



FIFA MEDICAL CENTRE
OF EXCELLENCE

XXXIII ISOKINETIC CONFERENCE

FOOTBALL MEDICINE

*RETURN TO
PERFORMANCE*

Megaron Athens International Conference Centre

18th, 19th & 20th April 2026 - Athens

SCIENTIFIC PROGRAMME





NEUROSCIENCE
& PSYCHOLOGY

CARDIOVASCULAR
FITNESS

RETURN TO

MUSCLE STRENGTH
& POWER

BIOMECHANICS
& NEUROMUSCULAR
CONTROL

JOINT
HOMEOSTASIS

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
MEDICAL GROUP**

FIFA | MEDICAL CENTRE
OF EXCELLENCE



Francesco Della Villa
*Scientific Director,
Isokinetic Medical Group*



Andrew Massey
*FIFA
Medical Director*

#Della

Amassey



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



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.



BEST WOMEN'S FOOTBALL

**ABSTRACT AWARD
PUBLICATION PRIZE**
Open Access publication
of your paper in
BMJ Open Sports Medicine
(Publishing charges
will be waived)

BEST CASE REPORT CONTEST

**AWARDS
CASH PRIZE**
1st place **€ 1500**
2nd place **€ 1000**
3rd place **€ 500**

BEST ACL

**ABSTRACT AWARD
CASH PRIZE**
**Winner
€ 1500**

BEST ORTHOREGENERATION

**ABSTRACT AWARD
CASH PRIZE**
**Winner
€ 1000**
Promoted by
ON Foundation

BEST POSTER

**AWARD
CASH PRIZE**
**Winner
€ 1000**

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
18th APRIL
AFTERNOON

SCIENTIFIC PROGRAMME

ARISTOTLE

ISOKINETIC
MEDICAL GROUP
FIFA MEDICAL CENTRE
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 Koukoulas 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.



REGISTRATION

Can't wait to be there? Register soon to benefit from the Early Bird Registration Fees.
Visit www.isokineticconference.com and fill in the online form in the Registration section.
If you need support, contact us at c.grassi@isokinetic.com and our staff will be happy to help.

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 th February 2026	From 19 th 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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