



## THE REGISTRATION FEE INCLUDES:

- Admission to all scientific sessions, exhibit areas and sponsored workshops
- Conference material (conference bag, abstract book & conference programme)
- Coffee and lunch breaks
- Certificate of attendance

Complimentary refreshment will be served during coffee and lunch breaks in the Exhibit Areas on the 3<sup>rd</sup> Floor and 5<sup>th</sup> Floor.

A limited number of lunch boxes will also be available in the following sessions:

- Lunchtime poster sessions in Pickwick Room (1<sup>st</sup> floor)
- Lunchtime workshop sessions in Albert Room and Gielgud Room (2<sup>nd</sup> Floor)
- Lunchtime workshop sessions in Mountbatten Room (6<sup>th</sup> Floor)

## ISOKINETIC POINT

Isokinetic Medical Group staff is available at the 3<sup>rd</sup> Floor Exhibit Area to provide you with any information you need about the Conference and the Isokinetic Network.

## OFFICIAL LANGUAGE

The official language is English.

## CERTIFICATE OF ATTENDANCE

You will receive your certificate of attendance by e-mail after the Conference.

## CME CREDITS

Accreditation Statement: 19 Credits.

If you are a Specialised Doctor you can go to the Ground Floor at the Help Desk at anytime during the Conference.



## CONTACT US

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## MOUNTBATTEN

Main Programme  
Workshops

## WINDSOR & CAMBRIDGE

Exhibit Area  
Catering Area

## FLEMING

Main Programme

## WHITTLE & BRITTEN

Exhibit Area  
Catering Area

## ALBERT

Workshops

## OLIVIER

Oral Communications  
Contest

## GIELGUD

Oral Communications  
Workshops

## PICKWICK

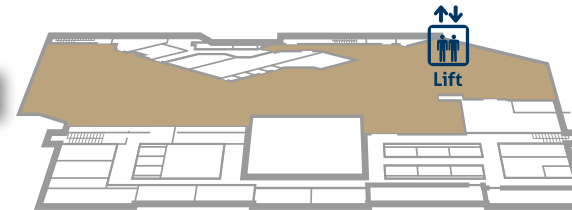
Poster Area

## CHURCHILL

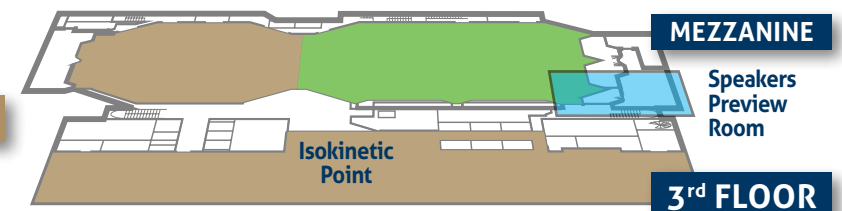
Main Programme



**6<sup>th</sup> FLOOR**

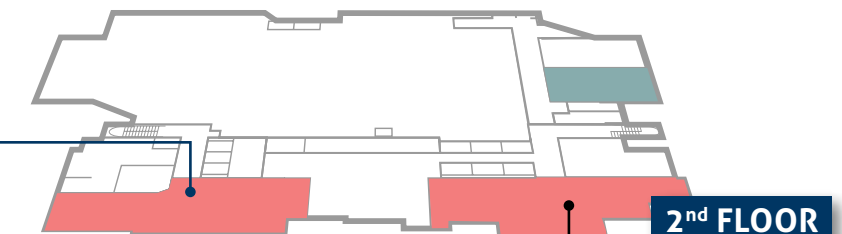


**5<sup>th</sup> FLOOR**

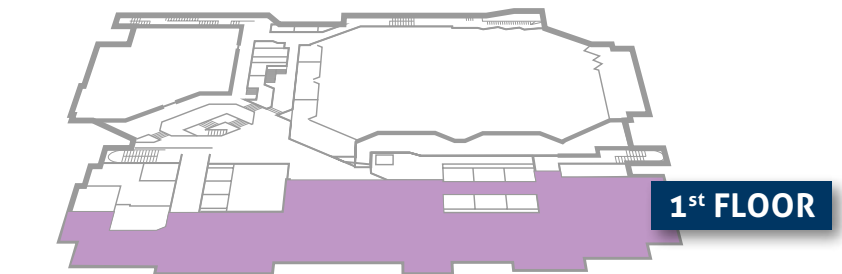


**MEZZANINE**

**3<sup>rd</sup> FLOOR**



**2<sup>nd</sup> FLOOR**



**1<sup>st</sup> FLOOR**



**GROUND**

# Schedule Summary

## Saturday 27<sup>th</sup> May 2023

<b>CHURCHILL</b>	<b>FLEMING</b>	<b>MOUNTBATTEN</b>	<b>GIELGUD</b>	<b>OLIVIER</b>	<b>ALBERT</b>	<b>PICKWICK</b>
GROUND FLOOR	3 <sup>rd</sup> FLOOR	6 <sup>th</sup> FLOOR	2 <sup>nd</sup> FLOOR	2 <sup>nd</sup> FLOOR	2 <sup>nd</sup> FLOOR	1 <sup>st</sup> FLOOR

9:00 9:30	<b>OFFICIAL WELCOME</b>	<b>OFFICIAL WELCOME</b>	<b>OFFICIAL WELCOME</b>					9:00 9:30
9:30 10:15	<i>Open Debate</i> <b>HIGH-GRADE ACL INJURIES</b>	<b>FIFA WORLD CUP 2022</b>	<i>FIFA Medical Symposium</i> <b>FIRST AID ON THE PITCH</b>					9:30 10:15
10:15 11:00	<i>Open Debate</i> <b>MCL INJURY</b>							10:15 11:00
11:00 11:30	coffee break							11:00 11:30
11:30 12:15	<i>Open Debate</i> <b>ACUTE MENISCUS INJURY</b>	<b>HAMSTRING MANAGEMENT</b>	<i>FIFA Medical Symposium</i> <b>PRESENT FOR THE FUTURE</b>	<i>Oral Communications</i> <b>RTP AFTER ACL INJURY</b>	<i>Oral Communications</i> <b>CASE REPORTS 1</b>	<i>Scientific Workshop</i> <b>SPORT DENTISTRY</b>		11:30 12:15
12:15 13:00	<i>Open Debate</i> <b>PATELLOFEMORAL JOINT INJURIES</b>							
13:00 13:15	lunch break		<i>Scientific Workshop</i> <b>ESSKA</b>	<i>Company Workshop</i> <b>FIDIA</b>	lunch break	<i>Company Workshop</i> <b>CRYO HEALTH 1</b>	<b>Posters PA - PB - PC PD - PE - PF</b>	13:00 13:15
13:15 14:30								13:15 14:30
14:30 15:15	<i>Open Debate</i> <b>CONCUSSION</b>	<b>IMAGING, SURGERY &amp; REHAB OF KNEE INJURIES</b>	<i>FIFA &amp; ICRS Medical Symposium</i> <b>CONSENSUS ON CARTILAGE LESIONS</b>	<i>Oral Communications</i> <b>BIOMECHANICS &amp; VIDEO-ANALYSIS</b>	<i>Oral Communications</i> <b>FOOTBALL REHABILITATION</b>	<i>Scientific Workshop</i> <b>ISEH</b>		14:30 15:15
15:15 16:00	<i>Open Debate</i> <b>MENTAL HEALTH</b>							
16:00 16:30	break			break				16:00 16:30
16:30 17:15	<i>Open Debate</i> <b>MUSCLOTENDINOUS INJURIES</b>	<b>GROIN INJURIES</b>	<i>Next Generation Leaders</i> <b>WOMEN'S FOOTBALL</b>	<i>Oral Communications</i> <b>FUNCTIONAL ASSESSMENT</b>	<i>Oral Communications</i> <b>DIAGNOSTIC &amp; JOINT INJURIES</b>	<i>Company Workshop</i> <b>ZONE7</b>		16:30 17:15
17:15 18:00	<i>Open Debate</i> <b>TENDINOPATHY</b>							

# Schedule Summary

## Sunday 28<sup>th</sup> May 2023

<b>CHURCHILL</b>	<b>FLEMING</b>	<b>MOUNTBATTEN</b>	<b>GIELGUD</b>	<b>OLIVIER</b>	<b>ALBERT</b>	<b>PICKWICK</b>
GROUND FLOOR	3 <sup>rd</sup> FLOOR	6 <sup>th</sup> FLOOR	2 <sup>nd</sup> FLOOR	2 <sup>nd</sup> FLOOR	2 <sup>nd</sup> FLOOR	1 <sup>st</sup> FLOOR

8:30 9:15	<i>Open Debate</i> <b>GROIN PAIN</b>	<b>UEFA ELITE CLUB INJURY STUDY</b>		<i>Oral Communications</i> <b>INJURY PREVENTION</b>	<i>Best Case Report</i> <b>CONTEST</b>	<i>Scientific Workshop</i> <b>UEFA</b>		8:30 9:15
9:15 10:00	<i>Open Debate</i> <b>HIP AND GROIN INJURIES</b>							9:15 10:00
10:00 10:30	coffee break			coffee break				10:00 10:30
10:30 11:15	<i>Open Debate</i> <b>QUAD STRENGTH POST ACLR</b>	<b>RTP AFTER ACL</b>	<i>Next Generation Leaders</i> <b>PREVENTION</b>	<i>Oral Communications</i> <b>REGENERATIVE MEDICINE</b>	<i>Best Case Report</i> <b>CONTEST</b>	<i>Scientific Workshop</i> <b>ISMULT</b>		10:30 11:15
11:15 12:00	<i>Open Debate</i> <b>REHABBING KNEE INJURIES</b>							
12:00 12:45	<i>Open Debate</i> <b>PERFORMANCE &amp; INJURY RISK</b>	<b>THE ROLE OF BRAIN IN LIGAMENT INJURIES</b>	<i>Next Generation Leaders</i> <b>ORTHOPAEDICS IN FOOTBALL</b>	<i>Oral Communications</i> <b>YOUTH FOOTBALL</b>	<i>Oral Communications</i> <b>CASE REPORTS 2</b>	<i>Company Workshop</i> <b>DELFI</b>		12:00 12:45
12:45 13:30	<i>Open Debate</i> <b>TOP LEVEL FOOTBALL</b>							
13:30 13:45	lunch break		<i>Scientific Workshop</i> <b>ECOSEP</b>	<i>Company Workshop</i> <b>GE HEALTHCARE</b>	lunch break	<i>Company Workshop</i> <b>CRYO HEALTH 2</b>	<b>Posters PG - PH - PL PM - PN - PP</b>	13:30 13:45
13:45 15:00								13:45 15:00
15:00 15:45	<b>ANKLE LIGAMENT INJURIES</b>	<b>ORTHOBIOLOGICS</b>	<i>Next Generation Leaders</i> <b>VIDEO ANALISYS</b>	<i>Oral Communications</i> <b>ORTHOPAEDICS</b>	<i>Oral Communications</i> <b>EPIDEMIOLOGY</b>	<i>Scientific Workshop</i> <b>SPORTFISIO</b>		15:00 15:45
15:45 16:30								
16:30 17:00	break	<b>CONTEST &amp; POSTER CEREMONY</b>	break	break				16:30 17:00
17:00 17:45	<b>ACHILLES AND CALF INJURIES</b>	<b>JOINT REPLACEMENTS</b>	<i>Next Generation Leaders</i> <b>NEUROMUSCULAR TRAINING</b>	<i>Oral Communications</i> <b>PERFORMANCE ANALYSIS</b>	<i>Oral Communications</i> <b>MEDICAL ISSUES</b>	<i>Company Workshop</i> <b>THEIA</b>		17:00 17:45
17:45 18:30								



# Schedule Summary

Monday 29<sup>th</sup> May 2023

FLEMING

3<sup>rd</sup> FLOOR

MOUNTBATTEN

6<sup>th</sup> FLOOR

8:30 10:00	<b>WORLDS-CLASS PLAYER CARE</b>	<i>Next Generation Leaders</i> <b>RECONDITIONING</b>
10:00 10:30	coffee break	
10:30 12:00	<b>PLAYER PERFORMANCE</b>	<i>British Football Sessions</i> <b>HEALTH AND PERFORMANCE</b>
12:00 13:30	<b>RETURN TO PERFORMANCE</b>	<i>British Football Sessions</i> <b>REDUCING INJURY RISK</b>
13:30 14:30	lunch break	
14:30 16:00	<b>ASSESSING CHANGE OF DIRECTION</b>	<i>British Football Sessions</i> <b>INJURY MANAGEMENT</b>



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09:00 OFFICIAL WELCOME

09:30 - 10:15 *Open Debate***ACL INJURY: PRIMARY SURGERY OR PRIMARY REHABILITATION?**

Chair Reider B (USA)      Presenter Webster K (AUS)  
 Debater English B (UK)      Debater Sonnery-Cottet B (FRA)      Player Ugradar I (UK)

10:15 - 11:00 *Open Debate***HIGH-GRADE MCL INJURIES: HOW BEST TO MANAGE?**

Chair Reider B (USA)      Presenter Musahl V (USA)  
 Debater Berruto M (ITA)      Debater Servien E (FRA)      Player Ugradar I (UK)

11:00 *Coffee Break*11:30 - 12:15 *Open Debate***ACUTE MENISCUS INJURY AND NOW WHAT?**

Chair Espregueira-Mendes J (POR)      Presenter Verdonk P (BEL)  
 Debater Marcacci M (ITA)      Debater Cohen M (BRA)      Player Duku F (UK)

12:15 - 13:00 *Open Debate***PATELLOFEMORAL JOINT INJURIES IN YOUTH PLAYERS: WHAT'S RIGHT FOR THE FUTURE?**

Chair Espregueira-Mendes J (POR)      Presenter Arendt E (USA)  
 Debater Seil R (LUX)      Debater Dejour D (FRA)      Player Hajjar A (UK)

13:00 *Lunch Break*14:30 - 15:15 *Open Debate***CONCUSSION: THE BLIND SIDE OF FOOTBALL**

Chair Putukian M (USA)      Presenter Patricios J (RSA)  
 Debater Dvorak J (SUI)      Debater Koerte I (GER)      Player Rizzoli N (ITA)

15:15 - 16:00 *Open Debate***IS FOOTBALL DOING ENOUGH FOR MENTAL HEALTH ACROSS PLAYERS' CAREERS?**

Chair Dvorak J (SUI)      Presenter Putukian M (USA)  
 Debater Goutteborge V (NED)      Debater Currie A (UK)      Player Rizzoli N (ITA)

16:00 *Break*16:30 - 17:15 *Open Debate***OPERATING ON ACUTE MUSCLOTENDINOUS INJURIES: ARE THE INDICATIONS CLEAR?**

Chair Khan K (CAN)      Presenter Haddad F (UK)  
 Debater Laver L (ISR)      Debater Wangensteen A (NOR)      Player Competitive Athlete

17:15 - 18:00 *Open Debate***TENDINOPATHY: HOW TO BREAK THE VICIOUS CYCLE?**

Chair Khan K (CAN)      Presenter Scott A (CAN)  
 Debater Alfredson H (SWE)      Debater Silbernagel K (USA)      Player Gajhede M (DEN)

18:00 *End of the day*

09:00 OFFICIAL WELCOME

**FIFA WORLD CUP: WHAT DID WE LEARN IN PURSUING EXCELLENCE?**

Chairs Della Villa S (ITA), Massey A (SUI)

09:30 **Delivering Amazing at the biggest sports show on Earth** Geertsema L (QAT)09:45 **Training in pursuit of Excellence. Strategies, set-pieces and winning plays** Geertsema C (QAT)10:00 **Player Care at the World Cup-statistics, stories and secrets** Dzendrowskyj P (QAT)10:15 **It's a Fan Festival - how do you prepare for a 50% increase in population?** Zamir A (QAT)10:30 **What changed? The legacy effect of hosting the World Cup in Qatar** AL Sayrafi O (QAT)10:45 *Discussion*11:00 *Coffee Break***CHASING GREATNESS: WHAT HAMSTRING WANTS**

Chairs Rodas G (ESP), Thoreux P (FRA)

11:30 **Is it just running? Hamstring injuries mechanisms and patterns** Buckthorpe M (UK)11:45 **What hamstrings really want** Van Dyk N (IRL)12:00 **Hamstring injuries in women football** Ferrer E (ESP)12:15 **Optimizing sprinting biomechanics for hamstring injuries prevention** Morin JB (FRA)12:30 **How to RTP after hamstring injury in 2025** Olmo J (UK)12:45 *Discussion*13:00 *Lunch Break***BEST IN CLASS FOR IMAGING, SURGERY AND REHAB OF KNEE INJURIES**

Chairs Axe M (USA), Musahl V (USA)

14:30 **Injured knee? How to get the most out of your MRI!** Lee J (UK)14:45 **The emerging role of ACL repair in football players** Ferretti A (ITA)15:00 **ACL surgery 2023 - an evolution in search of perfection** Fink C (AUT)15:15 **Connecting injuries biomechanics, surgery and rehab** Grassi A (ITA)15:30 **Excellent physiotherapy for excellent knee injury care** Ardern C (CAN)15:45 *Discussion*16:00 *Break***QUALITY ASSESSING OUR DIAGNOSIS AND TREATMENT OF GROIN INJURIES IN FOOTBALL**

Chairs Johnson R (UK), Tsapralis K (ITA)

16:30 **Excellent clinical approach to the groin pain patient** Holmich P (DEN)16:45 **Perfecting our approach to FAI in the football player** Johnson R (UK)17:00 **The functional classification and treatment of groin pain** Eirale C (QAT)17:15 **Pursuing perfect RTP after adductor longus avulsion in the football player** Serner A (SUI)17:30 **Perfecting the exercise approach for groin pain patients** Kemp J (AUS)17:45 *Discussion*18:00 *End of the day*

MOUNTBATTEN

6<sup>th</sup> FLOOR

09:00 OFFICIAL WELCOME

**FIFA MEDICAL SYMPOSIUM  
EMERGENCY CARE & FIRST AID ON THE PITCH**

- Chairs* Lindsay S (UK), Tol H (NED)  
 09:30 **Cardiac arrest: when, what and how to react** McLean J (UK)  
 09:45 **Practical experience of a life threatening situation: take home messages** Boesen M (DEN)  
 10:00 **Concussion: when to remove the player from the pitch** Feddermann N (SUI)  
 10:15 **Severe joint injuries and fractures: do's and don'ts on the pitch** Fulcher M (NZL)  
 10:30 **Acute muscle injuries: what immediate info can assist management** Tencone F (ITA)  
 10:45 *Discussion*  
 11:00 *Coffee Break*

**FIFA MEDICAL SYMPOSIUM  
WHAT'S GOING ON IN THE PRESENT FOR THE FUTURE**

- Chairs* Mc Call A (UK), Serner A (SUI)  
 11:30 **Injury and illness surveillance – the new football consensus** Walden M (SWE)  
 11:45 **Injury video analysis lessons from the FIFA World Cup Qatar 2022** Serner A (SUI)  
 12:00 **FIFA Medical Concussion protocol** Massey A (SUI)  
 12:15 **The FIFA Female Health Project** Wilson B (SUI)  
 12:30 **Sport and Exercise Medicine Education in Football** Heron N (UK)  
 12:45 *Discussion*  
 13:00 *Lunch Break*

**FIFA & ICRS MEDICAL SYMPOSIUM  
CARTILAGE INJURIES IN FOOTBALL**

- Chairs* Erggelet C (SUI), Zaslav K (USA)  
 14:30 **FIFA - ICRS - ASPETAR consensus on cartilage lesions in football players: RAND method and results** Filardo G (ITA)  
 14:45 **Footballer with symptomatic cartilage defect. Do we need to change our decisions?** Sas K (BEL)  
 15:00 **How we can apply this to real life: clinical cases** Papacostas A (QAT)  
 15:15 **Outside of the consensus: OCD management** Kon E (ITA)  
 15:30 **Can knee 3D morphotype predict the players future?** Verdonk P (BEL)  
 15:45 *Discussion*  
 16:00 *Break*

**NEXT GENERATION LEADERS  
GOING FOR GOLD IN WOMEN'S FOOTBALL**

- Chairs* Crossley K (AUS), Hamrin-Senorski E (SWE)  
 16:30 **KEYNOTE LECTURE** Zondi P (RSA)  
 16:45 **Injury risk prediction in elite female footballers using multi-omic data** Gonzalez JR (ESP)  
 16:55 **ACL injuries in professional female football on the rise - have we failed?** Bloch H (GER)  
 17:05 **Four distinct ACL injury match situations in professional women's football** Achenbach L (GER)  
 17:15 **Hamstring injuries in the norwegian women's Premier League** Amundsen R (BEL)  
 17:25 **Acute knee injuries in finnish female top-level football players** Kurittu E (FIN)  
 17:35 **Groin injuries in women's Premier League football in Norway** Thorarinsdottir S (NOR)  
 17:45 *Discussion*  
 18:00 *End of the day*

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**RTP AFTER ACL INJURY***Chairs* Snyder-Mackler L (USA), Zanobbi M (ITA)

- 11:30 **Meta analysis of time to rts as risk factor for second ACL injury** Piuissi R (SWE)  
 11:38 **Safe return to pre-injury level of performance after ACL reconstruction** Koc B (NED)  
 11:46 **Plyometric training with blood flow restriction on strength and performance after ACLr**  
 Ormeci E (TUR)  
 11:54 **Sport resumption and re-ruptures at long term in footballers after a ACLr** Grassi A (ITA)  
 12:02 **Professional footballers performance at 2 and 5 years after ACL reconstruction** Borque K (USA)  
 12:10 **Early open kinetic chain after Anterior Cruciate Ligament surgery, any benefits?** Forelli F (FRA)  
 12:18 **Apples to apples: knee strength post-ACLR depends on graft and athlete status** Korakakis V (UK)  
 12:26 **Blood flow restriction training effect on quadriceps activity after ACLr** Nguyen C (FRA)  
 12:34 *Discussion*  
 13:00 *Lunch Break*

**BIOMECHANICS & VIDEO ANALYSIS***Chairs* De Carli A (ITA), Klein C (GER)

- 14:30 **2D Kinematics of 90° change of direction: Insights for ACL Injury Prevention from the "CUTtheACL" Study** Bosi AN (ITA)  
 14:38 **Beyond distance: a qualitative assessment of single-leg hop test in RTP testing** Di Paolo S (ITA)  
 14:46 **Rectus femoris injury mechanisms in professional soccer players: video analysis** Jokela A (FIN)  
 14:54 **Comparative biomechanical analysis between professional females soccer players** Nunez J (ESP)  
 15:02 **Landing tests for ACL injury risk assessment: is kinematics sex-specific?** Brunetti C (ITA)  
 15:10 **Inertial bulgarian squat improves jump biomechanics in ACLr athletes after RTS** Henderson F (JAP)  
 15:18 *Discussion*  
 16:00 *Break*

**FUNCTIONAL ASSESSMENT***Chairs* Nanni G (ITA), Quaglia F (ITA)

- 16:30 **Relationship between muscle strength and quality of lower limb motor patterns** Baroli M (ITA)  
 16:38 **Hip muscle activation patterns in male football players with(out) hip/groin pain** Schmit M (NED)  
 16:46 **Reliability study of hand-held dynamometer and groin bar in football** Stefanakis A (UK)  
 16:54 **Hip and thigh strength in NCAA soccer: gender differences and injury association** Bakal D (USA)  
 17:02 **Movement abilities of elite level sprinter and national team football players** Brúnn D (SLO)  
 17:10 **The hop test battery for 2023: time to include the side hop for endurance?** Cooke R (UK)  
 17:18 **Biceps femoris fascicle length, isometric and eccentric hamstring strength** McIntyre M (IRL)  
 17:26 **The relationship between lower limbs performance during hop and force tests in ACLr athletes**  
 Ghulam H (KSA)  
 17:34 *Discussion*  
 18:00 *End of the day*

**CASE REPORTS 1***Chairs* Bakare U (CAN), Canata G (ITA)

- 11:30 **Sacrum fatigue fracture and risk factors in an adolescent football player** Gökçay O (TUR)  
 11:38 **Accelerated return to football play after acute proximal Adductor Longus rupture** Hardin S (USA)  
 11:46 **TMJ chain reaction symptoms in an academy player: a case study** Kakavas G (GRE)  
 11:54 **Navigating team communication and athlete's back pain: a complex journey** Mali A (SLO)  
 12:02 **Haste makes waste** Noras T (POL)  
 12:10 **Soleus avulsion fracture of the fibular head as an acute cause of knee pain** Bailowitz Z (USA)  
 12:18 **Distal triceps tendon complete rupture in a cross-fit athlete** Tzellios I (GRE)  
 12:26 **The complexity of the decision making process in rectus femoris injuries** Van Eenoo W (BEL)  
 12:34 **Not once, but twice... the failed meniscal repair** Wilson A (UK)  
 12:42 *Discussion*  
 13:00 *Lunch Break*

**FOOTBALL REHABILITATION***Chairs* Arundale A (AUT), Respizzi S (ITA)

- 14:30 **Trivialisation of lateral ankle sprain injury in football players and its longterm consequences** Flore Z (UK)  
 14:38 **A complete tear to the semitendinous tendon in an elite footballer: RTP process** Pinto J (POR)  
 14:46 **RTP after proximal rectus femoris tenodesis for tendon avulsion: a clinical case** Sacchi A (ITA)  
 14:54 **Case series: accelerated return to training after Achilles rupture** Wilson A (UK)  
 15:02 **Which criteria are used to clear athletes to return to sport after Achilles tendon rupture** Busà M (ITA)  
 15:10 **Use it or lose it: which role for early weightbearing after an Achilles rupture?** Pisano A (ITA)  
 15:18 **Neuromotor treatment of arthrogenic muscle inhibition** Ladoucette S (FRA)  
 15:26 **Less score & isokinetic limb strength after ACL reconstruction in women handball** Melinte RM (ROM)  
 15:34 *Discussion*  
 16:00 *Break*

**DIAGNOSTIC & JOINT INJURIES***Chairs* Guillen I (ESP), Zunarelli P (ITA)

- 16:30 **Groin pain in athletes: the role of MRI** Vara G (ITA)  
 16:40 **Impact of off-track lesions in arthroscopic anterior shoulder stabilisation** Gerakopoulos E (GRE)  
 16:50 **Diagnostic value of clinical evaluation for lateral ankle ligament injury in the acute and delayed setting** Baltés T (QAT)  
 17:00 **Patellar tendon csa 1-month after aclr predicts 3-month quadriceps strength** Ito N (USA)  
 17:10 **Neuromechanical adaptations after ACL injury: comparing two surgical techniques**  
 Baldazzi A (ITA)  
 17:20 *Discussion*  
 18:00 *End of the day*



13:00 -14:30

**BIOMECHANICS & FUNCTIONAL ASSESSMENTS - PA***Chairs* De Sario G (ITA), Zago M (ITA)

- PA01 **Movement analysis test in a professional volleyball player with MTSS** Puccetti A (ITA)
- PA02 **A comprehensive 2D scoring system to assess single-leg squat in football players** Di Paolo S (ITA)
- PA03 **Full 3d joint kinematics of ACL injury in professional basketball players** Zago M (ITA)
- PA04 **Force time curve analysis in drop vertical jump during three professional football seasons** Masi F (ITA)
- PA05 **Role of thigh muscle activation during a vertical jump in elite footballers** Kamdin F (UK)
- PA06 **Analysis of functional hop test with dual task on injured and uninjured athletes** Yilmaz AE (TUR)
- PA07 **Rate of force development after ACL reconstruction: is the quad really king?** Graham M (USA)
- PA08 **Pre-season assessments for lower limb in basketball, Futsal and women's football** Mesalles J (ESP)
- PA09 **RTP & 2nd ACL injury after ACLR in young footballers and association with qualitative movement assessment** Butterini G (ITA)

**INJURY PREVENTION - PB***Chairs* Bizzini M (SUI), Gard S (SUI)

- PB02 **The 11+ kids program reduces the incidence of injury among young soccer players** Al Attar W (KSA)
- PB03 **The Copenhagen adduction exercise increases eccentric hip adduction strength** Alsirhani A (KSA)
- PB04 **Plasma proteome response to acute and chronic exercise in an elite Futsal team** Rodas G (ESP)
- PB05 **Association of knee-to-hip flexion ratio and lower limb strength during landing** Metsavaht G (BRA)
- PB06 **Risk factors for groin pain of male footballers in Japan football league** Shiozawa J (JAP)
- PB07 **The effect of 2 different interventions on hamstrings flexibility in footballers** Zazas G (GRE)
- PB08 **Answering the multifactorial nature of muscle injury: a bioengineering solution** Plegas G (GRE)
- PB09 **Muscle injury classification: a bioengineering-benchmarking method of evaluation** Pomakidou S (GRE)

**CASE REPORTS 1 - PC***Chairs* Pirotti E (UK), Thompson J (UK)

- PC01 **A rare rotated, medially displaced fracture-dislocation of the medial clavicle** Afifi MA (SUI)
- PC02 **Recurrent calf injuries? Rehabilitation with adhesiolysis: a case report** Gunasekera R (UK)
- PC03 **Knee osteochondral fracture: from the site of lesion to the rehabilitation** Khounsarieh NV (ITA)
- PC04 **Olympics, World and European Championships In Judo after PCL injury** Ramuglia G (ITA)
- PC05 **Restored cardiac capacity in elite athlete after an acute myocardial infarction** Taralov Z (BUL)
- PC06 **From the risk of amputation to the tennis court: a case report of CRPS-1** Zerbinati A (ITA)
- PC07 **A rare case of an isolated fibular head fracture in an NCAA men's soccer player** Bakal D (USA)
- PC09 **Physical and technical demands of a female collegiate goalkeeper: a case study** Gann J (USA)

13:00 -14:30

**SPORTS REHABILITATION & RECONDITIONING - PD***Chairs* Silvers H (USA), Tomaello L (ITA)

- PD01 **Return to sport after hip arthroscopy- the polish experience** Chruscielewska D (POL)
- PD02 **Interlimb asymmetry: what is the most accurate assessment?** Chaijenkij K (THA)
- PD03 **High quality telerehabilitation and full-strength recovery after mat:case report** D'Ambra C (ITA)
- PD04 **Medical professionals understanding of physical activity guidelines** Woolas T (UK)
- PD05 **Effect of eccentric-concentric exercise programs to healing hamstring injury** Özal Kavakdibi Z (TUR)
- PD06 **Early pool neuromotor training: a case report after ACL reconstruction** Maretti S (ITA)
- PD07 **Offseason strength training effects on elite soccer players performance** Andric N (SRB)
- PD08 **Bilateral shock absorption capacity in landing from a jump after Achilles tendon** Mezzasalma F (ITA)
- PD09 **Non-pharmacological management of fractures based on traditional asian medicine** Song-Yi Kim (KOR)

**MUSCLE AND TENDON INJURIES - PE***Chairs* Pedret C (ESP), Tomas R (POR)

- PE02 **The load borne by the Achilles tendon during exercise** Demangeot Y (SWI)
- PE03 **Aspiration of hematomas in muscle injuries in professional football players** Lucenteforte G (ITA)
- PE04 **Evaluation of the time of RTP from hamstrings strain injury using MRI findings** Misonoo G (JAP)
- PE05 **Central sensitisation is not a feature of lower-limb tendinopathy** Murphy M (AUS)
- PE06 **The relationship between hamstring strain injury, ACTN3 gene and muscle stiffness** Yamamoto N (JAP)
- PE07 **Treatment of Achilles tendon injury in professional athletes** Diaferia G (ITA)
- PE08 **Ultrasound and magnetic resonance imaging approach of calf injuries** Isern-Kebeschull J (ESP)

**WOMEN FOOTBALL - PF***Chairs* Bolling C (NED), Ciuti L (ITA)

- PF01 **Isokinetic testing in a female footballer following ACL reconstruction** Pickford N (UK)
- PF02 **Developing an implementation guide for the FIFA 11+ injury prevention programme** Bakare U (CAN)
- PF03 **Sex differences in ACL injury characteristics: a 1970 ACL reconstruction series** Ferré-Aniorte A (ESP)
- PF04 **Lipoproteic and glycoproteic profile by metabolomic-nmr in women's players** Ferrer E (ESP)
- PF05 **Hormonal contraceptive use and menstrual cycle symptomology in sg women footballers** Koh B (UK)
- PF06 **Menstrual cycle experiences in elite women's football: a qualitative study** Martinovská T (UK)
- PF07 **A national medical screening programme of youth female footballers** Sinclair J (UK)
- PF08 **How possession and outcome influence load metrics in collegiate women's football** Inglima S (USA)
- PF09 **Concussion knowledge and attitude in Taiwanese professional female footballers** Lin WT (TPE)

08:30 - 09:15 *Open Debate*

**GROIN PAIN IN WOMEN & MEN'S FOOTBALL: ARE THEY THE SAME?**

*Chair* Holmich P (DEN) *Presenter* Kemp J (AUS)  
*Debater* Griffin D (UK) *Debater* Ferrer E (ESP) *Player* Gajhede M (DEN)

09:15 - 10:00 *Open Debate*

**SCALPEL OR NO SCALPEL FOR HIP & GROIN INJURIES?**

*Chair* Holmich P (DEN) *Presenter* Schilders E (UK)  
*Debater* Muschaweck U (GER) *Debater* Schneider C (GER) *Player* Competitive Athlete

10:00 *Coffee Break*

10:30 - 11:15 *Open Debate*

**BEST STRATEGY TO FULLY RECOVER QUAD STRENGTHS POST ACLR**

*Chair* Snyder-Mackler L (USA) *Presenter* Arundale A (AUT)  
*Debater* Gokeler A (GER) *Debater* Zanuso S (AUS) *Player* Competitive Athlete

11:15 - 12:00 *Open Debate*

**REHABBING KNEE INJURIES: STRENGTH AND/OR NEUROCOGNITIVE FOCUS?**

*Chair* Snyder-Mackler L (USA) *Presenter* Compagnin A (UK)  
*Debater* Grooms D (USA) *Debater* Herrington L (UK) *Player* Competitive Athlete

12:00 - 12:45 *Open Debate*

**THE TIGHTROPE BETWEEN PERFORMANCE AND INJURY RISK**

*Chair* Bolling C (NED) *Presenter* Verhagen E (NED)  
*Debater* Huurman S (NED) *Debater* Mc Call A (UK) *Player* Smith R (UK)

12:45 - 13:30 *Open Debate*

**ARE WE SKILLED ENOUGH TO MANAGE THE CONTEXT OF TOP-LEVEL FOOTBALL?**

*Chair* Bolling C (NED) *Presenter* Bittencourt N (BRA)  
*Debater* Eirale C (QAT) *Debater* Tomás R (POR) *Player* Geremi N (CMR)

13:30 *Lunch Break*

**ANKLE LIGAMENT INJURIES: ARE WE MISSING SOMETHING?**

*Chairs* Batty P (UK), Edwards T (NZL)  
 15:00 **Pursuing the perfect comprehension of ankle anatomy** Dalmau - Pastor M (ESP)  
 15:15 **Excellence in ankle ligaments surgery for the football player** D'Hooghe P (QAT)  
 15:30 **New trends in cartilage repair in the ankle joint** Vannini F (ITA)  
 15:45 **Ankle ligament injuries in the Para Footballer: different feet, different thinking?** Ahmed O (UK)  
 16:00 **Optimizing RTP after ankle injuries: from injury mechanisms to the pitch** D'Orsi G (ITA)  
 16:15 *Discussion*  
 16:30 *Break*

**STEPPING UP OUR GAME: ACHILLES AND CALF COMPLEX INJURIES**

*Chairs* Bahr R (NOR), Karlsson J (SWE)  
 17:00 **Mechanism and patterns of Achilles tendon ruptures in football players** Zago M (ITA)  
 17:15 **Excellent surgery of Achilles tendon injuries in professional football** Lempainen L (FIN)  
 17:30 **Perfecting the management of Achilles tendon disorders in football** Maffulli N (ITA)  
 17:45 **The anatomical and ultrasound secrets of calf muscles injuries** Pedret C (ESP)  
 18:00 **Optimal RTP strategy for Achilles and calf complex injuries** Silbernagel K (USA)  
 18:15 *Discussion*  
 18:30 *End of the day*

**UEFA ELITE CLUB INJURY STUDY'S TOP PERFORMERS**

*Chairs* Forssblad M (SWE), Smith R (UK), Van den Steen E (BEL)  
 08:30 **The search of excellence: top performers in avoiding hamstring injuries in the UEFA Champions League** Ekstrand J (SWE)  
 08:45 **Where are we going with Calf Injuries?** Hägglund M (SWE)  
 09:00 **Women's Elite Club Injury Study: new trends** Hallen A (SWE)  
 09:15 **Match load and injuries - is there room for excellence?** Bengtsson H (SWE)  
 09:30 **Lessons from the UEFA Women's European Championships** Walden M (SWE)  
 09:45 *Discussion*  
 10:00 *Coffee Break*

**PERFECTING RETURN TO PLAY AFTER ACL INJURY IN FOOTBALL PLAYERS**

*Chairs* De Caro F (ITA), Samuelsson K (SWE)  
 10:30 **ACL injuries: the vision of the present diving into future** Mandelbaum B (USA)  
 10:45 **Perfecting ACL surgery to reduce re-injuries** Zaffagnini S (ITA)  
 11:00 **Evidence-based rehabilitation and RTS after an ACL injury: the OPTIKNEE consensus recommendations** Whittacker J (CAN)  
 11:15 **Translation into practice in women's Football: sport-physio experience** Surdyka N (USA)  
 11:30 **Optimizing functional recovery following ACL reconstruction in football players** Tencone F (ITA)  
 11:45 *Discussion*

**THE ROLE OF THE BRAIN IN LIGAMENT INJURIES & FUNCTIONAL RECOVERY**

*Chairs* Gard S (SUI), Gokeler A (GER)  
 12:00 **Where is the football player attention during the match-play?** Jordet G (NOR)  
 12:15 **The neurocognitive aspects of ACL injuries in football** Della Villa F (ITA)  
 12:30 **Brain power in preventing and treating ACL injuries** Grooms D (USA)  
 12:45 **The real world implementation of neurocognitive focus in ACL rehabilitation** Ageberg E (SWE)  
 13:00 **Innovative biofeedback & neuromuscular training in ACL injury prevention** Myer G (USA)  
 13:15 *Discussion*  
 13:30 *Lunch Break*

**ORTHOBIOLGICS V 3.0 IN FOOTBALL MEDICINE**

*Chairs* Stride M (UK), Zorzi C (ITA)  
 15:00 **Use of orthobiologics in Sports Medicine. Is there an evidence?** Gobbi A (ITA)  
 15:15 **The role of PRP and adipose derived MSC's in elite football** Olmo J (UK)  
 15:30 **Clinical outcomes of Microfragmented Adipose Tissue Treatments** Wilson A (UK)  
 15:45 **The use of PRP for knee osteoarthritis: the ESSKA Consensus** De Girolamo L (ITA)  
 16:00 **Orthobiologics for meniscus** Kon E (ITA)  
 16:15 *Discussion*  
 16:30 **CONTEST & POSTER CEREMONY**

**JOINT REPLACEMENTS: MAXIMISING FUNCTION FOR THE FORMER PLAYER**

*Chairs* Geremi N (CMR), Kerkhoffs G (NED)  
 17:00 **Osteoarthritis in high level athletes: the landscape** Engebresten L (NOR)  
 17:15 **How and when to pursue joint preservation in athletes** Saris D (USA)  
 17:30 **Indications and results in former athletes arthroplasty** Becker R (GER)  
 17:45 **Latest developments in knee replacement surgery** Rajaratnam S (UK)  
 18:00 **Perfecting the exercise approach for knee replacement** Marin V (ITA)  
 18:15 *Discussion*  
 18:30 *End of the day*

**NEXT GENERATION LEADERS  
INNOVATION IN PREVENTION***Chairs* Bahr R (NOR), Okholm Kryger K (UK)10:30 **KEYNOTE LECTURE** Bahr R (NOR)10:45 **Boosting the clinical use of ground reaction forces in ACL injury prevention: the "cut the ACL" study** Di Paolo S (ITA)10:55 **Effect of a static and dynamic defender on the biomechanics of sidestep cutting** Chen K (CAN)11:05 **The effect of environment in a virtual reality setting on lower limb kinematics** Benjaminse A (NED)11:15 **Pre-season hags scores associated with the number of weeks with groin problems** Harøy J (NOR)11:25 **Hamstring injury reduction in consecutive seasons: experiences across the pond** Messer M (USA)11:35 **Prevention of ACL injuries: from science to the reality of the field** Rekik RN (QAT)11:45 *Discussion***NEXT GENERATION LEADERS  
THE RIGHT SURGERY FOR FOOTBALL***Chairs* Rosa D (ITA), Ghooz A (UK)12:00 **KEYNOTE LECTURE: My perfect ACLr in professional soccer players** Sonnerly-Cottet B (FRA)12:15 **Incidence of arthrogenic muscle inhibition following acute ACL injuries** Dutra Vieira T (FRA)12:25 **Career longevity after primary ACL rupture in professional footballers** Borque K (USA)12:35 **ACL and Achilles' tendon tears in male professional football players** Mazza D (ITA)12:45 **Altered hamstring morphology and activity pattern after ACLr: case-control study** Pintelon S (BEL)12:55 **US-guided knee arthroscopy for patellar tendinopathy in football players** Tsikouris G (GRE)13:05 **Role of pulsed electromagnetic fields on bone bruise in ACL reconstruction** Marcheggiani Muccioli GM (ITA)13:15 *Discussion*13:30 *Lunch Break***NEXT GENERATION LEADERS  
MERIT OF VIDEO-ANALYSIS***Chairs* Della Villa F (ITA), Bittencourt N (BRA)15:00 **KEYNOTE LECTURE** Andersen TE (NOR)15:15 **Bundesliga injury study: ongoing systematic video analysis of match injuries** Klein C (GER)15:25 **Mechanisms of hamstring injury in professional soccer players: a video analysis** Jokela A (FIN)15:35 **Do injuries occur during high-speed running? A new GPS & video-based analysis** Aiello F (UK)15:45 **Ankle sprains in professional male football: a video analysis study on 140 cases** Osti L (ITA)15:55 **Automated video analysis of Anterior Cruciate Ligament injuries** Schulc A (HUN)16:05 **Full 3D Joint kinematics of ACL injury in professional football players** Zago M (ITA)16:15 *Discussion***NEXT GENERATION LEADERS  
NOVEL APPROACHES TO NEUROMUSCULAR TRAINING***Chairs* Arundale A (AUT), Boldrini L (ITA)17:00 **KEYNOTE LECTURE** Myer G (USA)17:15 **Fatigue-induced knee avoidance strategies in ACL patients during landing** Smeets A (BEL)17:25 **Neuromuscular tests to predict lower limb non-contact injuries** Wagemans J (BEL)17:35 **Eccentric hamstring muscle fatigue in soccer match of young female players** Nutarelli S (CH)17:45 **Prevention or performance – can we have both? Vertical jump testing after ACLr** Kotsifaki R (QAT)17:55 **Distinct ageing patterns in jump height vs kinetics in Premier League footballers** Cohen D (COL)18:05 **Effects of football-specific fatigue in risk factors for ACL injuries in females** Delextrat A (UK)18:15 *Discussion*18:30 *End of the day***BEST CASE REPORT AWARD CONTEST - Session 1***Chairs* Delcogliano A (ITA), Hambly K (UK),  
Konin J (USA), Silvers-Granelli H (USA)08:30 **Rehab of a lateral ankle reconstruction in a male professional football player** Leckie I (UK)08:42 **The HRIGTM, Isometrics and EMG in hamstring rehabilitation** McIntyre M (IRL)08:54 **An atypical case of traumatic pneumothorax in a collegiate basketball athlete** Moustafa H (USA)09:06 **Return to training after osteochondral injury in a professional football player** Santamaria M (ESP)09:18 **Post-operative rehabilitation of distal biceps femoris & LCL avulsion injury** Toda M (USA)09:30 **Vastus medialis and intermuscular septum of femur injury by indirect mechanism** Vicente O (KSA)09:42 **A complex case of return to sport after a severe injury in a semi-pro skier** Ventresca I (ITA)09:54 *End of the Session***BEST CASE REPORT AWARD CONTEST - Session 2***Chairs* Delcogliano A (ITA), Hambly K (UK),  
Konin J (USA), Silvers-Granelli H (USA)10:30 **Rehabilitation of a hamstring distal t-junction injury in elite rugby player** Kerin F (IRL)10:42 **Meniscectomies – the ambition of a professional footballer to return to play** Lajoie JF (CAN)10:54 **Return to competition after lateral ankle sprain injury – a case report** Flore Z (GER)11:06 **Vastus medialis-related thigh splint in a female football player: a case report** Jarrín Jácome P (ECU)11:18 **A pelvic health physio's role in a footballer's return-to-play-postpartum** Brockwell E (UK)11:30 **Non surgical management of a partial Ischial Tuberosity Avulsion fracture** Meredith A (UK)11:42 **Predegloving: a prodromal phase previous to a rectus femoris degloving injury** Yanguas J (ESP)11:54 *End of the Session*

THE CONTEST CEREMONY WILL BE ON SUNDAY IN THE FLEMING ROOM FROM 16:30 to 17:00



## INJURY PREVENTION

- Chairs* Patt T (NED), Danelon F (ITA)  
 08:30 **COL5A1 gene polymorphisms and knee ligament injuries in football players** Saita Y (JAP)  
 08:38 **Nordic hamstring exercise for the prevention of adductor muscle injury** Dorgham H (EGY)  
 08:46 **Injury surveillance in Qatar professional football: gradual onset injuries significantly decreased over 8 seasons** Chamari K (QAT)  
 08:54 **Well-being and injuries in professional soccer players: an observational study** Castilla-Lopez C (ESP)  
 09:02 **Injury and illness prevention practices in Qatar's professional football clubs** Hassanmirzaei B (QAT)  
 09:10 **The knowledge and understanding of red-s among sports medicine practitioners** Stanislas C (UK)  
 09:18 **Impact of Covid-19 on injury incidence at a premier league football club** Gentle J (UK)  
 09:26 **Sports medicine adaptations in elite african football: a case study** Enaba I (EGY)  
 09:34 **The cooperation of isometric force test and EMG for hamstring injury prevention** Ergeneç M (UK)  
 09:42 *Discussion*

## REGENERATIVE MEDICINE

- Chairs* De Girolamo L (ITA), Madonna V (ITA)  
 10:30 **Surgical repair plus stem cell in midsubstance Achilles lesion of sport athletes** Ricciardello S (ITA)  
 10:38 **Subchondroplasty procedure: preliminary results at 1 and 2 years follow-up** Anzillotti G (ITA)  
 10:46 **Clinical evaluation of polynucleotide injections in degenerative meniscopathies** Vitale U (ITA)  
 10:54 **Systematic review on the use of orthobiologics for degenerative meniscal lesions** Conte P (ITA)  
 11:02 **Platelet-rich plasma for acute muscle injury. a randomized controlled trial** González-Iglesias J (ESP)  
 11:10 **Chronic patellar tendinopathy and platelet rich plasma: my own case report** González-Iglesias J (ESP)  
 11:18 **Different products of the fat for visco supplementation, immunomodulation and regeneration** Trivisonno A (ITA)  
 11:26 **Bone marrow and adipose tissue efficacy in OA depends on mesenchymal stem cells** Orlando L (ITA)  
 11:34 **Mechanisms of action of extracorporeal shockwave therapy: a systematic review** Wuerfel T (GER)  
 11:42 *Discussion*

## YOUTH FOOTBALL

- Chairs* Axe M (USA), Lucarno S (ITA)  
 12:00 **An analysis of injuries & death of children by soccer goal post fall: 1981-2021** Poudel M (USA)  
 12:10 **What do elite youth football players think about injuries and their prevention?** Klein C (GER)  
 12:20 **Inconsistent effect of familiarisation on the relationship between external load measures and ratings of perceived exertion in elite youth soccer players** Kyprianou E (USA)  
 12:30 **Educational doping prevention program in Brasilia's football school** Oliveira M (BRA)  
 12:40 **Effect of soccer specific fatigue on eccentric strength in adolescents** Teknaz M (TUR)  
 12:50 **Do injury incidence and burden differ between season phases in Academy football?** Veith S (AUS)  
 13:00 **Preseason anxiety symptoms and prospective injury risk in male youth football** Shimizu Y (JAP)  
 13:10 *Discussion*  
 13:30 *Lunch Break*

## ORTHOPAEDICS

- Chairs* Chomiak J (CZE), Zaslav K (USA)  
 15:00 **10-year outcomes in athletes choosing not to RTS after surgery for FAI** Mullins K (IRL)  
 15:08 **The effect of symptom duration on athletic performance following surgery for fai** Mullins K (IRL)  
 15:16 **Feasibility of RCT that compares immediate and optional delayed ACL surgery** Ghafelzadeh F (BEL)  
 15:24 **Knee arthroscopic muscle inhibition: physiology, classification, and treatment** Dutra Vieira T (FRA)  
 15:32 **Return to football following arthroscopic primary repair of the ACL in adult** Monaco E (ITA)  
 15:40 **Donor site morbidity and graft ligamentization in bone-tendon-bone ACLr in football players** Tzoanos G (GRE)  
 15:48 **Is the ACL graft really weakest in the 8th-12th week after surgery?** Kacprzak B (POL)  
 15:56 *Discussion*

## PERFORMANCE ANALYSIS

- Chairs* Buckthorpe M (UK), Krutsch W (GER)  
 17:00 **Application of rule association to rehabilitation training design** Yung K (AUS)  
 17:08 **On-field rehabilitation in football: current practice and perceptions** Buckthorpe M (UK)  
 17:16 **When right is not quite right: inertial movement analysis in rehabilitation** Messer M (USA)  
 17:24 **A state-transition modeling on the football pitch as a performance tool** Cardoso dos Santos Durão LF (BRA)  
 17:32 **Physical demands and characteristics of football goalkeepers** Kaux JF (BEL)  
 17:40 **Construct validity of a new decreasing recovery intermittent test in soccer** Benedetti L (ITA)  
 17:48 **In-possession profile at the 2022 World Cup: differences across playing positions** Pinheiro G (BRA)  
 17:56 **Unravelling the coach's eye** Pranay (IND)  
 18:04 *Discussion*

## CASE REPORTS 2

- Chairs* Grabowsky R (POL), Pirotti E (UK)  
 12:00 **Conservative treatment of supraspinatus tear in an elite football goalkeepe** Duarte C (POR)  
 12:08 **Ileopsoas 2b muscle injury in an elite football player: return to play process** Fernandes A (POR)  
 12:16 **Return to sport after lateral meniscus surgery in a footballer: a case report** Gastaldo M (ITA)  
 12:24 **Slipping rib syndrome: a correct diagnosis to live again** Lassen C (ARG)  
 12:32 **Quantification of training load and exercise periodization in injury elite football player** Malizia G (ITA)  
 12:40 **Acute tibial tuberosity avulsion fracture in a male adolescent footballer** Meredith A (UK)  
 12:48 **A novel technique of acl reconstruction in an 11-year-old boy** Monaco E (ITA)  
 12:56 **An invasive elite footballers' ACL complete tear rehabilitation: a case study** Stergiou M (GRE)  
 13:04 **Rehabilitation of a tennis player: a spinal intervention for unilateral joint impingement syndrome** Stergiou M (GRE)  
 13:12 **Hyaluronic acid plus sorbitol for shoulder OA in a former volleyball player** Tarantino D (ITA)  
 13:20 *Discussion*  
 13:30 *Lunch Break*

## EPIDEMIOLOGY

- Chairs* Hagglund M (SWE), Jones H (POR)  
 15:00 **Epidemiology of Knee injuries and ACL tears in US collegiate football soccer** Chandran A (USA)  
 15:10 **Prevalence and burden of health problems in top-level football referees** Moen C (NOR)  
 15:20 **The congested international match calendar in male football** Pillay L (RSA)  
 15:30 **Epidemiology of anterior cruciate ligament injuries in Spanish LaLiga: when do they occur?** Olivares-Jabalera J (ESP)  
 15:40 **Goalkeepers: main injuries** Kaux JF (BEL)  
 15:50 **Effect of Covid-19 lockdown on football injuries in the Qatar stars league** Tabben M (QAT)  
 16:00 *Discussion*  
 16:30 *Break*

## MEDICAL ISSUES

- Chairs* Susta D (ITA), Zanobbi M (FRA)  
 17:00 **Nutrition knowledge & challenges of amateur women soccer players in South Africa** Motlanthe R (RSA)  
 17:08 **Concussion and neck strength: a review of current evidence** Ali N (UK)  
 17:16 **Multidisciplinary and personalized approach to concussion management in schools** Jonsson E (USA)  
 17:24 **Neck strengthening Vs visual tracking speed rehabilitation following concussion** Kakavas G (GRE)  
 17:32 **Effectiveness of vestibular rehabilitation after concussion: a systematic review** Pullano E (ITA)  
 17:40 **Descriptive study of oral health in paraguayan professional football players** Cardozo Sanchez C (PAR)  
 17:48 **Oral health screening in academy footballers in England; why is it important?** Konviser S (UK)  
 17:56 **Prevalence of Covid-19 among Japanese soccer club and pre-return assessment** Momoi Y (JAP)  
 18:04 **Specialized prevention of the stomatognathic pathologies for champions** Stamos A (GRE)  
 18:12 **Awaken your best – sleep intervention boosts performance in elite footballers** Schnorbach T (GER)  
 18:20 *Discussion*  
 18:30 *End of the day*



13:30 -15:00

**DIAGNOSTIC IMAGING & JOINT INJURIES - PG***Chairs* Brotto E (ITA), Zunarelli P (ITA)

- PG01 **Persistence and activity levels of primitive reflexes in soccer players** Bastiere J (FRA)
- PG02 **Rater training to enhance the reliability of hip range of motion measurements** Diaz-Cueli D (ESP)
- PG03 **Radiological parameters indicative of the risk of injury to the rectus femoris** Mechó S (ESP)
- PG04 **New radiologic parameters of the proximal tendinous complex of rectus femoris** Mechó S (ESP)
- PG06 **Factors in re-tear of meniscal repairs for isolated meniscal tears** Nagata N (JAP)
- PG07 **Osteochondral lesions or the talus, treatment by arthroscopy and by arthrotomy** Vaculik J (CZE)
- PG08 **A case of distal femur fracture, Salter Harris IV, occurred during football match** Pettinau A (ITA)
- PG09 **Knee surgery expectations survey - translation and cross-cultural adaptation** Oliveira M (BRA)

**CASE REPORTS 2 - PH***Chairs* Gamberini J (ITA), Olivari G (UK)

- PH01 **Surgical treatment of proximal rectus femoris tear in elite football players** Kamada K (JAP)
- PH02 **ACL reconstruction in a skeletally immature athlete** Verrone L (ARG)
- PH03 **Collagen type I injection treatment in medial gastrocnemius muscle injury** Fusi C (ITA)
- PH04 **Physiotherapy after femoroacetabular impingement on the example polish player** Chruscielowska D (POL)
- PH05 **Criteria-based protocol rehabilitation after ACL repair in a young footballer** Carozza P (ITA)
- PH06 **Return running after syndesmosis injury and lateral malleolus fracture** Zanotti F (ITA)
- PH07 **Return to sport after ACL reconstruction and meniscal repair** Gamberini J (ITA)
- PH08 **Extracorporeal shockwave therapy in 5th metatarsal base bone stress injury** Lin WT (TPE)

**EPIDEMIOLOGY & PERFORMANCE ANALYSIS - PL***Chairs* Frizziero A (ITA), Krutsch W (GER)

- PL01 **Injuries in international men's Sixes Lacrosse: a cohort study** Collier M (UK)
- PL02 **Epidemiology of injury and illness in the first women's national basketball league** Aljedaani E (KSA)
- PL03 **Injury incidence in professional football in South America: a 7-year study of on** Rossi IM (ARG)
- PL04 **The cross: goalkeeper coaches' perceptions & implications for injury prevention** Gramage-Medina K (BEL)
- PL05 **Mechanical demands in intense match phases and endurance capacity in soccer** Reinhardt L (GER)
- PL06 **Technical load varies according to small sided games size** Taurino F (ITA)
- PL07 **Musculoskeletal pain and injuries among university staff in Cameroon** Douryang M (CMR)

13:30 -15:00

**MEDICAL ISSUES & BRAIN HEALTH - PM***Chairs* Bhullar D (UK), Putukian M (USA),

- PM01 **BIVA parameters and body mass changes after a training session in soccer players** Lantignotti M (ITA)
- PM02 **Supplementation after total knee arthroplasty: a systematic review** Oliveira M (BRA)
- PM03 **Notekeeping across English football: the good, the bad & the athlete passport** Banerjee A (UK)
- PM04 **A case report of a paroxysmal supraventricular tachycardia of a young athlete** Taralov Z (BUL)
- PM05 **Desensitization treatment of visual induced dizziness in concussion patients** Agostino D (LUX)
- PM06 **Concussion in an elite male football Academy: lessons and recommendations** Amarnani R (UK)
- PM07 **Heading and neck strengthening: the need for a protocol in us soccer** Datta S (USA)
- PM08 **Hydration needs in football: a meta-analysis of current and novel approaches** Chana G (AUS)
- PM09 **Lack of time leads to red-s syndrome in a collegiate track and field athlete** Podia K (USA)

**REGENERATIVE MEDICINE - PN***Chairs* Boldrini L (ITA), De Caro F (ITA)

- PN01 **The role of load in cartilage regeneration with osteo-chondral scaffolds** Pes M (ITA)
- PN02 **Newly formulated trehalose-hyaluronic acid for knee osteoarthritis** Avio G (ITA)
- PN03 **Evaluating SVF injection in patients with severe knee osteoarthritis** Conte P (ITA)
- PN04 **Comparison of bioactive substances in PRP freeze-drying and various types of PRP** Nakajima R (JAP)
- PN05 **Is preoperative physiotherapy effective on Modified Broström procedure for CLAI?** Jeong H (KOR)

**YOUTH FOOTBALL - PP***Chairs* Buckthorpe M (UK), Okholm Kryger K (UK)

- PP01 **Seasonal changes in performance parameters of youth soccer players** Amatori S (ITA)
- PP02 **Meta-analysis of youth football player injuries in a Latin American club** Indaco A (QAT)
- PP03 **Risk factors for hamstring injuries among youth football players** Koyama T (JAP)
- PP05 **Assertiveness of the salus soccer report by field position from sub-14 to sub-20** Nodari Júnior RJ (BRA)
- PP06 **Relationship of muscle stiffness and performance markers in Academy footballers** Slack J (UK)
- PP07 **BFR training efficacy on lower limb strength in preadolescent athletes** Koronakis K (GRE)

**WORLD-CLASS PLAYER CARE FOR A BETTER GAME**

- Chairs* Carneiro E (UK), d'Hooghe M (BEL)  
 08:30 **Impact of player's health on availability and performance: when health scores goals** Meyer T (GER)  
 08:45 **Protecting women players' health in the growing demands of football** Mountjoy M (CAN)  
 09:00 **Saving players' lives: cardiac risk screening management in professional football** Sharma S (UK)  
 09:15 **Respiratory problems: the players' availability silent killer** Schwellnus M (RSA)  
 09:30 **Winning nutrition in the professional football setting** Tester E (UK)  
 09:45 *Discussion*  
 10:00 *Coffee Break*

**PLAYER PERFORMANCE SIGNATURES: WHAT METRICS MATTER?**

- Chairs* Gregson W (UK), Hunter F (UK)  
 10:30 **What are the performance criteria in return to performance?** Casagrande I (UK)  
 10:45 **Establishing a jumps/landing movement signature** Graham-Smith P (QAT)  
 11:00 **Creating a running based movement signature** Requena B (ESP)  
 11:15 **Measuring the movement signatures of explosive actions** Dodoo J (UK)  
 11:30 **Experience from US Professional Sports on what metrics matter** Falsone S (USA)  
 11:45 *Discussion*

**MAXIMISING OUTCOMES IN RETURN TO PERFORMANCE**

- Chairs* Datson N (UK), Davison M (UK)  
 12:00 **Positively disrupting the last phases of RTP** Buckthorpe M (UK)  
 12:15 **Periodisation of recovery to support Return to Performance** Thorpe R (USA)  
 12:30 **From theory to practice...nutrition strategies for RTP** Viar T (ESP)  
 12:45 **Practical interventions with orthotics & football boot modifications** O'Connor AM (UK)  
 13:00 **Reconditioning and fatigue management in RTP** Ferguson-Dillon E (GER)  
 13:15 *Discussion*  
 13:30 *Lunch Break*

**NEW-AGE THINKING IN ASSESSING CHANGE OF DIRECTION**

- Chairs* Bizzini M (SUI), Melegati G (ITA)  
 14:30 **The complex and damaging demands of decelerations in football** Harper D (UK)  
 14:45 **Assessing and changing COD mechanics with CMAS approach** Dos Santos T (UK)  
 15:00 **COD assessment in the context of primary and secondary ACL injury reduction** Tosarelli F (ITA)  
 15:15 **A biomechanically informed approach in ACL injury prevention** Weir G (USA)  
 15:30 **Clinical perspective on daily implementation of COD assessment and training** Lucarno S (ITA)  
 15:45 *Discussion*  
 16:00 *End of the Conference*

**NEXT GENERATION LEADERS  
 PUSHING THE PACE IN RECONDITIONING**

- Chairs* Bolling C (NED), Jones C (UK)  
 08:30 **KEYNOTE LECTURE** Knowles B (USA)  
 08:45 **Is lower H/q strength ratio a risk factor for a second ACL injury?** Högberg J (SWE)  
 08:55 **Lower limb muscle activity adaptations after Anterior Cruciate Ligament surgery** Mazeas J (FRA)  
 09:05 **Adductor strength in male footballers post-injury: a test position analysis** Serner A (SUI)  
 09:15 **Shoulder rotator strength and return to sport after shoulder Latarjet surgery** El Hariri B (FRA)  
 09:25 **Is deceleration load optimally restored in professional footballers after ACLr?** Picinini F (ITA)  
 09:35 **Symmetry in muscle function tests cannot determine safe RTS after ACLr** Simonsson R (SWE)  
 09:45 *Discussion*  
 10:00 *Coffee Break*

**BRITISH FOOTBALL  
 PLAYER HEALTH & PERFORMANCE FOR THE MOST DEMANDING LEAGUES IN THE WORLD**

- Chairs* Bennett P (UK), Mc Nally S (UK)  
 10:30 **Player protection and Performance optimization in High-Level Football - KEYNOTE LECTURE** Gillett M (UK)  
 10:45 **Player health and performance management. Chasing numbers: an inconvenient truth** Strudwick T (UK)  
 10:55 **Mind the Gap - optimising availability for an international tournament** Cavanagh B (UK)  
 11:05 **Health and Performance practical management for the elite female football player** Bruinvels G (UK)  
 11:15 **Player Health Care at the Professional Footballers Association** Bennett M (UK)  
 11:25 **Team behind the team: why and how to manage communication between departments** Abrantes A (UK)  
 11:35 *Discussion*

**BRITISH FOOTBALL  
 HOW TO REDUCE THE INJURY RISK IN AN INCREASINGLY INTENSE GAME**

- Chairs* Iqbal Z (UK), Tang A (UK)  
 12:00 **Injury prevention general management at the professional football level - KEYNOTE LECTURE** Clubb J (UK)  
 12:15 **The challenge of injury prevention in high level football** Fearn J (UK)  
 12:25 **Leicester Injury Risk and Performance management** Reeves M (UK)  
 12:35 **Injury risk reduction in female football** Bowen L (UK)  
 12:45 **A.I. technology for injury prevention in football** Ahmad I (UK)  
 12:55 **Isokinetic MAT test for Injury Prevention Screening in Football Players** Jones C (UK)  
 13:05 *Discussion*  
 13:30 *Lunch Break*

**BRITISH FOOTBALL  
 TOP-CLASS INJURY MANAGEMENT FOR TOP-CLASS FOOTBALL PLAYERS**

- Chairs* Cowie C (UK), Olmo J (UK)  
 14:30 **Orthopaedic Surgery Tales from the Premier League - KEYNOTE LECTURE** Williams A (UK)  
 14:45 **Player's Performance Profile: the RTP target** Nayler J (UK)  
 14:55 **London International Consensus and Delphi study on hamstring injuries** Paton B (UK)  
 15:05 **Injury management challenges in a Premier League Club** McCartan B (UK)  
 15:15 **Navigating the Storm: The use of objective data monitoring in the return to play of elite footballers** Greig N (UK)  
 15:25 **Excellent practice in injury management at the top level** Murphy D (UK)  
 15:35 **Clinical governance: a pillar of high performance in football** Broman D (UK)  
 15:45 *Discussion*  
 16:00 *End of the Conference*

## SPORTS DENTISTRY

Albert Room  
Saturday  
11:30 - 13:00



European Association for Sports Dentistry

## SPORTS DENTISTRY, A KEY FACTOR IN THE PURSUIT OF EXCELLENCE

*Chairs* Malliaropoulos N (GRE), Avgerinos S (GRE)  
11:30 **Introduction**  
11:40 **Sports Dentistry: challenges and potentials in competitive sports** Avgerinos S (GER)  
11:55 **The quest for excellence, sports dentistry at the starting grid** Stamos A (GRE)  
12:10 **Medical screening in elite sports and the role of Sports Dentistry** Pakravan A (UK)  
12:25 **Dental toxicology: effects in the competitive sports** Fritsch T (AUT)  
12:40 *Discussion, Q&A*

## ESSKA

Mountbatten Room  
Saturday  
13:00 - 14:15



## BONE MARROW LESIONS OF THE KNEE

*Lunch-box available for all participants*  
*Chairs* Zaffagnini S (ITA), Becker R (GER)  
13:00 **Bone marrow lesions - Is pathology always the same?** Kon E (ITA)  
13:10 **BML in MRI** Schäffeler C (SWI)  
13:20 **Knee pathologies and concomitant BML?** Kopf S (GER)  
13:30 **BML in athletes** Thoreux P (FRA)  
13:40 **Conservative treatment modalities** Laver L (ISR)  
13:50 **When and what type of surgery might be considered?** Andriolo L (ITA)  
14:00 *Discussion*

## FIDIA

Gielgud Room  
Saturday  
13:00 - 14:15



## ATHLETE CENTRIC APPROACH: THE MANAGEMENT OF MUSCULOSKELETAL DISORDERS

*Lunch-box available for all participant*  
13:00 **From patient centric approach to athlete centric approach to "Return To Play" earlier and better** Kon E (ITA)  
13:05 **Tendinopathy in the athlete: focus on Hyalotend to "Return To Play" earlier and better** Frizziero A (ITA)  
13:20 **Is Hymovis MO.RE. a proper player behind amateur and professional athlete?** Perticarini L (ITA)  
13:35 **Management of muscle and tendon lesion by Hy-Tissue PRP in athletes. Clinical Cases** Boni G (ITA)  
13:50 **My experience with Hy-Tissue SVF** Kon E (ITA)  
14:00 *Discussion*

## CRYO HEALTH

Albert Room  
Saturday  
13:00 - 14:15



## CUSTOMIZED RECOVERY, DURABLE PERFORMANCE

*Lunch-box available for all participants*  
*Chairs* Baudot C (FRA), Gregson W (UK)  
13:00 **Recovery strategies : linking science and practice** Abaidia BE (FRA)  
13:15 **Floatation-REST for mental recovery and rehabilitation** Feinstein J (USA)  
13:30 **Post-exercise Recovery: Cooling and Heating, a Periodized Approach** Thorpe R (UK)  
13:45 **Understanding the physiological mechanisms when using cooling modalities for recovery** Mohammed I (SGP)  
14:00 **Effects of compression garments on recovery. Applied proposals based on scientific evidences** Calleja-Gonzalez J (ESP)

## ISEH

Albert Room  
Saturday  
14:30 - 16:00



## BREATHING ISSUES IN FOOTBALLERS: GETTING THE DIAGNOSIS RIGHT

*Chairs* Hull J (UK), Wilson M (UK)  
14:30 **Assessing breathing issues in footballers** Wilson M (UK)  
14:45 **Breathing problems in footballers: getting the diagnosis right every time** Hull J (UK)  
15:00 **Live demonstration of continuous laryngoscopy during exercise + interactive discussion**

## ZONE7

Albert Room  
Saturday  
16:30 - 18:00



## HOW CAN AI BECOME AN ALLY TO PERFORMANCE AND MEDICAL STAFF?

16:30 **Introduction**  
16:45 **Presentation: applications of AI within High-Performance organisations** Ortigao H (POR)  
17:15 **Roundtable: implementation of AI into unique, High-Performance environments with SC Napoli's Dr. Raffaele Landolfi** Eliakim E (ISR), Landolfi R (ITA), Clubb J (UK)  
17:45 *Discussion*

## UEFA

Albert Room  
Sunday  
08:30 - 10:00



## UEFA-ERC GOAL CPR



## IGEA & ISMUL

Albert Room  
Sunday  
10:30 - 12:00



## THE ROLE OF BIOPHYSICAL STIMULATION IN MUSCULOSKELETAL DISORDERS

*Chairs* Maffulli N (ITA), Oliva F (ITA), Nanni G (ITA)  
10:30 **Osteoarthritis, multidisciplinary approach management** Frizziero A (ITA)  
10:45 **I One therapy in Bone marrow Edema** Lullini G (ITA)  
11:00 **Bone defect and multidisciplinary approach** Rifino F (ITA)  
11:15 **The role of I One therapy in foot and ankle cartilage disorders** Vannini F (ITA)  
11:30 *Discussion*

## ECOSEP

Mountbatten Room  
Sunday  
13:30 - 14:45



## IMAGING IN SPORTS AND EXERCISE MEDICINE - IS IMAGING TELLING US THE ENTIRE STORY?

*Lunch-box available for all participants*  
*Chairs* Malliaropoulos N (GRE), Tsapralis K (ITA)  
13:30 **Is US Imaging Telling Us the Entire Story? The Radiologists View** Chan O (UK)  
13:45 **Is US Imaging Telling Us the Entire Story? The Clinicians View** Malliaropoulos N (GRE)  
14:00 **Is MPI Imaging Telling Us the Entire Story? The Radiologists View** Vaidya S (UK)  
14:15 **Is MRI Imaging Telling Us the Entire Story? The Clinicians View** Maffulli N (ITA)  
14:30 *Discussion*

## GE HEALTHCARE

Gielgud Room  
Sunday  
13:30 - 14:45



## HOW ATHLETES CAN BENEFIT FROM THE TECHNOLOGIES IN HEALTHCARE

*Lunch-box available for all participants*  
*Chairs* Myers C (UK), Brereton L (UK)  
13:30 **Achieving the Edge with DXA - the Emerging Standard in High Performance Sport** Hind K (UK)  
13:50 **How ultrasound assessment of your athlete can impact your decisions** Myers C (UK), Laus R (UK), Orlandi D (ITA)  
14:30 *Q&A*



# Workshops

## DELFI & OWENS RECOVERY SCIENCE

Albert Room  
Sunday  
12:00 - 13:30



## APPLICATIONS OF BFR IN SPORT

- Chairs* Patterson S (UK)  
12:00 **Welcome and Intro to BRF**  
12:15 **BFR for Injury and Rehabilitation**  
12:40 **BFR for Pain Management**  
12:50 **Micro Dosing (High Frequency Training) with BRF**  
13:00 **BFR for Aerobic Performance**  
13:10 **BFR for Recovery**  
13:20 *Open Debate and Questions*

## CRYO HEALTH

Albert Room  
Sunday  
13:30 - 14:45



## CUSTOMIZED RECOVERY, DURABLE PERFORMANCE

- Lunch-box available for all participants*  
*Chairs* Baudot C (FRA), Schlumberger A (GER)  
13:30 **Understanding the physiological mechanisms when using heating modalities for recovery** Mohammed I (SGP)  
13:45 **Emerging Recovery Modalities for the Elite Athlete and their impact on physiology and subjective/objective recovery: Float-REST** Hagen J (USA)  
14:00 **Why you need to individualize your recovery strategy** Meyer T (GER)  
14:15 **Holistic Athlete Monitoring – Opportunities for Personalizing Recovery Strategies for the Elite Athlete** Hagen J (USA)  
14:30 **A periodised recovery strategy framework for the elite football player: Future direction** Gregson W (UK)

## SPORTFISIO IFSPT

Albert Room  
Sunday  
15:00 - 16:30



## CHALLENGES AND SHIFTS IN SPORTS PHYSIOTHERAPY

- Chairs* Gard S (SUI), Bizzini M (SUI)  
15:00 **Introduction** Gard S (SUI), Bizzini M (SUI)  
15:05 **Preventing knee OA** Whittaker J (CAN)  
15:20 **The brain in sports PT** Grooms D (USA)  
15:35 **Women in Sports PT** Ardern C (CAN), Kemp J (AUS), Whittaker J (CAN)  
16:00 *Discussion*

## THEIA

Albert Room  
Sunday  
17:00 - 18:30



## VIDEO-BASED BIOMECHANICAL ANALYSIS IN ELITE FOOTBALL

- Speaker:* Selbie S (CAN)  
17:00 **Introduction: History Of Motion Capture In Live Sports**  
17:05 **Joint Level Biomechanics: An Overview Of Pose Estimation**  
17:30 **Utility Of Pose Estimation In Functional Screening**  
17:45 **Case Study: Importance Of Efficient Data Collections**  
17:50 **Standardization Among Multi-Center Collections**  
18:00 **Challenges In Handling Big Data**  
18:05 *Discussion And Q&A*



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# POSTGRADUATE PROGRAMMES IN THE SCHOOL OF SPORT, EXERCISE AND REHABILITATION SCIENCES

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- Advanced Manipulative Physiotherapy PGDip/MSc
- Professional Doctorate in Sport and Exercise Science
- Manipulative Physiotherapy PGDip/MSc (Dubai)

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## MATTIA ZAMBALDI

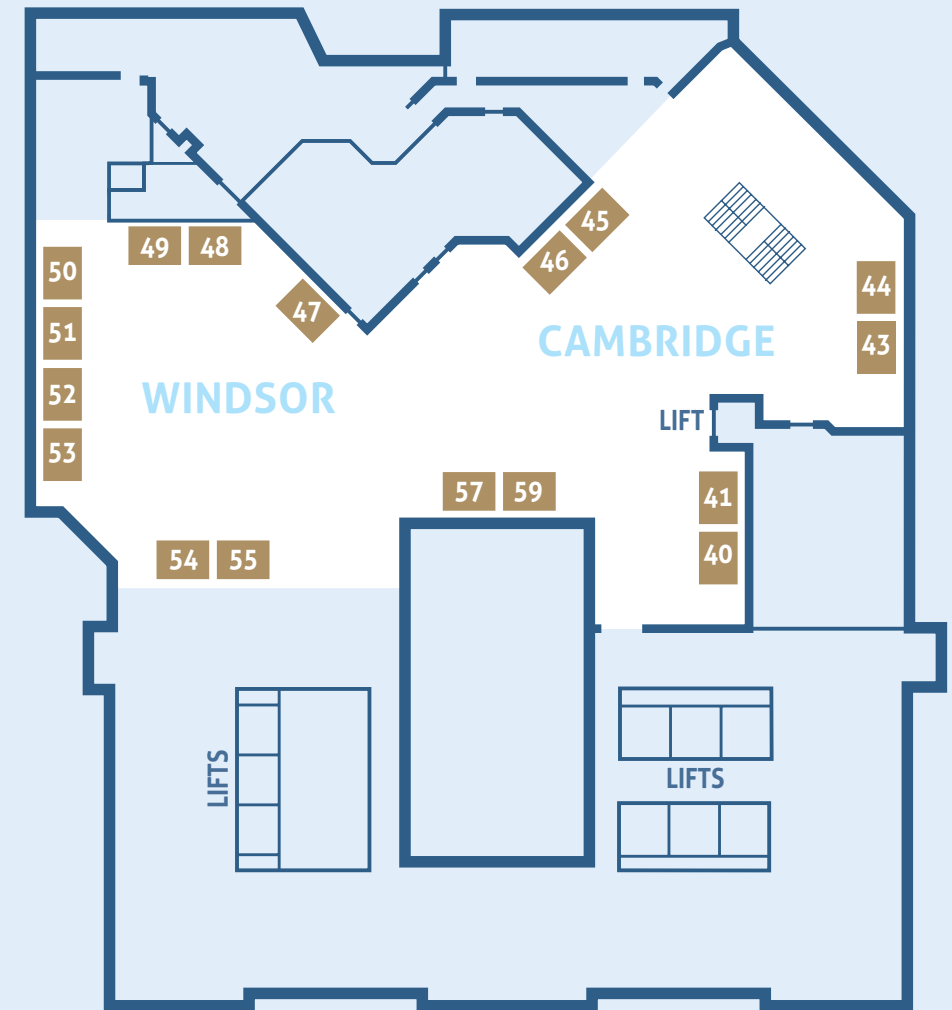
### MSc Exercise and Sports Medicine (Football) alumnus

'I studied Exercise and Sports Medicine (Football) at the University of Birmingham part-time while I was working in a third division professional football club in Italy. I would not hesitate to recommend this course, which I feel made a difference in allowing me to secure a position at Juventus Football Club. The award itself from such a prestigious University surely made my CV stand out among the others, but what I feel most important are the strong clinical reasoning skills I developed throughout the course particularly thanks to a top-class faculty of lecturers.'

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### BRITTEN

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- 10 GUNA
- 11 TECHNOGYM

### WHITTLE

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- 23 IGEA
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