



**ISOKINETIC  
MEDICAL GROUP**

**FIFA** | MEDICAL CENTRE  
OF EXCELLENCE

XXXIII ISOKINETIC CONFERENCE

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FOOTBALL MEDICINE

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*RETURN TO  
PERFORMANCE*

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Megaron Athens International Conference Centre

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

**SCIENTIFIC PROGRAMME**





NEUROSCIENCE  
& PSYCHOLOGY

5

CARDIOVASCULAR  
FITNESS

4

RETURN TO

2

MUSCLE STRENGTH  
& POWER

3

BIOMECHANICS  
& NEUROMUSCULAR  
CONTROL

JOINT  
HOMEOSTASIS

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# THE FOOTBALL MEDICINE CONFERENCE

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.

PERFORMANCE



**ISOKINETIC  
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OF EXCELLENCE



Francesco Della Villa  
Scientific Director,  
Isokinetic Medical Group



Andrew Massey  
FIFA  
Medical Director

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# PLAN YOUR DAYS

The Main Scientific Programme, spread across 3 large rooms, is made up of 4 different kinds of session. Find out more about our different formats.

## TRADITIONAL SESSIONS

In this format, a prominent keynote speaker will be followed by 5 forward thinking 'next-generation' leaders selected from the best presented abstracts!

## OPEN DEBATES

Two chairs and five top-level speakers will discuss hot topics in a comprehensive and diverse exchange of opinions. Intense audience engagement at the end of the sessions is always a highlight!

## NEXT GENERATION LEADERS

This will be a quick and energetic 45-minute session, with one chairperson, one presenter and a panel of invited speakers. The panel, following the chairperson's questions, will comment on the content of the speech.

## WORLDWIDE FOOTBALL

Presenting the same format as the Traditional Sessions, they are focused on the football clubs strategies to grant high performance and a successful return to play.



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



# BE PART OF THE GAME

The Scientific Committee encourages you all to contribute and help enhance the Isokinetic Conference through the submission of original research related to Sports & Football Medicine. You can participate either with an Oral or Poster Communication or by competing in the Best Case Report Award Contest. The Conference is, above all, an opportunity for discussion and for the exchange of ideas and scientific innovation. Don't lose the chance to be part of this incredible experience!

## TOPICS TO TACKLE

- ACL injuries
- Hamstring injuries
- Hip & groin injuries
- Knee injuries
- Foot & ankle injuries
- Muscle and tendon injuries
- Shoulder injuries
- Spine injuries
- Regenerative Medicine (Orthobiologics and novel treatments)
- Injury Video Analysis
- Biomechanics
- Imaging (US, MRI, CT, others)
- Orthopaedics and Surgery
- Functional Rehabilitation & Physical Therapies
- Rehabilitation & Reconditioning
- Return to Performance
- Neurocognitive and Psychological aspects
- Functional Assessment
- Injury Prevention
- Epidemiology
- Women Football Medicine
- Youth Football Medicine
- Medical Issues (concussion, cardiovascular, nutrition, sleep, others)
- Artificial Intelligence
- Case Reports



### KEY DATES

- Deadline for abstract submission  
**12<sup>th</sup> January 2026**
- Notification of your abstract acceptance  
**By 21<sup>st</sup> January 2026**
- Deadline for presenter's registration\*  
**28<sup>th</sup> January 2026**

**GUIDELINES**   **ABSTRACT FORM**



\* Upon notification of abstract acceptance, all Presenters are required to register to the Conference to be included in the Final Programme and in the Abstract Book

## AND GET YOUR CHANCE TO WIN

Don't miss the opportunity to be protagonist: do your best to win one of our Awards. And besides these awards, don't forget the chance to be a NEXT GENERATION LEADER – The best submitted abstracts will be selected for the Next Generation Leader Sessions, which will be held in one of the main scientific rooms of the Conference and will be opened by a globally renowned keynote speaker.





# GET FAMILIAR WITH THE VENUE...

## 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.



## ...AND DISCOVER ATHENS

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



## ARISTOTLE

GROUND FLOOR

09:00 Official welcome

### Return to performance in football

- Chairs* Della Villa S (ITA), Espregueira-Mendes J (POR)  
**09:30 Is return to performance the new frontier of football medicine?** Mandelbaum B (USA)  
**09:45 Return to performance after ACL injury: a current sports medicine dilemma** Della Villa F (ITA)  
**10:00 From ankle injury back to the field: what I've learned in the last 20 years** D'Hooghe P (UK)  
**10:15 Return to performance: is female football that different?** Arundale A (USA)  
**10:30 Shift in the paradigm: from return to play to return to full performance** Knowles B (USA)  
**10:45 Discussion**

### Neurocognitive performance in football medicine

- Chairs* Chaput M (USA), Saris D (USA)  
**11:30 Decoding the beautiful behavioural complexity of the football player** Jordet G (NOR)  
**11:45 Neuroplasticity and neurocognitive performance after ligament injury** Grooms D (USA)  
**12:00 Rethinking arthrogenic muscle inhibition in ACL injury and surgery** Sonnery Cottet B (FRA)  
**12:15 Integration of neurocognition across the return to performance pathway** Gokeler A (GER)  
**12:30 Beyond ACL prevention: is applying neuroscience the answer?** Myer G (USA)  
**12:45 Discussion**

## SOCRATES

-2 FLOOR

09:00 Official welcome

### FIFA - Brain health for the football player

- Chairs* Peek K (AUS), Serner A (SUI)  
**09:30 Heading in football: what do we actually know?** Serner A (SUI)  
**09:45 Preparing for a head injury on match day** Massey A (SUI)  
**10:00 On-pitch assessment of concussions: should I call the substitution?** Peek K (AUS)  
**10:15 Return to performance after concussion: the physio perspective** Schneider K (CAN)  
**10:30 Return to performance criteria after a concussion: checking with the Doc** Putukian M (USA)  
**10:45 Discussion**

### FIFA - Integrating performance and medical aspects

- Chairs* Mkumbuzi N (UK), Serner A (SUI)  
**11:30 Is your player's heart ready to perform?** Börjesson M (SWE)  
**11:45 Linking injury prevention and performance in teams** Brito J (POR)  
**12:00 Return to performance postpartum: the FIFA Decision Aid for players and team staff** Davenport M (CAN)  
**12:15 Optimizing health and performance in low resource settings** Mkumbuzi N (UK)  
**12:30 What's happening with our player? Health and performance data exchange between clubs and national teams** McCall A (UK)  
**12:45 Discussion**

## HIPPOCRATES

-1 FLOOR

09:00 Official welcome

### The origins of sports medicine

- Chairs* Muschaweck U (GER), Tsapralis K (GRE)  
**09:30 The Greek history of Sports Medicine: from Filippide to nowadays** Ditsios K (GRE)  
**09:45 The explosion of Sports Medicine in USA** Davies G (USA)  
**10:00 The origins of Football Medicine** Ekstrand J (SWE)  
**10:15 The evolution of sports physical therapy** Snyder-Mackler L (USA)  
**10:30 ACL surgery: from the beginning to the future**  
**10:45 Discussion**

### Next Generation Leaders ACL: from injury to peak performance

- Chairs* Berruto M (ITA), De Caro F (ITA)  
**11:30 KEYNOTE LECTURE**  
**The USA experience: how to approach ACL injuries in professional football players** Musahl V (USA)  
**11:45 KEYNOTE LECTURE**  
**The European experience: the complex link between ACL and muscle injuries** Walden M (SWE)  

*The 5 best Free Communication Abstracts on ACL will be included in this session*



SATURDAY  
18<sup>th</sup> APRIL  
AFTERNOON

SCIENTIFIC PROGRAMME

ARISTOTLE

ISOKINETIC  
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GROUND FLOOR

SOCRATES

-2 FLOOR

HIPPOCRATES

-1 FLOOR



### Perfecting our approach to knee injuries in football

- Chairs* Gobbi A (ITA), Kon E (ITA)
- 14:30 **What really happens after ACL rupture and surgery in professional footballers?** Ball S (UK)
- 14:45 **Medial ramp lesion: meniscal lesion or postero medial instability?** Cavaignac E (FRA)
- 15:00 **ACL - Lateral external procedures in football: when and why?** Espregueira Mendes J (POR)
- 15:15 **Overcoming the complex dynamic stability of the patello-femoral joint** Sherman S (USA)
- 15:30 **Optimizing return to performance after knee injuries: the Isokinetic approach** Tencone F (ITA)
- 15:45 *Discussion*

### Present and future of ankle injury management

- Chairs* d'Hooghe P (UK), Vannini F (ITA)
- 16:30 **The rising issue of the ankle instability: the anatomical secrets** Dalmau-Pastor M (ESP)
- 16:45 **RTP after ankle injuries in football: the full monty** Kerkhoffs G (NED)
- 17:00 **Integrating the ankle strength profiling to support full RTP** Griffin C (IRL)
- 17:15 **Return to performance strategies after ankle injuries: from biomechanics to GPS** Boldrini L (ITA)
- 17:30 **Ankle injuries in football: what do we need to close the gap?** Verhagen E (SUI)
- 17:45 *Discussion*

### ISAKOS session: meniscus lesions in football players: where are we today?

- Chairs* Espregueira Mendes J (POR), Mandelbaum B (USA)
- 13:30 **Meniscectomy of the knee: how much is too much?** Espregueira Mendes J (POR)
- 13:42 **Meniscus lesions in the professional player. When to repair and when to resect?** Sherman S (USA)
- 13:54 **Meniscal injury in the setting of ACL reconstruction in the professional player: what is the best approach?** Cohen C (BRA)
- 14:06 **Return to professional sports after meniscal injury: where are we today?** Musahl V (USA)
- 14:18 *Discussion*

### Open Debate 14:30 - 15:15 Muscle injuries: when to go surgical

- Chair* English B (UK)
- Presenter* Lempainen L (FIN) **Are there clear indications for surgery? From hamstring to rectus femoris**
- Debaters* Haddad F (UK), Huurman S (NED), Perticarini L (ITA)

### Open Debate 15:15 - 16:00 Hamstring injuries: artificial vs human intelligence

- Chair* English B (UK)
- Presenter* Rodas G (ESP) **Hamstring injuries: artificial vs human intelligence**
- Debaters* Bittencourt N (BRA), Glasgow P (IRL), Van Dyk N (IRL)

### Open Debate 16:30 - 17:15 Gold standard for ACL injuries

- Chair* Saris D (USA)
- Presenter* Getgood A (QAT) **Gold standard approach to the ACL injured football player**
- Debaters* Samuelsson K (SWE), Snyder-Mackler L (USA), Zorzi C (ITA)

### Open Debate 17:15 - 18:00 The complex new era of meniscus repair

- Chair* Saris D (USA)
- Presenter* Piskopakis A (GRE) **Managing complex meniscus tears in the football player**
- Debaters* Bonanzinga T (ITA), Stride M (UK), Verdonk P (BEL)

### FIFA medical symposium - Player's health surveillance

- Chairs* Clarsen B (SUI), Serner A (SUI)
- 13:30 **Update on FIFA's Global Player Health Surveillance initiatives** Clarsen B (SUI)
- 13:45 **Living systematic review of all player health surveillance studies in football** Babiker AR (IRL)
- 14:00 **Global collaboration on match load and injury risk** Amundsen R (NOR)
- 14:15 *Discussion*

### Next Generation Leaders What's new in prevention & biomechanics

- Chairs* Pereira R (POR), Surdyka N (USA)
- 14:30 **KEYNOTE LECTURE**  
**Preventing knee injuries in football: a biomechanical approach**  
Powers C (USA)

*The 5 best Free Communication Abstracts on Prevention & Biomechanics will be selected and included in this session*

### Next Generation Leaders RTP after hamstring injuries

- Chairs* Ferrer Vidal E (ESP), Klein C (GER)
- 16:30 **KEYNOTE LECTURE**  
**The missing link of hamstring injury rehab on the road to return to performance**  
Mendiguchia J (ESP)
- 16:45 **KEYNOTE LECTURE**  
**Return to performance after hamstring injury: the US sports experience**  
Silvers H (USA)

*The 5 best Free Communication Abstracts on Hamstring Injuries will be selected and included in this session*



**Hip & groin injuries:  
from diagnosis to RTP**

- Chairs* Griffin D (UK), Papadopoulou T (UK)  
08:30 **Adductors injuries in the football players**  
Holmich P (DEN)  
08:45 **Hip impingement versus hip instability  
in the footballer: differences in diagnosis  
and management** Kemp J (AUS)  
09:00 **Role of technology in improving outcomes  
in hip preservation surgery**  
Khanduja V (UK)  
09:15 **New trends in hip arthroscopy for the  
football player** Gursoy S (TUR)  
09:30 **Debunking the complexity of PLAC injuries**  
Schilders E (UK)  
09:45 *Discussion*

**Shift in the paradigm  
for ACL injuries**

- Chairs* Arundale A (USA), Sherman S (USA)  
10:30 **Return to performance after ACL injury:  
the true numbers** Webster K (AUS)  
10:45 **Return to sport after ACL-R in athletic  
population: should we add lateral  
tenodesis?** Hantes M (GRE)  
11:00 **Towards a new gold standard for ACL  
reconstruction?** Zaffagnini S (ITA)  
11:15 **From RTP to return to performance**  
Buckthorpe M (UK)  
11:30 **The new era of ACL rehabilitation**  
Hamrin Senorski E (SWE)  
11:45 *Discussion*

**Full performance for  
hamstring injuries**

- Chairs* Bolling C (NED), Krutsch W (GER)  
12:00 **Squaring the circle: how hamstring injuries  
prevention influence performance**  
Van Dyk N (IRL)  
12:15 **Applying risk management plans to guide  
hamstring injury prevention**  
Bahr R (NOR)  
12:30 **Advanced imaging for complex hamstring  
injuries** Pedret C (ESP)  
12:45 **Return to performance after hamstring  
surgery: state of play** Haddad F (UK)  
13:00 **Building robustness: the key for  
performance** Glasgow P (IRL)  
13:15 *Discussion*

*Open Debate* 08:30 - 09:15  
**Never-ending debate: time to  
RTP after ACLR**

- Chair* Arendt L (USA)  
*Presenter* Compagnin A (UK) **How should we navigate  
the recovery process after ACL reconstruction?**  
*Debaters* Margheritini F (ITA), Thompson S (UK),  
Tsapralis K (GRE)

*Open Debate* 09:15 - 10:00  
**How to achieve full performance  
after knee surgery**

- Chair* Arendt L (USA)  
*Presenter* Lepley L (USA) **The ACL-Injured quadriceps  
is not normal: biological barriers and  
targeted strategies to promote performance**  
*Debaters* King E (QAT), Olmo J (UK), Screpis D (ITA)

*Open Debate* 10:30 - 11:15  
**The footballer's shoulder:  
only a goalkeeper problem?**

- Chair* Fulcher M (NZL)  
*Presenter* Di Giacomo G (ITA) **Biomechanics behind  
return to performance**  
*Debaters* Axe M (USA), D'Alessandro P (AUS),  
Porcellini G (ITA)

*Open Debate* 11:15 - 12:00  
**Spine injuries in the football player**

- Chair* Fulcher M (NZL)  
*Presenter* Sheeran L (UK) **Spine injuries and back pain  
in football: intersecting but distinct  
challenges across the player lifespan**  
*Debaters* Kassarian A (ESP), Tencone F (ITA)

*Open Debate* 12:00 - 12:45  
**Back to performance after  
cartilage injuries**

- Chair* Gouttebauge V (NED)  
*Presenter* Williams R (USA) **Back to performance  
after cartilage injuries**  
*Debaters* Denti M (SUI), Guillen I (ESP), Sas K (BEL)

*Open Debate* 12:45 - 13:30  
**The nightmare of recurrent  
and compensatory injuries**

- Chair* Gouttebauge V (NED)  
*Presenter* Olmo J (UK) **The nightmare of recurrent  
and compensatory injuries**  
*Debaters* De Carli A (ITA), Surdyka N (USA),  
Tzouroudis N (GRE)

**UEFA perspective on return  
to performance: from evidence  
to practice**

- Chairs* Bahtijarević Z (SUI), Verhagen E (SUI)  
10:30 **From research to real-world impact:  
the UEFA approach** Verhagen E (SUI)  
10:45 **Menstrual cycle tracking in women's  
football: from monitoring to action**  
Van den Steen E (BEL)  
11:00 **ACL injury: UEFA guidelines for prevention  
and rehabilitation** Okholm Kryger K (UK)  
11:15 **Safe heading in youth football: implementing  
the UEFA coaching framework** Meyer T (GER)  
11:30 **Return to performance after ACL injury: lessons  
from UEFA's experience** Verhagen E (SUI)  
11:45 *Discussion*

*Next Generation Leaders*  
**Innovation in foot & ankle injuries**

- Chairs* Bayrakçı Tunay V (TUR), Gehring D (GER)  
12:00 **KEYNOTE LECTURE**  
**Innovation in navicular stress fracture  
management in athletes**  
Calder J (UK)

*The 5 best Free Communication Abstracts  
on Foot & Ankle injuries will be selected  
and included in this session*



## ARISTOTLE

GROUND FLOOR



### Recovering acceleration: RTP for achilles & calf

- Chairs* Edwards T (NZL), Rosa D (ITA)
- 15:00 **Achilles tendon ruptures: current evidences to reach full performance** Van Dijk N (NED)
- 15:15 **Key aspects of early stage to maximize RTP after Achilles tendon repair** Silbernagel K (USA)
- 15:30 **Biomechanical deficits after Achilles repair: where to look and how to address** King E (QAT)
- 15:45 **Achilles tendon rupture: minimally invasive and percutaneous** Maffulli N (ITA)
- 16:00 **Do not forget calf injuries: a burden for a footballer's performance** O'Neill S (UK)
- 16:15 *Discussion*

### Youth football: the most common injuries

- Chairs* Gregson W (UK), Putukian M (USA)
- 17:00 **Muscle injuries: ranked first also in youth football?** Tol H (NED)
- 17:15 **The burden of ACL injuries in the young footballer: a current challenge and what to do** Grassi A (ITA)
- 17:30 **Protecting the young footballer's hip health** Andersen TE (NOR)
- 17:45 **Neurological implications of muscle cramping in young players** Miller K (USA)
- 18:00 **The growing female footballer: any specificity?** Putukian M (USA)
- 18:15 *Discussion*

## SOCRATES

-2 FLOOR

### ICRS Consensus recommendations for cartilage, meniscus and orthobiologics

- Chairs* Kon E (ITA), Zaslav K (USA)
- 14:00 **The complex biological status after acute knee injury** Lattermann C (USA)
- 14:12 **How to manage knee cartilage injuries in football players? The ICRS-FIFA-Aspetar consensus** Papakostas E (QAT)
- 14:24 **PRP and knee osteoarthritis: when? The ESSKA-ICRS consensus** Filardo G (SUI)
- 14:36 **Cell-based treatments for knee osteoarthritis: the ESSKA-ICRS recommendations** De Girolamo L (ITA)
- 14:48 *Discussion*

### Can regenerative medicine help return to performance?

- Chairs* Forssblad M (SWE), Marcacci M (ITA)
- 15:00 **The role of osteothomies in joint restoration surgery** Verdonk P (BEL)
- 15:15 **The new era of regenerative medicine** Saris D (USA)
- 15:30 **Bone bruise patterns: implications and treatments** Kon E (ITA)
- 15:45 **Orthobiologics: what players want (and need)** Cohen C (BRA)
- 16:00 **Cartilage transplantation in athletes: can we really get them back and keep them there?** Cole B (USA)
- 16:15 *Discussion*

### Maintaining performance with chronic injuries

- Chairs* Alfredson H (SWE), Maestro A (ESP)
- 17:00 **Management of patellar tendinopathy in season: is it possible to maintain performance?** Rio E (AUS)
- 17:15 **Optimising health and performance of the footballer with FAI syndrome: clinical pearls** Dijkstra P (QAT)
- 17:30 **What Military Medicine can teach to Football Medicine about chronic conditions** Papadopoulou T (UK)
- 17:45 **The injury that stole my 'footballer' identity** Bolling C (NED)
- 18:00 **After career: return to sport following knee arthroplasty in former football players** Marcheggiani Muccioli GM (ITA)
- 18:15 *Discussion*

## HIPPOCRATES

-1 FLOOR

### ESSKA session: ACL prevention and rehabilitation

- Chairs* Patt T (NED), Prill R (GER)
- 14:00 **Prevention of ACL Injuries** Patt T (NED)
- 14:12 **Early & mid stage rehabilitation** Hamrin Senorski E (SWE)
- 14:24 **Late stage and return to sport rehabilitation** Buckthorpe M (UK)
- 14:36 **Assessments and testing** Prill R (GER)
- 14:48 *Discussion*

### Next Generation Leaders The future of youth football

- Chairs* Gard S (SUI), Patt T (NED)
- 15:00 **KEYNOTE LECTURE**  
**Protecting the health of the youth football player**  
Arendt L (USA)
- 15:15 **KEYNOTE LECTURE**  
**ACL injuries in youth Brazilian football players**  
Cohen M (BRA)
- The 5 best Free Communication Abstracts on Youth Football will be selected and included in this session*

### Next Generation Leaders Present and future of orthobiologics

- Chairs* Andrade R (POR), Guillen P (ESP)
- 17:00 **KEYNOTE LECTURE**  
**Tricks of the trade in using PRP in football players**  
Cugat R (ESP)
- 17:15 **KEYNOTE LECTURE**  
**Through the eye of a needle: optimizing therapeutic injections**  
Johnson R (UK)
- The 5 best Free Communication Abstracts on Orthobiologics will be selected and included in this session*



### Muscle injuries: from cells to performance

- Chairs* Lepley L (USA), Malliaropoulos N (UK)  
**08:30 Everything starts from the cell: tweaking cellular mechanisms to reach the top** Bayer M (DEN)  
**08:45 From tear to repair: MRI's role in evaluating muscle healing** Kassarian A (ESP)  
**09:00 Quadriceps muscle injuries: from trends to RTP** Hagglund M (SWE)  
**09:15 The newest surgical indications for muscle injuries** Laver L (ISR)  
**09:30 Complete return to performance after hamstring injury: is it possible?** Eirale C (QAT)  
**09:45 Discussion**

### Injury prevention in football: ACL and beyond

- Chairs* Grooms D (USA), Osbahr D (USA)  
**10:30 From young to professional football: adapting ACL injury prevention** Walden M (SWE)  
**10:45 Practical solutions to implement ACL prevention worldwide** Pearle A (USA)  
**11:00 Beyond biomechanics: neurocognitive training in football players** Rodas G (ESP)  
**11:15 Latest advancement in hamstring injury prevention** Heiderscheidt B (USA)  
**11:30 Which biomechanical factors are associated to second ACL injury?** Powers C (USA)  
**11:45 Discussion**

### Key factors in transitioning from rehabilitation to performance

- Chairs* Clubb J (UK), Davison M (UK)  
**12:00 Conceptual and multidisciplinary overview: defining 'Return to Performance'** Knowles B (USA)  
**12:15 Strength, power, and neuromuscular restoration as the physical foundation** Read P (UK)  
**12:30 Football fitness reconditioning and assessment of readiness capacities** Buchheit M (FRA)  
**12:45 On-field rehabilitation and movement retraining as the gateway back to football** Buckthorpe M (UK)  
**13:00 Load restoration and return to performance integration** Clubb J (UK)  
**13:15 Discussion**

### From Greek gods to NBA stars: what we can learn from basketball medicine

- Chairs* Davison M (UK), Williams R (USA)  
**14:00 Connecting the dots between football and basketball medicine** Davison M (UK)  
**14:05 Adapting sports medicine practice to the basketball player** Koukolias N (GRE)  
**14:20 Optimizing performance and return to play in NBA setting** Coles P (USA)  
**14:35 Integrating biomechanical testing in basketball: the NBA experience** Chaaban C (USA)  
**14:50 Discussion**

### Integrating complex data: the future of RTP

- Chairs* Powers C (USA), Zago M (ITA)  
**15:00 The role of artificial intelligence in orthopaedic sports medicine** Samuelsson K (SWE)  
**15:15 Integrating complex data in ACL rehabilitation** Kotsifaki R (QAT)  
**15:30 Complex data made easy: movement phenotyping and beyond** Di Paolo S (ITA)  
**15:45 The biokinetic approach in return to play decision** Metsavaht L (BRA)  
**16:00 Including objective data in return to performance: the clinician perspective** Danelon F (ITA)  
**16:15 Discussion**

### Next Generation Leaders

#### Getting ready for performance: football reconditioning

- Chairs* Ahmed O (UK), Bizzini M (SUI)  
**08:30 KEYNOTE LECTURE**  
**Tech in RTP: tool or trap** Buchheit M (FRA)

*The 5 best Free Communication Abstracts on Football Reconditioning will be selected and included in this session*

### Worldwide Football

#### Targeting injury prevention via pre-season screening

- Chairs* Martinez D (ARG), Mazzoni S (ITA)  
**10:30 Preseason screening: beyond the current gold standard** Gouttebargue V (NED)  
**10:45 Preparing US team for the 2026 World Cup** Chiampas G (USA)  
**10:55 The Panathinaikos approach in pre-season players screening** Chissas D (GRE)  
**11:05 The German strategy in safeguarding football players health and development** Krutsch W (GER)  
**11:15 Delivering robust pre-signing medical assessments in professional football** Broman D (UK)  
**11:25 The Isokinetic Medical Group approach in pre-season team screening** Tosarelli F (ITA)  
**11:35 Discussion**

### Worldwide Football

#### Management of most common injuries in football

- Chairs* Lucarno S (SUI), Pedrinelli A (BRA)  
**12:00 Return to performance after ACL-R in professional female football players** Ball S (UK)  
**12:15 Rectus femoris injury: an increasing problem in football?** Pedret C (ESP)  
**12:25 Meniscus injuries management in the football player: from medial to lateral** Monaco E (ITA)  
**12:35 Fifth metatarsal fractures: prevention and treatment strategies in football players** Saita Y (JAP)  
**12:45 Hamstring injuries in professional football: a guide for the clinician** Van Dyk N (IRL)  
**12:55 From Australian to European football: ACL injuries across the border** D'Alessandro P (AUS)  
**13:05 Discussion**

### Latin-American Football

#### CONMEBOL

- Chair* Villalon JM (ESP)  
**14:00 Presentation. CONMEBOL Medical Commission** Pangrazio O (PAR)  
**14:08 Playing protocol at altitude** Calderón N (BOL)  
**14:16 Muscle injuries and ACL tears in women's football** Cheyre J (CHI)  
**14:24 Injuries in forgotten football: futsal and beach football** Forriol F (ESP)  
**14:32 Concussion and return to play** Stumbo D (ARG)  
**14:40 Application of the new concussion substitution card in long tournaments** Pedrinelli A (BRA)  
**14:48 Discussion**

### Worldwide Football

#### Return to performance: top clubs' best practices

- Chairs* Mandelbaum B (USA), Vazquez C (ESP)  
**15:00 From National team to club: Brazilian strategies in chasing performance** Lasmar R (BRA)  
**15:15 Staying at the top of Spanish football after ACL injuries: my experience** Leyes M (ESP)  
**15:25 Return to performance framework across men and women football** Bittencourt N (BRA)  
**15:35 ACL Rupture in Football. From player to surgeon and team doctor: a personal perspective** Nikolaou P (GRE)  
**15:45 RTP strategies of the Champions League winner** Til-Perez L (FRA)  
**15:55 Building and maintaining in top English football** Chadd N (UK)  
**16:05 Discussion**



# BACK TO THE ORIGINS

## ISOKINETIC CLINIC IN ATHENS

When it comes to sports medicine and sports, the Olympic Games of ancient Greece immediately come to mind. The historian Timaeus dates their origins to 776 B.C. Regardless of the exact date, Greece is widely recognised as the birthplace of Western sports medicine. This is largely thanks to Hippocrates, who lived three centuries after the first Olympic Games and was the first to formalise medical ethics with his oath. For Isokinetic, opening a facility in Athens is a meaningful journey back to its origins, made even more special by its location inside OAKA, the sports complex that hosted the 2004 Athens Olympic Games.





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Can't wait to be there? Register soon to benefit from the Early Bird Registration Fees.  
Visit [www.isokineticconference.com](http://www.isokineticconference.com) and fill in the online form in the Registration section.  
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## REGISTRATION INCLUDES

- Admission to all scientific sessions
- Admission to the exhibition hall and networking area
- Admission to sponsored workshops (depending on room capacity)
- Conference kit (Conference bag, abstract book & Conference Programme)
- Coffee and lunch breaks
- Certificate of Attendance
- Free Wi-Fi.

## PAYMENT

Payment can be made by  
Credit Card or Bank Transfer.

## OFFICIAL LANGUAGE

English

## CME CREDITS

An application will be made to the European Accreditation Council for Continuing Medical Education (EACCME) for CME accreditation of this event.



# CONFERENCE FEES

Ticket type	Until 18 <sup>th</sup> February 2026	From 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



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