



In partnership with:



XXIII

International Conference
on Sports Rehabilitation
and Traumatology

**FINAL
PROGRAMME**

Football Medicine Strategies for Joint & Ligament Injuries

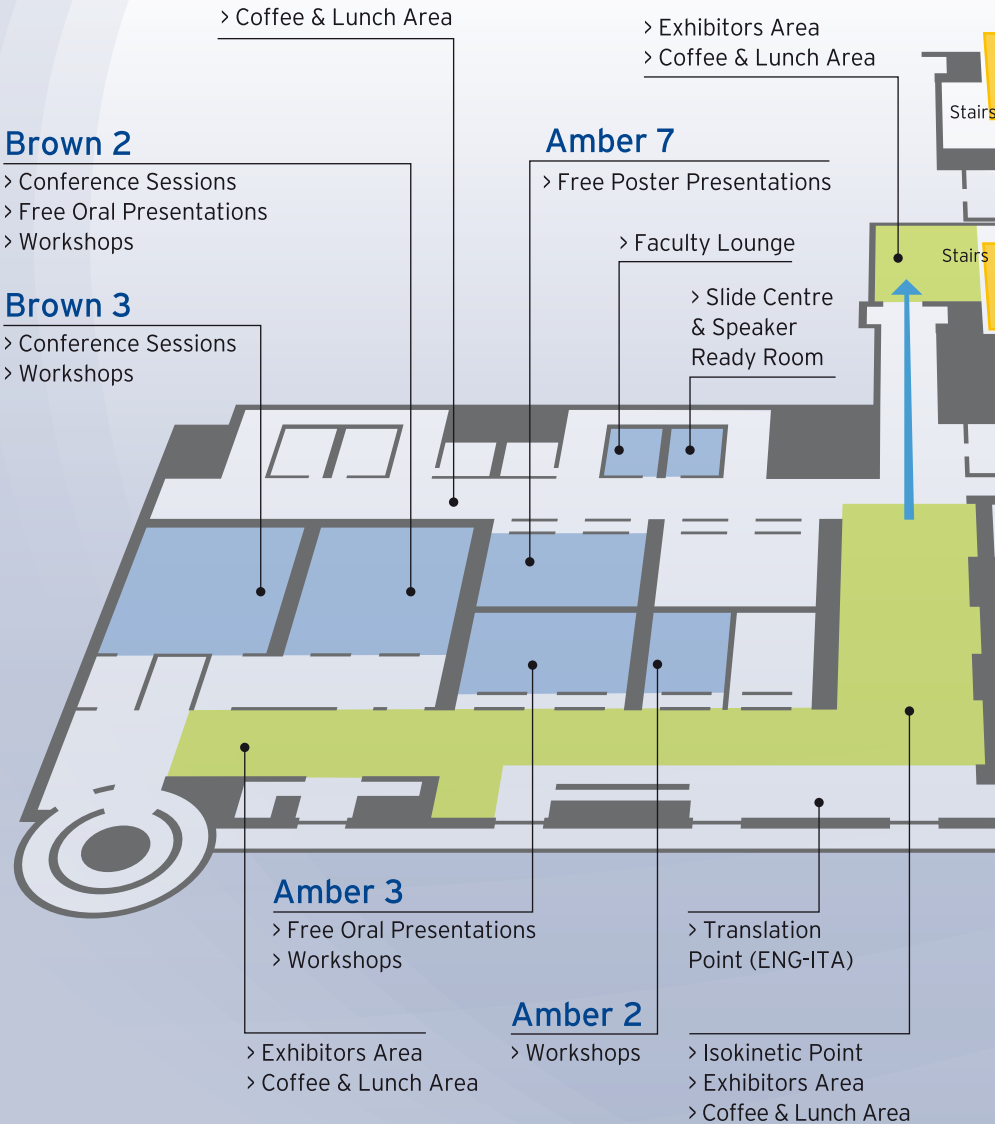
22nd -23rd March, 2014

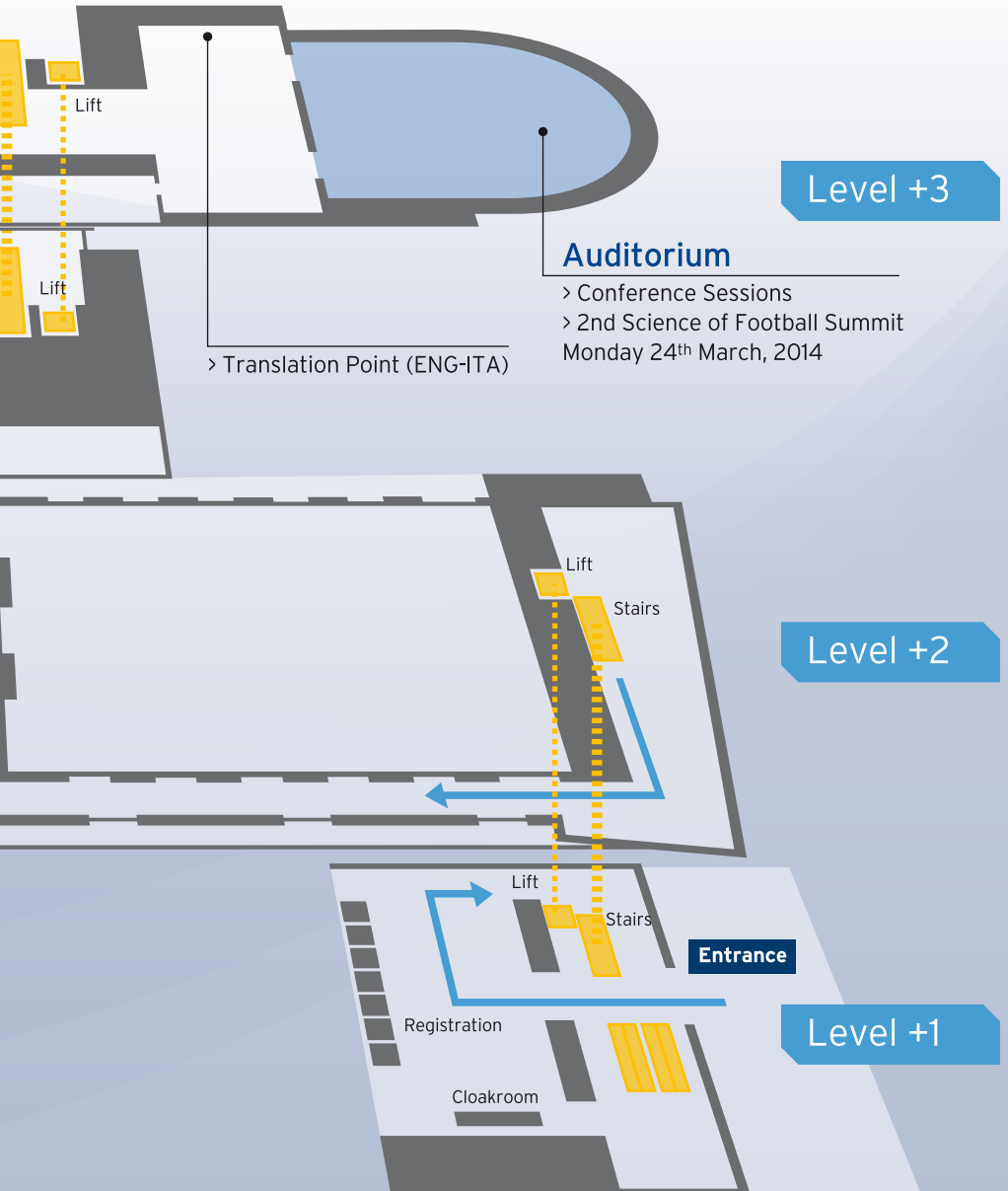
2nd Science of Football Summit
24th March, 2014

MiCo - Milano Congressi, MILAN



Conference Area







Schedule Summary

Saturday 22nd March, 2014

	AUDITORIUM 1500 PAX	BROWN 3 560 PAX	BROWN 2 540 PAX
9:15-10:00			
10:00-10:30	The Landscape		
10:30-11:00			
11:00-11:30			
11:30-12:00	Controversial conservative approach	Grassroots and recreational football: health considerations	Rehabilitation Exercises for dynamic joint stabilisation
12:00-12:30			
12:30-13:00			
13:00-13:30	Lunch	Lunch	WORKSHOP ECOSEP European College Of Sports and Exercise Physicians
13:30-14:00			
14:00-14:30			
14:30-15:00	Chondral and osteochondral defects: surgery and return to sport	Imaging and clinical diagnosis in footballers' joints	Neuromuscular control
15:00-15:30			
15:30-16:00			
16:00-16:30	Break	Break	Break
16:30-17:15	Orthobiology and regenerative medicine	Female football players	Return to sport strategies
17:15-17:45			
17:45-18:00			

Sunday 23rd March, 2014

8:30-9:00			FREE ORAL PRESENTATION Orthopaedics in football
9:00-9:30			
9:30-10:00	Knee surgery and functional recovery	Shoulder injuries and football	Prevention strategies
10:00-10:30			
10:30-11:00			
11:00-11:30	Break	Break	Break
11:30-12:00	ACL surgery and return to football	Ankle lesions of the footballer	The young football player
12:00-12:30			
12:30-13:00			
13:00-13:30	Lunch	WORKSHOP FIDIA	Lunch
13:30-14:00			
14:00-14:30			WORKSHOP FCBARCELONA MUSCLETECH NETWORK
14:30-15:00	Patellofemoral (PF) joint and football	Hip surgery and functional recovery	
15:00-15:30			
15:30-16:00			
16:00-16:15	Break	Break	Break
16:15-17:00	Management of early and osteoarthritis (OA)	The spine of the football player	
17:00-17:30			
17:30-18:00			



Sessions



Free Oral Presentations



Free Poster Presentations



Workshops

XXIIIInternational Conference
on Sports Rehabilitation
and Traumatology

AMBER 3 300 PAX	AMBER 2 130 PAX	AMBER 7	
			9:15-10:00
			10:00-10:30
			10:30-11:00
			11:00-11:30
FREE ORAL PRESENTATION Knee orthopaedics in football	WORKSHOP ARTHREX		11:30-12:00
			12:00-12:30
			12:30-13:00
WORKSHOP MECTRONIC		FREE POSTER PRESENTATION PA - PC - PF	13:00-13:30
			13:30-14:00
			14:00-14:30
FREE ORAL PRESENTATION Biomechanics and functional assessment	WORKSHOP ISMULT Italian Society of Muscles, Ligaments & Tendons		14:30-15:00
			15:00-15:30
			15:30-16:00
Break	Break		16:00-16:30
FREE ORAL PRESENTATION Case reports knee	WORKSHOP TMG		16:30-17:15
			17:15-17:45
			17:45-18:00

Saturday 22nd March, 2014

			8:30-9:00
			9:00-9:30
FREE ORAL PRESENTATION Functional recovery	WORKSHOP FIR Federazione Italiana Rugby		9:30-10:00
			10:00-10:30
			10:30-11:00
Break	Break		11:00-11:30
FREE ORAL PRESENTATION Case reports 2	WORKSHOP ABILITY GROUP		11:30-12:00
			12:00-12:30
			12:30-13:00
WORKSHOP HOWARD DE WALDEN	WORKSHOP INDIBA ACTIV	FREE POSTER PRESENTATION PB - PE - PG	13:00-13:30
			13:30-14:00
			14:00-14:30
FREE ORAL PRESENTATION Epidemiology and prevention	WORKSHOP ECSS European College Sport Science		14:30-15:00
			15:00-15:30
			15:30-16:00
			16:00-16:15
			16:15-17:00
			17:00-17:30
			17:30-18:00

Sunday 23rd March, 2014



Saturday 22nd March, 2014

Auditorium

9:00 Official Welcome Brukner P (AUS), Della Villa S (ITA)

Morning



The Landscape

Chairs: D'Hooghe M (BEL), Della Villa S (ITA)

09:15 **The 20 years of F-MARC: from 1994 to 2014 World Cup** Dvorak J (SUI)

09:45 **Brazil -the impact of the World Cup** Runco J (BRA)

10:00 **Joint and ligament injuries in the UEFA Champions League**
Ekstrand J (SWE)

10:15 **ACL injury mechanism in football: a video analysis** Walden M (SWE)

10:30 Discussion

11:00 Break

Controversial Conservative approaches

Chairs: English B (UK), Muller Wohlfahrt HW (GER)

11:30 **Football team doctor's perspective - how have we managed this problem**
Serratos L (ESP)

11:45 **The hyaluronans debate. Oral, injection, where is the literature now?**
Marcheggiani Muccioli GM (ITA)

12:00 **Omega 3 intake and joint remodelling** Babraj J (UK)

12:15 **PRP, the good side and downside to this treatment** Sas K (BEL)

12:30 **Decrease the load with good strength and conditioning**
Franklyn-Miller A (UK)

12:45 Discussion

13:00 Break

Afternoon



Chondral and osteochondral defects: surgery and return to sport

Chairs: Erggelet C (SUI), Kon E (ITA)

14:30 **Conservative management of cartilage lesions in the athlete's knee**
Uebliacker P (GER)

14:45 **Cartilage lesions in football. Where are we now?**
Espregueira-Mendes J (POR)

15:00 **Strategies for return to sport after cartilage injury in the knee**
Mithoefer K (USA)

15:15 **Biological joint reconstruction and football** Marcacci M (ITA)

15:30 **Rehabilitation principles for cartilage regeneration** Hambly K (UK)

15:45 Discussion

16:00 Break

Orthobiology and regenerative medicine

Chairs: Castellacci E (ITA), Maffulli N (UK)

16:30 **The regenerative medicine landscape** Mandelbaum B (USA)

16:45 **Regenerative medicine in shoulder injuries** Randelli P (ITA)

17:00 **The use of PRP and growth factors in footballers' joint** Cugat R (ESP)

17:15 **Stem cell treatment: past, present, future** Gobbi A (ITA)

17:30 Discussion

18:00 End of the first day





Grassroots and recreational football: health considerations

Chairs: Danelon F (ITA), Davison M (UK)

- 11:30 **Epidemiology in grassroots football** Fuller C (UK)
- 11:45 **Long term consequences of knee injuries** Krutsch W (GER)
- 12:00 **Who is the recreational football player?** Boldrini L (ITA)
- 12:15 **How to manage the health of recreational players** Khan K (CAN/QAT)
- 12:30 **Health effects of recreational football** Krustrup P (DEN)
- 12:45 Discussion
- 13:00 Break



Morning

Imaging and clinical diagnosis in footballers' joints

Chairs: Ferretti A (ITA), Healy J (UK)

- 14:30 **Ultrasonography: the stethoscope of the future sports physician?** Zunarelli P (ITA)
- 14:45 **MRI in orthopaedics and sports medicine daily practice** Kerkhoffs G (NED)
- 15:00 **MRI studies in footballers' joint kinetics** Welsch G (GER)
- 15:15 **MRI images of footballers' hip, knee and ankle injuries** Balzarini L (ITA)
- 15:30 **MRI images of footballers' spine, shoulder and elbow injuries** Padron M (ESP)
- 15:45 Discussion
- 16:00 Break



Afternoon

Female football players

Chairs: Bianchedi D (ITA), Millson H (UK)

- 16:30 **Epidemiology of injury in female football players** Junge A (SUI)
- 16:45 **Female footballers' lesions: considerations for the female athlete** Silvers H (USA)
- 17:00 **ACL injuries in female football players** Servien E (FRA)
- 17:15 **Prevention is better than cure - training prescription to protect youth female footballers** Lloyd R (UK)
- 17:30 Discussion
- 18:00 End of the first day





Saturday 22nd March, 2014

Room Brown 2

Morning



Rehabilitation exercises for dynamic joint stabilisation

Chairs: Batty P (UK), Combi F (ITA)

- 11:30 **The role of the muscles as active stabilisers of the joints**
Hutson M (UK)
- 11:45 **Open and closed chain in the knee rehabilitation** Zanobbi M (ITA)
- 12:00 **Shoulder dynamic stabilisation exercises** Salsi A (ITA)
- 12:15 **Velocity-controlled evaluation and strenghtening in football**
Olmo Navas J (ESP)
- 12:30 **Plyometric and jumping progression during the recovery process**
Diesel W (UK)
- 12:45 Discussion
- 13:00 Break

Afternoon



Neuromuscular control

Chairs: Lewin G (UK), Mazzola C (ITA)

- 14:30 **Neuromuscular exercises during knee rehabilitation**
Snyder-Mackler L (USA)
- 14:45 **The concept of neuroplasticity applied to functional recovery**
Rivaroli S (ITA)
- 15:00 **Functional rehabilitation in the pool** Puig P (FRA)
- 15:15 **ACL and neuromuscular control: a video analysis of injury mechanism**
De Carli A (ITA)
- 15:30 **The role of core stability in the recovery of the footballer** Goedhart E (NED)
- 15:45 Discussion
- 16:00 Break



Return to sport strategies

Chairs: Schneider C (GER), Tavana R (ITA)

- 16:30 **The difference between clinical rehabilitation and football reconditioning** Knowles B (USA)
- 16:45 **The "on pitch" football recovery programme after ACL surgery**
Medina D (ESP)
- 17:00 **Functional strategies to prevent recurrence risk after knee surgery**
Melegati G (ITA)
- 17:15 **How to manage the fear of reinjury** Walker N (UK)
- 17:30 **Return to play criteria** Snyder-Mackler L (USA)
- 17:45 Discussion
- 18:00 End of the first day

Free Oral Presentations

Knee orthopaedics in football

- Chairs: Madonna V (Verona, Italy) - Panics G (Budapest, Hungary)
- 11:30 **Can ACL tear in soccer be predicted by a preseason knee laxity measurement?**
Herman S, Cascua S, Bohu Y, Klouche S, Lefevre N (Paris and Puteaux, France)
- 11:40 **ACL injuries in young football players** Tsoukas D, Charopoulos I, Vissarakis G (Athens, Greece)
- 11:50 **Osteochondritis dissecans of the knee of football players repaired with bio absorbable implants**
Kalliakmanis A, Nikolaou P, Zourntos S, Bousgas D, Danassi D (Athens, Greece)
- 12:00 **Ultrasonographic evaluation of harvested patellar tendon in football players**
Tzoanos G, Tsavalas N, Manidakis N, Chardaloumbas D, Kalliakmanis A (Crete and Athens, Greece)
- 12:10 **Arthroscopic meniscal allograft transplantation in male professional soccer players**
Marcacci M, Zaffagnini S, Marcheggiani Muccioli GM, Grassi A, Benzi A, Ricci M, Tsapralis K, Nanni G, Della Villa S (Bologna, Italy)
- 12:20 **Dry arthroscopy for matrix-aided cartilage repair of patellofemoral lesions in soccer players**
Sadlik B, Blasiak A, Warchal B, Kotajny P, Wiewiorski M (Bielsko-Biala, Poland and Basel, Switzerland)
- 12:30 Discussion

Morning

Biomechanics and functional assessment

- Chairs: Minetti A (Milan, Italy) - Rampinini E (Milan, Italy)
- 14:30 **Changes in neuromuscular function after football fatigue in female youth players**
De Ste Croix M, Priestley A, Lloyd R, Oliver J (Gloucestershire and Cardiff, United Kingdom)
- 14:40 **The effect of foot position on ankle biomechanics in cutting** Welch NB, Marshall BM1, Franklyn-Miller AD, Moran KA, Boland M, Broe R, Black C, Falvey EC (Dublin, Ireland and Melbourne, Australia)
- 14:50 **Knee injury risk and muscle time domain parameters in soccer**
Manara M, Harley S, Rozman S, Urbanc J, Đorđević S (Parma, Italy and Ljubljana, Slovenia)
- 15:00 **Isokinetic assessment of professional football players by age-groups**
Grazzini G, Russo L, Martelli G (Montecatini Terme and Poggibonsi, Italy)
- 15:10 **Evaluation of joint kinematics in soccer players by wearable technology**
Garofalo P, Marini M, Barbieri L, Mantovani M (Carpi, Italy)
- 15:20 **Short-term effects of biceps femoris activation exercises on knee stability of female soccer players**
Harley S, Rozman S, Urbanc J, Gerbec Čuček M, Đorđević S (Ljubljana, Slovenia)
- 15:30 **Movement restrictions are associated with poor movement control in footballers**
Mottam S, Barr A, Comerford M (Chichester, United Kingdom and New York, USA)
- 15:40 **Evaluation of the effect of three different playing surfaces on knee loads**
Rouch P, Drevelle X, Thoreux P (Paris, France)
- 15:50 **The biomechanical determinants of a cutting manoeuvre** Marshall B, Franklyn-Miller A, Moran K, Strike S, King E, Breen D, Shoenfeld J, Falvey E (Dublin, Ireland and Melbourne, Australia)
- 16:00 **Evaluation of dynamic postural control in female soccer players**
Grygorowicz M, Piontek T2, Dudzinski W (Pila and Poznan, Poland)
- 16:10 **Movement efficiency and physiological performance in Gaelic games players**
King E, Walsh M, Kennedy M, Byrne D, Kelly D (Dublin, Ireland; Bath, United Kingdom)
- 16:20 Discussion

Afternoon

Case reports - Knee

- Chairs: Chomiak J (Prague, Czech Republic), Nanni G (Bologna, Italy)
- 16:50 **Five-years follow-up of a meniscal repair in a goalkeeper**
Sosio C, Domenicucci M, Melato M, Agnoletto M, Peretti GM (Milan, Italy)
- 17:00 **A case of medial knee dislocation: surgical and post-operative treatment**
Saccia F, Torri G, Vaudetti M, Falco M (Casale Monferrato and Torino, Italy)
- 17:10 **Use of Laser and reflexology in the rehabilitation of a football player after a knee contusion**
Tohaneanu AAA, Dragomir M, Tohaneanu LL (Craiova, Romania)
- 17:20 **Delayed cartilage defect 7 years after contusion of the lateral femoral condyle**
Papasoulis E, Papakostas E, Sideridis A, Terzidis I (Thessaloniki, Greece)
- 17:30 **Mental coaching in a path to recovery after ACL reconstruction in a football player**
Cassardo M (Milan, Italy)
- 17:40 Discussion



Saturday 22nd March, 2014

Room Amber 7

Free Poster Presentations 13:30 - 14:30

Orthopaedics in football

Chairs: Boniforti F (Cefalù, Italy) - Tzouroudis N (Al Ain, UAE)

- PA01 **Safety and usefulness of platelet-rich plasma treatment in football injuries**
Lupón Escobar G, García Beltrán M, Til Pérez L, Pruna Grive R, Serrano Reyes A, Rivero González L (Barcelona, Terrassa and Fuertaventura, Spain; Santiago, Chile)
- PA02 **Evaluation of outcome after ankle fractures in amateur soccer players** Ambron A (Bari, Italy)
- PA03 **Upper limbs joint injuries in goalkeepers: an epidemiological survey in juvenile football**
Danelon F, Righini G (Milan, Italy)
- PA04 **Joint injuries and site distribution among Greek amateur soccer players**
Mazis N, Dragatsi G, Stathopoulos N, Michailidis M (Athens, Greece)
- PA05 **Knee rotational stability after SB anatomic ACL reconstruction in semi-professional football players**
Bruno A, Praticò S, Zornetta A, Arnaldi E (Milan, Italy)
- PA06 **Prevalence of bilateral symptomatic femoroacetabular impingement in soccer**
Dimitrakopoulou A, Schilders E, Kartsonaki Ch, Cooke C (Leeds, United Kingdom)
- PA07 **The important role of arthroscopy for hip injuries of football players**
Tsikouris G, Intzirtzis P, Zampiakis E, Tsikouris E, Kourougenis P, Plessas SK (Athens, Greece)
-

Injury prevention in football

Chairs: Millson H (Ipswich, United Kingdom) - Servadei MA (Bologna, Italy)

- PC01 **Prevention of ankle injuries in soccer and rugby by neuromuscular stimulation and proprioceptive exercise**
Buselli P, Ginevra G, Ferrari B, Bosoni R, Messina S (Brescia, Cremona, Pavia, Italy)
- PC02 **Hamstrings training effect on hip and knee joint function and injury prevention**
Ono T, Hirose N (Tokio, Japan)
- PC03 **Functional movement screen and sprint performance in young soccer players**
Sannicandro I, Cofano G, Rosa AR, Piccinno A (Foggia, Italy)
- PC04 **Functional movement screen and vertical jump performance in professional soccer players**
Sannicandro I, Traficante P, Cofano G, Rosa AR, Piccinno A (Foggia, Italy)
- PC05 **Functional movement screen test scores in young soccer players**
Cavaggoni L, Bardelli M, Pittaluga E, Alberti G (Milan, Italy)
- PC06 **A new futsal warmup program. Effect on joint injury prevention in young players**
Danelon F, Stoppa V, Ribatti ML, Roi GS, Maccauro G (Milan, Italy)
-

Functional recovery

Chairs: Praticò S (Milan, Italy) - Stride M (London, United Kingdom)

- PF01 **Functional ability and return to activity identify limb asymmetry following ACLR**
Arundale A, Snyder-Mackler L (Newark, USA)
- PF02 **Functional progression and return to activity after ACL in soccer and non soccer athletes**
Arundale A, Snyder-Mackler L (Newark, USA)
- PF03 **Effect of compliance on rehabilitation after knee ligament reconstruction**
Danelon F, Gatti M, Vago P, Colombo L, Boldrini L, Comi S (Milan, Italy)
- PF04 **Eccentric power and return to play after ACL reconstruction**
Zupardo S, Ferrari E, Merlo F (Grosseto and Siena, Italy)
- PF05 **Low speed resistance training in young football players with anterior knee pain**
Bardelli M, Cavaggoni L, Alberti G (Milan, Italy)
- PF06 **Need for multiple testing to access functional recovery of football players after ACL reconstruction**
Fanelli M, Loperfido N, Cerretini N, Gabbianelli M (Urbino, Italy)
- PF07 **Have personal traits a role on rehabilitation after knee ligament surgery?**
Gatti M, Vago P, Danelon F, Colombo L, Praticò S, Cereda F (Milan, Italy)
- PF08 **Sports analytics for joint and ligament football injuries**
Kampakis S (London, United Kingdom)
- PF09 **Accelerated rehabilitation after ACL reconstruction** Pisoni D, Danelon F (Milan, Italy)

Knee surgery and functional recovery

Chairs: Benazzo F (ITA), Coari G (ITA)

- 09:30 **Crucial principles in the care of the knee** Rodkey W (USA)
- 09:45 **Functional recovery after ligament reconstruction and meniscus repair**
Cohen M (BRA)
- 10:00 **Treatment of complex ligament lesions with rotatory instability**
Adravanti P (ITA)
- 10:15 **Strategies in revision surgery** Delcogliano A (ITA)
- 10:30 **Criterion based rehab: the "traffic light" concept** Tsapralis K (ITA)
- 10:45 Discussione
- 11:00 Break



Morning

ACL surgery and return to football

Chairs: Angele P (GER), Zorzi C (ITA)

- 11:30 **ACL surgery in sport. Where are we now?** Fu F (USA)
- 11:45 **Optimise functional outcome: surgery and rehabilitation as one team**
Arnaldi E (ITA)
- 12:00 **Biologically enhanced ACL reconstruction in footballers**
Sonnery-Cottet B (FRA)
- 12:15 **Predictors of medium-term outcome and return to sport after ACL injury**
Haddad F (UK)
- 12:30 **Return to top level football after ACL reconstruction** Tencone F (ITA)
- 12:45 Discussione
- 13:00 Break



Patellofemoral joint and football

Chairs: Denti M (ITA), Espregueira-Mendes J (POR)

- 14:30 **Patella instability in football player** Neyret P (FRA)
- 14:45 **The treatment of patellar pathology in adolescent football players**
Seil R (LUX)
- 15:00 **To treat or not to treat chondral lesions of the PF joints?**
Berruto M (ITA)
- 15:15 **Treatment choice in first traumatic patella luxation or subluxation**
Zaffagnini S (ITA)
- 15:30 **Micro and macro rupture of extensor mechanism** Dejour D (FRA)
- 15:45 Discussione
- 16:00 Break



Afternoon

Management of early and late osteoarthritis

Chairs: Batt M (UK), Volpi P (ITA)

- 16:15 **Conservative management of knee OA** Crossley K (AUS)
- 16:30 **Acute surgical decisions and long term future of the patients' knees**
Rosa D (ITA)
- 16:45 **Knee Replacement, Osteotomy, and Sport** Williams A (UK)
- 17:00 **Biological reconstruction of the knee - restorative or salvage?**
McDermott I (UK)
- 17:15 **Rehabilitation following arthritis surgery** Roos E (DEN)
- 17:30 Discussione
- 18:00 Fine della seconda giornata





Sunday 23rd March, 2014

Room Brown 3

Morning



Shoulders injuries and football

Chairs: Axe M (USA), Minola R (ITA)

09:30 **Conservative management of sporting shoulder injuries** Ranson C (UK)

09:45 **The stabilisation surgery options in a football player** Kochhar T (UK)

10:00 **Post surgical and return to football protocols** Danelon F (ITA)

10:15 **Shoulder trauma in goalkeepers** Castagna A (ITA)

10:30 **Shoulder replacement in professional football: a case report**
Porcellini G (ITA)

10:45 Discussione

11:00 Break

Afternoon



Hip surgery and functional recovery

Chairs: Brukner P (AUS), Zini R (ITA)

14:30 **The hip in the footballer** Schilders E (UK)

14:45 **Differential diagnosis of hip and groin pain - what is the indication for hip arthroscopy?** Holmich P (DEN)

15:00 **The new hip era: how not to pass from underdiagnosis to overtreatment and role of conservative treatment** Randelli F (ITA)

15:15 **Orthobiologics in hip arthroscopy** Bajwa A (UK)

15:30 **Factors influencing outcomes after hip arthroscopy** Kemp J (AUS)

15:45 Discussione

16:00 Break



The spine of the football player

Chairs: Edwards T (NZL), Fahy D (UK)

16:15 **Diagnosis and management of aspecific low back pain in football**
Beasley I (UK)

16:30 **Spinal injuries: experiences from the field** Eirale C (QAT)

16:45 **Surgical indications for football players** Mayer M (GER)

17:00 **Return to sport after spine surgery in top player: a case report**
Tomaello L (ITA)

17:15 **Role of fascia in lower back pain** De Coninck K (UK)

17:30 Discussione

18:00 Fine della seconda giornata

Orthopaedics in football

Free Oral Presentations

Chairs: Boniforti F (Cefalù, Italy) - Tzouroudis N (Al Ain, UAE)

- 08:30 **Time to return to sports after hip arthroscopy for femoroacetabular impingement in professional and non-professional soccer players** Dimitrakopoulou A, Schilders E, Kartsonaki Ch, Cooke C (London & Leeds, United Kingdom)
- 08:40 **Return to sport after arthroscopic augmentation with subscapularis tendon in anterior shoulder instability** Maiotti M, Massoni C, Bondi R, Acquaviva R, Bianchedi D (Rome, Italy)
- 08:50 **Arthroscopic suture-anchor Bankart repair of recurrent anterior shoulder dislocations in young football players** Triantafyllou CH, Kapsampelis A (Athens, Greece)
- 09:00 **A new treatment of the lesion of anterior talo-fibular ligament: preliminary report** Siclari A, Vigna M, Piras M, Boux E (Biella, Italy)
- 09:10 **Osteoarthritis in former professional football players** Gouttebarga V, Inklaar H, Frings-Dresen MHW (Amsterdam, Hoofddorp and Bilthoven, The Netherlands)
- 09:20 Discussion

Prevention strategies

Chairs: Chalabi H (QAT), Pedrinelli A (BRA)

- 09:30 **The F-MARC concept of prevention** Bizzini M (SUI)
- 09:45 **Ankle ligament injuries prevention** Malliaropoulos N (GRE)
- 10:00 **Hip strategies to prevent knee injuries** Powers C (USA)
- 10:15 **Ankle sprains: prevention input from research in biomechanics** Gehring D (GER)
- 10:30 **Medical markers in injury prevention** Schriebl W (AUT)
- 10:45 Discussion
- 11:00 Break



The young football player

Chairs: Peterson L (SWE), Til i Perez L (ESP)

- 11:30 **Exercise loads and prevention programme for young patients** Freschi M (ITA)
- 11:45 **Grow related joint injuries in young players** D'Hooghe P (QAT)
- 12:00 **ACL in young population: data from the Swedish ACL register** Forssblad M (SWE)
- 12:15 **Management of osteochondritis dissecans** Modonesi F (ITA)
- 12:30 **Conservative and surgical management of the cartilage injury** Steinwachs M (SUI)
- 12:45 Discussion
- 13:00 Break





Sunday 23rd March, 2014
Room Amber 3

Free Oral Presentations

Morning

Functional recovery

Chairs: Grimm K (Doha, Qatar), Respizzi S (Milan, Italy)

- 09:00 **Post ACL reconstruction plyometric drills** Mar Chong MD (Honolulu, USA)
09:10 **Implementation of a neuromuscular training programme in adolescent football**
Hägglund M, Lindblom H, Carljford S, Waldén M (Linköping, Sweden)
09:20 **Neuromuscular training and knee ligament injuries in female adolescent football**
Hägglund M, Atroshi I, Wagner P, Waldén M (Linköping, Lund and Hässleholm, Sweden)
09:30 **Predictors of functional outcomes after ACL reconstruction in football players**
Della Villa F (Bologna, Italy)
09:40 **Return to soccer following ACL reconstruction**
Papakostas E, Papasoulis E, Epaminontidis K, Terzidis I, Sideridis A (Thessaloniki Greece and Doha, Qatar)
09:50 **Lower extremity isokinetic muscle strength and joint kinetics during landing tasks**
Undheim M, Gore S, Franklyn-Miller A, King E, Boland M, Carolan D, Murphy A, Falvey E (Dublin Ireland and Melbourne, Australia)
10:00 **Persisted knee pain? Look at the spine. A new treatment approach** Kakavas G (Athens, Greece)
10:10 **Effect of Kinesio Taping on static and dynamic balance during soccer**
Haksever B, Baltaci G (Ankara, Turkey)
10:20 **Severe time-loss injuries and surgeries in relation to mental health in professional football**
Gouttebarge V, Frings-Dresen MHW, Sluiter JK (Amsterdam, The Netherlands)
10:30 Discussion

Case reports 2

Chairs: Buckthorpe M (London, United Kingdom) - Gatteschi L (Coverciano, Italy)

- 11:30 **Unusual cause of hip joint pain in a professional football player**
Tzoanos G, Tsalvas N, Manidakis N, Chardaloumbas D, Kalliakmanis A (Heraklion and Athens, Greece)
11:40 **Proprioception from injury to performance** Syvertsen K (Drammen, Norway)
11:50 **One year follow-up in 2 patients with persistent back and leg pain due to disk herniation after non-surgical decompression**
Kakavas G, Theos C, Papastratis I, Malliaropoulos N (Athens and Thessaloniki, Greece)
12:00 **The role of the pubic symphysis joint and ligaments in pubic groin pain: a new model**
Hogan A (Adelaide, Australia)
12:10 **Injuries to the syndesmosis/inferior tibiofibular joint and their challenges**
Jowett A, Maude T (Melbourne, Australia)
12:20 Discussion

Afternoon

Epidemiology and prevention

Chairs: Fazzini D (Bologna, Italy) - Turmo A (Barcelona, Spain)

- 14:30 **Injuries in youth players of the football clubs's academies of Dubai**
Ghraiir M, Hindawi O, Sallawi R, Zerguini Y (Dubai, UAE and Algiers, Algeria)
14:40 **The epidemiology of foot & ankle injuries in premier league footballers**
Clough T, Greensill A, Batty P (Lancashire and London, United Kingdom)
14:50 **Severe injuries in young football players aged 7 to 12**
Rössler R, Junge A, Chomiak J, Faude O (Basel and Zürich, Switzerland; Hamburg, Germany; Prague, Czech Republic)
15:00 **Knee and ankle joint injuries from 2007 to 2013 in Australian A-League professional football**
Gouttebarge V, Hughes Schwab B, Vivian A (Hoofddorp, The Netherlands and Victoria, Australia)
15:10 **Soccer club sponsored knee screening as a window on young football player health**
Sala R, Pasi S, Fusetti D, Azzini V, Tosi F, Gervasi F, Marchetti I, Castagnetti L, Respizzi S, Lucini S (Milan, Italy)
15:20 **A video presentation of a new futsal warmup program**
Danelon F, Stoppa V, Ribatti ML, Roi GS, Maccauro G (Milan, Italy)
15:30 Discussion

Free Poster Presentations 13:30 - 14:30

Chiropractics

Chairs: Hearle L (London, United Kingdom) - Rigel D (Rome, Italy)

- PB01 **X-ray measurement of cervical lordosis in professional soccer players**
Syvertsen K, Grøndahl T (Drammen, Norway)
- PB02 **Chiropractic management of an intervertebral disc herniation**
Rigel DT, Rigel TE (Rome, Italy)
- PB03 **Acute low back pain of disc origin in a professional soccer player. Can surgery be unavoidable?**
Cento F (Turin, Italy)
- PB04 **Proximal tibiofibular joint dysfunction in football player**
Dordoni A (Milan, Italy)

Biomechanics and functional assessment

Chairs: Narici M (Nottingham, United Kingdom) - Roi GS (Bologna, Italy)

- PG01 **Postural stability and injuries in professional soccer players during a season**
Bettinelli L, Dalcerrì A, Bulfari B, Cerizza C (Crema, Italy)
- PG02 **Impact of a 6-week trunk stability training on balance performance and agility**
Roth R, Breton P, Donath L, Zahner L, Faude O (Basel, Switzerland)
- PG03 **The specialties of the early rehab after reconstructive knee surgery**
Preobrazhenskij V, Sidorenko E, Preobrazhenskaya M, Lyadov K (Moscow, Russia)
- PG04 **Effect of a football match on muscular strength: risk factors for ligament injuries**
Gioftsidos A, Malliou P, Kouli O, Draganidis D, Chatzinikolaou Th, Barbero JC, Gounelas G, Fatouros I (Komotini, Greece and Melilla, Spain)
- PG05 **Effects of three football matches within a 7-day on lower limb strength: risk factors for ligament injuries**
Gioftsidos A, Malliou P, Kouli O, Draganidis D, Chatzinikolaou Th, Barbero JC, Gounelas G, Fatouros I (Komotini, Greece and Melilla, Spain)
- PG06 **Isokinetic strength test as screening in football: when is better to do it?**
Saula Montañá M, Til Pérez LI, Agustí Benito J, Guitart Trench M, Yanguas Leyes X, Chalcr Vilaseca J, Drobnic Martínez F (Barcelona, Spain)
- PG07 **Effect of soccer players' ankle joint range of motion on vertical jump performance**
Manavis K, Panoutsakopoulos V, Papachatzis N, Kotzamanidou MC, Stefanis E, Kyrtzidis D, Papaikakou GI, Kollias IA (Athens, Greece)

Case reports

Chairs: Brotto E (Verona, Italy) - d'Orsi G (Rimini, Italy)

- PE01 **Kinesiotaping after ACL reconstruction in a football player**
Faedo G (Vicenza, Italy)
- PE02 **Functional and clinical evaluation of foot with overuse diseases in soccer players: a case report**
Berti L, Lullini G, Buda R, D'Apote G, Nanni G, Giannini S (Bologna, Italy)
- PE03 **An emotional coaching model: a case report of fear in soccer player affected by knee injury**
Covelli E (Milan, Italy)
- PE04 **A case of unfit orthopaedic: osteonecrosis of the femoral head in professional football player**
De Vita F, Corradini G, Borsato A, Tsapralis K (Verona and Bologna, Italy)
- PE05 **Return to sport after asportation of loose body in a soccer player**
Guiso P, Acquaviva R (Rome, Italy)
- PE06 **Return to professional football after complex knee surgery: case report**
Pavlidis E, Milionis G, Roumpos I, Adamopoulos P, Samaras K, Tsapralis K (Piraeus and Thessaloniki, Greece; Bologna, Italy)



Saturday 22nd - Sunday 23rd March, 2014

Workshops

Saturday

Workshop **ARTHREX**

11:30-13:00 - Room Amber 2



Workshop **ECOSEP** (European College Of Sports and Exercise Physicians)

ANKLE AND FOOT PATHOLOGIES IN FOOTBALL

13:00-14:30 - Room Brown 2



Workshop **MECTRONIC**

FUNCTIONAL RECOVERY AFTER OVERLOAD INJURIES

OF THE SUBTALAR JOINT IN FOOTBALL PLAYERS

13:00-14:30 - Room Amber 3



Workshop **ISMULT** (Italian Society of Muscles, Ligaments & Tendons)

THE ROLE OF MUSCLES ON JOINT STABILITY AND INJURY PREVENTION

14:30-16:00 - Room Amber 2



Workshop **TMG**

UPGRADE CLINICAL EVALUATION OF JOINT INJURIES

WITH SELECTIVE FUNCTIONAL MUSCLE DIAGNOSTICS

16:30-18:00 - Room Amber 2



Sunday

Workshop **FIR** (Federazione Italiana Rugby)

FOOTBALL MEDICINE STRATEGIES FOR

JOINT AND LIGAMENT INJURIES: LESSONS FROM RUGBY

9:00-11:00 - Room Amber 2



Workshop **ABILITY GROUP**

CAN THE LOAD TRANSFER THROUGH THE PELVIS BE IMPROVED

BY KINESIO TAPING IN MID-PROFESSIONAL SOCCER PLAYERS?

11:30-13:00 - Room Amber 2



Workshop **FIDIA**

HyADD4 FOR TREATMENT OF JOINT INJURIES OF FOOTBALL PLAYERS

13:00-14:30 - Room Brown 3



Workshop **INDIBA**

NON INVASIVE THERAPY FOR A FASTER RECOVERY OF JOINT,

LIGAMENT AND MUSCLE INJURIES

13:00-14:30 - Room Amber 2



Workshop **HOWARD DE WALDEN**

THE HISTORY AND FUTURE OF MEDICINE ON HARLEY STREET

13:00-14:30 - Room Amber 3



Workshop **FCBARCELONA - MUSCLETECH NETWORK**

NEUROMUSCULAR CONTROL AND PREVENTION OF ACL INJURIES:

FCB EXPERIENCE

14:00-16:00 - Room Brown 2



Workshop **ECSS** (European College Sport Science)

AGEING OF THE MUSCULOSKELETAL SYSTEM OF THE FOOTBALL PLAYERS:

IMPLICATIONS FOR JOINT HEALTH

14:30-16:00 - Room Amber 2



Monday 24th March, 2014

2nd Science of Football Summit

Preventing injuries in football: 1994-2014, 20 years of research

Auditorium



La Gazzetta dello Sport
Tutto il rosa della vita

- 8:30 Opening and welcome
8:45 Introduction - Roi GS (ITA)

The role of FIFA on injury prevention

- Chairs: D'Hooghe M (BEL), Della Villa S (ITA)
9:00 **Main lecture - Overview on F-MARC projects and 11+ around the world** Dvorak J (SUI)
9:50 **Prevention of contact and non contact injuries in football** Bizzini M (SUI)
10:10 **Prevention through promotion of 11+ in Germany** Eiles M (GER)
10:30 Discussion
10:45 Break

How to prevent injuries in football?

- Chairs: Danelon F (ITA), Dvorak J (SUI)
11:15 **Amateur football players** Bizzini M (SUI)
11:30 **Female football players** Silvers H (USA)
11:45 **Young football players** Faude O (SUI)
12:00 **Professional football players** Kemp S (UK)
12:15 Discussion

The challenge of injury prevention in football (round table)

- 12:30 Participants: Berruto M (ITA), Hodgson R (UK), Monti A (ITA)
Olmo J (ESP), Tencone F (ITA)
13:30 Break

Practical aspects (with video)

- Chairs: Bizzini M (SUI), Witvrouw E (QAT)
14:30 Introduction
14:40 **Effects of injury prevention on performance (Lecture)** Bangsbo J (DAN)
15:20 **The role of stretching injury prevention** Witvrouw E (QAT)
15:40 **Prevention in professional players** Sassi R (ITA)
16:00 **Prevention in female players** Silvers H (USA)
16:20 **Prevention in young football players** Mathieu N (SUI)
16:40 **Prevention in referees** Castagna C (ITA)
17:00 **Prevention of reinjuries during rehabilitation** Boldrini L (ITA)
17:20 Discussion
17:45 End of the summit

The official language is the English.



Morning

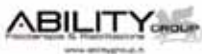


Afternoon





Exhibitors



itaPHARMA

Xiron
www.xiron.com

VITMAN

LABOREST
Health is innovationELECTRONIC
MEDICALEmediland
Migliora la qualità della vita

MEDISPORT

Muscle
Tech
Network

myontec

GEORGE'S
PARK Perform
OFFICIAL HEALTHCARE PARTNERPHYTO
PERFORMANCEPiramal | Life Sciences
knowledge action careRoutledge
Taylor & Francis Group

SANOFI

Sixtus.it

Soccer
System ProSonoSite
FUJIFILMSPINALPUBLICATIONS™
ITALIA

STATSports™

Sybermedica
Clinical Data CommunicationsTECHNOGYM
The Wellness CompanyTelea
ELECTRONIC ENGINEERING | S.p.A.

The Performance Matrix.

T M G™
SCIENCE FOR
BODY EVOLUTION.

TRB CHEMEDICA

VitaResearch

W. wisepress.com
your medical bookshop

See You in London 2015

XXIV International Conference
on Sports Rehabilitation and Traumatology

Football Medicine Strategies for Player Care

25th-26th April 2015
QEII Conference Centre

3rd Science of Football Summit

27th April, 2015 - Wembley Stadium



www.isokinetic.com
www.FootballMedicineStrategies.com

Isokinetic Medical Group:

BOLOGNA +39 051 573017
LONDON +44 207 486 5733
MILAN +39 02 76009310
RIMINI +39 0541 775650
ROME +39 06 33221808
TURIN +39 011 6692422
VERONA +39 045 6020830