

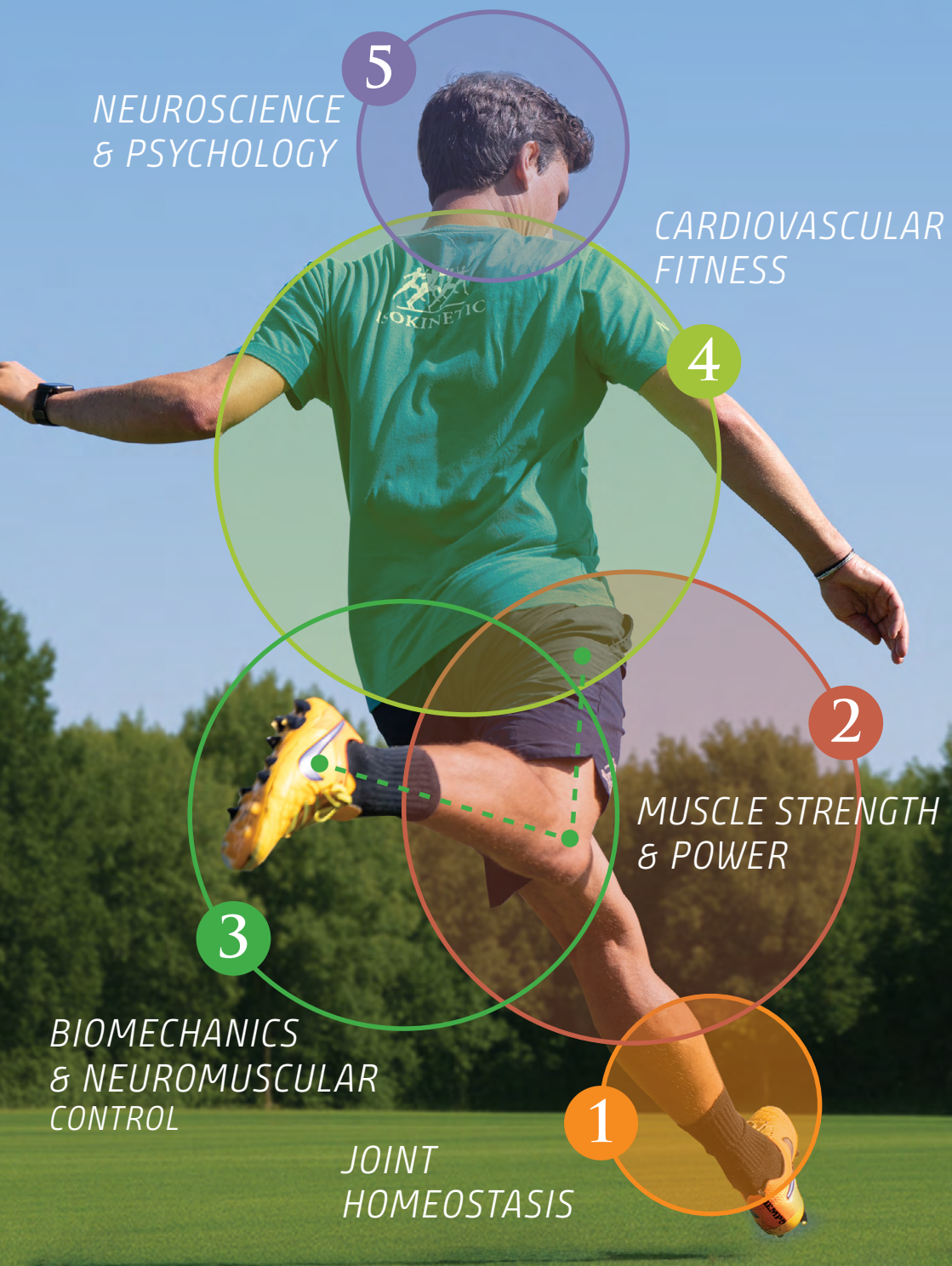


**FIFA** | MEDICAL CENTRE  
OF EXCELLENCE

Megaron Athens International Conference Centre

# 18<sup>th</sup>, 19<sup>th</sup> & 20<sup>th</sup> April 2026 - Athens





5

NEUROSCIENCE  
& PSYCHOLOGY

CARDIOVASCULAR  
FITNESS

4

2

MUSCLE STRENGTH  
& POWER

3

BIOMECHANICS  
& NEUROMUSCULAR  
CONTROL

1

JOINT  
HOMEOSTASIS



# RETURN TO PERFORMANCE

As a Medical Community, we often neglect the relevance of one of the last – but perhaps the most important – aspects of Football Medicine: *PERFORMANCE*.

Return to performance is the ultimate goal of every patient after injury and the line between rehabilitation and performance is getting finer and finer.

The Football Medicine Community is already pushing the boundaries of functional outcomes, often including football-specific metrics. However, results remain challenging, with for example only 50% of players getting back to full football performance after ACL injury.

Integrating *physical and sports-specific domains*, we should clearly define our ultimate goal, while optimising our approach and progressively becoming “*Performance Doctors*”.

At #Isok26 in Athens, from cutting edge research to top level practice, we will merge our approaches and look for the best solutions for achieving a full Return To Performance.

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PERFORMANCE



SESSION OVERVIEW

Traditional Sessions

Open Debates

Next Generation Leaders

Worldwide Football

|                | ARISTOTLE                                                       | SOCRATES                                                                   | HIPPOCRATES                                                          |
|----------------|-----------------------------------------------------------------|----------------------------------------------------------------------------|----------------------------------------------------------------------|
| 09:00<br>11:00 | OFFICIAL WELCOME<br>Return to performance in Football           | OFFICIAL WELCOME<br>FIFA - Brain health for the football player            | OFFICIAL WELCOME<br>The origins of Sports Medicine                   |
| 11:30<br>13:00 | Neurocognitive performance in Football Medicine                 | FIFA - Integrating performance and medical aspects                         | ACL: from injury to peak performance                                 |
| 13:30<br>14:30 |                                                                 | ISAKOS session: Meniscus lesions in football players: where are we today?  | FIFA Medical Symposium: Player health surveillance                   |
| 14:30<br>15:15 | Perfecting our approach to knee injuries in football            | Muscle injuries: when to go surgical                                       | What's new in prevention & biomechanics                              |
| 15:15<br>16:00 |                                                                 | Hamstring injuries: Artificial vs Human intelligence                       |                                                                      |
| 16:30<br>17:15 | Present and future of ankle injury management                   | Gold standard for ACL injuries                                             | RTP after hamstring injuries                                         |
| 17:15<br>18:00 |                                                                 | The complex new era of meniscus repair                                     |                                                                      |
| 08:30<br>09:15 | Hip & groin injuries: from diagnosis to RTP                     | Never-ending debate: time to RTP after ACLR                                |                                                                      |
| 09:15<br>10:00 |                                                                 | How to achieve full performance after knee surgery                         |                                                                      |
| 10:30<br>11:15 | Shift in the paradigm for ACL injuries                          | The footballer's shoulder: only a goalkeeper problem?                      | UEFA perspective on return to performance: from evidence to practice |
| 11:15<br>12:00 |                                                                 | Spine injuries in the football player                                      |                                                                      |
| 12:00<br>12:45 | Full performance for hamstring injuries                         | Back to performance after cartilage injuries                               | Innovation in foot & ankle injuries                                  |
| 12:45<br>13:30 |                                                                 | The nightmare of recurrent and compensatory injuries                       |                                                                      |
| 14:00<br>15:00 |                                                                 | ICRS consensus recommendations for cartilage, meniscus, and orthobiologics | ESSKA session: ACL prevention and rehabilitation                     |
| 15:00<br>16:30 | Recovering acceleration: RTP for Achilles & Calf                | Can regenerative medicine help return to performance?                      | The future of youth football                                         |
| 16:30<br>17:00 | Awards Ceremony                                                 |                                                                            |                                                                      |
| 17:00<br>18:30 | Youth football: the most common injuries                        | Maintaining performance with chronic injuries                              | Present and future of orthobiologics                                 |
| 08:30<br>10:00 | Muscle injuries: from cells to performance                      |                                                                            | Getting ready for performance: Football Reconditioning               |
| 10:30<br>12:00 | Injury prevention in football: ACL and beyond                   |                                                                            | Targeting injury prevention via pre-season screening                 |
| 12:00<br>13:30 | Key factors in transitioning from rehabilitation to performance |                                                                            | Management of most common injuries in football                       |
| 14:30<br>16:00 | Integrating complex data: the future of RTP                     |                                                                            | Return to performance: top clubs' best practices                     |

SATURDAY

SUNDAY

MONDAY



# DISCOVER THE MEGARON ATHENS INTERNATIONAL CONFERENCE CENTRE

Premier venue that seamlessly blends state-of-the-art facilities with the rich cultural heritage of Athens, it is recognized as one of the finest and most technologically advanced conference venues in Europe.

Situated in the city centre, Megaron offers a stunning environment, and has hosted some of the most important congresses in Greece.



## ATHENS AWAITS YOU

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COME FOR THE CONFERENCE, STAY FOR THE EXPERIENCE.

Welcome to Athens, a city where timeless heritage and modern vibrancy come together to create an unforgettable experience for every visitor. Athens offers an extraordinary backdrop for your stay.

From the majestic Acropolis and the Parthenon to the cobbled streets of Plaka, the city is a living museum worthy to be enjoyed.





# BE PART OF THE SCIENTIFIC PROGRAMME

The Scientific Committee encourages you all to submit original research related to Sports & Football Medicine. If you are ready to prove your merit and meet life-changing career connections, present your original work at #isoK26.

The abstracts can be submitted for a **free oral communication**, to participate in the **best case report contest** or for a **poster presentation**.

The best papers will also be selected for the **NEXT GENERATION LEADERS** sessions.



CHALLENGE YOURSELF AND SUBMIT YOUR ABSTRACT!  
Deadline: **12<sup>th</sup> January 2026**.

## CONFERENCE FEES

| Ticket type        | Until<br>18 <sup>th</sup> February 2026 | From<br>19 <sup>th</sup> February 2026 |
|--------------------|-----------------------------------------|----------------------------------------|
| 3 days             | € 1.090,00                              | € 1.390,00                             |
| 1 day              | € 675,00                                | € 675,00                               |
| 3 days student fee | € 790,00                                | € 890,00                               |
| 1 day student fee  | € 600,00                                | € 600,00                               |

For more info, email us at:  
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*See you at #ISOK26*



[www.isokineticconference.com](http://www.isokineticconference.com)