PB 03 **Platelet-Rich Plasma Treatments in Symptomatic Patients with Knee Osteoarthritis: a preliminary Report** Karnatzikos G, Kumar A, Gobbi A (Milan, Italy)
- PB 04 **Platelet-Rich Plasma for Muscle Healing: an in Vivo Experimental Study** Gigante A, Busilacchi A, Del Torto M (Ancona, Italy)
- PB 05 **The Impact of MRI Applied to the Cycle of Knee Joint Injuries Rehabilitation of Soccer players** Miceli M, Ridolfi M, Cedrini F, Milani S, Zunarelli P (Bologna, Italy)
- PB06 **Real-Time Sonoelastography in Post-Traumatic Muscular Injuries** De Marchi A, Pozza S, Cenna E, Rosso F, Faletti C (Turin, Italy)
- PB07 **Molecular Mechanisms Induced by Patellar Tendinopathy in Rats: Protection by Percutaneous Electroplysis Intra-Tissue** García-Herreros S, Sánchez-Ibáñez JM, Aguirre-Rueda D, Paredes Brunet P, Gil-Bisquert A, Díaz A, Valera F, Minaya F, Vallés SL (Barcelona and Madrid, Spain)
- PB08 **Microfracture treatment for osteochondral lesions of the medial femoral condyle associated with partial medial meniscectomy in soccer players: a 5 years follow-up functional results with and without hyaluronic acid** Osti L, Rapalia R, Del Buono A, Maffulli N, Denaro V (Modena, Italy)
- PB09 **Non-Invasive Assessment of Pivot-Shift Test in ACL Injury with Triaxial Accelerometer** Kira Gala L, Uboldi F, Vergottini G, Albiseti W, Zaffagnini S, Berruto M (Milano; and Bologna, Italy)
- PB 10 **Arthroscopic All Inside Reinsertion of Anterior Meniscal Root with All-inside Simplified Technique: 3 Case Reports in Soccer Players** Osti L, Del Buono A, Rapalia R, Maffulli N, Denaro V (Modena, Italy)

Saturday 21st April, 2012

HOLLINS SUITE (13:45 - 15:15)

Case Reports

Chairs Boldrini Lorenzo (Milan, Italy) - Til i Perez, Lluís (Barcelona, Spain)

- PC01 **Apophysitis: 'Pain in the Knee'. A Success Story Using Exercise Modification** Broman D (Manchester, United Kingdom)
- PC02 **Isolated PCL Injuries in Young Football Players: new Therapeutics Approach with Platelet-Rich Plasma** Di Gesù M, Vetro A, Mantia F, Iovane A, Midiri M, Caruso C, Mantia R (Palermo, Italy)
- PC03 **Osteonecrosis after Arthroscopic Meniscal Surgery in a Veteran Football Player** Tsitas K, Kiritsi O, Malliaropoulos N, Noussios G, Mallogkas G, Bischiniotis J (Thessaloniki and Kozani, Greece)

Poster Sessions



- PC04 **Functional Recovery in a Football player Affected by Patellofemoral pain Syndrome**
Baroli M (Verona, Italy)
- PC05 **Psychological Treatment During Rehabilitation in a Young Football Player After ACL Reconstruction**
Marcacci T, Raboni D, Nanni G, Maretti S, Acquaviva R, La Rosa G, Parigino M, Berti Ceroni F (Bologna, Italy)
- PC06 **Psychology and Rehabilitation after Knee Surgery: Integrated Approach Based on a Case Report**
Giaveno M, Bossa C (Torino, Italy)
- PC07 **Neuromuscular Exercise Program with ARKE after ACL Reconstruction in a Female Soccer Player**
Castagnetti A, Bozzetti C, Pesci A (Parma, Italy)
- PC08 **AposTherapy as Additional Tool in the Rehabilitation of ACL Tear in an Elite Footvolley Player**
Elbaz A, Cohen MS, Debbi EM, Rath U, Mor A, Morag G, Beer Y, Segal G, Debi R (Herzliya, Tel Aviv, Zerifin and Ashkelon, Israel)
- PC09 **Isolated Injuries to the LCL - Football Specific Mechanism of Injury and new Clinical Assessment - 'The Brighton Sign'** Webbom N, Ring N (Brighton, United Kingdom)
- PC10 **On the Field Rehabilitation after ACL Surgery, Respecting Safe Rehabilitation "Green Lights"**
Carando S, Tencone F (Torino, Italy)
- PC11 **A Case of ACL Re-injury in Teenage Female Soccer Player: Play or Rest** Conforti M (Bergamo, Italy)
- PC 12 **Return to Play in a Soccer Player after ACL Two Stage Revision with Bone Grafting and HTO: a Case Report** Osti L, Soldati F, Osti R, Maffulli N (Modena, Italy)

Sunday 22nd April, 2012

HARRIS SUITE (14:00 - 15:30)

Functional Assessment

- Chairs Narici, Marco (Derby, United Kingdom) - Roi, Giulio Sergio (Bologna, Italy)
- PD01 **Soccer Specific fatigue and knee Stability in Female Youth Players** De Ste Croix M, Priestley A, Lloyd R, Oliver J (Gloucester and Cardiff, United Kingdom)
- PD02 **Functional Assessment of Professional Football Players** Brotto E, Pasini C, Marini M, Roi GS (Verona, Italy)
- PD03 **Isokinetic Assessment of the Knee in Young Football Players** Leite P, Paquete M, Ribeiro F, Pinho R (Vila Nova de Gaia and Gandra; Portugal)
- PD04 **Isokinetic eccentric-concentric h/Q ratios in soccer players** Martelli G, Ricci F, Grazzini F, Grazzini G (Florence, Italy)
- PD05 **Lower Limb Eccentric Strength Measurement Reliability Using a New Ergometer** Susta D, Collins J, Gibbons L (Dublin, Ireland)
- PD06 **Reliability and Validity of Tests from the Foundation Movement and Performance Screen** Rashid S, Raja H, Comerford M, Mottram S, Morrissey D (London and Chichester; United Kingdom)
- PD07 **Interrater Reliability of the Functional Movement Screen** Cady K (Gloucester, United Kingdom)
- PD08 **The Roto-Translational Evaluator of the Knee - The New Reference Unit** Pellis G (Trieste, Italy)

Sunday 22nd April, 2012

HOLLINS SUITE (14:00 - 15:30)

Epidemiology & Prevention

- Chairs Lewis, Steve (London, United Kingdom) - Respizzi, Stefano (Milan, Italy)
- PE01 **Dynamic Knee Valgus is Associated with Youth Soccer player Sex and Age** Frank B, DiStefano L, Marshall S, Padua D (Chapel Hill and Storrs, USA)
- PE02 **Effect of Knee Injury Prevention Program on Specific Movement Patterns in Youth Soccer Players**
Goto S, Distefano L, Distefano M, Marshall S, Padua D (Chapel Hill and Storrs, USA)
- PE03 **Elite Soccer Athletes Demonstrate gender Differences in Trunk and Hip Three-dimensional Cutting Strategies**
Begalle R, DiStefano M, Blackburn J, Padua D (Chapel Hill, USA)
- PE04 **Different Therapies Evaluated at Football Players with Knee Arthritis** Tohaneanu AAA, Calina D, Dragomir M, Rusu L, Patru E (Craiova, Romania)
- PE05 **Does a Targeted Neuromuscular Warm-up Prevent Injuries in Female Soccer Players? A Review** Phillips TI (Cardiff, United Kingdom)
- PE06 **The Effect of Muscle Fatigue Induced in the Knee Joint position Sense in Young Football Players**
Leite P, Natal A (Vila Nova de Gaia and Porto, Portugal)
- PE07 **Do Young Overweight Soccer Players Present Musculoskeletal Alterations?** De Giacomo G, Tosi F, Gervasi F, Sala R, Solbiati A, Vigo C, Salvucci M, Malacarne M, Respizzi S, Pagani M, Lucini D (Milano, Italy)
- PE08 **Injuries in Youth Soccer Players in a Season of a Brazilian First Division Team** Herdy CV, Simão R, Pedrinelli A, Selve J (Rio De Janeiro and Sao Paulo, Brazil; Preston, United Kingdom)
- PE09 **Knee Injuries in the Aironi Rugby During the 2010-11 Magner's League** Ferrari R, Superina N, Roi GS (Viadana and Bologna, Italy)

Parallel Events

Saturday 21st April, 2012

HOLLINS SUITE

University College of London Symposium



- Chairs Haddad, Fares (London, United Kingdom)
Patel, Rahul (London, United Kingdom)
- 11:00 **The Genetics of Sport Performance: Past, Current and Future Research** at the Institute for Sport and Exercise Medicine UCL Rawal, Jay and Montgomery, Hugh (London, United Kingdom)
- 11:45 **Attitudes to Sport and Rehabilitation: Influence on Outcome Following ACL Reconstruction** Oussedik, Sam (London, United Kingdom)
- 12:00 **The Control of Swelling after Anterior Cruciate Ligament Reconstruction** Paton, Bruce (London, United Kingdom)
- 12:15 **Physiotherapy: a Green Flag Approach to Accelerated Knee Rehabilitation** Thawley, Paul (London, United Kingdom)
- 12:30 **Strength and Conditioning: a green Flag Approach to Rehabilitative Conditioning** Rosenblatt, Ben (London, United Kingdom)
- 12:45 **The Impact of an Acute Knee Clinic on the Outcome of Knee Injuries** Haddad, Fares (London, United Kingdom)
- 13:00 Discussion
- 13:30 End of the Symposium

Saturday 21st April, 2012

HOLLINS SUITE

The FA Symposium: Osteoarthritis in ex-Footballers



- Chairs Batt, Mark (Nottingham, United Kingdom)
Beasley, Ian (London, United Kingdom)
- 15:30 **An ex-Player's Perspective** Brooking, Trevor (London, United Kingdom)
- 15:45 **Epidemiology of OA in Football - What is Known** Dvorak, Jiri (Zurich, Switzerland)
- 16:00 **The Genetics of OA in Footballers** Frances Williams (London, United Kingdom)
- 16:15 Discussion
- 16:30 Coffee Break
- PREVENTION AND FURTHER RESEARCH**
- 16:45 **Are there Other Pre-disposing Factors to Consider?** King, John (London, United Kingdom)
- 17:00 **Secondary Prevention for Chondral Lesions & Post Knee Trauma** Volpi, Piero (Milan, Italy)
- 17:15 **Medical Treatment of OA in the Footballer's Knee** Cowie, Charlotte (London, United Kingdom)
- 17:30 **The ARUK process and what our consortium hopes to deliver** Batt, Mark (Nottingham, United Kingdom)
- 17:45 **New Pathways and Research Agenda** Fuller, Colin (London, United Kingdom)
- 18:00 Discussion
- 18:30 End of the Day

Saturday 21st April, 2012

TAMBLING SUITE

Course Endorsed by European College of Sports and Exercise Physicians (ECOSEP)



- Sport on Field Trauma Emergency (SOFTE)**
- Chairs Maffulli, Nicola (London, United Kingdom)
King, John (London, United Kingdom)
- 17:15 **Sports on the Field Trauma Emergencies** Malliaropoulos, Nikos (Thessaloniki, Greece)
- 17:30 **Traumatic Injuries Pitch Side** Tsapralis, Kyriakos (Bologna, Italy)
- 17:45 **Spinal Injuries: on the Field Approach** Hughes, Chris (London, United Kingdom)
- 18:00 **Major Limb Injuries on the Field. First Line Management** Carmont, Mike (London, United Kingdom)
- 18:15 Discussion
- 18:30 End of the Workshop

Parallel Events



Sunday 22nd April, 2012

DRAKE SUITE

Queen Mary University of London Symposium Surgical Challenges in the Footballers Knee

CARTILAGE CASE REPORTS

Chairs Maffulli, Nicola (London, United Kingdom)

Peterson, Lars (Gothenburg, Sweden)

14:30 **Microfractures** Engebretsen, Lars (Oslo, Norway)

14:45 **TI Under the Session of Surgical Challenges in the Football Knee**

Briggs, Tim (London, United Kingdom)

15:00 **Scaffolds and Membranes** Kon, Elizaveta (Bologna, Italy)

15:15 Discussion

OPEN QUESTIONS ON ACL

Chairs Lavelle, Jonathon (London, United Kingdom)

Verdonk, Peter (Gent, Belgium)

15:45 **Who Needs an ACL Reconstruction?** Cugat Ramon (Barcelona, Spain)

16:00 **Single Versus Double Bundle** Maffulli, Nicola (London, United Kingdom)

16:15 **Debate: Ideal Graft?** King, John (London, United Kingdom)

16:30 Discussion

MCL INJURY MANAGEMENT

Chairs Maffulli, Nicola (London, United Kingdom)

Snyder-Mackler, Lynn (Newark, USA)

17:00 **MCL Injury and Conservative Treatment**

Rhidian, Thomas (London, United Kingdom)

17:15 **Combined ACL and MCL Tears** Osti, Leonardo (Italy)

17:30 **Post-operative Rehabilitation** Morrissey, Dylan (London, United Kingdom)

17:45 Discussion

18:15 End of the Symposium

Workshops

Saturday 21st April, 2012

TAMBLING SUITE

ORTHOKEY WORKSHOP

Qualitative assessment of dynamic instability of the knee in ACL injuries

60 seats available

12:00 - 12:45



Saturday 21st April, 2012

TAMBLING SUITE

FINCERAMICA ORTEQ WORKSHOP

The importance of meniscus, cartilage and bone regeneration in joint preservation: clinical and rehab challenges

60 seats available

13:15 - 14:30



Saturday 21st April, 2012

TAMBLING SUITE

FIDIA WORKSHOP

MO.RE. about knee injuries and I.A.H.A. therapy

60 seats available

15:00 - 16:15



Sunday 22nd April, 2012

TAMBLING SUITE

TECHNOGYM WORKSHOP

Preparing for Major Football Tournaments:
Infrastructure for Performance and Rehabilitation

60 seats available

11:30 - 14:00



Sunday 22nd April, 2012

TAMBLING SUITE

SYBERMEDICA WORKSHOP

PACSMail Diagnostic Data Sharing

60 seats available

14:00 - 15:00



Exhibitors





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