



XXII

International Conference
on Sports Rehabilitation
and Traumatology

PROGRAMME



Football Medicine Strategies for Muscle & Tendon Injuries

In partnership with:



20th-21st April, 2013

The Queen Elizabeth II Conference Centre
LONDON



Conference Area

 The Queen Elizabeth II
Conference Centre



Whittle Room

- > Exhibitors Area 1
- > Coffee & Lunch Area 2


Benjamin Britten Lounge

- > Exhibitors Area 2
- > Coffee & Lunch Area 2
- > Isokinetic Point

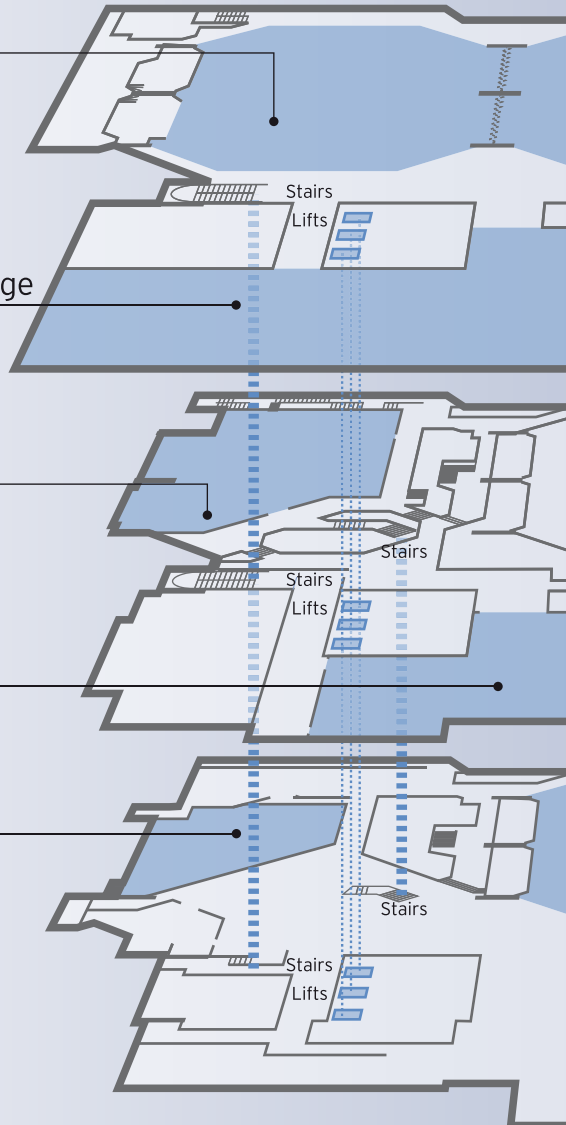
Thames Room

-  Parallel Events
-  Workshops

Pickwick Suite

-  Free Poster Presentations
- > Coffee & Lunch Area 1

- > Cloakroom



Fleming Room

Sessions 1 to 9 ●

Guild Room

> Slide Centre
& Speaker Ready Room

Mezzanine

3rd Floor

Pickwick Suite

Free Oral Presentations ●

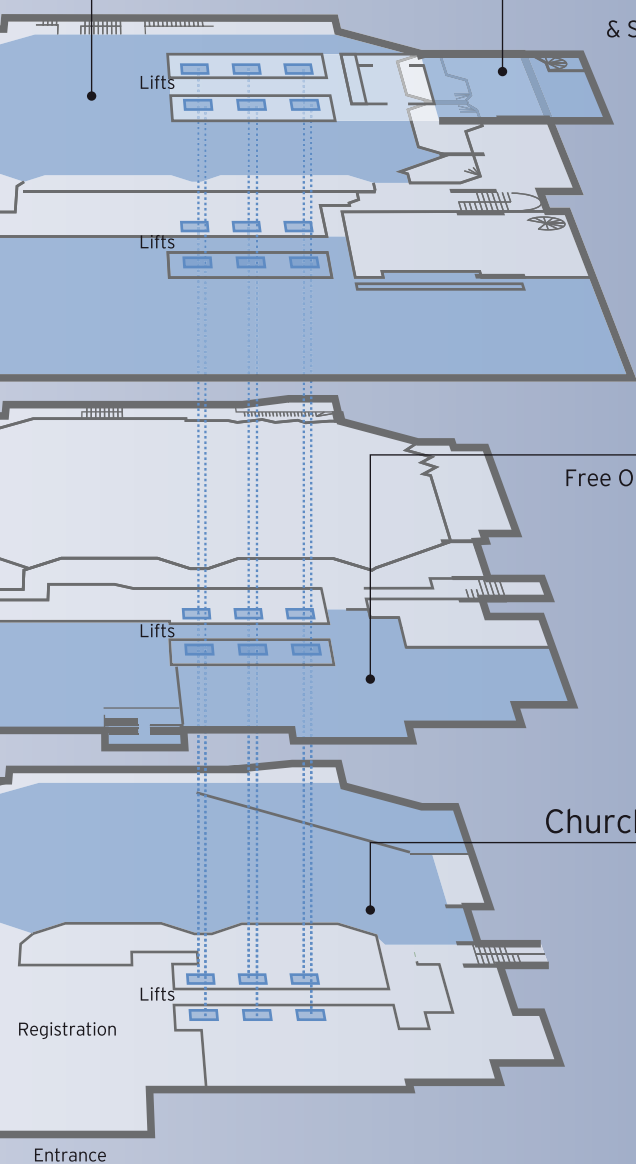
Workshops ●

1st Floor

Churchill Auditorium

Sessions 10 to 17 ●

Ground





Schedule Summary



Sessions
1 to 9



Sessions
10 to 17

FLEMING ROOM (700) 3rd FLOOR Sessions 1 to 9

CHURCHILL AUDITORIUM (500) GROUND FLOOR Sessions 10 to 17

9:15-10:00	The Landscape	Video feed from the Fleming Room
10:00-10:30		
10:30-11:00		
11:00-11:30	Break	
11:30-12:00	Groin Pain	New Frontiers in Tendinous Intervention
12:00-12:30		
12:30-13:00		
13:00-13:30	Lunch Break	Lunch Break
13:30-14:00		
14:00-14:30		
14:30-15:00	The Hamstring Muscle Group	Imaging
15:00-15:30		
15:30-16:15		
16:15-16:45	Break	Break
16:45-17:15	Foot and Ankle Tendons	Upper Limb Injuries
17:15-17:45		
17:45-18:15		
18:15-18:30		

8:30-9:00	PRP Therapy in Muscle and Tendon Injuries	Lessons from Rugby
9:00-9:30		
9:30-10:00	Tendon Injury Interventions	Young Athletes
10:00-10:30		
10:30-11:00		
11:00-11:30	Break	Break
11:30-12:00	The Infrapatellar Tendon	Injury Prevention
12:00-12:30		
12:30-13:00		
13:00-13:30	Lunch Break	Lunch Break
13:30-14:00		
14:00-14:30		
14:30-15:00	Injuries to the Quadricep Muscle Group	The Spine and Muscular Injuries
15:00-15:30		
15:30-16:00		
16:00-16:30	Break	Break
16:30-17:00	FIFA Medical Centres of Excellence Case Reports	Physical Therapies for Muscle & Tendon Injuries
17:00-17:30		
17:30-18:00		
18:00-18:30		

Saturday 20th April, 2013

Sunday 21st April, 2013



Free Oral Presentations



Free Poster Presentations



Parallel Events



Workshops

THAMES ROOM (80)

1st FLOOR

Parallel Events - Workshops

PICKWICK SUITE (100)

1st FLOOR

Free Oral & Poster Sessions - Workshops

9:15-10:00		
10:00-10:30		
10:30-11:00		
11:00-11:30		
11:30-12:00	UCL	Free Oral Presentations Orthopaedics
12:00-12:30		
12:30-13:00		
13:00-13:30	Lunch Break	Lunch Break
13:30-14:00		Free Poster Presentations PA - PC
14:00-14:30		Free Oral Presentations Functional Assessment
14:30-15:00		
15:00-15:30		
15:30-16:15		
16:15-16:45	Break	Break
16:45-17:15	ECOSEP	Free Oral Presentations Case Reports Muscles
17:15-17:45		
17:45-18:15		
18:15-18:30		

8:30-9:00		
9:00-9:30		Free Oral Presentations Protocols & Epidemiology
9:30-10:00	IUSMULT	
10:00-10:30		
10:30-11:00		
11:00-11:30	Break	Break
11:30-12:00	CET CRYOSPAS Workshop	INDIBA Workshop
12:00-12:30		
12:30-13:00		
13:00-13:30	Lunch Break	Lunch Break
13:30-14:00		Free Poster Presentations PB - PE - PF
14:00-14:30		
14:30-15:00	SPECTRUM Workshop	TECHNOGYM Workshop
15:00-15:30		
15:30-16:00		
16:00-16:30		
16:30-17:00		
17:00-17:30		
17:30-18:00		
18:00-18:30		

Saturday 20th April, 2013

Sunday 21st April, 2013



FLEMING ROOM

Saturday 20th April, 2013

9:00 Official Welcome Ian Beasley (UK), Mike Davison (UK)

Session 1

The Landscape

Chairs: Stefano Della Villa (ITA), Michel D'Hooghe (BEL)

9:15 **FIFA's F-MARC strategies** Jiri Dvorak (SUI)

9:30 **Epidemiology of muscle and tendon injuries in elite football players**
Jan Ekstrand (SWE)

9:45 **Muscle injury prevention** Roald Bahr (NOR)

10:00 **Muscle injuries: developments over the last 30 years**
Hans Wilhelm Müller-Wohlfahrt (GER)

10:15 **Muscle injuries: the proposal of a new classification system**
Peter Ueblicher (GER)

10:30 Discussion

11:00 Break

Session 2

Groin Pain

Chairs: Per Holmich (DEN), Damian Griffin (UK)

11:30 **A clinical overview** Peter Brukner (AUS)

11:45 **Sportsmen's groin: diagnosis and therapy** Ulrike Muschaweck (GER)

12:00 **The prevalence of hip abnormalities in soccer players**
Bert Mandelbaum (USA)

12:15 **Does the sportsman's hernia exist?** Chris Bradshaw (AUS)

12:30 **Return to sport following groin pain/pathology** Bryan English (UK)

12:45 Discussion

13:15 Lunch Break

Session 3

The Hamstrings Muscle Group

Chairs: Fabrizio Margheritini (ITA), Kai Mithoefer (USA)

14:30 **Experiences after 20 years in Serie A** Fabrizio Tencone (ITA)

14:45 **UEFA's study group report** Markus Walden (SWE)

15:00 **Hamstring injuries and risk factors in the Australian Football League**
John Orchard (AUS)

15:15 **Hamstring reattachment** Fares Haddad (UK)

15:30 **Proximal hamstring avulsions in professional soccer player**
Bertrand Sonnerly-Cottet (FRA)

15:45 Discussion

16:15 Break

Session 4

Foot and Ankle Tendons

Chairs: Antonio Delcogliano (ITA), Graham Smith (UK)

16:45 **The footballer's Achilles tendon** Francesco Benazzo (ITA)

17:00 **Imaging and intervention in Achilles tendinopathy** Jerry Healy (UK)

17:15 **Partial rupture and repair of the Achilles tendon** Mark Davies (UK)

17:30 **Surgical treatments for ankle tendons** Sandro Giannini (ITA)

17:45 **Strengthening the chain** Bill Knowles (USA)

18:00 Discussion

18:30 End of the Day

Morning



Afternoon



CHURCHILL AUDITORIUM

Saturday 20th April, 2013

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and Traumatology

Morning

Session 10

New Frontiers in Tendinous Interventions

Chairs: Thor Einar Andersen (NOR), Jonathan Bell (UK)

- 11:30 **Function is the key** James Calder (UK)
11:45 **Biotechnology in the tendons healing** Alberto Gobbi (ITA)
12:00 **Preservation of the Achilles tendon** Hakan Alfredson (SWE)
12:15 **Shockwave therapy** Furio Danelon (ITA)
12:30 Discussion
13:00 Lunch Break



Session 11

Imaging

Chairs: John King (UK), Mario Padron (ESP)

- 14:30 **Imaging muscle and tendons - Current trends and the future**
Simon Blease (UK)
14:45 **Groin pain and FAI imaging** Mario Padron (ESP)
15:00 **The role of ultrasound for the sports physician** Pierpaolo Zunarelli (ITA)
15:15 **Imaging and surgery** Dimitrios Tsoukas (GRE)
15:30 Discussion
16:00 Break



Afternoon

Session 12

Upper Limb Injuries

Chairs: Simon Kemp (UK), Riccardo Minola (ITA)

- 16:45 **Goalkeepers and labral injuries** Andrew Wallace (UK)
17:00 **Tendon lesions and the healing process** Alessandro Castagna (ITA)
17:15 **Lessons from American Football** Michael Axe (USA)
17:30 **Shoulder tendons and PRP** Pietro Randelli (ITA)
17:45 Discussion
18:30 End of the Day





PICKWICK SUITE

Saturday 20th April, 2013

Morning

Free Oral Presentations

Orthopaedics

Chairs: Angelo De Carli (ITA), Gergely Panics (HUN)

- 11:30 **Platelet-rich plasma and TGF-beta antagonist act sinergistically in treatment of muscle injuries** Kelc R, Vogrin M (Maribor, Slovenia)
- 11:40 **PRP injections for plantar fasciitis in football/rugby** Clough T, Kumar V (Wigan, United Kingdom)
- 11:50 **Anterior instability in soccer players: results of the Latarjet procedure** Neyton L, Cerciello S, Edwards TB, Walch G (Lyon, France)
- 12:00 **High volume image guided injection: useful in a rugby shoulder injury?** Morton S, Ghozlan A, Price J, Chan O, Morrissey D (London, United Kingdom)
- 12:10 **Anterior instability in rugby players: results of the Latarjet-Patte procedure** Neyton L, Young A, Dawidziak B, Visona E, Hager JP, Fournier Y, Walch G (Lyon, France)
- 12:20 **Return to sport in footballers following hip arthroscopy** Dimitrakopoulou A, Villar RN, Brennan K, Paikray M, Bajwa AS (Cambridge and London, United Kingdom)
- 12:30 Discussion
- 13:00 Lunch Break

Afternoon

Free Poster Presentations

Case Reports 1 (Tendons)

13:30- 14:30

Chairs: Lorenzo Boldrini (ITA), Lluís Til I Perez (ESP)

- PA01 **Diagnosis and treatment of iliopsoas tendinopathy** Zuppardo S, D'Angella M, Laiolo E, Nanni G (Grosseto and Bologna, Italy)
- PA02 **Platelet-rich fibrin matrices and conventional methods in Achilles tendon tears** Alviti F, Mangone M, Bridgett L, Stigliano S, Giarraguni M, Gurzi M, Santilli V (Rome, Italy and North Ryde, Australia)
- PA03 **Personality profile and tendinopathies in soccer players** Vago P, Casolo F, Gatti M (Milan, Italy)

Free Poster Presentations

Protocols & Epidemiology

13:30- 14:30

Chairs: Diana Bianchedi (ITA), Helen Millson (ESP)

- PC01 **Musculo-tendinous injuries in football & futsal during the European Maccabi Games** Broman D, Fearn R, Wittenberg M (London, United Kingdom)
- PC02 **Low-field MR scanner can be useful for the sport physician in the management of muscle injury?** Miceli M, Ridolfi M, Cedrini F, Milani S, Zunarelli P (Bologna, Italy)
- PC03 **Return to play after adductor muscles injuries** D'Orsi G, Paoletta C, De Sario G, Fazzini D, Cattani A, Roi GS (Rimini and Bologna, Italy)

PICKWICK SUITE

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Free Oral Presentations

Functional Assessment

Chairs: Marco Narici (UK), Giulio Sergio Roi (ITA)

- 14:30 **The biomechanical effects of varying speed and load during eccentric and concentric loading of triceps surae complex** Chaudhry S, Screen HRC, Woledge R, Morrissey D (London, United Kingdom)
- 14:40 **High speed running for strengthening the hamstrings of football players** Lee JWY, Yung PSH, Chan HCK, Chan KM (Hong Kong, China)
- 14:50 **Eccentric hamstring weakness and EMG deficits after repeat sprint running are related** Timmins RG, Opar DA, Williams MD, Schache AG, Dear NM, Shield AJ (Brisbane and Melbourne, Australia; Glamorgan, United Kingdom)
- 15:00 **Hamstring muscle activation during the Nordic Hamstring exercise** Bourne MN, Opar DA, Williams MD, Al Najjar A, Shield AJ (Brisbane, Australia; Wales, United Kingdom)
- 15:10 **A novel field test of eccentric hamstring strength: a reliability and injury study** Opar DA, Williams MD, Piatkowski T, Timmins RG, Shield AJ (Brisbane and Melbourne, Australia; Glamorgan, United Kingdom)
- 15:20 **The biomechanics of long-standing adduction-related groin pain** Kloskowska P, Morrissey D, Alty J, Graham J, Malliaras P, Woledge R (London and Reading, United Kingdom)
- 15:30 **Isometric strength of the preferred and non-preferred leg in youth soccer players** Bambaiechi E, Rahnama N, Daneshjoo A (Isfahan, Iran)
- 15:40 **Muscle strain implication from sprinting biomechanics of soccer players and sprinters** Chan HCK, Lee JWY, Yung PSH, Chan KM (Hong Kong)
- 15:50 **The Haefni HHE 1.0 system A new isokinetic and pleokinetic device** Olmo J (Madrid, Spain)
- 16:00 Discussion
- 16:30 Break

Free Oral Presentations

Case Reports Muscles

Chairs: Gianni Nanni (ITA), Ralph Rogers (UK)

- 16:45 **The rehabilitation of a football player with quadriceps femoris trauma** Tohaneanu AAA, Avramescu E.T, Dragomir M, Tohaneanu LL (Craiova, Romania)
- 16:55 **Delayed proximal rectus femoris reconstruction in three high-level athletes** Bajwa AS, Villar RN (Cambridge, United Kingdom)
- 17:05 **Su Jok Acu therapy. Non invasive treatments for musculotendineous injuries in football** Benson M (Eastbourne, United Kingdom)
- 17:15 Discussion
- 17:30 End of the session

Afternoon



THAMES ROOM

Saturday 20th April, 2013

Morning



Parallel Event

University College London (UCL) Symposium

Chairs: Fares Haddad (UK), Sam Oussedik (UK)

- 11:30 **Achilles and patellar tendinopathy - Evidence for treatment**
Hakan Alfredson (SWE)
- 11:50 **The genetic approach to tendon and muscle pathology**
Hugh Montgomery (UK)
- 12:10 **The use of vibration in the management of muscle and tendon injuries**
Marco Cardinale (UK)
- 12:30 **Muscle repair strategies** Ken Van Sommeren (UK)
- 12:50 **Stem cells - their role in repair** Steve Harridge (UK)
- 13:10 Discussion
- 13:30 End of the Symposium

Afternoon



Parallel Event

ECOSEP Workshop on the Diagnosis of Hamstring Injuries

Chairs: Nicola Maffulli (UK), Kyriakos Tsapralis (ITA)

- 16:45 **Muscle injuries in sports** Nicola Maffulli (UK)
- 17:00 **SEM Physicians diagnostic approach for Hamstring Injuries**
Panagiotis Kouloumentas (GRE)
- 17:15 **Hamstring injuries classification: anatomical, clinical or imaging orientated?**
Nikos Malliaropoulos (GRE)
- 17:30 **Imaging diagnosis for hamstring injuries** Otto Chan (UK)
- 17:45 Discussion
- 18:00 End of the Workshop

Supporting Organisations

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FLEMING ROOM

Sunday 21st April, 2013

Morning



Session 5

PRP Therapy in Muscle and Tendon Injuries

- Chairs: Joao Espregueira Mendes (POR), Claudio Zorzi (ITA)
8:30 The use of platelet rich plasma: current scientific evidence Nicola Maffulli (ITA)
8:45 PRP experiences in muscle and tendon injuries: clinical experience with footballers Ramon Cugat (ESP)
9:00 PRP in patellar tendon pathology Elizaveta Kon (ITA)
9:15 Discussion
9:30 End of the session

Session 6

Tendon Injury Interventions

- Chairs: Paolo Adravanti (ITA), Tom Crisp (UK)
9:30 Tendon injuries: history of interventions Mike Hutson (UK)
9:45 The timing of interventions in elite football Kristof Sas (BEL)
10:00 The management of tendon injuries Lynn Snyder-Mackler (USA)
10:15 Exercise and conservative treatment in patellar tendinopathy Michele Gemignani (ITA)
10:30 Discussion
11:00 Break

Session 7

The Infrapatellar Tendon

- Chairs: Nicola Maffulli (ITA), Maurilio Marcacci (ITA)
11:30 The infrapatellar tendon: a clinical overview Christian Schneider (GER)
11:45 Case studies from La Liga Daniel Medina (ESP)
12:00 The infrapatellar tendon: surgical repair techniques Stefano Zaffagnini (ITA)
12:15 Patellar tendon surgery: can they return to full function? Andy Williams (UK)
12:30 Rehabilitation principles in football: the infrapatellar tendon Jon Fearn (UK)
12:45 Discussion
13:15 Lunch Break

Session 8

Injuries to the Quadriceps Femoris Muscle Group

- Chairs: Donato Rosa (ITA), Richard Higgins (UK)
14:30 Complex anatomy of the rectus femoris Alex Nieper (UK)
14:45 Return to training criteria Luis Serratos (ESP)
15:00 The treatment of quadriceps tear Marco Zanobbi (ITA)
15:15 Surgery of the quadriceps muscle: indication, technique, rehabilitation, results Stefan Hinterwimmer (GER)
15:30 Conservative and surgical treatments Andrea Ferretti (ITA)
15:45 Discussion
16:15 Break

Session 9

FIFA Medical Centres of Excellence - Case Reports

- Chairs: Lars Peterson (SWE), Hakim Chalabi (QAT)
16:30 FIFA Case Report from Italy: return to play after Achilles tendon surgery Matthew Stride (UK)
16:40 FIFA Case Report from Belgium: posterior impingement of the ankle: the flexor hallucis longus tendon as the key Pieter D'Hooghe (BEL)
16:50 FIFA Case report from Czech Republic: unusual juvenile osteochondrosi dissecans of the knee Jiri Chomiak (CZE)
17:00 FIFA Case report from Qatar: acute groin injuries in the footballer: an unsolved dilemma Cristiano Eirale (QAT) &
17:10 FIFA Case report from Germany: persistent groin pain following osteitis pubis in amateur football player Werner Krutsch (GER)
17:20 FIFA Case report from Sweden: 18 year old football player in a lower division Magnus Forssblad (SWE)
17:30 Discussion
18:00 End of the session

Afternoon



CHURCHILL AUDITORIUM

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Session 13

Lessons from Rugby

- Chairs: Jesus Olmo (ESP), Julian Widdowson (UK)
8:30 Experiences from the Southern hemisphere Craig Roberts (RSA)
8:45 Muscle injuries in Rugby and Football Gianluca Melegati (ITA)
9:00 Experience from the Six Nations Phil Batty (UK)
9:15 Discussion
9:30 End of the session



Morning

Session 14

Young Athletes

- Chairs: Gary Lewin (UK), Steve Lewis (UK)
9:30 Young female football players: Elvire Servien (FRA)
9:45 Considerations in the care of female football players Anita Biswas (UK)
10:00 Overuse injuries in young footballers Piero Volpi (ITA)
10:15 Discussion
10:45 Break



Session 15

Injury Prevention

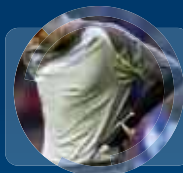
- Chairs: Mark Bender (UK), Gino Kerkhoffs (NED)
11:30 Injury prevention in football: FIFA 11+ and more Nicolas Mathieu (SUI)
11:45 The prevention of recurring muscle injuries Kyriakos Tsapralis (ITA)
12:00 Perfecting the rehabilitation process Holly Silvers (USA)
12:15 The role of the chiropractor Franco Cento (ITA)
12:30 Discussion
13:00 Lunch Break



Session 16

The Spine and Muscular Injuries

- Chairs: Charlotte Cowie (UK), Michael Mayer (GER)
14:30 Lessons from Track & Field Juan Manuel Alonso (ESP)
14:45 Lumbar instability, videofluoroscopic analysis and prolotherapy injections in football Simon Petrides (UK)
15:00 The role of spinal stability in the prevention of musculo-tendineous injuries of the extremities in soccer Clive Lathey (UK)
15:15 Soft tissue injuries of and around the spine Michael Mayer (GER)
15:30 Discussion
16:00 Break



Afternoon

Session 17

Physical Therapies for muscle & tendon injuries

- Chairs: Nicola Phillips (UK), Nikos Tzouroudis (UAE)
16:30 The importance of physical therapies in the management of a complex tendinopathy Karen Hambly (UK)
16:45 Physical therapies in rehabilitation Steve Kemp (UK)
17:00 Which modality to choose and when Phil Glasgow (UK)
17:15 Experiences from both South Africa and the United Kingdom Wayne Diesel (UK)
17:30 Discussion
18:00 End of the Day





PICKWICK SUITE

Sunday 21st April, 2013

Free Oral Presentations

Protocols & Epidemiology

Chairs: Diana Bianchedi (ITA), Helen Millson (UK)

- 9:00 **Patellar tendinopathy risk factor questionnaire and its potential use in soccer** Morton S, Malliaras P, Barton C, Chan O, Valle X, Langberg H, Morrissey D (London, United Kingdom; Melbourne, Australia; Barcelona, Spain; Copenhagen, Denmark)
- 9:10 **Effects of Harmoknee injury prevention training on isometric strength of young soccer players** Rahnama N, Daneshjoo A, Shojaei M (Isfahan, Iran)
- 9:20 **Innovative prevention protocol for muscle strain reinjury in elite football players** Malliaropoulos N, Kakavas G, Papastratis I, Nanos V (Athens, Greece)
- 9:30 **Differences in musculotendineous injury rates between soccer clubs: a prospective study** Stubbe JH, Stege JP, Van der Knaap ETW, Van Beijsterveldt AMC, Hofstetter H, Verhagen EALM, Van Mechelen W (Leiden and Amsterdam, The Netherlands)
- 9:40 **Differences in musculotendineous injuries between Dutch amateur and professional soccer players** Van Beijsterveldt AMC, Stubbe JH, Van der Knaap ETW, Schmikli SL, Van de Port IGL, Backx FJG (Utrecht, Leiden and Amsterdam, the Netherlands)
- 9:50 **Muscle injuries among amateur football players during competitive matches** Owoeye OBA, Aiyegbusi AI, Akinsola OJ, Fapojuwo OA, Badru OA, Anike RA, Akinbo SRA (Lagos, Nigeria)
- 10:00 **Epidemiology of muscle injuries in a Greek sub-elite professional football team** Tzoanos G, Manidakis N, Tsavalas N, Chardaloumpas D, Kalliakmanis A (Heraklion and Athens, Greece)
- 10:10 **The importance of cooperation between the medical team regarding the optimal return to sports** Schäferhoff P, Klein P, Dewitz H, Pütz O, Becker G, Maierstein K (Cologne, Germany)
- 10:20 **Tendinopathies: the commonest obstacle to football as a career in West Africa** Nnamdi CO (Brikama, Gambia)
- 10:30 **Extracorporeal shock wave therapy in lower limb tendinopathies** Mani-Babu S, Barton C, Waugh C, Maffulli M, Screen H, Morrissey D (London, United Kingdom)
- 10:40 Discussion
- 11:00 Break

PICKWICK SUITE

Sunday 21st April, 2013

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Free Poster Presentations

Case Reports 2 (Muscles)

13:30 - 14:30

Chairs: Kirsty Burrows (UK), Antoni Turmo (ESP)

- PB01 **Severe rectus femoris strain during a football match, after a telemark skiing week** Cilli P, Tencone F (Turin, Italy)
- PB02 **Ultrasound-guided invasive physical therapy methods for treatment of adductor muscle strain** Peçanha CH, Botti L, Tavares L (Puebla, Mexico and Rio de Janeiro, Brazil)
- PB03 **Rehabilitation of a professional football player after medial gastrocnemius tear** Rivaroli S (Milan, Italy)

Free Poster Presentations

Functional Assessment

13:30 - 14:30

Chairs: Emanuele Brotto (ITA), Marco Narici (UK)

- PE01 **Lower limb functional asymmetry: differences between selected and recreational young soccer players** Sannicandro I, Rosa AR, Cofano G (Foggia, Italy)
- PE02 **Lower limb functional asymmetry and sprint performance in young soccer players** Sannicandro I, Cofano G, Rosa AR (Foggia, Italy)
- PE03 **Reliability and validity of a novel field based hamstring strength test for association football** Lee JWY, Yung PSH, Li C, Chan HCK, Chan KM (Hong Kong, China)
- PE04 **Restoring proprioceptive ability at the half time of a soccer game** Gioftsidou A, Malliou P, Pafis G, Beneka A, Roka S, Mavromoustakos S, Sovatzidis A, Godolias G (Komotini and Thessaloniki, Greece)
- PE05 **Changes in leg stiffness following football fatigue in female youth players** De Ste Croix M, Priestley A, Lloyd R, Oliver J (Gloucester and Cardiff, United Kingdom)
- PE06 **Preseason isokinetic evaluation of a Brazilian professional soccer team** Abreu FCG, Nishimura RI, Rodrigues CEB, Sandoval R, Iralah R, Mendes ET (Campinas SP, Brazil)
- PE07 **Relationship between "Y balance test" scores and soft tissue injury incidence in a soccer team** Calvo Gonell A, Pina Romero JA, Estelles Fontestad JL, Herrero Corraliza R, Marcos Morta J, Pena Duque JD (Vila-real and Castellón, Spain)
- PE08 **Change in knee isokinetic strength and ball speed with Kinesio Tape on quadriceps in recreational soccer players** Yau QKC, Yung PSH, Li R, Chan SM, Chan KM (Hong Kong, China)
- PE09 **Isokinetic testing of U17, U20 and professional Brazilian soccer players** Herdy C, Simao R, Novaes J, Alkimim R, Selve J, Vasconcelos F, Melo D, Pedrinelli A (Rio de Janeiro and Sao Paulo Brazil; Preston, United Kingdom; Porto, Portugal)

Free Poster Presentations

Orthopaedics

13:30 - 14:30

Chairs: Angelo De Carli (ITA), Vincenzo Madonna (ITA)

- PF01 **Transplantation of IGF II gene transfected ES cells in muscle injury mouse model** Aoki H, Suzuki N (Kawasaki, Japan)
- PF02 **Achilles tendinopathy in football players: is there a role for Platelet Rich Plasma injection?** Sammut L (Glasgow, United Kingdom)
- PF03 **Holistic approach to hamstring muscle injury in football players** Zolezzi D, Cuzzilla M, Campofiorito F, Bufioni A, Federici E, Pereira MT (Lavagna, Italy)

Afternoon



THAMES ROOM

Sunday 21st April, 2013

Morning



Parallel Event

Italian Society Of Muscles, Ligaments And Tendons

Chair: Nicola Maffulli

- 9:30 **Muscles Injuries: Time for a new Classification** Nicola Maffulli (UK)
- 9:45 **Treatment of Rotator Cuff Tears: From molecular biology to surgery**
Francesco Oliva (ITA)
- 10:00 **Training and detraining effects on tendon structure: new possible therapeutic strategies** Antonio Frizziero (ITA)
- 10:15 **MSC for Tendons Problems: new, but is there any evidence?**
Michele Abate (ITA)
- 10:30 **Doc, I have done everything, and my tendon still hurts**
Nicola Maffulli (UK)
- 10:45 Discussion
- 11:15 End of the workshop

Workshops

Sunday 21st April, 2013

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Workshop

CET CRYOSPAS

THAMES ROOM

11:30 - 12:30



Workshop

INDIBA

PICKWICK SUITE

11:30 - 12:30



Workshop

SPECTRUM

THAMES ROOM

14:30 - 15:30



Workshop

TECHNOGYM

PICKWICK SUITE

14:30 - 15:30





Exhibitors

ALTER G
Anti-Gravity Treadmill

THE
ALTITUDE
CENTRE™

Arthrex

BAUERFEIND
Action is Life.

CAPEENERGY

CET CryoSpas

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WISEPRESS

Science of Football Summit

Managing Football Injuries: Experiences from the Field



Monday 22nd April, 2013

Wembley Atrium & Royal Suite

8:45 **Opening & Welcome Introduction to the summit** Giulio Sergio Roi (ITA)

Loading patterns during training and games

Chairs: Ian Beasley (UK) & Roy Hodgson (UK)

9:00 **Loading patterns in football** John Iga (UK)

9:15 **Overtraining and overreaching in football** Giuseppe Banfi (ITA)

9:30 **Are there dangerous training loads for football players?** Roberto Sassi (ITA)

9:45 **Overload and musculoskeletal injuries in football** Bryan English (UK)

10:00 Discussion

10:30 Coffee and tea Break

How to prevent fatigue in football

Chairs: Barry Drust (UK) & Marco Narici (UK)

11:00 **Fatigue as a risk factor for injuries** Jens Bangsbo (DEN)

11:15 **Post match fatigue and time course of recovery** Gregory Dupont (FRA)

11:30 **Fatigue and skill proficiency: implications for performance and injury in football** Jos Vanrenterghem (UK)

11:45 **Monitoring fatigue in football** Ermanno Rampinini (ITA)

12:00 Discussion

12:30 End of the session

Round Table

12:30 **How to reduce recurrences after hamstrings injuries**

Hosted by: Bryan English (UK) & Gianluca Vialli (UK)

Participants: Peter Brukner (AUS), Roy Hodgson (UK), Gus Poyet (UK), Fabrizio Tencone (ITA), Faye White (UK)

13:30 Lunch Break

Practical aspects

Chair: Stefano Della Villa (ITA)

14:30 **FIFA F-Marc's concept of prevention - Lecture** Jiri Dvorak (SUI)

Video session Nicolas Mathieu (SUI)

15:00 **On-field tricks for functional recovery: strength**

and speed development - Lecture Bryan English (UK)

Video session Bill Knowles (USA) & Darren Campbell (USA)

15:30 **On-field tricks for return to play: sport specific movements - Lecture**

Matthew Stride (UK)

Video session Matthew Buckthorpe (UK) & Claudio Carlotti (ITA)

16:00 **Closing & practical part on the field**

17:45 End of the Summit



XXIII

International Conference on Sports Rehabilitation and Traumatology

Football Medicine Strategies for Joint & Ligament Injuries

22nd-24th March 2014, MILAN



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