



**ISOKINETIC  
MEDICAL GROUP**

**FIFA** | MEDICAL CENTRE  
OF EXCELLENCE

XXXIII ISOKINETIC CONFERENCE  
FOOTBALL MEDICINE  
*RETURN TO  
PERFORMANCE*

Megaron Athens International Conference Centre  
18<sup>th</sup>, 19<sup>th</sup> & 20<sup>th</sup> April 2026 - Athens

**FINAL PROGRAMME**







Share The Conference **#isok26**

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 Isokinetic Conference

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

## PRACTICAL INFORMATION

### THE REGISTRATION FEE INCLUDES:

Admission to all the Conference areas, Conference kit, coffee and lunch breaks, and Certificate of Attendance (sent via e-mail after the conference).

### ISOKINETIC POINT

Isokinetic Medical Group staff is available to provide you with any information about the Conference and the Isokinetic Network.

### OFFICIAL LANGUAGE

The official language is English.

### CME CREDITS

Accreditation Statement: 20,5 Credits.

If you are a Specialised Doctor you can go to the Registration Desk any time during the Conference.



### CONTACT US

You can always contact us at [conference@isokinetic.com](mailto:conference@isokinetic.com)

### PATRONAGE

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



### GETTING TO AND FROM THE MEGARON Athens International Conference Centre

- **By metro:** it's just two minutes from the Concert Hall Metro Station.
- **By bus:** buses E14, A5 and 550 stop right in front of the venue.
- **By electrically driven bus:** buses 10 and 3 stop right in front of the venue.
- **By car:** there is a parking facility whose entrance is on Kokkali St. and is open from 6am to 2am.
- **By taxi:** through the FREENOW App or UBER App.

### PRIVATE CAR TRANSFERS AND ORGANIZED TOURS

Next to the Registration Desk, you can find JNV to organize your car transfers or city tours. You can also contact them via WhatsApp +30 6977081256 or mail [info@jnv.gr](mailto:info@jnv.gr)  
For online bookings: [www.jnv.gr/gr](http://www.jnv.gr/gr)



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*Isokinetic26!*

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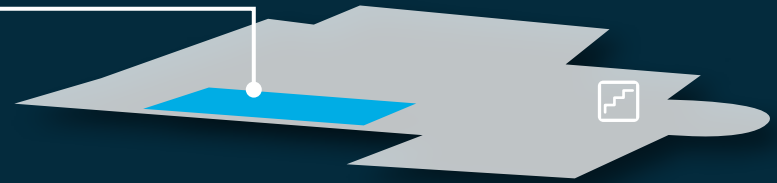


# VENUE PLAN

## +1 FLOOR

### PARMENIDES

- Free Communications
- Contest
- Company Workshops

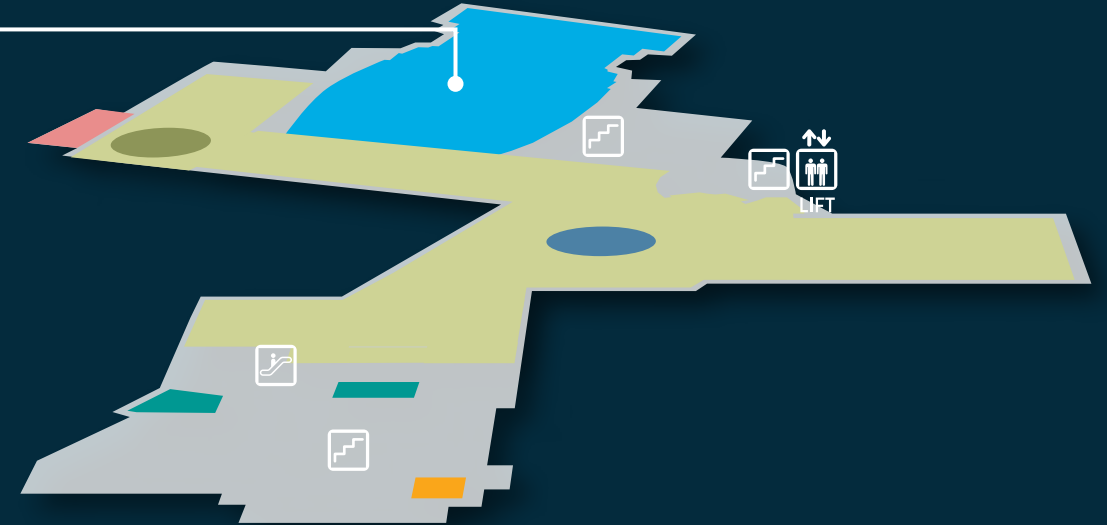


## 0 FLOOR

### ARISTOTLE

- Traditional Sessions
- Awards Ceremony

- Exhibit & Catering Area
- Networking Area
- Isokinetic Point
- Registration & Help Desks
- Cloakroom
- Cafeteria



## -1 FLOOR

### ARCHIMEDES

- Free Communications

### PYTHAGORAS

- Free Communications

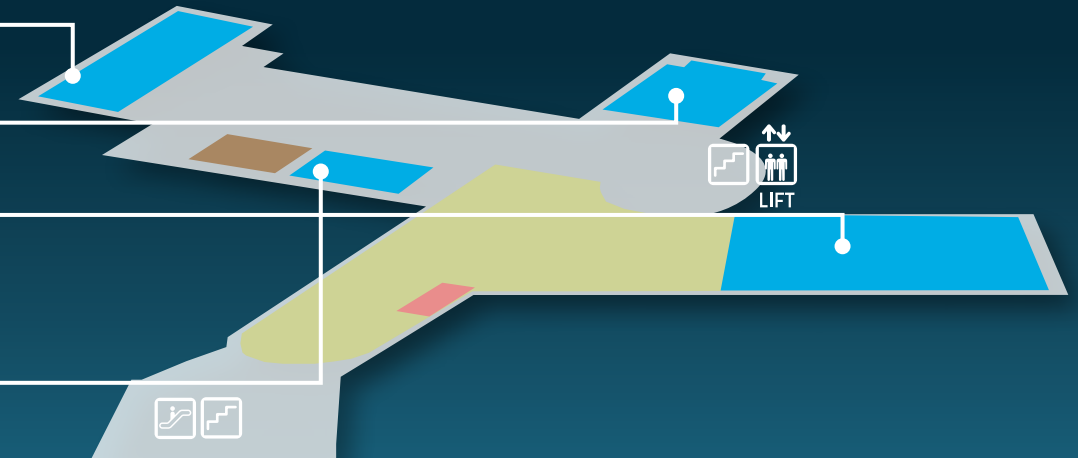
### HIPPOCRATES

- Traditional Sessions
- Next Generation Leaders
- Worldwide Football

### HERACLITUS

- Company Workshops

- Exhibit & Catering Area
- Speakers' preview room
- Cafeteria



## -2 FLOOR

### SOCRATES

- Traditional Sessions
- Open Debates

- Poster Area



# SCHEDULE SUMMARY

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



### ARISTOTLE

### SOCRATES

### HIPPOCRATES

### PYTHAGORAS

### ARCHIMEDES

### PARMENIDES

### HERACLITUS

### POSTER AREA

0 FLOOR

-2 FLOOR

-1 FLOOR

-1 FLOOR

-1 FLOOR

+1 FLOOR

-1 FLOOR

-2 FLOOR

9:00 9:30	OFFICIAL WELCOME								9:00 9:30
9:30 10:15	RETURN TO PERFORMANCE IN FOOTBALL	FIFA - BRAIN HEALTH FOR THE FOOTBALL PLAYER	THE ORIGINS OF SPORTS MEDICINE						9:30 10:15
10:15 11:00									10:15 11:00
11:00 11:30	coffee break			coffee break				11:00 11:30	
11:30 12:15	NEUROCOGNITIVE PERFORMANCE IN FOOTBALL MEDICINE	FIFA - INTEGRATING PERFORMANCE AND MEDICAL ASPECTS	ACL: FROM INJURY TO PEAK PERFORMANCE	NEWS IN ORTHOBIOLOGICS	INJURY EPIDEMIOLOGY	CASE REPORTS ANKLE & HIP	BTL		11:30 12:15
12:15 13:00							Ending at 12:30		12:15 13:00
13:00 13:30	lunch break			lunch break				13:00 13:30	
13:30 14:30		ISAKOS - MENISCUS LESIONS IN FOOTBALL PLAYERS: WHERE ARE WE TODAY?	FIFA MEDICAL SYMPOSIUM - PLAYER HEALTH SURVEILLANCE		INJURY PREVENTION STRATEGIES	IBSA	MYOCENE	POSTERS PA - PB - PC - PD - PE PF - PG - PH	13:30 14:30
14:30 15:15	PERFECTING OUR APPROACH TO KNEE INJURIES IN FOOTBALL	MUSCLE INJURIES: WHEN TO GO SURGICAL	WHAT'S NEW IN PREVENTION & BIOMECHANICS	WOMEN FOOTBALL: NEXT LEVEL	REHABILITATION & RETURN TO SPORT	CONTEST BEST CASE REPORT FINALS SESSION 1			14:30 15:15
15:15 16:00		HAMSTRING INJURIES: ARTIFICIAL VS HUMAN INTELLIGENCE					Starting at 15:00	HAS MOTION	15:15 16:00
16:00 16:30	coffee break			coffee break				16:00 16:30	
16:30 17:15	PRESENT AND FUTURE OF ANKLE INJURY MANAGEMENT	GOLD STANDARD FOR ACL INJURIES	RTP AFTER HAMSTRING INJURIES	MANAGING CONCUSSION IN FOOTBALL	FOOTBALL SURGERIES	CONTEST BEST CASE REPORT FINALS SESSION 2	BTL		16:30 17:15
17:15 18:00		THE COMPLEX NEW ERA OF MENISCUS REPAIR					Ending at 18:20	Ending at 18:20	Ending at 18:20

# SCHEDULE SUMMARY

## SUNDAY 19<sup>th</sup> APRIL

						
Traditional Sessions	Open Debates	Next Generation Leaders	Oral Communications	Contest	Company Workshops	Posters

### ARISTOTLE

### SOCRATES

### HIPPOCRATES

### PYTHAGORAS

### ARCHIMEDES

### PARMENIDES

### HERACLITUS

### POSTER AREA

0 FLOOR

-2 FLOOR

-1 FLOOR

-1 FLOOR

-1 FLOOR

+1 FLOOR

-1 FLOOR

-2 FLOOR

8:30 9:15	HIP & GROIN INJURIES: FROM DIAGNOSIS TO RTP	NEVER-ENDING DEBATE: TIME TO RTP AFTER ACLR		HEALTH FOR WOMEN FOOTBALL	ACL SURGERY	CASE REPORTS MEDICAL ISSUES	Starting at 9:00 SIEMENS		8:30 9:15	
9:15 10:00		HOW TO ACHIEVE FULL PERFORMANCE AFTER KNEE SURGERY							9:15 10:00	
10:00 10:30	coffee break				coffee break				10:00 10:30	
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	FOOTBALL BIOMECHANICS	ACL FUNCTIONAL RECOVERY	CASE REPORTS KNEE & MUSCLES	ARTHREX Ending at 11:30		10:30 11:15	
11:15 12:00		SPINE INJURIES IN THE FOOTBALL PLAYER							11:15 12:00	
12:00 12:45	FULL PERFORMANCE FOR HAMSTRING INJURIES	BACK TO PERFORMANCE AFTER CARTILAGE INJURIES	INNOVATION IN FOOT & ANKLE INJURIES	COACH & MANAGEMENT	ACL BIOMECHANICS	FUNCTIONAL ASSESSMENT	LIFE UNIVERSITY Ending at 13:00		12:00 12:45	
12:45 13:30		THE NIGHTMARE OF RECURRENT AND COMPENSATORY INJURIES							12:45 13:30	
13:30 14:00	lunch break				lunch break				13:30 14:00	
14:00 15:00	lunch break	ICRS CONSENSUS RECOMMENDATIONS FOR CARTILAGE, MENISCUS AND ORTHOBIOLGICS	ESSKA SESSION: ACL PREVENTION AND REHABILITATION	IMAGING & HEALTH	ACL CASE REPORTS	IBSA		POSTERS PL - PM - PN - PO - PP PQ - PR - PS	14:00 15:00	
15:00 15:45	RECOVERING ACCELERATION: RTP FOR ACHILLES & CALF	CAN REGENERATIVE MEDICINE HELP RETURN TO PERFORMANCE?	THE FUTURE OF YOUTH FOOTBALL	JUMP & LANDING BIOMECHANICS	ACL NEUROCOGNITIVE	MANAGING HIP & GROIN INJURIES	Starting at 15:30 MASTELLI		15:00 15:45	
15:45 16:30									15:45 16:30	
16:30 17:00	CONFERENCE AWARDS CEREMONY	coffee break				coffee break				16:30 17:00
17:00 17:45	YOUTH FOOTBALL: THE MOST COMMON INJURIES	MAINTAINING PERFORMANCE WITH CHRONIC INJURIES	PRESENT AND FUTURE OF ORTHOBIOLGICS ON FOUNDATION AWARDING	AI & VIDEO ANALYSIS	ACL STRENGTH	CHALLENGES IN MUSCLE INJURIES	ECOSEP Ending at 18:00		17:00 17:45	
17:45 18:30				Ending at 18:40	Ending at 18:40	Ending at 18:40			17:45 18:30	
			Ending at 18:50							

# SCHEDULE SUMMARY

## MONDAY 20<sup>th</sup> APRIL



### ARISTOTLE

0 FLOOR

### HIPPOCRATES

-1 FLOOR

8:30 10:00	MUSCLE INJURIES: FROM CELLS TO PERFORMANCE	GETTING READY FOR PERFORMANCE: FOOTBALL RECONDITIONING	8:30 10:00
10:00 10:30	coffee break		10:00 10:30
10:30 12:00	INJURY PREVENTION IN FOOTBALL: ACL AND BEYOND	TARGETING INJURY PREVENTION VIA PRE-SEASON SCREENING	10:30 12:00
12:00 13:30	KEY FACTORS IN TRANSITIONING FROM REHABILITATION TO PERFORMANCE	MANAGEMENT OF MOST COMMON INJURIES IN FOOTBALL	12:00 13:30
13:30 14:00	lunch break		13:30 14:00
14:00 15:00	FROM GREEK GODS TO NBA STARS: WHAT WE CAN LEARN FROM BASKETBALL MEDICINE	LATIN AMERICAN FOOTBALL CONMEBOL	14:00 15:00
15:00 16:30	INTEGRATING COMPLEX DATA: THE FUTURE OF RTP	RETURN TO PERFORMANCE: TOP CLUBS' BEST PRACTICES	15:00 16:30

## AND THE WINNER IS...

Come to the **ARISTOTLE** on Sunday at 16,30 and discover the authors of the best abstracts!

And don't miss the ON Foundation Awarding on Sunday at 18,30 in **HIPPOCRATES**



## ARISTOTLE

Traditional Sessions

0 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*11:00 *Coffee Break*

## 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** Sonnerly 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*13:00 *Lunch Break*

## 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*16:00 *Coffee Break*

## 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*18:00 *End of the day*

## SOCRATES

Traditional Sessions / Open Debates

-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*11:00 *Coffee Break*

## 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*13:00 *Lunch Break*

## 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?** Cong T (USA)14:18 *Discussion*14:30 - 15:15 *Open Debate**Chair* English B (UK) *Presenter*

## MUSCLE INJURIES: WHEN TO GO SURGICAL

**Are there clear indications for surgery?****From hamstring to rectus femoris** Lempainen L (FIN)*Debaters* Haddad F (UK), Huurman S (NED), Perticarini L (ITA)15:15 - 16:00 *Open Debate**Chair* English B (UK) *Presenter*

## HAMSTRING INJURIES: ARTIFICIAL VS HUMAN INTELLIGENCE

**Hamstring injuries: artificial vs human intelligence** Rodas G (ESP)*Debaters* Bittencourt N (BRA), Glasgow P (IRL), Van Dyk N (IRL)16:00 *Coffee Break*16:30 - 17:15 *Open Debate**Chair* Saris D (USA) *Presenter*

## GOLD STANDARD FOR ACL INJURIES

**Gold standard approach to the ACL injured football player** Getgood A (QAT)*Debaters* Samuelsson K (SWE), Snyder-Mackler L (USA), Zorzi C (ITA)17:15 - 18:00 *Open Debate**Chair* Saris D (USA) *Presenter*

## THE COMPLEX NEW ERA OF MENISCUS REPAIR

**Managing complex meniscus tears in the football player** Piskopakis A (GRE)*Debaters* Bonanzinga T (ITA), Stride M (UK), Verdonk P (BEL)18:00 *End of the day*

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 Philippides to nowadays** Ditsios K (GRE)09:45 **The explosion of Sports Medicine in USA** Davies G (USA)10:00 **The evolution of sports injury prevention** Bahr R (NOR)10:15 **The evolution of sports physical therapy** Snyder-Mackler L (USA)10:30 **ACL surgery: from the beginning to the future** Grassi A (ITA)10:45 *Discussion*11:00 *Coffee Break***Next Generation Leaders ACL: FROM INJURY TO PEAK PERFORMANCE***Chairs* Berruto M (ITA), De Caro F (ITA)11:30 **The USA experience: how to approach ACL injuries in professional football players** Cong T (USA)11:45 **The European experience: the complex link between ACL and muscle injuries** Walden M (SWE)12:00 **A LET indication score could reduce unnecessary surgery in primary ACL-r** Cong T (USA)12:10 **Characteristics of return-to-activity trajectories after ACL reconstruction** Piussi R (SWE)12:20 **Persistent vastus medialis activation deficits after ACL-R: a cohort study** Forelli F (SUI)12:30 **Detecting biomechanical deficits after ACL surgery using machine learning** Baumert P (AUT)12:40 **Higher on-field rehabilitation workloads are associated with pre-injury RTC** Picinini F (UK)12:50 **Second ACL injury is not influenced by number of passed muscle function tests** Hamrin Senorski R (SWE)13:00 *Discussion*13:00 *Lunch Break***FIFA MEDICAL SYMPOSIUM - PLAYER HEALTH SURVEILLANCE***Chairs* Clarsen B (SUI), Serner A (SUI)13:30 **Update on FIFA's Global Player's 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* Klein C (GER), Surdyka N (USA)14:30 **Preventing knee injuries in football: a biomechanical approach** Powers C (USA)14:45 **From muscle strength to 3D motion analysis—exploring ACL injury risk estimation** Bencke J (DEN)14:55 **Movement-based functional classification of hop landing post ACL reconstruction** Leporace G (BRA)15:05 **Visual reliance affects change of direction biomechanics in ACL-R athletes** Vitharana T (IRL)15:15 **Integrating biomechanics and physiology to detect injury risk using avatars** Merkely GB (HUN)15:25 **Assessing ACL injury risk in female football with ecological validity** Van Spanje M (NED)15:35 **Performance and coordination for injury risk profiling in ACL-r football players** Mendicino M (ITA)15:45 *Discussion*16:00 *Coffee Break***Next Generation Leaders RTP AFTER HAMSTRING INJURIES***Chairs* Ferrer Vidal E (ESP), Pereira R (POR)16:30 **The missing link of hamstring injury rehab on the road to return to performance** Mendiguchia J (ESP)16:45 **Return to performance after hamstring injury: the US sports experience** Silvers H (USA)17:00 **Polygenic risk score for hamstring tendon rupture in elite male football players** Ramon A (ESP)17:10 **From structure to function using dynamic ultrasound in hamstrings** Al-Dawoud M (UK)17:20 **Isokinetic strength and RTP after biceps femoris surgery in elite football** Jokela A (FIN)17:30 **Inter-limb hamstring EMG during eccentric exercises after high-grade injury** Rodriguez Ruiz M (UK)17:40 **Long-term outcomes and return to sports after surgical repair of proximal hamstrings**

avulsion Moussa M (FRA)

17:50 **In-season strength and fascicle length changes in previously injured hamstrings** Mooney T (IRL)18:00 *Discussion*18:20 *End of the day***NEWS IN ORTHOBIOLOGICS***Chairs* Di Martino A (ITA), Huylebroek J (BEL)11:30 **Autologous minced cartilage implantation in professional athletes** Romandini I (ITA)11:38 **Is surgery avoidable in meniscal lesions? A systematic review on injections** Abu Salem Y (ITA)11:46 **Subchondroplasty in knee osteoarthritis with BMLS: a 12-month prospective study** Abu Salem Y (ITA)11:54 **Device-related adverse events differ by design in all-inside meniscus repair** Gilat R (USA)12:02 **Anti-inflammatory effects and cellular safety of intra-articular injections** Chuaychoosakoon C (THA)12:10 **Minimally invasive autologous bone marrow injection for early knee degenerative disease**

Lucchetta L (ITA)

12:18 **Early outcomes of SVF & partial meniscectomy in adults over 45 years: case series** Papoulidis N (GRE)12:26 **Autologous ear cartilage micrografts for OA: cytokines and clinical outcomes** Lacza Z (HUN)12:34 **Argentine insights on MFAT for knee OA: safety and feasibility** Fernandez Vina M (ARG)12:42 *Discussion*13:00 *Lunch Break***WOMEN FOOTBALL: NEXT LEVEL***Chairs* Van den Steen E (BEL), Verhagen E (SUI)14:30 **ACL ruptures in women's pro football: incidence and sex-specific risk factors** Huber L (GER)14:38 **Injury surveillance in elite women's football: a two-season prospective study** Orlando F (ITA)14:46 **High ACL burden in Finnish women's football: a five-season prospective study** Kurittu E (FIN)14:54 **Epidemiology and biomechanics-based injury prevention in women champions league**

Montiel Garcés W (ECU)

15:02 **A multimodal digital twin for injury risk prediction in elite female football** Ramon A (ESP)15:10 **Return to sport profiles in women with and without a second ACL injury** Piussi R (SWE)15:18 **Neurocognitive profiles in professional female soccer players by position** Cifre-Perales M (CHI)15:26 **Return to sport in female athletes following ACL-r: a questionnaire-based follow up study**

Gabbrielli C (ITA)

15:34 **Implementing risk management in women's elite football: effect on health** Kåshagen I (NOR)15:42 *Discussion*16:00 *Coffee Break***MANAGING CONCUSSION IN FOOTBALL***Chairs* Peek K (AUS), Schneider K (CAN)16:30 **Concussion epidemiology, mechanisms, and return to performance in men's football** Wiebe D (USA)16:38 **Epidemiology and etiology of concussions in German professional football** Klein C (GER)16:46 **Injury mechanism and concussion outcomes in adolescent female football** Rifat S (USA)16:54 **Head injuries and concussions in Finnish female football: a 5-season study** Leppänen M (FIN)17:02 **Concussion epidemiology, mechanisms and return to performance in women's soccer** Bretzin A (USA)17:10 **Does playing position influence concussion in English professional football?** Sprouse B (UK)17:18 **On and off pitch assessment of sports-related concussion: a systematic review** Connolly R (IRL)17:26 **Return to football after moderate brain injury: a return-to-play framework** Connolly R (IRL)17:34 **Neurocognitive function and concussion in women professional football players** Lähteenmäki F (NED)17:42 **Combination of ACL tear and concussion history on squat biomechanics** Moran R (USA)17:50 **Stakeholder experiences in the clinical management of concussions in football** Sesa G (BEL)17:58 **Are concussion guidelines implemented in African professional football leagues?** Tankeng L (CMR)18:06 *Discussion*18:20 *End of the day*

## INJURY EPIDEMIOLOGY

*Chairs* Klein C (GER), Nanni G (ITA)

- 11:30 **Illness incidence, burden and type in men's and women's professional football** Hough J (UK)  
 11:38 **Associated injuries in primary ACL reconstruction in higher-level athletes** Castellanos Dolk D (SWE)  
 11:46 **Football vs American Football: ACL injury mechanisms and associated findings** Vargas L (USA)  
 11:54 **Epidemiology of recurrent lower limb muscle injury in professional male football** Seewald D (GER)  
 12:02 **Cohort of injury rates and isokinetic muscle performance in soccer players** Cardoso J (BRA)  
 12:10 **Injury incidence and patterns in Cameroon professional football leagues** Etongwe R (CMR)  
 12:18 **The prevalence of analgesic and anti-inflammatory medicine use by Egyptian male** Abou Elela M (EGY)  
 12:26 **Referee-related injuries: epidemiology and prevention among French football** Veinhard C (FRA)  
 12:34 **Awareness gap in Nordic hamstring exercise among the Egyptian sports population** Dorgham H (EGY)  
 12:42 *Discussion*

13:00 *Lunch Break*

## INJURY PREVENTION STRATEGIES

*Chairs* Bizzini M (SUI), Silvers H (USA)

- 13:30 **Effect of adherence to the FIFA 11+ programme on ACL and lower-limb injury risk** Selim M (UK)  
 13:38 **Effects of prevention program on ACL-related biomechanics in U16 female football**  
 Ferrández-Laliena L (ESP)  
 13:46 **Multimodal neuromuscular profiling for injury-prevention in elite football** Vuletic AJ (CRO)  
 13:54 **Multidirectional speed framework** Eriksrud O (NOR)  
 14:02 **Short-term change on physical capacities of football players before ACL injury** Kopf A (GER)  
 14:10 **Neuromuscular markers of injury risk in basketball: a longitudinal study** Ottolenghi D (ITA)  
 14:18 *Discussion*

## REHABILITATION &amp; RETURN TO SPORT

*Chairs* Buckthorpe M (UK), Zunarelli P (ITA)

- 14:30 **Physical, psychological and RTS outcomes in patients with GJH 2 years post-ACL-r** Lindskog J (SWE)  
 14:38 **Timeline led criteria? Navigating short time loss return to play decisions** Iannarino A (USA)  
 14:46 **Passing fast, failing slow: isokinetic symmetry patterns after ACL-r** Pichenuk M (ISR)  
 14:54 **Rehabilitation with blood flow restriction for knee osteoarthritis: a RCT** Nutarelli S (SUI)  
 15:02 **Functional outcome and return to sport following surgical treatment of distal hamstring tears** Miele A (FRA)  
 15:10 **Functional magnetic stimulation with physiotherapy in tibial bone marrow edema** Lytras D (GRE)  
 15:18 **Psychological readiness after revision ACL-r: systematic review and metaanalysis** Wordon M (UK)  
 15:26 **Performance after shoulder dislocation in professional football** Schneider K (GER)  
 15:34 *Discussion*

16:00 *Coffee Break*

## FOOTBALL SURGERIES

*Chairs* Lo Presti M (ITA), Ntagiopoulos N (GRE)

- 16:30 **A novel technique for syndesmosis repair: description and case series** Pisano A (ITA)  
 16:38 **Return to running after Achilles tendon rupture operated: a Delphi study** Gaspar M (FRA)  
 16:46 **The utility of needle arthroscopy in the ankle joint: a cadaveric study** Wojtowicz B (POL)  
 16:54 **Needle arthroscopy for sports-related ankle injuries: a minimally invasive tool** Wojtowicz B (POL)  
 17:02 **Percutaneous repair of the anterior talofibular ligament: a case series** Elalfy M (EGY)  
 17:10 **Cartilage allograft for challenging medial talar dome osteochondral defects** Elalfy M (EGY)  
 17:18 **Save the meniscus, save the root – modified Henning-Piontek procedure** Piontek T (POL)  
 17:26 **Anatomic physeal-sparing MPFL reconstruction in skeletally immature patients** Ntagiopoulos P (GRE)  
 17:34 **Return-to-sport after osteotomy around the knee in elite athletes** Atra D (UK)  
 17:42 **Arthroscopic supratrochlear rim resection and rimplasty: post-operative results** Banach A (POL)  
 17:50 **Arthroscopic Bankart repair in football players with Hill-Sachs: case series** Vargas L (USA)  
 17:58 **Scapular motion analysis in lateral designed reverse total shoulder arthroplasty** Saengpetch N (THA)  
 18:06 *Discussion*

18:20 *End of the day*

## CASE REPORTS - ANKLE &amp; HIP

*Chairs* Berti L (ITA), Wagemans J (BEL)

- 11:30 **Recurrent ankle instability in a professional football player: a case report** Alharbi A (KSA)  
 11:38 **Dynamic ultrasound rehab post-plantarisectomy in a footballer: case report** Griffin C (IRL)  
 11:46 **Medial column variant Lisfranc injury in female professional soccer player** Copa D (USA)  
 11:54 **Lesion of Achilles tendon: PRP and physical exercises may be the key to success** Pereira Ruiz M (ITA)  
 12:02 **Great saphenous vein thrombosis related to mechanical trauma of kicking** Boettcher B (USA)  
 12:10 **The application of hip arthroscopy in footballers and their satisfaction** Tsikouris G (GRE)  
 12:18 **Kinetic control based-management of hip pain in a youth tennis player** Taha H (EGY)  
 12:26 **Rebalancing the game: pelvic malalignment and low back pain in football** Elkady R (EGY)  
 12:34 **Judge with unclouded eyes: severing the curse of pubic bone Moyamoya vessels** Shimizu Y (JPN)  
 12:42 *Discussion*

13:00 *Lunch Break*

## CONTEST FINALS - SESSION 1

*Chairs* Davies G (USA), Konin J (USA), Lucarno S (SUI), Marcacci M (ITA)

- 14:30 **A successful non-surgical approach to shoulder dislocation rehabilitation** Stevenson T (UK)  
 14:40 **A multidisciplinary approach to managing bone stress injury in a professional ballerina** Chatelain J (UK)  
 14:50 **From somatic trauma to 100% trust: overcoming eating disorders and identity loss** Sala P (POL)  
 15:00 **Functional and emotional recovery of a young athlete after a Salter-Harris Type II fracture** Tosarelli F (ITA)  
 15:10 **Treatment of persistent arthroscopic muscle inhibition after ACL reconstruction** Hrvatin I (SLO)  
 15:20 **Surgical repair of a distal rectus femoris injury in a professional footballer** Hyodo K (JPN)  
 15:30 **Hat-trick hero's comeback: ultrasound tenotomy & orthobiologic trio** Hayee A (USA)  
 15:40 **Movement-LED return-to-performance after recurrent injury in elite football** Stefanakis A (UK)  
 15:50 **Long-term neurocognitive and field-based rehabilitation in a youth football player with persistent groin pain** Ciuti L (ITA)

16:00 *Coffee Break*

## CONTEST FINALS - SESSION 2

*Chairs* Davies G (USA), Konin J (USA), Lucarno S (SUI), Marcacci M (ITA)

- 16:30 **An ACL nightmare: infection, 10 surgeries, and the road back to successful RTP** Kopf A (GER)  
 16:40 **Nonoperative management of an isolated ACL injury in an elite Taekwondo athlete** Bartolini C (ARG)  
 16:50 **When the Achilles fails twice in a world-class female CrossFit athlete** Jablonski J (POL)  
 17:00 **Autonomic testing and rehabilitation in post-concussive dysautonomia** Agostino D (SUI)  
 17:10 **Return to performance following anterior shoulder dislocation in a goalkeeper: a case study** Melinte C (UK)  
 17:20 **Reclaiming motion: a dancer's journey from pain to performance** Diquigiovanni A (ITA)  
 17:30 **Heel fat pad syndrome in an elite athlete: return to play process** Fernandes A (POR)  
 17:40 **Female ACL rehab showdown: Kana or Kinetic control ... which wins?** Elkady R (EGY)  
 17:50 **Integrated RTP strategy for ACL rehab: bridging the gap between clinic and on field rehabilitation**  
 Mazza E (ITA)  
 18:00 **Psychological support of the footballer with severe injury** McDuff D (USA)  
 18:10 **A real pain in the butt: multidisciplinary hip rehabilitation in elite football** Neal S (USA)

18:20 *End of the day*

13:30-14:30

**ACL - SURGERY**

- Chairs* Delcogliano M (ITA), Gastaldo M (ITA)
- PA01** Trends in management of ACL reconstructions in 2025: a MLS physician survey Varano M (USA)
- PA02** Decision-making pathways towards the conservative or surgical management of isolated ACL injury Morlino S (ITA)
- PA03** ACE inhibitors and arbs reduce the risk of arthrofibrosis following ACL surgery Gilat R (USA)
- PA04** Middle eastern ACL-deficient knees show steeper posterior tibial slope Romandini I (ITA)
- PA05** ACL augmentation technique: scientific evidence and clinical experience Busto Villarreal J (MEX)
- PA06** Neuromechanical consequences of a lateral extra-articular tenodesis procedure Kurz E (GER)
- PA07** Graft choice and extra-articular procedures in hyperlax athletes Povh M (SLO)
- PA08** Revision ACL reconstruction combined with medial meniscus repair. A case report Verrone L (ITA)
- PA09** Radiographic distance-to-dislocation is associated with ACL graft re-rupture Cong T (USA)
- PA10** Natural healing of the anterior cruciate ligament on MRI: a systematic review Stockman A (BEL)

**ACL - STRENGTH & FUNCTION**

- Chairs* Compagnin A (UK), Intzoglou K (GRE)
- PB01** Isokinetic tests and fear of re-injury after ACL-r in male soccer players Grazzini G (ITA)
- PB02** Integration of the rate of torque development analysis into isokinetic assessment after anterior cruciate ligament reconstruction Danelon F (ITA)
- PB03** Isokinetic strength and dynamic force production during deceleration: insights from young football players after ACL-r Ciampone L (ITA)
- PB04** Impact of test feedback on psychological readiness 6 months after ACL surgery Liens J (BEL)
- PB05** Relationship between hip isometric strength and frontal plane movement quality during functional tasks of the Movement Analysis Test Cianciullo D (ITA)
- PB06** Correlation of hamstring reflex and psychological readiness after ACL surgery Hutmacher N (SUI)
- PB07** RSI-FPCI quadrant clustering of single-leg drop jumps after ACL-r Kikuchi T (JPN)
- PB08** Outcome measures for evaluating physiotherapy after ACL-r: a scoping review Daszkiewicz M (POL)
- PB09** Effectiveness of cryotherapy after ACL-r: a systematic review of RCTS Daszkiewicz M (POL)
- PB10** Effects of normobaric hypoxic rehab on hormones and strength after ACL-r Drozd M (POL)

**ACL - REHABILITATION & RTP**

- Chairs* Azzini M (ITA), Chaput M (USA)
- PC01** Digital rehabilitation monitoring reveals critical recovery patterns after ACL-R Kopf A (GER)
- PC02** Personality clustering in patients after ACL reconstruction Piuissi R (SWE)
- PC03** Return to play after ACL revision surgery: a second chance for an 18-years-old basketball player Albiero S (ITA)
- PC04** Return to competition after ACL rupture in football: a criteria-based approach Pimenta R (POR)
- PC05** Return to Play after ACL revision surgery in a 40-year-old professional Futsal player Thymiakos T (GRE)
- PC06** RTP following ACL reconstruction: a case report of an elite youth soccer player Petrakis D (GRE)
- PC07** Return to play after ACL reconstruction following the Isokinetic method Vanni P (ITA)
- PC08** EEG biofeedback training through a brain computer interface following ACL-r Forsythe B (USA)
- PC09** Reactivation of a pre-existing arteriovenous malformation after ACL reconstruction in a female professional football player Felli L (ITA)
- PC10** 3x3 method for ACL rehabilitation in amateur athletes to prevent dropout Davalos L (ARG)

**FROM RECOVERY TO PERFORMANCE**

- Chairs* Frizziero A (ITA), Pirotti E (UK)
- PD01** Reinjury hidden language: why do we reinjured ourselves during rehab process? Villalón-Fórnes J (ESP)
- PD02** Recovery strategies in elite soccer: a bibliometric analysis Ruiz Nunes V (BRA)
- PD03** From biological characterization to decision support in sport: the Salus method Nodari Junior R (BRA)
- PD04** Return to half marathon after an overuse injury in a young non-professional athlete Baroli M (ITA)
- PD05** Assessment of relationship between squat jump performance and body composition Maricic J (SRB)
- PD06** Tele-rehabilitation in sports injuries: outcomes and patient satisfaction Alsugair S (KSA)
- PD07** Return to World Cup after a tibia-fibula fracture: a high-performance rehabilitation pathway in an elite cross-country skier Mignanelli G (ITA)
- PD08** Carbon dioxide tolerance as a measurable performance marker in football Szyszka M (POL)

13:30-14:30

**MUSCLE INJURIES**

- Chairs* Gamberini J (ITA), Plagou A (GRE)
- PE01** Early RFD and peak force are weakly related during the iso-prone hamstring curl Tomaghelli L (IRL)
- PE02** Which preseason running workloads matter most for hamstring strain injury risk? Akiyoshi N (JPN)
- PE03** Return to play after a grade 3B muscle injury (Mueller Wohlfahrt classification) of the quadratus femori in a professional athlete Gamberini J (ITA)
- PE04** Hamstring injuries in MLS: a 10-year analysis of injury rate and return to play Amstalden Barros M (USA)
- PE05** A portable ultrasound predictor for hamstring injury prevention Yamamoto N (JPN)
- PE06** Silent strain: adductor brevis injury in an elite youth football player Cintra TA (POR)
- PE07** Functional kinematic adaptations after recurrent hamstrings injuries following movement pattern re education in a professional football player Kagkas G (GRE)
- PE08** Isolated, semimembranosus tendon, proximal, rupture, PHAS, UCLA, Tegner, RTS Bohu Y (FRA)
- PE09** Effects of Copenhagen adduction exercise on adductor-related pain using Hagos Berisha E (KOS)

**PHYSICAL THERAPIES STRATEGIES**

- Chairs* Brotto E (ITA), De Sario G (ITA)
- PF01** Blood flow restriction training: enhancing rehabilitation & athlete resilience Murphy M (USA)
- PF02** Clinical use of shockwave therapy in plantar fasciitis and Achilles tendinopathy Saramantos I (GRE)
- PF03** From bone healing to motor control: integrating chiropractic care into post-traumatic ankle rehabilitation Bentivogli R (ITA)
- PF04** Effects of a single mild hyperbaric session on recovery Febra C (POR)
- PF05** Sympathetic overactivity and grip performance in elite football goalkeepers Yucel E (TUR)
- PF06** Effectiveness of tens and pens as adjunct therapies in ACL reconstruction Blanco-López L (ESP)
- PF07** Effectiveness of pens on sciatic nerve in patients with ACL reconstruction Cases Sebastià A (ESP)
- PF08** Acute caffeine supplementation and performance post ACL-r: a study protocol Bergolo A (ITA)

**SPINE AND UPPER LIMBS**

- Chairs* Brilakis E (GRE), Pantos P (GRE)
- PG01** Spinal deformities and performance in female athletes: a systematic review Paraskevas I (GRE)
- PG02** Eight weeks to return to play in a professional footballer after spondylolysis Sala L (ITA)
- PG03** Return to perform after SIJ dysfunction in a female deaf national team player Fiorante M (USA)
- PG04** MRI in LBP in young athletes caused by pars interarticularis stress injuries Miceli M (ITA)
- PG05** Pre-operative assessment of shoulder pathologies on MRI Winkler S (GER)
- PG06** Associations between changes in force and function after shoulder injury Pontillo M (USA)
- PG07** How body position influences neck strength and upper quadrant muscle activation Schöler A (UK)
- PG08** Overview of studies on correlation between neck strength and concussion Nasir I (UK)
- PG10** Correlation between shoulder ROM & hamstring flexibility in female football players Elkady R (EGY)

**YOUTH FOOTBALL**

- Chairs* Putukian M (USA), Susta D (ITA)
- PH01** Validity of non-invasive maturation measures in youth national team athletes Anderson T (USA)
- PH02** Most-intense periods in an elite football Academy Baptista A (POR)
- PH03** Impact of biological maturation on match workload in elite young soccer players Baptista A (POR)
- PH04** Hidden fifth metatarsal stress fractures on the pitch in youth footballers Ukita H (JPN)
- PH05** Comparing isolated and multistructural knee injuries among young soccer players Ulman S (USA)
- PH06** Popliteal entrapment syndrome in a young elite athlete: a case report Villalón-Fórnes J (ESP)
- PH07** Growth rather than sport type determines exercise response in children Taralov Z (BUL)
- PH08** Case report: Wolff-Parkinson-white syndrome in an adolescent athlete Martinez Vega K (MEX)
- PH09** Run-specific isometric exercises on neuromuscular performance in youth soccer Jarosz J (POL)
- PH10** Utilizing a shredmill to train top speed in youth football female athletes Southall K (USA)

## ARISTOTLE

Traditional Sessions

0 FLOOR

**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*10:00 *Coffee Break***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 after ACL reconstruction** 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*13:30 *Lunch Break***RECOVERING ACCELERATION: RTP FOR ACHILLES & CALF***Chairs* Edwards T (NZL), Rosa D (ITA)15:00 **Achilles Ruptures in elite football: current evidence** D'Hooghe P (UK)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***CONFERENCE AWARDS CEREMONY - 2026**16:30 **Follow up Contest winner 2025 Edition**16:35 **Awards Ceremony: BEST CASE REPORT, BEST ACL, BEST WOMEN, BEST POSTER****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*18:30 *End of the day*

## SOCRATES

Open Debates / Traditional Sessions

-2 FLOOR

08:30-09:15 *Open Debate**Chair* Arendt L (USA)**NEVER-ENDING DEBATE: TIME TO RTP AFTER ACLR***Presenter* **How should we navigate the recovery process after ACL reconstruction?** Compagnin A (UK)*Debaters* Margheritini F (ITA), Thompson S (UK), Tsapralis K (GRE)09:15-10:00 *Open Debate**Chair* Arendt L (USA)**HOW TO ACHIEVE FULL PERFORMANCE AFTER KNEE SURGERY***Presenter* **The ACL-Injured quadriceps is not normal: biological barriers and targeted strategies to promote performance** Lepley L (USA)*Debaters* King E (QAT), Olmo J (UK), Screpis D (ITA)10:00 *Coffee Break*10:30-11:15 *Open Debate**Chair* Axe M (USA)**THE FOOTBALLER'S SHOULDER: ONLY A GOALKEEPER PROBLEM?***Presenter* **Biomechanics behind return to performance** Di Giacomo G (ITA)*Debaters* D'Alessandro P (AUS), Porcellini G (ITA), Zanuso S (ITA)11:15-12:00 *Open Debate**Chair* Axe M (USA)**SPINE INJURIES IN THE FOOTBALL PLAYER***Presenter* **Spine injuries and back pain in football: intersecting but distinct challenges across the player lifespan** Sheeran L (UK)*Debaters* Kassarian A (ESP), Tencone F (ITA)12:00-12:45 *Open Debate**Chair* Gouttebauge V (NED)**BACK TO PERFORMANCE AFTER CARTILAGE INJURIES***Presenter* **Back to performance after cartilage injuries** Williams R (USA)*Debaters* Denti M (SUI), Guillen I (ESP), Sas K (BEL)12:45-13:30 *Open Debate**Chair* Gouttebauge V (NED)**THE NIGHTMARE OF RECURRENT AND COMPENSATORY INJURIES***Presenter* **The nightmare of recurrent and compensatory injuries** Olmo J (UK)*Debaters* De Carli A (ITA), Surdyka N (USA), Tzouroudis N (GRE)13:30 *Lunch Break***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 osteotomies in joint restoration surgery** Verdonk P (BEL)15:15 **Bone bruise patterns: implications and treatments** Kon E (ITA)15:30 **The new era of regenerative medicine** Saris D (USA)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*16:30 *Coffee Break***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*18:30 *End of the day*

**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* Bayrakci Tunay V (TUR), Gehring D (GER)12:00 **Innovation in navicular stress fracture management in athletes** Calder J (UK)12:15 **Surgical versus non-surgical treatment for chronic ankle instability** Bohu Y (FRA)12:25 **Evaluation of functional deficits before and after ankle ligament reconstruction** Gaspar M (FRA)12:35 **Development and implementation of a criteria-based rehabilitation algorithm after LAS in professional football** Flore Z (UK)12:45 **Achilles tendon rupture in the NFL: matched cohort study of performance impact** Prempeh AGA (USA)12:55 **Return to play in female footballers: isokinetics and ankle function** Gonosova Z (CZE)13:05 **Return to sports outcomes: SER fibular fracture surgery with AITFL fixation** Kim S (KOR)13:15 *Discussion*13:30 *Lunch Break***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 **Protecting the health of the youth football player** Arendt L (USA)15:15 **ACL injuries in youth Brazilian football players** Cohen M (BRA)15:30 **Exploring burnout and sport specialization in youth athletes** Bell D (USA)15:40 **Biological maturity and sprint force-velocity in elite youth football** Skorik M (SVK)15:50 **Biomechanics at RTP in adolescents with subsequent contralateral ACL injury** Erdman A (USA)16:00 **Adolescent strength and endurance: evidence for age- and sex-specific training** Benoit D (SWE)16:10 **Neuromuscular performance comparison: are Slovak U19 ready for senior football?** Svantner R (SVK)16:20 **The independent role of jump height in Academy soccer deselection** Tondelli E (ARG)16:30 *Discussion*16:45 *Coffee Break***Next Generation Leaders PRESENT AND FUTURE OF ORTHOBIOLOGICS***Chairs* Andrade R (POR), Guillen P (ESP)17:00 **Tricks of the trade in using PRP in football players** Cugat R (ESP)17:15 **Through the eye of a needle: optimizing therapeutic injections** Johnson R (UK)17:30 **PRP vs combined PRP and HA: a prospective cohort study of early post traumatic OA** Azeez Z (UK)17:40 **CT-guided PRP therapy for chronic proximal hamstring tendinopathy** Miele A (FRA)17:50 **Return to sport after knee osteochondral scaffold in professional athletes** Romandini I (ITA)18:00 **Chondrolabral junction, cartilage pathology, and 2-year outcomes in FAI athletes** Mullins K (IRL)18:10 **Polynucleotide injections for degenerative meniscus: 24 months follow-up** Anzillotti G (ITA)18:20 **Bone marrow stimulation in isolated meniscal repair: a double-blind RCT** Pakmanee N (THA)18:30 *Discussion*18:40 **ON Foundation Awarding: BEST ORTHOREGENERATION**18:50 *End of the day***HEALTH FOR WOMEN FOOTBALL***Chairs* Ferrer Vidal E (ESP), Okholm-Kryger K (SUI)08:30 **Unmasking mental health symptoms in female professional football players** Bilgoe S (NED)08:38 **Biomechanic adaptation in females after a low-dose preseason training supplement** Ulman S (USA)08:46 **More childhood sport exposure raises odds of hip dysplasia in female footballers** Gomes D (AUS)08:54 **Lower functional ceiling and muscle-function coupling in females post ACL-r** Barnwell T (USA)09:02 **Explosiveness and motor control drop after a simulated match in female soccer** Nutarelli S (SUI)09:10 **Effect of menstrual cycle phase on cortical drive after ACL-r: a case series** Leung A (USA)09:18 **Exploring the effect of ovarian hormones on cortical drive in female athletes** Leung A (USA)09:26 **Menstrual health screening in elite Indonesian women's football players** Rahayu R (INA)09:34 **The influence of pitch surface on match injury rate and type in women's football** Johnson M (UK)09:42 **Symptom reduction rehabilitation time frames post SRC in women footballers** Kakavas G (GRE)09:50 *Discussion*10:00 *Coffee Break***FOOTBALL BIOMECHANICS***Chairs* Surdyka N (USA), Zago M (ITA)10:30 **Individualized biomechanical screening of elite youth female football players** Dix C (USA)10:38 **Gait speed affects knee loading asymmetries in patients with ACL reconstruction** Booms A (BEL)10:46 **Center of mass displacement asymmetries during walking after ACL-r** Brebels R (BEL)10:54 **Linking metabolic fatigue and gait asymmetry during incremental CPET running** Katrics P (HUN)11:02 **Examination of single-leg static balance parameters in U19 male soccer players**

Panoutsakopoulos V (GRE)

11:10 **Knee biomechanics in professional footballers and its relationship with flatfeet** Nunez J (ESP)11:18 **Can you trust surface EMG? Evidence from landing & cutting in women's football** Frampton A (UK)11:26 **Association between bone and menisci shape and dynamic tibial motion after ACL-R** Vendrig T (NED)11:34 **Energy restitution may associate with ground contact time on natural grass** Adlou B (USA)11:42 *Discussion***COACH & MANAGEMENT***Chairs* Bittencourt N (BRA), Huurman S (NED)12:00 **Impact of coaching and medical staff changes on injury and load in football** Laycock S (UK)12:08 **The most demanding match periods: absolute Vs normalized thresholds** Pimenta R (POR)12:16 **What time of the day do athletes perform different injury prevention strategies?** Iatropoulos S (FRA)12:24 **Teaching the right technique early: coach and player experiences of heading** Peek K (AUS)12:32 **Can we prepare young female players for heading in football?** Peek K (AUS)12:40 **Egypt national team: zero injuries at FIFA Arab Cup via recovery & load management** Enaba I (EGY)12:48 **Topical NSAIDs for sports injury pain: systematic review & network meta-analysis** Smith G (SUI)12:56 **Beyond the club: the rise of personalised medical care in elite football** Babelyuk D (UK)13:04 **Preventive oral medicine in sports: a missing link in return to performance** Avgerinos S (GER)13:12 **Dental assessment in football and safe return to performance** Stamos A (GRE)13:20 *Discussion*13:30 *Lunch Break*

Continues on the next page &gt;

## IMAGING &amp; HEALTH

- Chairs* Alexiou E (GRE), Tomaello L (ITA)
- 14:00 **MRI after ACL reconstruction: a new approach to guiding the rehabilitation** Stawinska-Baran M (POL)
- 14:08 **MRI markers of clinical knee laxity after ACL reconstruction** Bialy M (POL)
- 14:16 **Standardised non-US guided mini-invasive technique for chronic tendinopathies** Piccinato A (ITA)
- 14:24 **Comparison of VO<sub>2</sub> max between Emirati and non-Emirati players** Chomier P (UAE)
- 14:32 **Circuit-informed oculomotor profiles and non-contact lower extremity injury** Anderson M (USA)
- 14:40 **Contact lens use and purchasing channels among professional football players** Nishizono J (JPN)
- 14:48 *Discussion*

## JUMP &amp; LANDING BIOMECHANICS

- Chairs* Arundale A (USA), Kotsifaki R (QAT)
- 15:00 **Task-dependent landing biomechanics in ACL return to sport testing** Baldazzi A (ITA)
- 15:08 **Knee valgus across the squat-jump-landing continuum: a systematic review** Raizaday S (IND)
- 15:16 **Distinct landing profiles and ACL injury risk in soccer players** Giannatos V (GRE)
- 15:24 **Benchmark for jumping performance in top-class football: a preliminary study** Trapletti M (ITA)
- 15:32 **Biomechanical analysis during jumps in top-class football: preliminary results** Negri R (ITA)
- 15:40 **Single-leg CMJ: inter-limb differences and asymmetry in U19 soccer players**  
Panoutsakopoulos V (GRE)
- 15:48 **Single leg jump testing after ACL-r: arm swing vs no arm swing reliability** Mattaini J (USA)
- 15:56 **Lateral jump tests: inter-limb differences and asymmetry in U19 soccer players** Chalitsios C (GRE)
- 16:04 **Can lateral jump test biomechanical parameters estimate sprint performance?** Chalitsios C (GRE)
- 16:12 *Discussion*

16:30 *Coffee Break*

## AI &amp; VIDEO ANALYSIS

- Chairs* Di Paolo S (ITA), Rodas G (ESP)
- 17:00 **Systematic video analysis of ACL injuries in professional male football players** Oliveira S (POR)
- 17:08 **Systematic video analysis of ACL injuries in Italian male youth football: injury mechanisms and situational patterns across five consecutive seasons** Figus S (ITA)
- 17:16 **AI-driven digital twins: predictive injury prevention in elite soccer** Louhichi N (USA)
- 17:24 **Kinematic determinants of sprint acceleration in English Premier League players** Kweon D (UK)
- 17:32 **Comparison of sprint running kinematics between 2D video and 3D motion capture** Crespeau S (FRA)
- 17:40 **Non-invasive detection of fatigue and anaerobic threshold using motion capture** Schulc A (HUN)
- 17:48 **Automated 10–0–5 change-of-direction assessment using smartphone videos** Van Wouwe T (BEL)
- 17:56 **Accuracy of vertical force estimation by DARI marker-less motion capture system** Patel S (USA)
- 18:04 **AI in rotator cuff injury diagnosis: a systematic review and meta-analysis** Mascarenhas M (BRA)
- 18:12 *Discussion*

18:40 *End of the day*

## ACL - SURGERY

- Chairs* Jones H (POR), Piskopakis N (GRE)
- 08:30 **Development and validation of a predictive score for indicating leap** Bohu Y (FRA)
- 08:38 **Prospective randomized study of Ellison vs Lemaire LET in ACL reconstruction** Economopoulos K (USA)
- 08:46 **ACL repair + LET LED to faster return to play compared to ACL reconstruction** Economopoulos K (USA)
- 08:54 **When function isn't enough: graft healing as the missing link in return to sport** Stawińska-Baran M (POL)
- 09:02 **All-inside physeal-sparing ACL reconstruction in skeletally immature patients** Ntagiopoulos P (GRE)
- 09:10 **QT autograft ACL-r: structure-function relationship & clinical outcomes** Plenzler M (POL)
- 09:18 **3-6 month post-ACL-r: structure over function in soccer rehab guidance** Plenzler M (POL)
- 09:26 **Single- versus two-stage surgery in ACL rupture and bucket-handle meniscal tears** Ong J (UK)
- 09:34 **Revisiting immunoneutrality of tendon allografts in ACL reconstruction** Guerrero Serrano J (ESP)
- 09:42 **ACL tear anatomy identified with magic angle directional imaging and arthroscopy** Amiras D (UK)
- 09:50 *Discussion*

10:00 *Coffee Break*

## ACL - FUNCTIONAL RECOVERY

- Chairs* Respizzi S (ITA), Snyder-Mackler L (USA)
- 10:30 **Persistent deficits in voluntary quadriceps activation after ACL reconstruction** Deschaumes E (BEL)
- 10:38 **Effects of blood flow restriction training on quadriceps after ACL reconstruction** Redouane S (ESP)
- 10:46 **Early outcomes and rehab burden following quads tendon ACL reconstruction** Javed O (UK)
- 10:54 **Post-op ACL-r strength data at the 3, 6, and 9 month period-age/sex stratified** Patel S (USA)
- 11:02 **Adherence to isokinetic pathway during ACL rehabilitation: insights from 2025** Olivari G (UK)
- 11:10 **Self-directed psychological support after ACL-reconstruction – the bang RCT** Kvist J (SWE)
- 11:18 **ACL-r stack: serial testing to achieve clinical KPIs to guide targeted rehabilitation** Biller M (USA)
- 11:26 **ACL reconstruction, adults >40: no loss in activity return & knee function** Lindskog J (SWE)
- 11:34 **Relationship between early functional training in pool and long-term movement quality after an ACL-r** d'Agostino F (ITA)
- 11:42 *Discussion*

## ACL - BIOMECHANICS

- Chairs* King E (QAT), Myer G (USA)
- 12:00 **Movement quality assessment post-ACL-r: the state of the art of current practices** Compagnin A (UK)
- 12:08 **Hamstring weakness is linked to impaired hop biokinetics post ACL reconstruction** Leporace G (BRA)
- 12:16 **Relationship between quadriceps and hamstring strength and movement quality during a deceleration task in ACL-reconstructed football players** D'Ambra C (ITA)
- 12:24 **Symmetry does not mean recovery 6 months after ACL surgery in soccer** Bouguennec N (FRA)
- 12:32 **Injury risk in youth following ACL-r: comparison of change-of-direction tasks** Erdman A (USA)
- 12:40 **Triceps surae matters: muscle activations alter ACL strain during COD sprints** Huthöfer M (GER)
- 12:48 **Cutting technique cues reduce ACL relevant knee loading in female soccer players** Vander Vleuten R (CAN)
- 12:56 **Females use altered biomechanics to recover jump performance after ACL surgery** Benoit D (SWE)
- 13:04 **Timing of risk: knee moment & ACL strain dissociation** Baniasad M (SUI)
- 13:12 *Discussion*

13:30 *Lunch Break*

## ACL - CASE REPORTS

- Chairs* Canata G (ITA), Tzinieris N (GRE)
- 14:00 **Function over structure: complete ACL rupture in U14 twin female athletes** Montiel Garcés W (ECU)
- 14:08 **ACL injury early in a sports career: how to rebuild a shattered dream?** Oliveira M (BRA)
- 14:16 **Beyond passing the tests: context shapes return to sport after ACL-r** Zapata A (USA)
- 14:24 **PRP-supported conservative management of an isolated ACL injury** Bartolini C (ARG)
- 14:32 **Sprinting into anterior cruciate ligament reconstruction rehabilitation** Southall K (USA)
- 14:40 **Restoring impact: evaluating return to performance post ACL-r in elite football** Otley T (USA)
- 14:48 *Discussion*

## ARCHIMEDES

Oral Communications

-1 FLOOR

## ACL - NEUROCOGNITIVE

- Chairs* Grooms D (USA), Hamrin-Senorski E (SWE)  
 15:00 **The role of neurocognitive perturbations in non-contact ACL injuries in football** Nitri M (ITA)  
 15:08 **Cognitive demands and anterior cruciate ligament injuries: systematic review** Ortiz-Sánchez D (ESP)  
 15:16 **Neurocognitive outcomes after ACL reconstruction: a systematic review** Mascarenhas M (BRA)  
 15:24 **Brain connectivity and gait perturbation stability following ACL reconstruction** Schnittjer A (USA)  
 15:32 **Influence of attentional focus on quadriceps muscle activation after ACL-r** Sevinc C (TUR)  
 15:40 **The effect of cognitive training to the increase of muscle strength** Michelidakis A (GRE)  
 15:48 **Biomechanical responses to neurocognitive dual task testing differs by sex** Ulman S (USA)  
 15:56 **Dual-task hop exposes persistent asymmetry and deficits after ACL reconstruction** Valot S (FRA)  
 16:04 **Football jump-header mechanical work in extended reality: a lab-to-field bridge**  
 AminiAghdam S (AUT)  
 16:12 *Discussion*

16:30 *Coffee Break*

## ACL - STRENGTH

- Chairs* Lepley L (USA), Zanobbi M (ITA)  
 17:00 **Sufficient strength versus symmetry after ACL reconstruction: it's complicated** Wydra J (USA)  
 17:08 **Distinct recovery patterns in knee flexion strength: impact of graft and sex** Högberg J (SWE)  
 17:16 **Quadriceps strength after ACL reconstruction with blood flow restriction** Karampampa C (GRE)  
 17:24 **Quad strength and symmetry associated with performance measures after ACL-r** Mattaini J (USA)  
 17:32 **Fatigue response of quadriceps motor units in individuals with ACL-r** Schwartz A (USA)  
 17:40 **Criteria-based introduction of blood flow restriction after ACL reconstruction** Assermouh A (SUI)  
 17:48 **Is strength enough? Single-leg biomechanics and ACL risk in females** Moore K (UK)  
 17:56 **Beyond strength symmetry: deceleration deficits after ACL reconstruction** Bouzekraoui Alaoui I (MOR)  
 18:04 **Can phase-based reduction of jump metrics inform return-to-running after ACL-r?** Lucron E (UK)  
 18:12 **Quadriceps power and kinesiophobia predict early osteoarthritis after ACL-r** Norte G (USA)  
 18:20 *Discussion*

18:40 *End of the day*

## PARMENIDES

Oral Communications

+1 FLOOR

## CASE REPORTS - MEDICAL ISSUES

- Chairs* D'Orsi G (ITA), Kateros K (GRE)  
 08:30 **Thermography, metabolic profiling & genetics in elite football: a case study** Clos-Sansalvador E (ESP)  
 08:38 **Optimising rehabilitation through nutrition: a stage-specific approach in the recovery of a professional football player following ACL rupture** Sighinolfi A (ITA)  
 08:46 **Which methods can be used in elite footballers? The Epstein-Barr example: integration of professional figures for unusual pathologies** Malizia G (ITA)  
 08:54 **Neuromuscular re-coordination for recurrent anterior shoulder instability** Lymperopoulos G (GRE)  
 09:02 **A fateful aerial duel** Szymiski D (GER)  
 09:10 **Back on the pitch in 19 days: hyperbaric oxygen for rib fracture** Febra C (POR)  
 09:18 **Return to play considerations after operative jaw fracture in a footballer** Sulapas I (USA)  
 09:26 **Upper cervical correction driving peak performance in an elite roller skater** Bentivogli R (ITA)  
 09:34 **Acute thyrotoxicosis in season for a professional soccer player** Bhojani R (USA)  
 09:42 *Discussion*

10:00 *Coffee Break*

Continues on the next page &gt;

## CASE REPORTS - KNEE &amp; MUSCLES

- Chairs* Frizziero A (ITA), Hambly K (UK)  
 10:30 **Return to high performance after complex knee surgery in a professional skateboarder** Cortés L (UK)  
 10:38 **Return to performance after knee injury using the total score of athleticism** Giorgi M (ITA)  
 10:46 **Successful conservative treatment of unstable knee osteochondritis** Blanchard S (UK)  
 10:54 **Management of an osteochondral lesion following patella dislocation** Stergiadou S (GRE)  
 11:02 **Medial patellar dislocation and suspicion of CRPS in young female athlete** Jovic L (SLO)  
 11:10 **Trampoline-related posterolateral knee dislocation managed by closed reduction** Forycka J (POL)  
 11:18 **Criteria-based RTP after hamstring injury in a non-professional football player** Raffaelli M (ITA)  
 11:26 **Beyond imaging: accelerated return-to-play after Bamic 2C hamstring injury** Cintra TA (POR)  
 11:34 **Return to competition after direct head injury of the rectus femoris** Pimenta R (POR)  
 11:42 *Discussion*

## FUNCTIONAL ASSESSMENT

- Chairs* Messer M (USA), Metsavaht L (BRA)  
 12:00 **Novel isokinetic strength norms for quadriceps and hamstrings in elite football** Kaczmarek T (POL)  
 12:08 **Validity of force-velocity profiles with isokinetic at different velocity** Moiroux-Sahraoui A (FRA)  
 12:16 **Single & dual-task sex differences on modified BESS SWAY in University athletes** Moran R (USA)  
 12:24 **Ankle evertor strength relates to hop performance in female football** Musialova L (CZE)  
 12:32 **A field-based insight into braking performance in youth football** Nitri M (ITA)  
 12:40 **Handgrip strength in elite youth football performance testing** Henze A (GER)  
 12:48 **Lower extremity muscle activation, force, and exertion during flywheel training** Glaviano N (USA)  
 12:56 **Association between strength and field testing with on ice performance** Pontillo M (USA)  
 13:04 **Muscular deficiency in patellar instability: a case-control study** Lacour F (FRA)  
 13:12 *Discussion*

13:30 *Lunch Break*

## MANAGING HIP &amp; GROIN INJURIES

- Chairs* Johnson R (UK), Sakellariou V (GRE)  
 15:00 **Return to play decisions following hip and groin injuries. A scoping review** Kekelekis A (GRE)  
 15:08 **Utility of Alpha and LCEA in detecting cartilage wear in FAI athletes** Mullins K (IRL)  
 15:16 **What works for whom in physiotherapy treatment for FAI syndrome?** Gomes D (AUS)  
 15:24 **The relationship between limb length and bodyweight-normalized hip strength** Pontillo M (USA)  
 15:32 **Predictive value of the adductor: abductor strength ratio on groin injury** Hassan A (EGY)  
 15:40 **The effect of an 8-week Copenhagen adductor exercise in female football players** Bailén T (ESP)  
 15:48 **Exercise content in long-standing groin pain rehabilitation: a scoping review** Pippas C (GRE)  
 15:56 **Outcomes after open repair of PLAC type 3 lesions in athletes: a case series** Vandeputte F (BEL)  
 16:04 **Return to sport after hip arthroscopy: the Polish experience** Chrusciewska D (POL)  
 16:12 *Discussion*

16:30 *Coffee Break*

## CHALLENGES IN MUSCLE INJURIES

- Chairs* Pedret C (ESP), Theos C (GRE)  
 17:00 **Partial tenotomy and reattachment for chronic proximal hamstring tendinopathy** Moussa M (FRA)  
 17:08 **Integrating cognitive load into exercise interventions for hamstring injuries** Angulo-Urrutia F (UK)  
 17:16 **Effect of Qilta sport on hamstring muscle soreness: a cross-over trial** Dunne J (IRL)  
 17:24 **Long-term outcome (>10 years) after repair of proximal hamstring tendon rupture** Wuerfel T (GER)  
 17:32 **Flywheel training improves HAOS quality of life after hamstring injury** Sampietro M (ARG)  
 17:40 **Sciatic nerve impingement secondary to grade III proximal hamstring strain** Stickney D (USA)  
 17:48 **Rapid RTS after transosseous repair of proximal rectus femoris avulsions** Vandeputte F (BEL)  
 17:56 **A longitudinal multimodal case study of injury in elite professional football** Perron U (USA)  
 18:04 **Pre-RTP MRI predicts muscle reinjury in an Egyptian elite football cohort** Elhennawy S (EGY)  
 18:12 **Surgical repair of a muscle belly injury is safe and effective** Giai Via A (ITA)  
 18:20 **Vague hypotheses and statistical multiplicity: can we understand our research?** Gorman B (IRL)  
 18:28 *Discussion*

18:40 *End of the day*

## POSTER AREA

Posters

-2 FLOOR

14:00 - 15:00

## ANKLE INJURIES

- Chairs* Bayrakci Tunay V (TUR), Pereira M (ITA)
- PL01** Achilles injuries in MLS: a 10-year analysis of injury rate and return to play Varano M (USA)
- PL02** Partial Achilles tendon rupture after direct trauma in professional football Piskopakis A (GRE)
- PL03** Percutaneous repair of acute tendon ruptures in soccer-related injuries Vargas L (USA)
- PL04** Peroneus brevis tendon rupture in a professional soccer player: a case report Onuma Y (JPN)
- PL05** Plantarflexor strength links to gait and balance 6 months after Achilles repair Park G (KOR)
- PL06** Differences in ankle sprain knowledge between doctors and physiotherapists Irsyam IA (INA)
- PL07** Clinical ankle stability tests in elite athletes Vila E (ESP)
- PL08** Sport-specific ankle instability profile in elite athletes Vila E (ESP)
- PL09** Ankle-Go™ score predicts lateral ankle sprains in elite basketball Gaspar M (FRA)
- PL10** Pressure at the fifth metatarsal regions during running by strike patterns Park J (KOR)

## CONCUSSION &amp; HEALTH MANAGEMENT

- Chairs* Ahmed O (UK), Pathiaklis L (GRE)
- PM01** The development of a para sport concussion assessment tool (para scat 6) Triplett A (USA)
- PM02** Concussion reporting & return attitudes in tertiary-players in Singapore Lim M (SIN)
- PM03** Concussion prevalence among tertiary student footballers in Singapore Lim M (SIN)
- PM04** Post-concussive symptoms & dysautonomia: integrating autonomic testing Agostino D (SUI)
- PM05** Bridging data silos: translational biomedical infrastructure in elite sport Ramon A (ESP)
- PM06** Healthy ageing through competitive walking football: sustaining participation Hennis P (UK)
- PM07** Cold-water induced anaphylaxis during exertional heatstroke treatment Miller K (USA)
- PM08** Return to sport after tuberculosis in elite female football player: case report Franzoia M (ARG)
- PM09** Effects of winter-time vitamin D supplementation in runners and non-runners Pegreffi F (ITA)

## FOOTBALL BIOMECHANICS

- Chairs* Lucenteforte G (ITA), Pereira R (POR)
- PN01** The relationship between frontal plane projection angle during single-leg tasks Neamatallah Z (KSA)
- PN02** Biomechanical landing differences in professional football athletes Eilen H (USA)
- PN03** Automatic reporting of cutting biomechanics through markerless motion capture Mendicino M (ITA)
- PN04** Validity of k-power to measure time in each 10m split of a 30m sprint test Chalitsios C (GRE)
- PN05** Bipedal static balance relationship with sprint and lateral jump performance Panoutsakopoulos V (GRE)
- PN06** Timed step-down performance correlates with hip/knee biomechanics via 3D capture Burnham J (USA)
- PN07** Propulsion phase analysis of single-leg hop in male high school soccer players Takahashi D (JPN)
- PN08** Lower extremity biomechanics of a novel football cleat on artificial turf Varano M (USA)
- PN09** Mechanical loading on soccer cleat studs associated with Jones fracture risk Murakami K (JPN)
- PN10** Limitations of vision-based AI in applying the single-leg landing error scoring Urbani F (ITA)

## INJURY EPIDEMIOLOGY

- Chairs* Kouloumentas P (GRE), Mandelbaum B (USA)
- PO01** ACL injuries in MLS: a 10-year analysis of injury rate and return to play Mandelbaum B (USA)
- PO02** Quadriceps injuries in MLS: a 10-year analysis of injury rate and return to play Mandelbaum B (USA)
- PO03** Injury trends of athletes participating in the U17 and U20 Women's World Cups Dix C (USA)
- PO04** Epidemiology, incidence, and reinjuries of muscle injuries in elite football Szymiski D (GER)
- PO05** Prevalence of sports injuries in the 2024-2025 preseason at Club Pachuca Martinez Vega K (MEX)
- PO07** Prevalence of chronic ankle instability among north Sumatra adolescent Futsal athletes Naiborhu I (INA)
- PO08** Epidemiology of injuries and illnesses in Argentine professional football Fabani F (ARG)
- PO09** Injury incidence and burden in a professional Futsal team from Argentina Díaz Montiel N (ARG)
- PO10** Comparing oranges to apples may have a role; a call to action, a TT experience Gopeesingh A (TRI)

## POSTER AREA

Posters

-2 FLOOR

14:00 - 15:00

## INJURY PREVENTION

- Chairs* Ciuti L (ITA), Terzidis I (GRE)
- PP01** Comparative analysis of footwear for injury mitigation in women's football Richards K (USA)
- PP02** Hybrid FIFA 11+ injury prevention program in mini-football players Munteanu R (ROM)
- PP03** Applying the visual-cognitive control chaos continuum to ACL injury prevention Walker J (USA)
- PP04** Proprioceptive training effects on balance & vertical jump in youth basketball Michaelidis M (GRE)
- PP05** Considerations for implementing injury surveillance in non-professional football Hibberd T (UK)
- PP06** Effect of congested periods on high-speed distances in professional football Baptista A (POR)
- PP07** Football Shinguards and injury prevention: a scoping review Amstalden Barros M (USA)
- PP08** Impact of medical screening with education on Osgood-Schlatter disease in youth Fukuoka T (JPN)

## ORTHOPAEDICS AND SURGERY

- Chairs* De Caro F (ITA), Kaliakmanis A (GRE)
- PQ01** Symptom resolution after hip arthroscopy for FAI in female athletes Mullins K (IRL)
- PQ02** Return to professional NBA basketball after trochlear mosaicplasty surgery Patel S (USA)
- PQ03** Outcomes of allograft-augmented reconstruction for proximal hamstring repair Moussa K (FRA)
- PQ04** Rethinking surgery in isolated Weber B ankle fractures: stability-based pathway Wojtowicz B (POL)
- PQ05** Step by step rehabilitation following arthroscopic partial meniscectomy in a professional football player Benai M (GRE)
- PQ06** Unplanned re-operation after single-stage & two-stage multiligament knee surgery Javed O (UK)
- PQ07** Conservative management of knee pain due to femoral osteochondroma: case report Berisha E (KOS)
- PQ08** I felt taken care of: a qualitative study on telehealth for knee arthrofibrosis Nutarelli S (SUI)
- PQ09** Combined rupture of the fibular collateral ligament and distal biceps femoris tendon in an elite soccer player Piskopakis A (GRE)
- PQ10** Imaging spectrum of posterior cruciate ligament injuries in athletes Ghany J (UK)

## ORTHOBIOLGICS

- Chairs* Axe M (USA), Papoulidis N (GRE)
- PR01** Predictors of non-response to MFAT treatment in knee and shoulder osteoarthritis Cohen C (BRA)
- PR02** Surgical vs non-surgical cartilage treatment during ACL reconstruction Romandini I (ITA)
- PR03** Subchondral knee injections: a systematic review of current clinical outcomes Abu Salem Y (ITA)
- PR04** Metformin protects cartilage degradation but impairs collagen anabolism Axe M (USA)
- PR05** Dilution mitigates lidocaine & bupivacaine toxicity in human & bovine cartilage Axe M (USA)
- PR06** Medium term real world outcomes and safety of intra articular polyacrylamide hydrogel injection Miller A (UK)
- PR07** Collagen injection for hand wrist tendon and ligament injuries in elite athletes De Vitis R (ITA)
- PR08** Biology first, load later: injectable collagen priming in insertional tendinopathy Baldassarri M (ITA)
- PR09** Preliminary results of hyaluronic acid single injection in football players with femoropatellar condropathy Vergés J (ESP)
- PR10** Bio therapies in extensor carpi ulnaris tendonitis: case series in rugby players Tognon S (ITA)

## WOMEN FOOTBALL MEDICINE

- Chairs* Lucarno S (SUI), Saita Y (JPN)
- PS01** Understanding ACL injury in males and females: literature vs clinical reality Pegreffi F (ITA)
- PS02** Isokinetic strength testing in screening for injury risk in elite female soccer Seiler J (GER)
- PS03** Sleep patterns, fatigue, and performance metrics in female soccer players Skouras A (GRE)
- PS04** Single-leg hop test asymmetry and sports injuries in female soccer players Kitazawa T (JPN)
- PS05** Pilates reformer training for injury prevention in elite women's football Bara A (ROM)
- PS06** Psychological wellbeing and help-seeking in Indonesian women's football players Rahayu R (INA)
- PS08** Reaction lights for monitoring fatigue and wellness in women's football Rodriguez-Ponce J (USA)

**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*10:00 *Coffee Break***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?** Leporace G (BRA)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*13:30 *Lunch Break***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** Koukoulis N (GRE)14:20 **Optimizing performance and return to play in NBA setting** Meehan D (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* Della Villa F (ITA), 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*16:30 *End of the Conference***Next Generation Leaders GETTING READY FOR PERFORMANCE: FOOTBALL RECONDITIONING***Chairs* Ahmed O (UK), Bizzini M (SUI)08:30 **Tech in RTP: tool or trap** Buchheit M (FRA)08:45 **Single leg hop video analysis in supporting a functional performance-oriented return to sport assessment and decision-making process** Busà M (ITA)08:55 **Ecological valid injury-performance monitoring dashboard for pro female football** Van der Meer M (NED)09:05 **Muscle injury risk after ACL reconstruction in pro footballers: a cohort study** Mazza D (ITA)09:15 **What happens after ACL injury in professional Argentinian football? A matched return to performance and economic impact analysis** Fabani F (ARG)09:25 **Post-match recovery day selection and injury risk in elite football players** Lekatsas N (GRE)09:35 **Mental health and return to performance after injury: the forgotten piece?** Tankeng L (CMR)09:45 *Discussion*10:00 *Coffee Break***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** Goutteborge 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 (JPN)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*13:30 *Lunch Break***Worldwide Football LATIN AMERICAN FOOTBALL CONMEBOL***Chairs* 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* Broman D (UK), 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*16:30 *End of the Conference*

Don't miss the workshops promoted by our sponsors; they are excellent opportunities to learn about the latest technologies and therapies for functional recovery and performance improvement.



**IBSA**  
**PARMENIDES**  
Saturday 18<sup>th</sup>  
13:30 - 14:30

## BEYOND ONE-SIZE-FITS-ALL: INDIVIDUALIZED INJURY RECOVERY IN FOOTBALL

*Chair* Rodas G (ESP)  
13:30 *Welcome*  
13:35 **Are There differences in injury treatment between male and female athletes?** Ferrer E (ESP)  
13:45 **Precision medicine approaches for biological therapies in football player injuries** Bru Angelats MA (ESP)  
13:55 **Biomechanical recovery evolution in football players: how does Hyaluronic Acid injection influence recovery?** Nunez J (ESP)  
14:05 **Discussion**  
14:25 **Closing remarks and key takeaways**  
14:30 *End of the Workshop*

**BTL**  
**HERACLITUS**  
Saturday 18<sup>th</sup>  
11:30 - 12:30

## THE USE OF ANTI GRAVITY TREADMILL BTL R - FORCE AT THE SPORTS INJURIES

11:30 *Welcome*  
11:35 **The use of anti gravity treadmill BTL R - Force at the sports injuries** Telidis G (GRE)  
12:15 **Discussion**  
12:30 *End of the Workshop*

**MYOCENE**  
**HERACLITUS**  
Saturday 18<sup>th</sup>  
13:30 - 14:30

## FATIGUE AS A KEY CRITERION FOR RETURN-TO-PLAY: OBJECTIVE MONITORING OF NEUROMUSCULAR RECOVERY

13:30 *Welcome*  
13:35 **Importance of neuro-muscular fatigue monitoring in neurodriven rehab** Swinnen B (BEL)  
13:55 **Monitoring low-frequency fatigue during return-to-play in elite football: physiological basis and applied cases** Buchheit M (FRA)  
14:15 **Discussion**  
14:30 *End of the workshop*

**HAS MOTION**  
**HERACLITUS**  
Saturday 18<sup>th</sup>  
15:00 - 16:00

## LEVERAGING BIG DATA FOR INDIVIDUALIZED RETURN-TO-PERFORMANCE ASSESSMENTS

*Chairs* Selbie S (CAN), Moulton R (CAN), Jones R (UK)  
15:00 **Introducing the Return-to-Performance context**  
15:05 **Measuring movement in three dimensions** Selbie S (CAN)  
15:20 **Shaping motion capture data** Moulton R (CAN)  
15:35 **Using Multiple Assessments for Return-to-Performance** Jones R (UK)  
15:50 **Discussion**  
16:00 *End of the workshop*

**BTL**  
**HERACLITUS**  
Saturday 18<sup>th</sup>  
16:30 - 17:30

## THE USE OF HIGH INTENSITY MAGNETIC FIELDS BTL SIS DUO AT THE SPORTS INJURIES

16:30 *Welcome*  
16:35 **The use of high intensity magnetic fields BTL SIS DUO at the sports injuries** Pagkalos M (GRE)  
17:15 **Discussion**  
17:30 *End of the Workshop*

## A Clearer Path to Recovery

Let's talk ultrasound

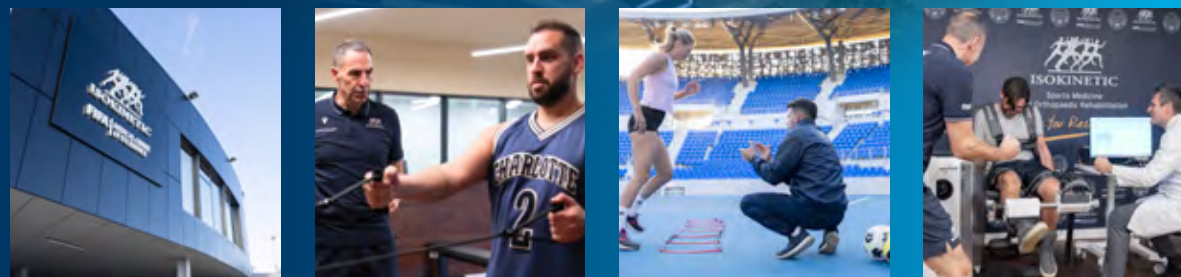




Scan the QR code to see the program

**Ultrasound Masterclasses on Sports Injuries | GE HealthCare Booth #53**  
 Sat Apr 18: 09:30-11:00  
 Sun Apr 19: 08:30-10:00  
 Mon Apr 20: 08:30-10:00





<p><b>IBSA</b> <i>PARMENIDES</i> Sunday 19<sup>th</sup> 14:00 - 15:00</p>	<p><b>BEYOND ONE-SIZE-FITS-ALL: INDIVIDUALIZED INJURY RECOVERY IN FOOTBALL</b> <i>Chair</i> Rodas G (ESP) 14:00 <i>Welcome</i> 14:05 <b>Are There differences in injury treatment between male and female athletes?</b> Ferrer E (ESP) 14:15 <b>Precision medicine approaches for biological therapies in football player injuries</b> Bru Angelats MA (ESP) 14:25 <b>Biomechanical recovery evolution in football players: how does Hyaluronic Acid injection influence recovery?</b> Nunez J (ESP) 14:35 <b>Discussion</b> 14:55 <b>Closing remarks and key takeaways</b> 15:00 <i>End of the Workshop</i></p>
<p><b>SIEMENS</b> <i>HEALTHINEERS</i> <i>HERACLITUS</i> Sunday 19<sup>th</sup> 09:00 - 10:00</p>	<p><b>THE ROLE OF MRI IN FOOTBALL MEDICINE</b> 09:00 <i>Welcome</i> 09:15 <b>The Role of MRI in Football Medicine</b> Yel I (GER) 10:00 <i>End of the Workshop</i></p>
<p><b>ARTHREX</b> <i>HERACLITUS</i> Sunday 19<sup>th</sup> 10:30 - 11:30</p>	<p><b>DISCUSSIONS - TREATMENT OF PRO-ATHLETES</b> <i>Chair</i> Monaco E (ITA) 10:30 <b>Meniscal repair in professional athletes: Getting the right tension!</b> Ball S (UK) 10:45 <b>Bio ACL reconstruction</b> Boesen M (DEN) 11:00 <b>AutoCart in Talar Cartilage Defects: Mid Term Results in a High Activity Population</b> Buchhorn T (GER) 11:15 <b>Pearls &amp; Benefits of using Knee FiberTak for Extra-Articular Knee Procedures</b> Monaco E (ITA) 11:30 <i>End of the Workshop</i></p>
<p><b>LIFE</b> <i>UNIVERSITY</i> <i>HERACLITUS</i> Sunday 19<sup>th</sup> 12:00 - 13:00</p>	<p><b>FIELD TESTS AS PREDICTIVE INDICATORS OF LOWER EXTREMITY INJURY FROM A CHIROPRACTIC PERSPECTIVE</b> <i>Chairs</i> Downes J (USA), Ferrari R (ITA) 12:00 <i>Welcome and Introduction</i> Ferrari R (ITA) 12:15 <b>Review of current field tests</b> Downes J (USA) 12:30 <b>Current research and correlations</b> Downes J (USA) 12:45 <b>Demonstration-Global Neuro Mechanical Assessment / Q&amp;A</b> Downes J (USA) 13:00 <i>End of the Workshop</i></p>
<p><b>MASTELLI</b> <i>HERACLITUS</i> Sunday 19<sup>th</sup> 15:30 - 16:30</p>	<p><b>POLYNUCLEOTIDES HPT® IN OA: THE GAME-CHANGER FOR PAIN, RECOVERY AND PERFORMANCE</b> 15:30 <b>Redefining Orthobiologics: Why Polynucleotides HPT® are Shaping the Future of Joint Care</b> Sas K (BEL) 15:40 <b>Scientific Heritage and Innovation: The Italian Know-How Behind Condrotide®</b> Sas K (BEL) 15:50 <b>Degenerative Medial Meniscus Lesions in Elite Performing Athlete: Clinical Outcomes with Condrotide® Injections</b> Kon E (ITA) 16:05 <b>Clinical Outcomes and Emerging Case Reports with Intra-Articular use of Condrotide®</b> Sas K (BEL) 16:20 <b>Future Directions in Joint Preservation</b> Kon E (ITA) 16:30 <i>End of the workshop</i></p>
<p><b>E.C.O.S.E.P.</b> <i>HERACLITUS</i> Sunday 19<sup>th</sup> 17:00 - 18:00</p>	<p><b>THE FUTURE OF SPORTS MEDICINE IN GREECE</b> <i>Chairs</i> Malliaropoulos N (GRE), Tsapralis K (GRE) 17:00 <i>Welcome</i> 18:00 <i>End of the Workshop</i></p>

# EXHIBIT AREAS

## 0 FLOOR

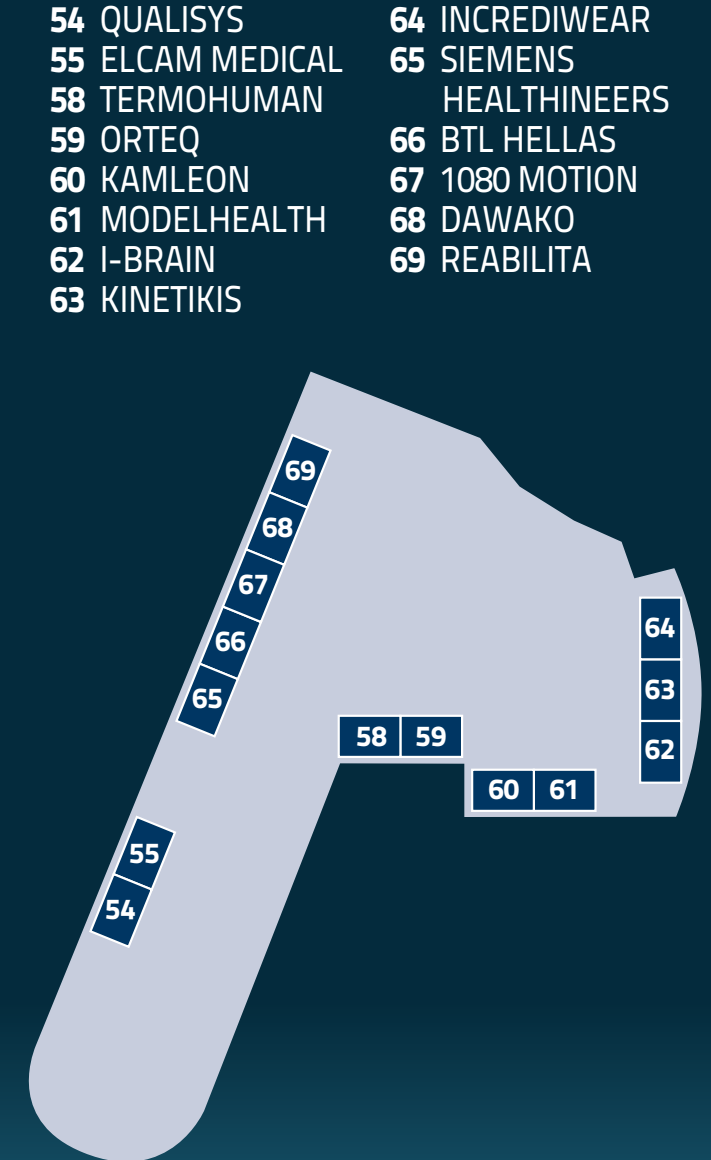


- 17+18 IBSA
- 19 FIDIA
- 41 MASTELLI
- 15 TRB CHEMEDICA
- 10 TECHNOGYM
- 25 AVANOS

- 03 MYTOCEL MSK
- 04 USONO
- 07 JNV
- 08 CONTURA  
ORTHOPAEDICS
- 11 GUNA
- 12 IGEA
- 13 MDT INT'L S.A.
- 29 ISKRA MEDICAL
- 30 TREADMETRIX
- 33 SQUID GO
- 34 BAUERFEIND
- 35 HYDROWORX
- 36 BASEM
- 37 NICE RECOVERY
- 38 EASYTECH

- 39 APTISSEN
- 42 UTC
- 43 ARTHREX
- 45 K-INVENT
- 47 SOCCER  
SYSTEM PRO
- 48 VALD
- 50 STORZ MEDICAL
- 51 MYOCENE
- 52 VITRONIC
- 53 GE HEALTHCARE

## -1 FLOOR



- 54 QUALISYS
- 55 ELCAM MEDICAL
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- 59 ORTEQ
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