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MEDICAL GROUP**

FIFA | MEDICAL CENTRE
OF EXCELLENCE



Hosted by

ATLÉTICO DE MADRID

FOOTBALL MEDICINE BRIDGING SCIENCE AND PRACTICE

 **Cívitas METROPOLITANO**

25th, 26th, 27th May 2024 - MADRID, Spain



**FINAL
PROGRAMME**

Local supporter



**Clínica
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PRACTICAL INFORMATION

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



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Complimentary refreshment will be served during coffee and lunch breaks in the Exhibit Areas.

ISOKINETIC POINT

Isokinetic Medical Group staff is available at the 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 Registration Area anytime during the Conference.



CONTACT US

You can always contact us at conference@isokinetic.com

PATRONAGE

We are proud to announce that both ESSKA and ISAKOS have provided their patronage to the Isokinetic Conference.



GETTING TO AND FROM THE STADIUM

- By car: onsite there is a huge free parking all around the Stadium
- By metro: the closest Metro stop is the "Estadio Metropolitano", corresponding to Line 7 (orange)
- By bus: five lines connect the metropolitan area of Madrid with the Stadium: 28, 38, 48, 140, E2
- By UBER: in Spain the Uber APP is used frequently, so feel free to use it to get a car
- By taxi: outside the stadium there's a taxi point where you should find taxis at the end of the Conference days. If you don't find any taxi available, you can contact one of the following numbers (+34 for Spain): 913712131, 914051213, 915478200.

VENUE PLAN

TRIBUNA

GROUND FLOOR
Official Welcome
Traditional Sessions
Contest and Poster Ceremony

AUDITORIO

-1 FLOOR
Traditional Sessions
Open Debates
Next Generation Leaders
Latin Football
Workshops

SUROESTE

GROUND FLOOR
Traditional Sessions
Next Generation Leaders
Workshops

CLUB NORTE

+1 FLOOR
Oral Communications
Workshops

NOROESTE -1

-1 FLOOR
Oral Communications
Contest
Workshop

FLEXIBOX 1

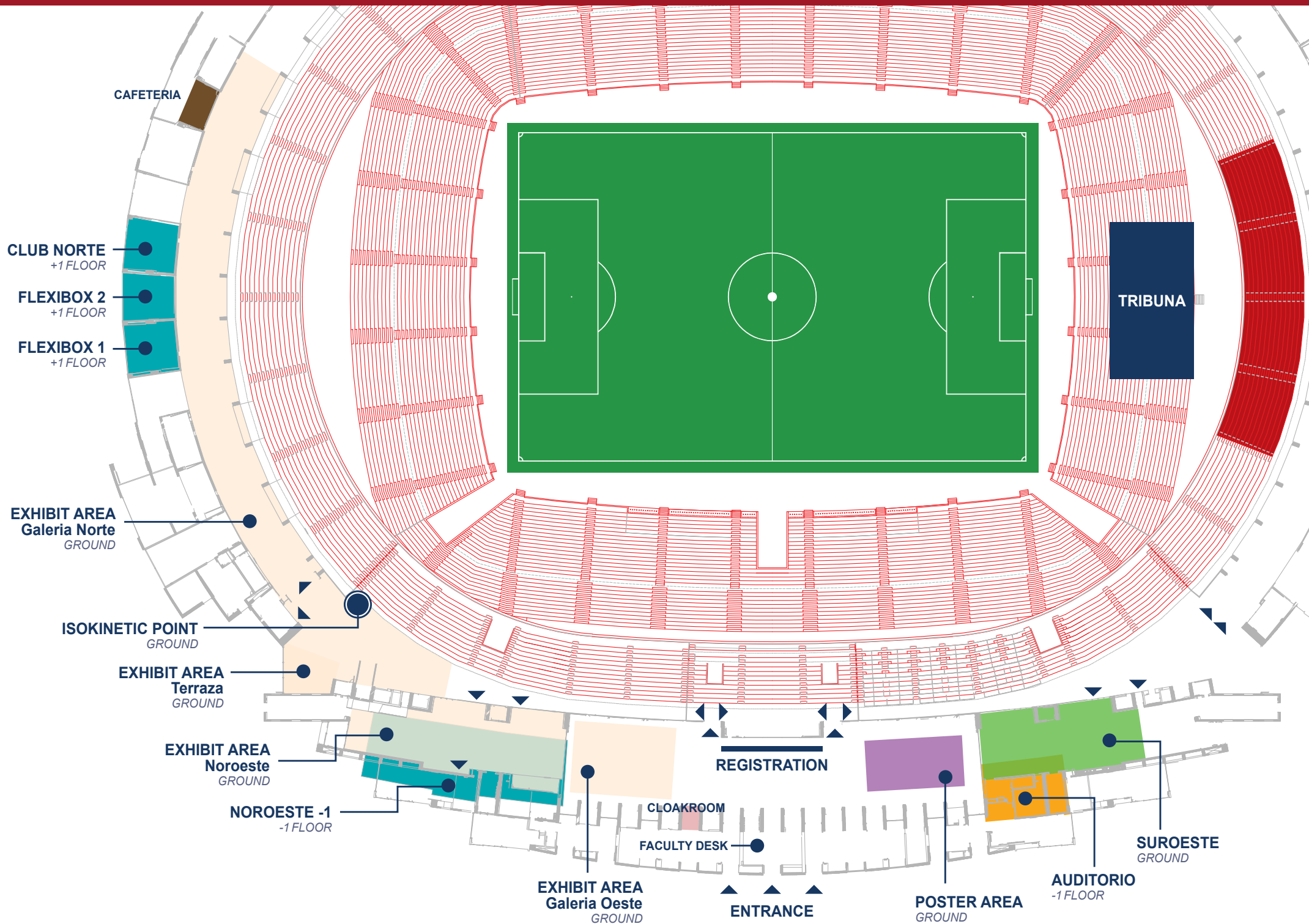
+1 FLOOR
Oral Communications
Workshops

FLEXIBOX 2

+1 FLOOR
Workshops

POSTER AREA

GROUND FLOOR
Posters



SCHEDULE SUMMARY

SATURDAY 25th MAY



TRIBUNA	AUDITORIO	SUROESTE	CLUB NORTE	NOROESTE -1	FLEXIBOX 1	FLEXIBOX 2	POSTER AREA
GROUND FLOOR	-1 FLOOR	GROUND FLOOR	+1 FLOOR	-1 FLOOR	+1 FLOOR	+1 FLOOR	GROUND FLOOR

9:00 9:30	OFFICIAL WELCOME							9:00 9:30	
9:30 10:15	THE CHALLENGE OF BRIDGING SCIENCE AND PRACTICE							10:15 11:00	
10:15 11:00								10:15 11:00	
11:00 11:30	<i>coffee break</i>			<i>coffee break</i>				11:00 11:30	
11:30 12:15	MIND THE GAP IN ACL INJURIES	REGENERATIVE MEDICINE IN FOOTBALLERS	<i>FIFA Medical Symposium</i> PLANNING FOR THE BEST ON-PITCH MEDICAL SERVICES	MUSCLE AND TENDON INJURIES	YOUTH FOOTBALL	CASE REPORTS ANKLE AND KNEE	DGSZM SPORTS DENTISTRY <i>Workshop</i>	11:30 12:15	
12:15 13:00									
13:00 13:30	<i>lunch break</i>				<i>lunch break</i>			13:00 13:30	
13:30 14:30	<i>lunch break</i>	ESSKA <i>Workshop</i>	FIFA <i>Workshop</i>	FIDIA <i>Workshop</i>	<i>lunch break</i>			<i>Posters</i> PA - PB - PC - PD - PE - PF	13:30 14:30
14:30 15:15	MATCHING NEUROSCIENCE AND BIOMECHANICS IN FOOTBALL	PATELLOFEMORAL JOINT INSTABILITY - WHAT TO DO	WHAT'S NEW IN HAMSTRING INJURIES	ORTHOBIOLOGICS	CONTEST FINALS SESSION 1	CASE REPORTS ACL	GE HEALTHCARE <i>Workshop</i>	14:30 15:15	
15:15 16:00		PATELLOFEMORAL PAIN TREATMENT							
16:00 16:30	<i>coffee break</i>			<i>coffee break</i>				16:00 16:30	
16:30 17:15	GROIN PAIN: SCIENCE AND PRACTICAL TRICKS	MUSCLE STRENGTH RECOVERY AFTER KNEE SURGERY	ACL INJURIES: FROM SURGERY TO RETURN TO PLAY	BIOMECHANICS AND INJURY PREVENTION	CONTEST FINALS SESSION 2	CASE REPORTS MUSCLES AND TENDONS	THERMOHUMAN <i>Workshop</i>	16:30 17:15	
17:15 18:00		NEUROCOGNITIVE ENRICHED REHABILITATION							

SCHEDULE SUMMARY

SUNDAY 26th MAY



TRIBUNA	AUDITORIO	SUROESTE	CLUB NORTE	NOROESTE -1	FLEXIBOX 1	FLEXIBOX 2	POSTER AREA
GROUND FLOOR	-1 FLOOR	GROUND FLOOR	+1 FLOOR	-1 FLOOR	+1 FLOOR	+1 FLOOR	GROUND FLOOR

8:00 8:30								8:00 8:30		
8:30 9:15	UEFA ELITE CLUB INJURY STUDIES: PEARLS & PITFALLS FOR MUSCLE AND ACL INJURY PREVENTION	LOW BACK INJURIES IN FOOTBALLERS		ACL - SURGERY	WOMEN FOOTBALL	FOOTBALL PERFORMANCE ANALYSIS	UEFA PRACTICAL Workshop	8:30 9:15		
9:15 10:00								9:15 10:00		
10:00 10:30	coffee break				coffee break				10:00 10:30	
10:30 11:15	THE BEST ROUTE FOR HAMSTRINGS	ACL INJURIES SURGERY VS NON SURGERY	NEWS IN BIOMECHANICS & VIDEO ANALYSIS	ACL - FUNCTIONAL RECOVERY	HIP AND GROIN	EPIDEMIOLOGY AND IMAGING	DELFI Workshop	10:30 11:15		
11:15 12:00		MCL INJURIES SURGERY VS NON SURGERY						11:15 12:00		
12:00 12:45	WORLD CLASS SCIENCE AND PRACTICE FOR KNEE INJURIES	GOVERNING THE CONTEXT OF FOOTBALL	FUNCTIONAL REHABILITATION & PHYSICAL THERAPIES	ACL - FROM INJURY TO OUTCOMES	HAMSTRING INJURIES	ANKLE AND ACHILLES TENDON	AEOD SPORTS DENTISTRY Workshop	12:00 12:45		
12:45 13:30		NEW PRACTICES IN PAIN CONTROL AND TISSUE HEALING						12:45 13:30		
13:30 14:00	lunch break				lunch break				13:30 14:00	
14:00 15:00	lunch break	ICRS - FIFA Workshop	ISAKOS Workshop	SETRADE Workshop	SOLUTEX Workshop		AVANOS Workshop	Posters PG - PH - PL - PM - PN - PO	14:00 15:00	
15:00 15:45	THE FOOTBALLER'S LEG: ACHILLES TENDON & BEYOND	CONCUSSION - HOW TO TACKLE	PRIMARY AND SECONDARY INJURY PREVENTION	ACL - RETURN TO PLAY	REHABILITATION AND RECONDITIONING	FOOTBALL ORTHOPAEDICS		15:00 15:45		
15:45 16:30		CARDIOLOGICAL ISSUES IN FOOTBALLERS					APTISSEN Workshop	15:45 16:30		
16:30 17:00	CONTEST & POSTER CEREMONY	coffee break				coffee break				16:30 17:00
17:00 17:45	HIGH ANKLE SPRAINS AND SYNDESMOSIS INJURIES	THE GOALKEEPER'S SHOULDER	INNOVATIVE TOPICS IN WOMEN'S FOOTBALL MEDICINE	ACL - PSYCHOLOGICAL READINESS AND BEYOND	FUNCTIONAL ASSESSMENT	CONCUSSION AND MEDICAL ISSUES	LIFE UNIVERSITY Workshop	17:00 17:45		
17:45 18:30								17:45 18:30		

SCHEDULE SUMMARY

MONDAY 27th MAY

			
Traditional Sessions	Next Generation Leaders	Latin Football	Workshops

	TRIBUNA GROUND FLOOR	AUDITORIO -1 FLOOR	FLEXIBOX 1 +1 FLOOR
8:30 9:30	MANAGING PATELLAR TENDON INJURIES IN FOOTBALLERS	INNOVATIONS IN FOOTBALL RECONDITIONING	GE HEALTHCARE Workshop
9:30 10:00			
10:00 10:30	coffee break		
10:30 11:15	MANAGING THE MOST FREQUENT MUSCLE INJURIES	TOP CLUBS' BEST PRACTICES	GE HEALTHCARE Workshop
11:15 12:00			
12:00 12:45	ON-FIELD REHABILITATION: THE KEY FOR COMPLETE RECOVERY	INJURY MANAGEMENT FOR SAFE RETURN TO PLAY	
12:45 13:30			
13:30 14:30	lunch break		
14:30 15:00	BIOMECHANICS AND FUNCTIONAL ASSESSMENT IN RTP	MAXIMIZING PERFORMANCE FOR THE BEAUTY OF THE GAME	ECOSEP Workshop
15:00 16:00			

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Official Welcome

09:00 Della Villa F (ITA) - Massey A (SUI)

The challenge of bridging science & practice*Chairs* Della Villa S (ITA) - Massey A (SUI)09:30 **Past, present and future challenges in Football Medicine: ACL and beyond** Mandelbaum B (USA)09:45 **Science translation into practice: a challenging journey** Filardo G (ITA)10:00 **Bridging science and practice in MLS: the sports physician's perspective** Putukian M (USA)10:15 **Improving the impact of medical research in football globally** Serner A (SUI)10:30 **If you wish to bridge, do not forget the context of football** Bolling C (NED)10:45 *Discussion*11:00 *Coffee Break***Mind the gap in ACL injuries***Chairs* Gobbi A (ITA) - Musahl V (USA)11:30 **ACL in women's football: what's happening and what's next?** Webster K (AUS)11:45 **Perfecting ACL surgery for football players: a never-ending process** Williams A (UK)12:00 **Surgery and post-surgical strategies to reduce the 2nd ACL injury** Fink C (AUT)12:15 **Integrating neurocognition into late-stage rehabilitation after ACL reconstruction** Gokeler A (GER)12:30 **Optimizing RTP process after ACLR: a practical approach** Buckthorpe M (UK)12:45 *Discussion*13:00 *Lunch Break***Matching neuroscience and biomechanics in football***Chairs* Arundale A (USA) - Saris D (USA)14:30 **Football players' mental focus: where is it directed during a match?** Jordet G (NOR)14:45 **The neuroscience of ACL injury risk** Grooms D (USA)15:00 **Integrating neuroscience into ACL injury prevention: How do we train the brain?** Myer G (USA)15:15 **Translating basic science to elite performance for muscle recovery** Lepley L (USA)15:30 **Neuroscience application to fight AMI: a surgeon's perspective and practical advice**

Sonnery-Cottet B (FRA)

15:45 *Discussion*16:00 *Coffee Break***Groin pain: science and practical tricks***Chairs* Dijkstra P (QAT) - Muschawek U (GER)16:30 **Tricks of the trade in dealing with groin pain: classification and first clinical approach** Weir A (NED)16:45 **Groin & pelvic injuries in the young football player: a rising problem?** Andersen TE (NOR)17:00 **When the scalpel is an option: the best approach to professional players** Schilders E (UK)17:15 **ABC in functional recovery for groin patients: science into practice** Kemp J (AUS)17:30 **A dynamic biomechanical approach to adductor-related groin pain** Olmo J (UK)17:45 *Discussion*18:00 *End of the day***Regenerative medicine in footballers***Chairs* Guillén I (ESP) - Guillén P (ESP) - Marcacci M (ITA)11:30 **Cellular therapy in regenerative medicine: is this the future?** Guillén I (ESP)11:45 **Science in practice when using cells: tips from the ESSKA consensus** De Girolamo L (ITA)12:00 **Expanded mesenchymal stem cells in Football Medicine** Rodas G (ESP)12:15 **Regenerative medicine treatments for football players: the South American experience** Cohen C (BRA)12:30 **Orthobiological practice in top-level football: key take-home messages** Cugat R (ESP)12:45 *Discussion*13:00 *Lunch Break***ESSKA Scientific Workshop****ACL injury prevention: from primary to secondary***Chairs* Prill R (GER) - Thoreux P (FRA)13:30 **Primary ACL injury risk factors and prevention: where are we now?** Myer G (USA)13:42 **ACL injury prevention for all program: an ESSKA initiative** Patt T (NED)13:54 **Updated surgical strategies to prevent the ipsilateral 2nd ACL injury** Verdonk P (BEL)14:06 **Modifiable factors to reduce 2nd ACL injuries** Gokeler A (GER)14:18 *Discussion*14:30 - 15:15 **Open Debate****Patellofemoral joint instability - What to do***Chair* Arendt E (USA)*Presenter* **First time patellar dislocation an MRI to set the immediate treatment** - Dejour D (FRA)*Debaters* Tsapralis K (GRE) - Margheritini F (ITA) - Chaput M (USA)15:15 - 16:00 **Open Debate****Patellofemoral pain treatment***Chair* Arendt E (USA)*Presenter* **Treatment of patellofemoral joint disorders: a proximal approach** - Powers C (USA)*Debaters* Neyret F (FRA) - Holden S (IRL)16:00 *Coffee Break*16:30 - 17:15 **Open Debate****Muscle strength recovery after knee surgery***Chair* Whittaker J (CAN)*Presenter* Hamrin-Senorski E (SWE)*Debaters* Zanuso S (ITA) - Saris D (USA) - Ek L (ITA)17:15 - 18:00 **Open Debate****Neurocognitive enriched rehabilitation***Chair* Whittaker J (CAN)*Presenter* Dingenen B (BEL)*Debaters* Grooms D (USA) - Gokeler A (GER)18:00 *End of the day*

FIFA Medical symposium: planning for the best on-pitch medical services*Chairs* Massey A (SUI) - Serner A (SUI)11:30 **Preparing for success: World Cup for medical teams** Grimm K (SUI)11:45 **Are you ready for an on-pitch emergency?** Gordon J (UK)12:00 **It's human nature: understanding behaviour in emergencies** Thomson K (UK)12:15 **Head injuries: at-risk situations and spotting serious incidents** Peek K (AUS)12:30 **Get your head right: assessment on the pitch** Araujo J (POR)12:45 *Discussion*13:00 *Lunch Break***FIFA Workshop - Implementing injury and illness surveillance in football: why and how***Chair* Clarsen B (NOR)13:30 **Global injury and illness surveillance in football** Clarsen B (NOR)13:40 **Injury surveillance in African football** Mkumbuzi N (RSA)13:50 **Barriers and facilitators for surveillance implementation in Asia** Tabben M (QAT)14:00 **Implementation of surveillance in elite football in Europe: Lessons learned from the UEFA Elite Club Injury Study** Waldén M (SWE)14:10 *Discussion***Next Generation Leaders****What's new in hamstring injuries***Chairs* Isla Paredes E (ESP) - Varandas F (POR)14:30 **Keynote lecture - The future of hamstring injuries management and prevention** Van Dyk N (IRL)14:45 **Epidemiology of hamstring tears in US collegiate football (soccer)** Chandran A (USA)14:55 **Unveiling hamstring injuries in elite women's football with video analysis** Pellegrini A (ITA)15:05 **Isometric strength deficits exist in players with previous and future HSI** McIntyre M (IRL)15:15 **Brain-muscle coupling in footballers with and without hamstring injury history** Correia J (POR)15:25 **A systematic review grading the evidence about hamstring return-to-play criteria** Pecci J (ESP)15:35 **GPS workloads and on-field rehabilitation in footballers after hamstring injury** Galassi L (ITA)15:45 *Discussion*16:00 *Coffee Break***Next Generation Leaders****ACL injuries - from surgery to return to play***Chairs* Denti M (ITA) - Zorzi C (ITA)16:30 **Keynote Lecture - From ACL surgery to the field: the Pittsburgh UPMC experience** Musahl V (USA)16:45 **Keynote Lecture - From the ACL surgery to the field: the New York HSS experience** Williams R (USA)17:00 **Second injuries rate after ACLr & LET with HS in 318 teenagers** Lucidi GA (ITA)17:10 **Role of age on survival of ACL primary repair at minimum 5-year follow-up.** Rilk S (USA)17:20 **3-D kinematic analysis and re-injury rates in professional athletes post ACLr** McGinness L (AUS)17:30 **Pediatric vs adolescent return to sport after ACL reconstruction** Piussi R (SWE)17:40 **Quad autograft outcomes are similar to hamstring + LET after ACL reconstruction**

Economopoulos K (USA)

17:50 **How do young athletes define quality of life while dealing with ACL injury?** Marmura H (CAN)18:00 *Discussion*18:15 *End of the day***MUSCLE AND TENDON INJURIES***Chairs* De Caro F (ITA) - Frizziero A (ITA)11:30 **Strength effects of the Copenhagen adduction vs an adductor squeeze exercise** Pippas C (GRE)11:39 **Recalcitrant patellar tendinopathy: surgical and stem cell treatment for athlete** Baldassarri M (ITA)11:48 **Use of a bioinductive hyaluronic acid in tendinopathies in sport patients** Diaferia G (ITA)12:57 **Treatment strategies for core muscle injury: a systematic review** De Castro Fernandes JV (ESP)12:06 **Combined treatment of ESWT on hamstring tendinopathy in a group of athletes** Vulpiani MC (ITA)12:15 **A 6-week nordic eccentric training with or without feedback in Rugby Union** Chavarro-Nieto C (NZL)12:24 **Systematic review of preventive nordic curl exercise in football players** García Rodríguez DX (ESP)12:33 **Assessment of myotendinous injuries on professional athletes using fusion MRI-US** Wong On M (ESP)12:42 *Discussion*13:00 *Lunch Break***ORTHOBIOLOGICS***Chairs* Chomiak J (CZE) - Di Martino A (ITA)14:30 **Leukocytes do not influence the outcome of PRP injections: a double-blind RCT** Romandini I (ITA)14:39 **PRP for knee OA: the improvement is influenced by the platelet concentration** Bensa A (SUI)14:48 **Clinical outcome of 21 elite athletes treated with HD-ACI: 8-year follow-up** Guillén-Vicente I (ESP)14:57 **Assessing of HD-ACI efficacy in simultaneous treatment of ACL and chondral lesion** Guillén-Vicente I (ESP)15:06 **Patellar tendinopathy: treatment approach with stromal vascular fraction** Facchini G (ITA)15:15 **Stem cell plus hyaluronic acid in early knee osteoarthritis of amateur athletes** Baldassarri M (ITA)15:24 **Seeding of chondrocytes and orthobiologics in chondral injuries in the knee** Antezana A (COL)15:33 **Intrameniscal injection of Condrotide® for degenerative meniscal tears** Ruosi L (ITA)15:42 **Subchondroplasty procedure of the knee: preliminary results up to 2 years** Anzillotti G (ITA)15:51 *Discussion*16:00 *Coffee Break***BIOMECHANICS AND INJURY PREVENTION***Chairs* Klein C (GER) - Tosarelli F (ITA)16:30 **Fewer injuries for less money: health economics to change the sports medicine** Babalyuk D (UK)16:39 **Effect of an ACL prevention programme on dynamic knee valgus in female football** Ambrus M (HUN)16:48 **Influence of knee biomechanics during depth jump on ACL injury in professional female soccer players and its relationship to ankle impact** Nunez J (ESP)16:57 **Wingate test effect on torque production in women** Bravo-Sánchez A (ESP)17:06 **Biomechanics driven ACL injury prevention program in elite rugby players** Spolaor F (ITA)17:15 **Instrumentation and analysis method affect drop jump performance evaluation** Chalitsios C (GRE)17:24 **Video analysis of lower extremity injury mechanisms in soccer: systematic review** Xiao M (USA)17:33 **Higher eccentric hamstring muscle fatigue in young male basketball athletes** Nutarelli S (SUI)17:42 **Getting more in shoulder rehabilitation programs: proposal of new applications of real-time video feedback neuromuscular training** Orlando A (ITA)17:51 *Discussion*18:00 *End of the day*

YOUTH FOOTBALL

Chairs Azzini M (ITA) - Bizzini M (SUI)

- 11:30 Relationship between RAE, personality constructs and achievement level in soccer Bolckmans S (BEL)
 11:39 Estimating somatic maturity in youth football players: evaluation of methods Monasterio X (ESP)
 11:48 Medical after-care for de-selected youth football players Carmody S (UK)
 11:57 The association of bowleg in elite youth soccer players and injury frequency Henze A (GER)
 12:06 Effect of soccer specific fatigue on balance in youth players Teknaz M (TUR)
 12:15 A preliminary study validity on efficiency of sleep in elite soccer players Benedetti L (ITA)
 12:24 Associations between indicators of external and internal load in youth football Kyprianou E (USA)
 12:33 Results of meniscal repair for complex lateral meniscal tear in young footballer Onishi S (JAP)
 12:42 Discussion

13:00 Lunch Break

CONTEST FINALS - SESSION 1

Judges Delcogliano A (ITA), Hambly K (UK), Silvers H (USA), Zago M (ITA)

- 14:30 Complex 3-year rehabilitation journey in a professional ballet dancer Marin V (UK)
 14:42 ACL rehabilitation: remember the brain Sharp N (AUS)
 14:54 Spontaneous healing of the ACL: myth or reality? Picinini F (UK)
 15:06 Neurocognitive approach in ACL injury: a case report in female football player González J (ESP)
 15:18 Return to play after multiple, bilateral, ACL injuries and reconstructions Compagnin A (UK)
 15:30 How a professional goalkeeper, became Mr ACL Rahimi Khoygani M (ITA)
 15:42 My feelings are better than my marks Martinez P (ESP)
 15:54 End of the Session

16:00 Coffee Break

CONTEST FINALS - SESSION 2

Judges Delcogliano A (ITA), Hambly K (UK), Silvers H (USA), Zago M (ITA)

- 16:30 Partial plantar fascia tear in a professional female footballer Jagielo A (USA)
 16:42 Multimodal conservative treatment for recalcitrant Achilles tendinopathy Tarantino D (ITA)
 16:54 Genetics and football: optimizing performance and reducing injury risk Yakimov I (BUL)
 17:06 Use of surface EMG in muscle injury: a case report in female football player Breña F (ESP)
 17:18 Proximal adductor avulsion: exercise-based treatment and one-year follow-up Di Renzi M (ITA)
 17:30 Weber type C ankle fracture in a soccer player: from injury to the field Bianchi M (BRA)
 17:42 Tibiofibular syndesmosis injury from injury to return to sport Wojtowicz B (POL)
 17:54 End of the Session

18:00 End of the day

CASE REPORTS - ANKLE AND KNEE

Chairs Jones H (POR) - Zanon G (ITA)

- 11:30 Accelerated deltoid ligament rupture recovery in RCD Mallorca: a case report Munoz-Macho A (ESP)
 11:39 Touchdown ankle recovery: a case of an American footballer Colley K (USA)
 11:48 A youthful twist: triplane ankle fracture and AITFL injury in a young footballer Troyer W (USA)
 11:57 Return to play journey of a U21 football player: a holistic monitoring approach Zavagni M (UK)
 12:06 Lesions of the posterior medial corner of the knee that you should not miss Rauer T (SUI)
 12:15 Defying the scalpel: preserving the meniscus and conquering the parameniscal cyst Verduyn C (BEL)
 12:24 Excision of intra-articular knee heterotopic ossification with a 70° arthroscope Hoffer A (USA)
 12:33 Broken dreams? A clavicle fracture 7 months before in classified Olympic rowe Carnero Diaz A (ESP)
 12:42 Discussion

13:00 Lunch Break

CASE REPORTS - ACL

Chairs Lo Presti M (ITA) - van Den Steen E (BEL)

- 14:30 Use of the eccentric isokinetic machine in a footballer's recovery after ACLr Mezzasalma F (ITA)
 14:39 Elite football's comeback: overcoming ACL graft re-tear with lateral tenodesis Issaragrisil P (THA)
 14:48 BFR training in rehabilitation after Anterior Cruciate Ligament reconstruction Bartkowiak M (POL)
 14:57 ACL reconstruction with contralateral patellar graft in soccer player: rapid RTP de Castro Fernandes JV (BRA)
 15:06 Conservative treatment of a peroneal nerve injury post ACL surgery Gayoso A (PAR)
 15:15 A holistic journey in elite female football ACL rehabilitation Stergiou M (GRE)
 15:24 Anterior Cruciate Ligament conservative treatment: a case report Dorgham H (EGY)
 15:33 Conservative Virtual rehab of ACL tear in a young football player: from Telerehabilitation to Return to Sport D'Ambra C (ITA)
 15:42 Road to recovery after a complex knee injury of an elite soccer player Lioungkos K (GRE)
 15:51 Discussion

16:00 Coffee Break

CASE REPORTS - MUSCLES AND TENDONS

Chairs Nanni G (ITA) - Pereira M (ITA)

- 16:30 Hamstrings T-junction surgical repair: an elite footballer's RTP journey Marano M (SUI)
 16:39 Dealing with hamstring injuries nightmare: a case report Iriarte I (ESP)
 16:48 Hamstring injury rehabilitation in professional football: collaboration is the key to success Flore Z (GER)
 16:57 Quantifying soccer technical actions following a rectus femoris injury Bearman H (UK)
 17:06 Adductor longus proximal tears: a report of non-surgical treatment Ricupito R (ITA)
 17:15 Shockwave therapy shows excellent results for treating peroneus longus tears Culebras Almeida A (SUI)
 17:24 The value of functional diagnostics in preventing football injuries through the use of Tensiomyography (TMG) Enaba I (EGY)
 17:33 Thermography, CMJ, cortisol and GPS to support biceps femoris grade two rehab Fernandez-Cuevas I (ESP)
 17:42 Discussion

18:00 End of the day

13:30-14:30

ACL INJURIES - SESSION 1*Chairs* Gamberini J (ITA) - Lucenteforte G (ITA)

- PA1 **INS > 2mm is associated with lateral meniscus tear and non-spherical condyle** Carminatti T (BRA)
- PA2 **ACL reinjury and patella fracture in a professional female football player** Azzini M (ITA)
- PA3 **Anterior cruciate ligament's unfair game: hamstring hero, vastus medialis zero?** Adanir S (TUR)
- PA4 **Return to sport after conservative treatment for ACL injury in a young basketball player** Gamberini J (ITA)
- PA5 **Use of AposTherapy in ACLr rehabilitation to reduce risk of 2nd ACL-injury** Elzein I (LBA)
- PA6 **Effects of neuromotor training on kinesiophobia and fear of reinjury after ACLr** Maccioccu C (ITA)
- PA7 **The knee numeric-entity evaluation score (knees-ACL) English translation** Marmura H (CAN)
- PA8 **Isokinetic strength recovery after ACL reconstruction: our experience** Riosa T (ITA)
- PA9 **Cyclops syndrome after anterior cruciate ligament reconstruction** Verrone L (ITA)

CASE REPORTS*Chairs* Gastaldo M (ITA) - Lucarno S (ITA)

- PB1 **Optimising recovery process through telerehabilitation in acute phase after ARCR** Anderlini M (ITA)
- PB2 **Case series of ischial apophysitis in elite football Academy** Gökçay O (TUR)
- PB3 **Groin injury in a rugby player treated with platelet-rich plasma: a case report** Ishii H (USA)
- PB4 **PES anserinus isolated avulsion. Diagnosis & management with aggressive protocol** Lioungkos K (GRE)
- PB5 **Conservative management of partial Achilles tendon rupture** Piskopakis A (GRE)
- PB6 **Revision surgery after PCL reconstruction due to septic arthritis** Perez-Salazar D (MEX)
- PB7 **Platelet rich plasma augmentation in bone marrow edema syndrome case report** Perez-Salazar D (MEX)
- PB8 **Autologous chondrocyte implantation in veteran elite athlete** Sobrino Serrano F (ESP)
- PB9 **Osteomyelitis of the pubic symphysis in a high school football player** Suzuki N (JAP)
- PB10 **ACL reinjury in young basketball player: importance of the isokinetic test and the movement analysis test** Rovira D (ITA)

MUSCLE - TENDON - JOINT INJURIES*Chairs* Pirotti E (UK) - Tomaello L (ITA)

- PC1 **Are there any difference between men's and women's hamstring injuries in soccer?** Pellegrini A (ITA)
- PC2 **Unlocking your posterior chain: neuroathletic training's instant impact** Dulger A (TUR)
- PC3 **Pain, MRI and return to play from hamstring injuries in elite male footballers** Martin-Garetxana I (ESP)
- PC4 **Bridging science and practice: a case report of rectus femoris injury in a professional football player** Finocchiaro G (ITA)
- PC5 **Patellofemoral OA in former professional and recreational football players** Ferré-Aniorte A (ESP)
- PC6 **The importance of a proper assessment. A case report of an ankle fracture** Giachetti S (ITA)
- PC7 **A tale of muscles and pressure: how to strengthen wobbly ankles with focusing** Karatas CS (TUR)
- PC8 **Avulsion patella fracture with patellar-tendon rupture in elite footballer** Theos C (GRE)
- PC9 **Osgood - Schlatter avulsion fracture in an elite young athlete: a case report** Theos C (GRE)
- PC10 **Ideal path of functional recovery for return to play associated with collagen MD-TISSUE** Cera A (ITA)

13:30-14:30

IMAGING*Chairs* Padron M (ESP) - Zunarelli P (ITA)

- PD1 **Unveiling knee secrets: IFC ratio's role in ACL meniscus injuries** Sivavetpikul K (THA)
- PD2 **MRI lisfranc ligament complex injuries** Taylor A (AUS)
- PD3 **Adipose tissue thickness ultrasound measure correlating with serum cholesterol** Yamamoto N (JAP)
- PD4 **Ultrasound-guided monitoring in rehabilitation for adductor muscle injuries** Navarro Expósito N (ESP)
- PD5 **Muscle injury in a soccer player after angioliopoma traumatic rupture** Stillo G (ITA)

MEDICAL ISSUES*Chairs* Brotto E (ITA) - Putukian M (USA)

- PE1 **Leveraging ai in football ECG analysis for sudden death prevention** Munoz-Macho A (ESP)
- PE2 **Navigating concussion rehabilitation in soccer: a neuro-rehabilitation approach** Connolly R (IRL)
- PE3 **Sleep disorders and their relation to injuries among young elite soccer players** Malyakin G (RUS)
- PE4 **A case of an athlete with atrial tachycardia requiring time for diagnosis** Yamashiro Y (JAP)
- PE5 **Holistic treatment for sport-related concussion: a narrative literature review** Zaza Y (CAN)
- PE6 **Nutritional and supplementation strategies after a sports hernia injury** Lantignotti M (ITA)
- PE7 **Body composition of the professional soccer player in recent years** Matas Soriano ME (ESP)
- PE8 **Oral health correlates of pain and stress in professional footballers** Brandão D (POR)
- PE9 **Saliva biomarker alteration due to overtraining in football: a systematic review** Rachiotis N (GRE)
- PE10 **Dentist's attitude and perception towards protective mouthguards in Greece** Rachiotis C (GRE)

ORTHOPAEDICS AND REGENERATIVE MEDICINE*Chairs* Canata G (ITA) - Grabowski R (POL)

- PF1 **Biologic Augmentation in Anterior Cruciate Ligament Reconstruction: a systematic review** de Castro Fernandes JV (BRA)
- PF4 **Lateral meniscus extrusion is not limited to posterior root tears** Russo A (ITA)
- PF5 **Efficiency and safety of COL1 injections for treatment of hamstring tendinopathy** Baldassarri M (ITA)
- PF6 **Porcine collagen type 1 ultrasound-guided injections in lateral epicondylitis** Bonucci PL (ITA)
- PF7 **Autologous adipose tissue enriched in SFV for end-stage knee osteoarthritis** Conte P (ITA)
- PF8 **Bone marrow aspirate and rehabilitation in knee osteoarthritis: a pilot study** Gravina M (ITA)
- PF9 **Proximal rectus femoris ruptures in football players. A surgical case series** Álvarez-Díaz P (ESP)
- PF10 **Injury prevalence and fast track management of injuries in RCD Mallorca SAD** Munoz-Macho A (ESP)

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TRIBUNA

Traditional Sessions / Contest & Poster Ceremony **GROUND FLOOR**

UEFA Elite Club injury studies: pearls & pitfalls for muscle and ACL injury prevention

- Chairs* Bahtijarević Z (SUI) - Carneiro E (UK) - Davison M (UK)
 08:30 **ACL injury prevention in professional and grassroots football: same or different?** Walden M (SWE)
 08:45 **How to best proceed from rehab to match play to avoid recurrent muscle injuries: what the science suggests** Bengtsson H (SWE)
 09:00 **Do's and don'ts with quadricep muscle injuries in female football players** Hallén A (SWE)
 09:15 **Injury prevention in professional football: have we forgotten the goalkeepers?** Hägglund M (SWE)
 09:30 **Practical co-operation between medical and performance staff is the key to avoiding hamstring muscle injuries** Ekstrand J (SWE)
 09:45 *Discussion*
 10:00 *Coffee Break*

The best route for hamstrings

- Chairs* Haddad F (UK) - Huurman S (ESP)
 10:30 **London consensus: integrating disparate perspectives for the benefit of the player** Haddad F (UK)
 10:45 **Back to the future: predicting, pretending or preventing hamstring injuries?** Van Dyk N (IRL)
 11:00 **Accelerated rehabilitation: does science support practice?** Wangenstein A (NOR)
 11:15 **The route to the surgical hamstring: when and how?** Lempainen L (FIN)
 11:30 **Complexity into practice: the ideal recovery path for hamstrings** Tencone F (ITA)
 11:45 *Discussion*

World class science and practice for knee injuries

- Chairs* Cohen M (BRA) - Servien E (FRA)
 12:00 **Is tibio-femoral morphology a key risk factor for knee injuries? What to measure** Espregueira-Mendes J (POR)
 12:15 **Meniscus injuries in the football players: medial to lateral** Verdonk P (BEL)
 12:30 **ACL reconstruction plus antero-lateral procedures: the new gold standard for players?** Sherman S (USA)
 12:45 **Balancing RTP and 2nd ACL injury reduction in young and top level footballers** Della Villa F (ITA)
 13:00 **Best practical solutions for cartilage injuries in football players** Kon E (ITA)
 13:15 *Discussion*
 13:30 *Lunch Break*

The Footballer's leg: Achilles tendon & beyond

- Chairs* Papacostas E (GRE) - Silbernagel K (USA)
 15:00 **Reconciling injury mechanism, surgery and recovery for Achilles: practical takes** Grassi A (ITA)
 15:15 **Achilles tendon surgery for footballers: when and how** Maffulli N (ITA)
 15:30 **The complex anatomy of the calf: injuries, imaging and functional implications** Pedret C (ESP)
 15:45 **How the football boot choice affects the Achilles and calf: implications for injury** Okholm Kryger K (UK)
 16:00 **Key points in functional recovery of Achilles tendon** Rodriguez Sanz D (ESP)
 16:15 *Discussion*

16:30 CONTEST & POSTER Ceremony

High ankle sprains and syndesmosis injuries

- Chairs* Gouttebarghe V (NED) - Vannini F (ITA)
 17:00 **Clinical anatomy of the syndesmosis** Dalmau-Pastor M (ESP)
 17:15 **How to prevent high ankle sprains in football: practical pills** Verhagen E (NED)
 17:30 **Injury mechanisms of high ankle sprains: key points for prevention & rehabilitation** Van Dijk P (NED)
 17:45 **From the ligaments to the brain: translating the best knowledge into practice** Delahunt E (IRL)
 18:00 **Return to play after syndesmosis surgery in professional football players** D'Hooghe P (QAT)
 18:15 *Discussion*
 18:30 *End of the day*

Low back injuries in footballers*Chairs* Edwards T (NZL) - Thoreux P (FRA)08:30 **Low back injuries in football players: epidemiology and prevention** Sheeran L (UK)08:45 **Imaging red flags: what to look for in the low back pain footballer** Kassarian A (ESP)09:00 **Injections and para-surgical treatment for low back pain management** Dvorak J (SUI)09:15 **Don't waste your time: indications for surgery in football players** Mayer M (GER)09:30 **Updated recovery process for low back pain in the football player** Compagnin A (UK)09:45 *Discussion*10:00 *Coffee Break***10:30-11:15 Open Debate - ACL injuries - surgery vs non surgery***Chair* Reider B (USA)*Presenter* Zaffagnini S (ITA)*Debaters* Filbay S (AUS) - English B (UK)**11:15-12:00 Open Debate - MCL injuries - surgery vs non surgery***Chair* Reider B (USA)*Presenter* Samuelsson K (SWE) - **Shedding light on the forgotten side of the knee***Debaters* Maestro A (ESP) - Stride M (UK)**12:00-12:45 Open Debate - Governing the context of football***Chair* Geertsema C (QAT)*Presenter* Sas K (BEL)*Debaters* Lasmar R (BRA) - Abrantes A (UK) - Smith R (UK)**12:45-13:30 Open Debate - New practices in pain control and tissue healing***Chair* Geertsema C (QAT)*Presenter* Abat F (ESP) - **The quest for tissue healing: current trends and innovations***Debaters* Johnson R (UK) - Engebretsen L (NOR) - Zaslav K (USA)13:30 *Lunch Break***ICRS - FIFA Scientific Workshop - Consensus on cartilage lesions in Football Players***Chairs* Papacostas E (QAT) - Serner A (SUI)14:00 **Introduction: Why is there a need for a consensus, why are cartilage injuries in professional footballers so challenging?** Massey A (SUI)14:08 **The ICRS - FIFA - Aspetar Consensus: When do we need surgery, and when should we look conservatively?** Kon E (ITA)14:20 **The ICRS - FIFA - Aspetar Consensus: Which surgical strategy?** Papacostas E (QAT)14:32 **Round Table** Cohen C (BRA), Cugat R (ESP), Kon E (ITA), Massey A (SUI), Sas K (BEL), Verdonk P (BEL)**15:00-15:45 Open Debate - Concussion - how to tackle***Chair* Mountjoy M (CAN)*Presenter* Massey A (SUI) - **Brain injuries in Football... a safety first approach***Debaters* Goedhart E (NED) - Putukian M (USA) - Smith R (UK)**15:45-16:30 Open Debate - Cardiological issues in footballers***Chair* Mountjoy M (CAN)*Presenter* Meyer T (GER) - **How to keep players' hearts healthy***Debaters* Bahtijarević Z (SUI) - Serratos L (ESP) - Massey A (SUI)16:30 *Coffee Break***The goalkeeper's shoulder***Chairs* Guillén M (ESP) - Marcheggiani Muccioli G (ITA)17:00 **Understanding and preventing shoulder injuries in football players** Bizzini M (SUI)17:15 **The goalkeeper's shoulder in the men and women's game: key points** Aramberrí M (ESP)17:30 **Connecting the dots in the complex biomechanics of shoulder injuries** Di Giacomo G (ITA)17:45 **Learning from US sports: bridging baseball and football** Axe M (USA)17:00 **Neurocognitive enriched rehabilitation: an innovative clinician perspective** Gastaldo M (ITA)18:15 *Discussion*18:30 *End of the day***Next Generation Leaders****News in biomechanics & video analysis***Chairs* Andrade R (POR) - Monaco E (ITA)10:30 **Keynote lecture** Silvers H (USA)10:45 **Prevention of contact injuries - mission impossible or underestimated potential?** Klein C (GER)10:55 **Identify biomechanical phenotypes of 90° change of direction technique through unsupervised clustering: a machine learning approach to support ACL injury prevention** Ghibellini A (ITA)11:05 **Systematic video analysis of ACL injuries in elite Spanish football: injury mechanisms, situational patterns, neurocognitive errors and biomechanics study on 116 cases** Pirli Capitani L (ITA)11:15 **Biomechanics of indirect and non-contact ACL injuries in elite football players** Zago M (ITA)11:25 **Automated video analysis for enhanced athletic movement studies** Schulc A (HUN)11:35 **Mechanisms of severe adductor longus injuries in football: video analysis** Jokela A (FIN)11:45 *Discussion***Next Generation Leaders****Functional rehabilitation & physical therapies***Chairs* Karlsson J (SWE) - Van den Steen E (BEL)12:00 **Keynote lecture: Functional Rehabilitation & Physical Therapies: isn't all sports rehab functional rehabilitation?** Snyder-Mackler L (USA)12:15 **Low tendon compression rehab leads to superior outcomes in Achilles tendinopathy** Pringels L (BEL)12:25 **The nordbord test reveals knee flexor strength asymmetry 2 & 5 years after ACLr** Högberg J (SWE)12:35 **Rethinking measures of quadriceps performance after ACL reconstruction** Leung A (USA)12:45 **Harnessing brainpower during rehabilitation following ACL reconstruction** Murphy M (AUS)12:55 **Is deceleration the key element in vertical jump performance after ACLr?** Forelli F (FRA)13:05 **Athletes with ACL reconstruction follow three major psychological patterns** van Melick N (NED)13:15 *Discussion*13:30 *Lunch Break***ISAKOS and Patellofemoral Foundation Scientific Workshop - Patellofemoral pain and football***Chairs* Cohen M (BRA) - Espregueira-Mendes J (POR)14:00 **Patellofemoral syndrome: an oasis for rehabilitation** Powers C (USA)14:12 **Risk factors for Patellofemoral instability** Arendt E (USA)14:24 **"Le menu à la carte" - Surgical menu à la carte for patellofemoral instability** Servien E (FRA)14:36 **Instability and a different medial ligament complex reconstruction** Espregueira-Mendes J (POR)14:48 *Discussion***Next Generation Leaders****Primary and secondary injury prevention***Chairs* De Caro F (ITA) - Patt T (NED)15:00 **Keynote lecture - Risk management is more than just injury prevention exercises** Bahr R (NOR)15:15 **Sports injury and illness Risk profile in Qatar's professional football clubs** Hassanmirzaei B (NOR)15:25 **1 exercise a day keeps the physio away: youth soccer effective injury prevention** Brunelli M (ITA)15:35 **Virtual reality affects lower-limb kinematics of healthy football players** Benjaminse A (GER)15:45 **Effects of soccer-specific demands on accelerations during COD movements** Alanen A (CAN)15:55 **Can ground reaction forces during sidcutting predict ACL-injuries?** Bencke J (DEN)16:05 **Biomechanical measures during pre-planned change of direction are associated to non-contact ACL injury risk in football players: insights from the "cut the ACL" study on 1009 players** Di Paolo S (ITA)16:15 *Discussion*16:30 *Coffee Break***Next Generation Leaders****Innovative topics in women's Football Medicine***Chairs* Ahmed O (UK) - Crossley K (AUS)17:00 **Keynote lecture: Women's Football: New trends in Women's Football Medicine** Tomas R (POR)17:15 **Muscle and knee injury profiling in a female football club. A 10-season study** Bikandi E (ESP)17:25 **Health problems in women's football - a prospective four-season study in Finland** Leppänen M (FIN)17:35 **Concussion in football: how research informed FIFA's education initiatives** Franco Wilke C (UK)17:45 **Head impacts in top-level female football players** Dahlén S (NOR)17:55 **A pilot investigating the impact of headers on cognition in female footballers** Ronca F (UK)18:05 **Meniscal allograft transplantation: women vs men, a matched-pair analysis** Romandini I (ITA)18:15 *Discussion*18:30 *End of the day*

CLUB NORTE

ACL - SURGERY

- Chairs** Berruto M (ITA) - Spalding T (UK)
 08:30 **Reduced donor site morbidity with a modified ACL-BPTB reconstruction technique** Brandl G (AUT)
 08:40 **Age differences in revision rates after ACL repair compared to ACLr: a systematic review and meta-analysis** Riik S (USA)
 08:50 **Low grade pivot affects graft healing, psychological readiness, performance after ACLr** Zhou Z (CHI)
 09:00 **ACL graft thickness prediction with a standard MRI** Colmenero C (ESP)
 09:10 **Isolated lateral extra-articular tenodesis is acceptable for residual instability after ACLr** Hoffer A (USA)
 09:20 **The effect of meniscal tears associated with anterior cruciate ligament rupture** Russo A (ITA)
 09:30 **Preliminary result of new all-inside double bundle ACL reconstruction** Truong D (VIE)
 09:40 **Discussion**

10:00 *Coffee Break*

ACL - FUNCTIONAL RECOVERY

- Chairs** Gard S (SUI) - Zanobbi M (ITA)
 10:30 **Relationship between strength and movement assessment after ACL reconstruction** Masi F (ITA)
 10:40 **Mind over body: exploring cortical activation post ACL reconstruction** Denolf S (BEL)
 10:50 **Gastrocnemius muscles activity increase and running parameters after ACLr** Forelli F (FRA)
 11:00 **Kinematic of 15 hoppings related to painful/altered running at 6m post-ACLR?** El Hariri B (FRA)
 11:10 **The female ACL: assessment of IKT and MAT in both surgical and conservative case** Marin V (UK)
 11:20 **How is fear of reinjury defined and assessed in athletes after ACL injury?** Starcevich C (AUS)
 11:30 **Why should we care more about non-elite football players after ACLr** Bialy M (POL)
 11:40 **Discussion**

ACL - FROM INJURY TO OUTCOMES

- Chairs** Metsavaht L (BRA) - Respizzi S (ITA)
 12:00 **Exploring ACL injury incidence in football: sex and age variations** Ferré-Aniorte A (ESP)
 12:10 **Sport-specific injury mechanisms of ACL injuries: a systematic review** Sundberg A (SWE)
 12:20 **Underutilization of the copers screening in ACL injuries management in Italy** Nutarelli S (SUI)
 12:30 **Developing a cartilage stress test following ACL reconstruction** Jayabalan P (USA)
 12:40 **Trajectory of thigh strength after ACL reconstruction: a meta-analysis** Girdwood M (AUS)
 12:50 **Prevalence & reproducibility of ACLr rehabilitation reporting: scoping review** Nutarelli S (SUI)
 13:00 **ACL surgery: outcomes in primary, revision, and contralateral reconstruction** Piusi R (SWE)
 13:10 **Are we underestimating change in patient reported outcomes following ACL surgery** Marmura H (CAN)
 13:20 **Discussion**

13:30 *Lunch Break*

SETRADE Scientific Workshop - Tips and Tricks in ACL Injuries in Female Football

- Chairs** Til L (ESP) - Vinagre G (POR)
 14:00 **Mechanisms of ACL injuries in female football** Lucarno S (ITA)
 14:10 **Specific risk factors for ACL injuries in female football** Ferrer E (ESP)
 14:20 **Considerations in ACL-R in female players** Leyes M (ESP)
 14:30 **Return-to-play programs in female players** Linde X (ESP)
 14:40 **Discussion**

ACL - RETURN TO PLAY

- Chairs** Grooms D (USA) - Hamrin-Senorski E (SWE)
 15:00 **MCL injury impact on RTS after ACL reconstruction** Piusi R (SWE)
 15:10 **Incidence and return to sports after ACLr in Swedish professional football** Castellanos Dolk D (SWE)
 15:20 **Quadriceps strength, the key factor to optimise rtr after ACLr** El Hariri B (FRA)
 15:30 **Risk factors for graft rupture in patients with generalised joint hypermobility after ACL reconstruction** Lindskog J (SWE)
 15:40 **ACL tear in female and male professional soccer players** Mazza D (ITA)
 15:50 **LSI in functional hop tests does not predict a recurrent ACL injury** Rahimi Khooyani M (ITA)
 16:00 **A bridge between OFR and RTP: GPS monitoring in a rugby player after ACLr** De Sario G (ITA)
 16:10 **Discussion**

16:30 *Coffee Break*

ACL - PSYCHOLOGICAL READINESS AND BEYOND

- Chairs** Danelon F (ITA) - Webster K (AUS)
 17:00 **Is psychological readiness to play after ACL injury related to motion symmetry?** Baldazzi A (ITA)
 17:10 **Wrestling with a ghost: ACL challenges faced by professional wrestlers** Piusi R (SWE)
 17:20 **How can we modify fear of reinjury after ACL injury?** Starcevich C (AUS)
 17:30 **Neuromuscular, psychological, and neurological recovery after 2nd ACL rupture** Chaput M (USA)
 17:40 **Neural activity alterations after ACL reconstruction, a systematic review** Rahimi Khooyani M (ITA)
 17:50 **Position of the patella on MRI after ACLr and its importance for return to sport** Plenzler M (POL)
 18:00 **ACL graft maturation in MRI. Should we modify return-to-sport- criteria?** Stawinska M (POL)
 18:10 **Kinesiophobia reduces RTS after HTO in active youth** Lucidi GA (ITA)
 18:20 **Discussion**

18:30 *End of the day*

NOROESTE -1

WOMEN FOOTBALL

- Chairs** Bittencourt N (BRA) - Brockwell E (UK)
 08:30 **Use of contraceptives in the first two teams of a professional football club** Alonso-Cantero A (ESP)
 08:39 **Skinfolds in female football players: influence of category, age, and maturation** Lejonagoitia-Garmendia M (ESP)
 08:48 **Body composition in top-class women soccer players** Baroncini G (ITA)
 08:57 **Sex differences in heading incidence and performance in professional football** Peek K (AUS)
 09:06 **FIFA football nurse: sports medicine practice in low resource settings** Mkumbuzi N (UK)
 09:15 **Prevalence of major risk factors of the RED-S in Russian women's football** Ryzhenko A (RUS)
 09:24 **Menstrual cycle disorders and dysmenorrhea in high-level women's football** Ly S (FRA)
 09:33 **Injury and illness in Indonesia elite female youth football players** Rahayu R (INA)
 09:42 **Discussion**

10:00 *Coffee Break*

HIP AND GROIN

- Chairs** Pirotti E (UK) - Schilders E (UK)
 10:30 **Physiotherapist-led treatment for FAI syndrome: the physiofirst trial** Kemp J (AUS)
 10:39 **Hip crepitus and psychological features in footballers with hip/groin pain** Serighelli F (AUS)
 10:48 **Clinical presentation of femoroacetabular impingement in female athletes** Mullins K (IRL)
 10:57 **Return to play after surgical management of osteitis pubis: a case report** Yung K (HKG)
 11:06 **Conservative management of plac adductor injuries is not always succesful** Schilders E (UK)
 11:15 **Pyramidalis-ant pub lig-add long complex (PLAC) injuries are sports specific** Johnson R (UK)
 11:24 **Perfect rectangular femoral stem accommodation in severe hip dysplasia** Akbaba D (TUR)
 11:33 **Chronic groin pain in a professional soccer player: a case report** Pintelon S (BEL)
 11:42 **Discussion**

HAMSTRING INJURIES

- Chairs** De Sario G (ITA) - Pedret C (ESP)
 12:00 **Portable dynamometry is a valid option to assess isometric hamstring strength** Tomaghelli L (ARG)
 12:09 **Shear wave elastography as a tool to monitor the hamstring healing process** Pieters D (BEL)
 12:18 **Factors related to Return-To-Play following a hamstring injury in professional football: a scoping review** Perna P (UK)
 12:27 **Hamstring stiffness and knee flexor eccentric force in professional female soccer player** Silvestre R (CHI)
 12:36 **Sprint biomechanics and hamstring injuries in football. A systematic review** Gandarias M (ESP)
 12:45 **Rethinking hamstring strains** Knight T (USA)
 12:54 **Targeted hamstring program significantly improves unilateral isometric strength** McIntyre M (IRL)
 13:03 **Magnetic resonance imaging of the proximal hamstring in hip flexion** Jokela A (FIN)
 13:12 **Discussion**

13:30 *Lunch Break*

REHABILITATION AND RECONDITIONING

- Chairs** Boldrini L (ITA) - Pereira R (POR)
 15:00 **Effects of isometric strenght training with superinductive system on mid-stage ACL patients** Bravo-Sánchez A (ESP)
 15:09 **Bone marrow edema in MRI as a criteria for selecting training loads after ACLr** Plenzler M (POL)
 15:18 **3-6 months post ACLr: should we speed up or slow down rehabilitation?** Stawinska M (POL)
 15:27 **Rehabilitation of soccer players' knee injuries: intensive recovery** Kacprzak B (POL)
 15:36 **Unlocking potential: enhancing knee rehabilitation with blood flow restriction** Jacobs E (BEL)
 15:45 **An on-field rehabilitation framework for football players-original research** Stathas I (GRE)
 15:54 **Enhancing recoveryand performance in athletes with delayed onset muscle soreness** Kériveren H (ESP)
 16:03 **Discussion**

16:30 *Coffee Break*

FUNCTIONAL ASSESSMENT

- Chairs** La Rosa G (ITA) - Surdyka N (USA)
 17:00 **Association between neuromuscular tests in female football players** Coelho S (BRA)
 17:09 **Movement analysis in elite footballers: which test?** Malizia G (ITA)
 17:18 **Knee extensor muscle fiber conduction velocity in female handball players** Kurz E (GER)
 17:27 **Utility of speedcourt system at FMCE Dubai** Esteban-García E (UAE)
 17:36 **Effects of the slump test on sensory responses in young soccer players** Heredia C (ESP)
 17:45 **Knee isokinetic strength profile by position in chilean male professional soccer player** Fernández-Roblero V (CHI)
 17:54 **Fatigue induced variation of knee biomechanics in male soccer players** Baniasad M (SUI)
 18:03 **Nordic hamstring exercise in top-class male and female soccer players** Francini L (ITA)
 18:12 **Discussion**

18:30 *End of the day*

FLEXIBOX 1

Oral Communications

+1 FLOOR

FOOTBALL PERFORMANCE ANALYSIS

- Chairs* Buckthorpe M (UK) - Lucarno S (ITA)
 08:30 Training loads in congested and non-congested microcycles in elite youth soccer player Franceschi A (ITA)
 08:39 Test-retest reliability of assisted sprint outcome measurements Eriksrud O (NOR)
 08:48 Task specific acceleration: insights from elite youth male soccer players Eriksrud O (NOR)
 08:57 Performance testing using a novel saliva-based lactate threshold test Chana G (AUS)
 09:06 Comparison of elite sprinters' and football players' force-velocity profile Svantner R (SVK)
 09:15 Is the high-performance team high performing? Knight T (USA)
 09:24 Dehydration and decrease in power reduce performance of elite futsal players Coelho S (BRA)
 09:33 Upper body endurance effects on function & performance in female basketball Ormeci E (TUR)
 09:42 Discussion
 10:00 Coffee Break

EPIDEMIOLOGY AND IMAGING

- Chairs* Padron M (ESP) - Zunarelli P (ITA)
 10:30 Comparing injury rates in Peruvian football: Covid-19 pandemic vs regular season Villalobos - Otayza A (PER)
 10:39 Injuries epidemiology of Portuguese Rugby Union for the Rugby World Cup 2023 Preparation: the impact of altitude training Braga C (POR)
 10:48 Location of medial collateral ligament tears: a prevalence study using MRI von Rehlingen-Prinz F (USA)
 10:57 A summary of the annual medical cost for illness in a professional football team Tada Y (JAP)
 11:06 The dissemination of intervention based research for practitioner development Holland C (UK)
 11:15 Physiotherapy delivery at inaugural 2023 World Nations Cup of walking football in England Enaba I (EGY)
 11:24 The relationship between workload and injury in professional soccer players Hochede A (FRA)
 11:33 Effects of supplementation of natural SPMS in patients with knee OA Vergés J (ESP)
 11:42 Implication of leg length asymmetries in soccer, changing the narrative Cento F (ITA)
 11:51 Discussion

ANKLE AND ACHILLES TENDON

- Chairs* Okholm-Kryger K (UK) - Theos C (GRE)
 12:00 Chronic lateral ankle instability in athletes: ligament reconstruction Olory B (QAT)
 12:09 Is internal brace augmentation better than isolated modified Brostrom Gould? Vaghela M (UK)
 12:18 Open autologous matrix induced chondrogenesis for talar osteochondral defects Vaghela M (UK)
 12:27 Return to Play assessment after lateral ankle sprains. German elite youth football academy baseline data Flore Z (GER)
 12:36 Open vs percutaneous Achilles repair: our experience with the Tenolig® system Pisano A (ITA)
 12:45 What would be the impact of Achilles tendon rupture in ankle movement quality? Busà M (ITA)
 12:54 Shear wave speed and characteristics of conservatively treated Achilles tendons Sangiorgio A (SUI)
 13:03 Factors affecting QOL in patients with Achilles tendinopathy Vergés J (ESP)
 13:12 Discussion
 13:30 Lunch Break

FOOTBALL ORTHOPAEDICS

- Chairs* Forssblad M (SWE) - Piskopakis A (GRE)
 15:00 Is arthrometric testing a reliable option for diagnosis of ramp lesions? Russo A (ITA)
 15:09 Shoulder dislocation in professional soccer goalkeepers: a retrospective study Redler A (ITA)
 15:18 Isolated trapezoid fracture: a scoping review and case series Aldeeb M (QAT)
 15:27 Sling vs brace after surgery in rotator cuff tears: randomized controlled trial Sangiorgio A (SUI)
 15:36 Return to sport after platelet rich plasma treatment: a systematic review Olufade O (USA)
 15:45 Telomere length in chondrocytes from loose-bodies and healthy cartilage Guillen-Vicente I (ESP)
 15:54 Impact of plate number in distal humerus fracture fixation on functional outcome Akbaba D (TUR)
 16:03 Harvesting secrets for greater mesenchymal yield, including very thin players Trivisonno A (ITA)
 16:12 Discussion
 16:30 Coffee Break

CONCUSSION AND MEDICAL ISSUES

- Chairs* Pedrinelli A (BRA) - Susta D (ITA)
 17:00 Virtual reality oculomotor measures for concussion assessment in sports Tucker C (USA)
 17:09 Video recognition of concussion in a performing art Vemmer T (UK)
 17:18 Mechanical and contractile properties of knee joint muscles after SRC Kakavas G (GRE)
 17:27 Time is of the essence: stroke-like symptoms on the field Hayee A (USA)
 17:36 The interplay between vitamin D levels and immune system response in runners Pegreff F (ITA)
 17:45 Innovation in oral health: universal dental examination in sports protocol Stamos A (GRE)
 17:54 Gender differences in knee skin temperature among ACL injured football players Fernandez-Cuevas I (ESP)
 18:03 Postural deficit syndrome and musculoskeletal pain: a novel treatment approach Redinha L (POR)
 18:12 Discussion
 18:30 End of the day

POSTER AREA

Posters

GROUND FLOOR

14:00 - 15:00

ACL INJURIES - Session 2

- Chairs* Prill R (GER) - Tosarelli F (ITA)
 PG1 Readaptation of the post-surgical ACL rehabilitation protocol in a late starting Medina R (PAR)
 PG2 Dermatoglyphics as an observation method for the ACL injuries risk Nodari Junior RJ (BRA)
 PG3 Return to play and career duration after ACLr in professional soccer players Onuma Y (JAP)
 PG4 Changes in neural activity contribute to ACL injury: systematic review Rahimi Khoygani M (ITA)
 PG5 Video analysis of ACL injuries in professional women volleyball players Ranzini A (ITA)
 PG6 Return to sports of ACL primary repair versus ACL reconstruction Rilke S (USA)
 PG7 ACL reconstruction and post-operative changes to corticospinal excitability Sylvester C (AUS)
 PG8 MRI bone changes following bone patella bone ACL reconstruction Tzoanos G (GRE)
 PG9 Are there persistent muscle fiber changes after ACLR? Prill R (GER)
 PG10 Investigating the impact of Blood Flow Restriction in low-load resistance training on biceps femoris muscle fatigue among recreational athletes Prill R (GER)

BIOMECHANICS AND VIDEO ANALYSIS

- Chairs* Compagnin A (UK) - Di Paolo S (ITA)
 PH1 Jump-landing analysis: novel IMU-based approach to predict thigh muscle strength Baniasad M (SUI)
 PH2 A clinical-friendly web application to describe the change of direction technique in football players by means of machine learning Ghibellini A (ITA)
 PH3 Biomechanics of 90° change of direction through markerless motion capture: new frontiers in elite football testing Di Paolo S (ITA)
 PH4 Is it always necessary to reconstruct the anterolateral ligament as well? Komzák M (CZE)
 PH5 The effect of ACLr +/- let on menisci loads - should we be worried? Marom N (ISR)
 PH6 2D video analysis of 90° change of direction using CMAS table: hip muscle injury Innella A (ITA)
 PH7 Biomechanical changes in strength after 3 months of sport climbing training Puche Roses M (ESP)
 PH8 Effects of marathon race in amateur runners: biomechanical & analytical changes Puche Roses M (ESP)
 PH9 Validity of smartphones to estimate pelvic acceleration during single leg tasks Vatatheeswaran S (UK)

FUNCTIONAL ASSESSMENT AND PERFORMANCE ANALYSIS

- Chairs* Bolling C (NED) - Klein C (GER)
 PL1 Correction osteotomy of the femur to an elite football player and functional results - a case report Bountouris P (GRE)
 PL2 Evaluating an innovative cognitive training protocol for cognitive-motor skills Witbeck C (CAN)
 PL3 Core stability level by age in male athletes Aldalur M (ESP)
 PL4 Crane scale reliability and validity in measuring isometric knee strength Marchant H (USA)
 PL5 Monitor hip flexor fatigue status of basketball players: applicable in football? Del Rio L (ITA)
 PL6 Lower limb range of motion profile, based on age, gender and sport, in a multisport club Rouco J (ESP)
 PL7 Proposition of cut-off points for isokinetic in Brazilian futsal athletes Oliveira M (BRA)
 PL8 Electromyographic activity of rectus femoris for optimizing exercise selection Diaz-Cueli D (ESP)
 PL9 Associating muscular strength imbalance to dynamic function Sharir R (MAS)
 PL10 Analysis of postural control with dual task on injured and uninjured athletes Teknaz M (TUR)

POSTER AREA

Posters

GROUND FLOOR

14:00 - 15:00

INJURY PREVENTION AND EPIDEMIOLOGY

Chairs Isla Paredes E (ESP) - Krutsch W (GER)

- PM1 Walking football-the hidden medical dangers Quinn M (UK)
- PM2 Pre-participation medical screening Martinez Vega KR (MEX)
- PM3 A video app for Osgood-Schlatter disease screening in instep kicking motion Fukuoka T (JAP)
- PM4 Injury incidence and burden in an Argentinian male youth soccer Academy Dominguez M (ARG)
- PM5 Injuries and illnesses in 2-edition of Cameroon University games Douryang M (CMR)
- PM6 Jones fracture screening and epidemiology at youth soccer tournaments in Japan Ukita H (JAP)
- PM7 NSAID use and injury prevention attitudes in an English football league club Thomas S (UK)

WOMEN FOOTBALL MEDICINE

Chairs Ciuti L (ITA) - Gard S (SUI)

- PN1 RTS in female athletes after ACLr: is h/q ratio a risk factor for re-injury? D'Agostino F (ITA)
- PN2 Illness in women's football: a scoping review Koh B (UK)
- PN3 Injury risk factors in women's football in Luxembourg Olafsson K (LUX)
- PN4 RTP after pre-degloving injuries with a standardized program in women's football Linde J (ESP)
- PN5 Heading the ball exposure in women footballers using the head count: 2 weeks questionnaire Kakavas G (GRE)
- PN6 Hip adduction and abduction strength values in men's and women's elite soccer McIntyre M (IRL)
- PN7 Isokinetic peak torque angle changes in females after hamstring graft ACLr Santini L (ITA)
- PN8 Paraesthetic meralgia caused by muscle scar in female football Guzmán Vásquez D (ESP)

YOUTH FOOTBALL

Chairs McCall A (UK) - Tomas R (POR)

- PO1 Young soccer players have fewer injuries than ice hockey and track-and-field Baranto A (SWE)
- PO2 Higher psychological burden in young elite female players compared with males Baranto A (SWE)
- PO3 Peak height velocity and exercise performance in elite youth soccer players Stergiopoulos D (GRE)
- PO4 The single-leg hop test and sports injuries in high school male football players Sugiyama T (JAP)
- PO5 Injury survey and medical support for high school male football clubs Takahashi K (JAP)
- PO6 Exploring in-game traumatism in youth Bulgarian football: a comprehensive analysis Taralov Z (BUL)
- PO7 Eccentric hamstring strength assessment in elite youth academy soccer players Tondelli EP (ARG)
- PO8 Diagnosis and clinical considerations of groin pain in football players Yamamuro S (JAP)

EDUCATION & RESEARCH DEPARTMENT:
THE ISOKINETIC CULTURAL HEART



The beating heart of ISOKINETIC culture is the Education & Research Department, whose objective is to promote the application of our know-how in our group's clinics, including the latest developments in rehabilitation, based on the most recent scientific evidence. We feel a strong commitment to participating in Scientific Activities: from organising the



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biggest Football Medicine Conference in the world, through to publishing papers and books. Additionally, we have strong International Connections with scientific associations. Through a focus on high performance culture, we challenge our whole team to pursue daily excellence and provide them with comprehensive Training and Updating programmes.

Managing patellar tendon injuries in footballers*Chairs* D'Hooghe P (QAT) - Rosa D (ITA)08:30 **Understanding patellar tendon injuries in football players** Alfredson H (SWE)08:45 **How mechanotransduction promotes tendon healing with exercise** Khan K (CAN)09:00 **Differences between in-season management and rehabilitation: key clinical tips for patellar tendinopathy** Rio E (AUS)09:15 **Rehabilitation of the most challenging cases: they can recover!** Silbernagel K (USA)09:30 **Ideal recovery path for knee extensor mechanism injuries: a biomechanical approach** Boldrini L (ITA)09:45 *Discussion*10:00 *Coffee Break***Managing the most frequent muscle injuries***Chairs* Ferrer E (ESP) - Pedret C (ESP)10:30 **Translating the basic science of muscle healing into practice** Bayer M (DEN)10:45 **Hamstring Injuries: key factors in RTP decision** Tol H (NED)11:00 **Quadricep muscle injuries: what to do & when surgery is needed** Puigdellivol J (ESP)11:15 **Optimal management of adductor longus injuries in football** Krutsch W (GER)11:30 **Calf muscle injuries in the football player** Laver L (ISR)11:45 *Discussion***On-field rehabilitation: the key for complete recovery***Chairs* Clubb J (UK) - Gregson W (UK)12:00 **The state of play in on-field rehabilitation: a practical framework** McCall A (UK)12:15 **Getting the player "movement-ready" for return to the team** Stojanovic M (SER)12:30 **Mapping the OFR journey for female players** Bowen L (UK)12:45 **From tissue to system - What constitutes an appropriate response to loading?** Gabbett T (AUS)13:00 **Back to football-specific gestures after long-term injuries: practical advice** Buckthorpe M (UK)13:15 *Discussion*13:30 *Lunch Break***Biomechanics and functional assessment in RTP***Chairs* Bolling C (NED) - Della Villa F (ITA)14:30 **Comprehensive RTP testing following ACLR: biomechanics into practice** Powers C (USA)14:45 **How to perform and interpret an Isokinetic test: tricks of the trade** Danelon F (ITA)15:00 **3D change of direction assessment & 2nd ACL injury: what matters most?** King E (QAT)15:15 **Neurocognitive enriched biomechanical assessment: the new era** Grooms D (USA)15:30 **Force plates and RTP after ACLR: tasks and metrics** Surdyka N (USA)15:45 *Discussion*16:00 *End of the Conference**Next Generation Leaders***Innovations in football reconditioning***Chairs* Mazzoni S (ITA) - Pereira R (POR)08:30 **Keynote lecture - Innovation in Football Reconditioning: but what is innovation?** McCall A (UK)08:45 **High RTP rate following on-field rehabilitation in football players after ACL reconstruction: GPS tracking in 100 consecutive players** Picinini F (UK)08:55 **Muscle activation alterations on single legged jumps after ACL surgery** Mazeas J (FRA)09:05 **Similar ability of return to sport for ACL reconstruction and non reconstruction** Simonsson R (SWE)09:15 **Abnormal hamstring activation at RTS in patients after hamstring-grafted ACLr** Nutarelli S (SUI)09:25 **Predictors of continuing to play after surgical correction of FAI** Mullins K (IRL)09:35 *Discussion*10:00 *Coffee Break**Latin Football Session***Top clubs' best practices in injury risk reduction***Chairs* Pedrinelli A (BRA) - Villalon JM (ESP)10:30 **Keynote lecture - Communication: a key to injury risk reduction** Lasmar R (BRA)10:45 **How to implement into practice ACL injury prevention in women's football: a successful story** Materne O (FRA)10:55 **The "sportomics" concept in injury risk reduction: FC Barcelona experience** Rodas G (ESP)11:05 **Injury risk reduction in Latin Football: the CONMEBOL experience** Forriol F (ESP)11:15 **Pushing the limits: innovations in injury prevention** Hurman S (ESP)11:25 **Structuring the dream team to support players' health and performance** Bittencourt N (BRA)11:35 *Discussion**Latin Football Session***Injury management for safe return to play***Chairs* De La Torre A (ESP) - Martinez D (ARG)12:00 **Keynote Lecture - Choosing the Optimal Graft for ACL Reconstruction in Elite Soccer Players: A Comprehensive Review** Leyes M (ESP)12:15 **Safe return to play after ankle ligament injuries: an evolving approach** Freschi M (ITA)12:25 **ACL injuries management in young football players in Brazil** Cohen M (BRA)12:35 **RTP after a muscle injury in elite football: are we too brave or too scared?** Eirale C (QAT)12:45 **The complex balance in dealing with national team players** De Carli A (ITA)12:55 **Specificities in return to play in women's football** Carneiro E (UK)13:05 **Return-to-play readiness assessment in top level football players after ACL reconstruction** d'Orsi G (ITA)13:15 *Discussion*13:30 *Lunch Break**Latin Football Session***Maximizing performance for the beauty of the game***Chairs* Celada O (ESP) - Vazquez C (ESP)14:30 **Keynote Lecture - Maximizing performance for the beauty of the game** Buchheit M (FRA)14:45 **Implementation of virtual reality to support performance: where are we now?** Carling C (FRA)14:55 **Perfecting nutrition to enhance football performance** Viar T (ESP)15:05 **Exploring Sport Science: insights from Atletico de Madrid's Journey** Del Barrio C (ESP)15:15 **Keeping the players ready to play: the South American experience** Giuria H (ARG)15:25 **Maximizing performance and reducing recurrence of muscle injuries in football players** Til L (POR)15:35 *Discussion*16:00 *End of the Conference*

ESSKA	Saturday 25 th - 13:30-14:30 - AUDITORIO ACL injury prevention: from primary to secondary Complete programme at page 13
FIFA	Saturday 25 th - 13:30-14:30 - SUROESTE Implementing injury and illness surveillance in football: why and how Complete programme at page 14
FIDIA	Saturday 25 th - 13:20-14:30 - CLUB NORTE Treat to target strategy for athletes with musculoskeletal disorders <i>Chairs</i> Alvarez G (ESP), Fink C (AUT) 13:20 Opening Alvarez G (ESP), Fink C (AUT) 13:25 Treatment of musculo skeletal disorders in athletes to faster RTP Alvarez G (ESP) 13:35 Treatment of Chondral lesions in the Athlete's Knee with Hymovis D'Ambrosi R (ITA) 13:45 Treatment of Tendinopathy in athletes with Hyalotend or Hy tissue PRP Peticarini L (ITA) 13:55 Treatment of Musculo skeletal disorders in athletes with HyTissue PRP Theos C (GRE) 14:05 Surgical treatment of cartilage injuries in professional soccer players Fink C (AUT) 14:15 Discussion and closing remarks
DGSZM SPORTS DENTISTRY	Saturday 25 th - 11:30-12:30 - FLEXIBOX 2 The holistic dental management of athletes 11:30 Team dentist and the medical team Stamos T (GRE) 11:45 Trauma prevention and mouth-body connection in competitive sports Avgerinos S (GER) 12:00 Toxicological aspects of sports dental care in high-performance sports Fritsch T (AUT) 12:15 Discussion
GE HealthCare	Saturday 25 th - 14:30-16:00 - FLEXIBOX 2 What sports science can expect from next generation imaging technologies? 14:30 Game-Changing innovations: AI-Powered MRI in Sports Medicine Padrón M (ESP) 15:00 Why should it be mandatory to pass a consultation with an ultrasonographer? Justification after 15 years of clinical experience Bernáldez Domínguez P (ESP) 15:30 DXA: Redefining Precision in Athlete Health and Performance Hind K (UK)
THERMOHUMAN	Saturday 25 th - 16:30-17:30 - FLEXIBOX 2 Measuring injury risk and fatigue with one image: thermography in football 16:30 Introduction: What is thermography and how is it used in a football team? Fernandez-Cuevas I (ESP) 16:40 Live demo of thermography evaluation (30" per player) Corre Terente S (FRA) 16:50 Let's play around: interact with our cameras and software (and if you want, get assessed) Ceniza Villacastin J (ESP) 17:00 What do they say? Medicine, Performance, Physiotherapy and Sport Science Top professionals experience using thermography in elite teams. De la Torre A (ESP) Buchheit M (FRA) del Barrio C (ESP) Flucklinger E (FRA) 17:20 Discussion and closing remarks
UEFA	Sunday 26 th - 08:00-09:00 and 09:00-10:00 - FLEXIBOX 2 UEFA ERC CPR Training Enjoy a 60min workshop where ERC certified trainers will teach the theoretical basics and give you 15-20min of practice time for yourself under the observation of experienced trainers.

DELFI MEDICAL	Sunday 26 th - 10:30-12:00 - FLEXIBOX 2 Personalized Blood Flow Restriction: from Rehabilitation to Performance <i>Chair</i> Cos F (ESP) 10:30 Welcome and Intro to BFR 10:45 BFR for Injury and Rehabilitation 11:10 BFR for Pain Management 11:20 Strategies for Enhancing Performance 11:30 BFR for Recovery 11:40 Practical Application 11:50 Discussion
AEOD SPORTS DENTISTRY	Sunday 26 th - 12:00-13:30 - FLEXIBOX 2 Traumatic functional pathology of the masticatory system and the impact on the sports performance 12:00 Temporomandibular joint compromise (TMJC) as a cause of acute and chronic headaches and other otoneurological symptoms García López MA (ESP) 12:10 Unlocking Athletic Potential: Decoding the Impact of Occlusal Issues on Performance and Injury – A Neuromuscular Approach in Sports Medicine Vilahur Gies C (ESP) 12:20 How do I prepare for Paris 2024? The role of a dentist at the Olympic Games Fernández Sánchez J (ESP) 12:30 A kinetic-functional protocol in sports dentistry. A new line of research Júdece A (POR) 12:40 A kinetic-functional protocol in sports dentistry. A new line of research Brandão D (POR) 12:50 Sports protection and its importance in high performance Ferreira D (POR) 13:00 Discussion
ICRS - FIFA	Sunday 26 th - 14:00-15:00 - AUDITORIO Consensus on cartilage lesions in football players Complete programme at page 22
ISAKOS PATELLO FEMORAL FOUNDATION	Sunday 26 th - 14:00-15:00 - SUROESTE Patellofemoral pain and football Complete programme at page 23
SETRADE	Sunday 26 th - 14:00-15:00 - CLUB NORTE Tips and Tricks in ACL Injuries in Female Football Complete programme at page 24
SOLUTEX	Sunday 26 th - 13:30-14:30 - NOROESTE -1 Inflammation and resolution in Athletes: Past vs Future Focus <i>Chairs</i> LeMay D (USA), Higuera G (ESP) 13:30 Understanding the basis for physiological performance 13:38 Cellular function and performance 13:46 What is inflammation, what is resolution 13:54 How to anti-inflammatory medications affect resolution 14:02 Some ways that resolution affects recovery 14:10 Why it is important to understand that success comes from resolution and not blocking inflammation 14:18 Summarizing how resolution is vital to maintaining performance

AVANOS Sunday 26th - 14:00-15:00 - FLEXIBOX 2
Non-opioid sport injuries therapy & post-surgical pain management: prevention - treatment - rehabilitation
 14:00 Sport injuries prevention, treatment and rehabilitation, doctor - athlete perspective Vázquez C (ESP), Farrel J (UK)
 14:25 Managing post-surgical knee pain, the key role of pre-rehabilitation, surgeon - patient interaction García-Germán D (ESP), Farrel J (UK)
 14:50 Discussion

APTISSEN Sunday 26th - 15:30-16:30 - FLEXIBOX 2
Aptissen academy - Orthobiologics in football: gender-sensitive treatment strategies for enhanced return to play
 15:30 Welcome Pedrinelli A (BRA)
 15:30 Optimizing Hyaluronic Acid Cohen C (BRA)
 16:00 Orthobiologics lessons learned from the Elite athlete Mandelbaum B (USA)

LIFE UNIVERSITY Sunday 26th - 17:00-18:00 - FLEXIBOX 2
Sensory prediction error management hypothesis, field test, resolution
 17:00 Opening welcome Scott R (USA)
 17:05 Introduction of the topic Ferrari R (ITA)
 17:10 Current research identifying Sensory Prediction Error as causative factor in non-contact ACL injuries Downes J (USA)
 17:25 Chiropractic influence on CNS noise / corruption / interference on performance Downes J (USA)
 17:35 Demonstration of Global Neuromechanical Assessment protocol and resolution options for positive assessment findings Downes J (USA)
 17:50 Q and A moderated for additional information / training / research Elsangak H (USA)

GE HealthCare Monday 27th - 08:30-13:30 - FLEXIBOX 1
Fundamental ultrasound views for football injuries
 Enjoy a 60min workshop where speakers will be available to show how to scan the 4 main muscle groups to assess football injuries: Rectus Femoris, Hamstring, Adductor, and Calves.

ECOSEP Monday 27th - 14:30-16:00 - FLEXIBOX 1
The European College of Sports and Exercise Physicians (ECOSEP) in advancing the specialty of Sports and Exercise Medicine in the 21st century
Chairs Tsapralis K (GRE) - Malliaropoulos N (UK)
 14:30 The European UEMS perspectives regarding medical specialties and competencies Papalois V (UK)
 14:45 Sports and Exercise Medicine in the Universities Malliaropoulos N (UK)
 15:00 Sports and Exercise Medicine on the sport fields Pakravan A (UK)
 15:15 ECOSEP and Sports and Exercise Medicine Specialty Tsapralis K (GRE)
 15:25 Discussion



- NOROESTE**
- 35 REABILITA
 - 36 UEFA
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 - 42 GYMNA UNIPHY
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 - 44 THERMOHUMAN
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 - 49 BTI-IMPLANTS
 - 50 SOCCER SYSTEM PRO
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 - 52 LIPOGEMS
 - 53 DELFI MEDICAL

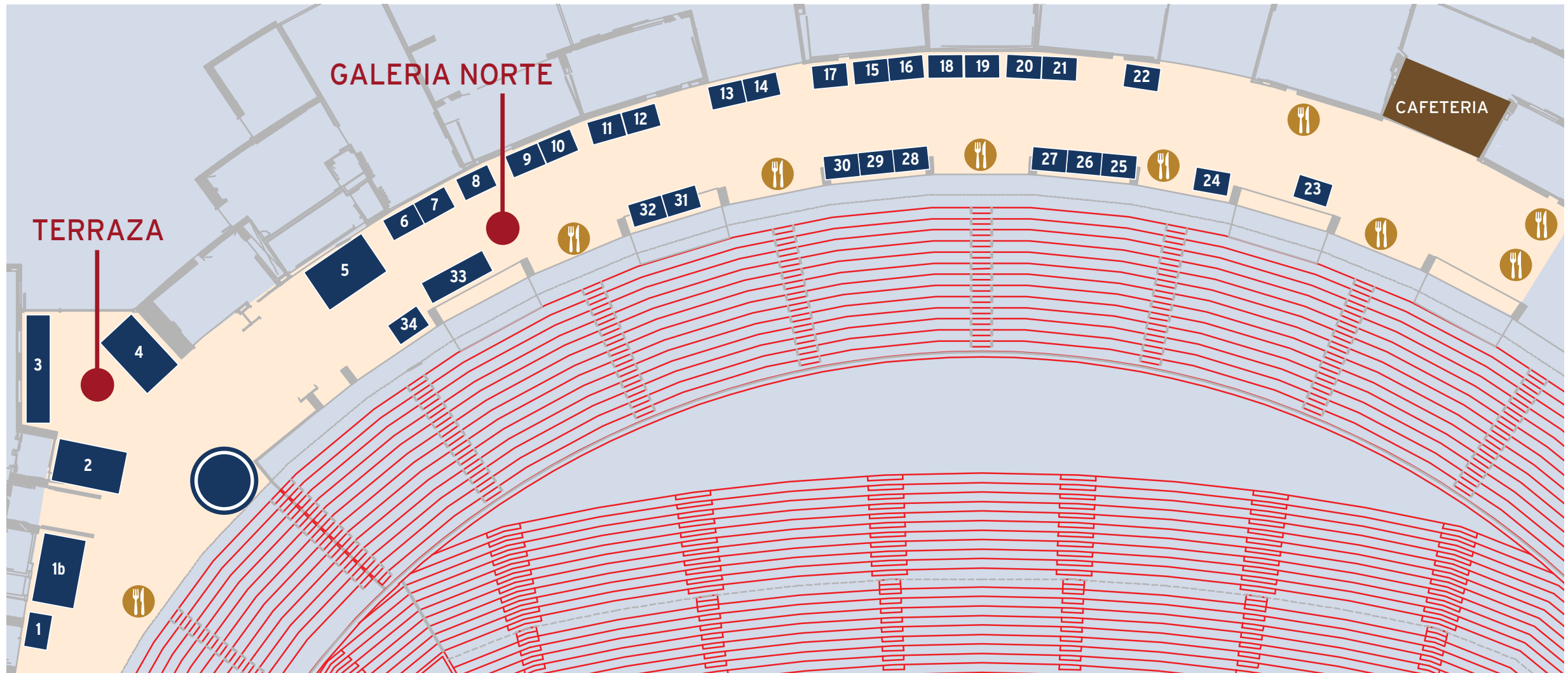
- GALERIA OESTE**
- A WHITE LEAF
 - B ACSEP
 - C BASEM
 - D SOLUTEX
 - E EQUISTASI
 - F SPRINGLIFE
 - G MEDTEC
 - H FSI
 - I VIRTUAL+

TERRAZA

-  ISOKINETIC POINT
- 1** ARTHREX
- 1b** TECHNOGYM
- 2** FIDIA
- 3** FIDIA
- 4** GE HEALTHCARE

GALERIA NORTE

- | | | |
|---------------------|------------------------------|-------------------------------|
| 5 IBSA | 15+16 BIOVENTUS | 24 PHOTONSPORTS |
| 6 PODOACTIVA | 17 INERCIAL | 25+26+27 TRB CHEMEDICA |
| 7 FLAMOR | 18 STORZ MEDICAL | 28+29 INTRAUMA |
| 8 MASSIGEN | 19 GUNA | 30 UTC |
| 9+10 MDT'SA | 20+21 PRIM (EASYTECH) | 31+32 APTISSEN |
| 11+12 AVANOS | 22 ICRS | 33 K-INVENT |
| 13+14 VALD | 23 PHARMANUTRA | 34 IGEA |



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