ISOKINETIC MEDICAL GROUP

FIFA MEDICAL CENTRE OF EXCELLENCE

FOOTBALL MEDICINE

REACH THE TOP

24th, 25th & 26th April 2027 - Allianz Mico - MILAN

XXXIV ISOKINETIC CONFERENCE

WHAT DOES REACH THE TOP MEAN IN FOOTBALL MEDICINE?

Depending on your point of view, it can have many meanings but should always reflect the concept of doing our best - not our normal - to help our patients achieve their goals. It is a courageous change in our mindset, rooted in high-performance culture.

This kind of approach is needed to bring the Sports and Football Medicine movement forward and will be at the heart of the scientific discussion at the next Isokinetic Conference in Milan.

Reach the top in science. Are we pushing the boundaries? Are we really asking the right questions? Challenging our current approach to craft a better future - this is what science is all about and the world of Football Medicine now needs cutting-edge ideas, connecting branches of medicine and performance.

Reach the top in practice. Are we constantly optimising our clinical practice or are we stuck in our comfort zones? Too often, as a community, from prevention to return to performance, we are not ambitious enough. Top level practice requires an inner drive and constant attention to detail to do better.

Sports and Football Medicine are unique branches of human knowledge and as a community we can stand as a shining example of integration, with a forward-thinking vision of Medicine applied to a specific context.

We want you to bring your experience and your presence to Milan, where we will fire up the discussion on the future of Football Medicine.

We will raise the bar, a whole community together to do better, to **REACH THE TOP**.

Be part of the game.

Traditional Sessions | Open Debates | Next Generation Leaders | Worldwide Football | Italian Football

SESSION OVERVIEW

		LEONARDO	MICHELANGELO	GALILEO	RAFFAELLO
SATURDAY	09:00 09:30	OFFICIAL WELCOME			
	09:30 11:00	Reach the top in Football Medicine			
	11:30 13:00	Hamstrings: stronger, faster, smarter	What we learned from the 2026 FIFA World Cup	Winning after ACL: the road back to performance	Shoulder in football: small joint, big impact
	13:30 14:30		FIFA - Medical Symposium: Injury surveillance	ESSKA - Optimising our approach to knee injuries	
	14:30 15:15	The footballer's knee: challenges & best solutions	Accelerated rehabilitation after hamstring surgery	Practical application of biomechanics for injury prevention	How to excel dealing with syndesmosis injuries
	15:15 16:00		The impact of rectus femoris injuries		
	16:30 17:15	Reach the top for the big five football ankle injuries	MCL injuries: when to go surgical	Orthobiologics: are we moving forward?	Motor learning applications in Football Medicine
	17:15 18:00		Acute meniscus injury in season: and so what?		
SUNDAY	08:30 09:15	Power, stability and performance: the hip & groin connection	Shoulder dislocation: is it only about stability?	ACL graft choice: does it really matter?	
	09:15 10:00		Lumbopelvic control: the missing link		
	10:30 11:15	Neurocognitive performance and football injuries	ACL treatment: Nihil novum sub sole?	FIFA - Female health: the key pillars	The footballer's hip across the career
	11:15 12:00		Patellar tendinopathy: breaking the vicious circle		
	12:00 12:45	Tha ACL journey: from injury to the top of the world	Learning from our failures	Frontiers of hamstring injuries in football	Prepare for performance: recovery strategies in Football Medicine
	12:45 13:30		Learning from our victories		
	14:00 15:00		ICRS - Joint restoration between health & football performance	ISAKOS - Meniscus injuries in football: a global challenge	
	15:00 16:30	Achilles tendon complex: from pain to performance	Emergency care in Football Medicine	Protecting young talent	Longevity in football
	16:30 17:00	Awards Ceremony			
	17:00 18:30	The real impact of compensatory injuries in football	Orthobiologics in football: from evidence to practice	UEFA - Prevention as performance: how staying healthy gets players to the top	Gold standard in measuring and preventing AMI
MONDAY	08:30 10:00	Advanced solutions for complex muscle injuries		The next level of football reconditioning	From football science to practice
	10:30 12:00	Decoding football ACL injuries		Getting the best out of pre-season screening: top clubs' experience	Best practices in Italian Football Medicine
	12:00 13:30	Translating excellence from other sports		In-season injury management: tricks of the trade	Return to performance: experiences from the field
	14:00 15:00	From European basketball to NBA: what can we learn?		CONMEBOL Latin American Football Medicine: lessons from the 2026 FIFA World Cup	
	15:00 16:30	The last mile: on & off field late-stage conditioning		Medical & performance decisions in top football context	Reach the top on the pitch: AC Milan's experience

BECOME A CORE PART OF THE GAME...

We encourage you all to submit original research related to Sports & Football Medicine. Are you ready to prove your merit and make life-changing career connections? If so, present your original work at #isoK27. You can choose from oral communications, case report contests or a poster presentation. Challenge yourself and try to win one of our Abstract Awards!

KEY DATES

ABSTRACT SUBMISSION
OPENING:
June 10th, 2026
DEADLINE:
January 19th, 2027

BEST WOMEN'S FOOTBALL

AWARD
Winner
€ 1500

BEST ACL

AWARD
Winner
€ 1500

BEST CASE REPORT CONTEST

AWARD
1st place **€ 1500**
2nd place **€ 1000**
3rd place **€ 500**

BEST POSTER

AWARD
Winner
€ 1000

BEST ORTHO-REGENERATION

AWARD
Winner
€ 1000
Promoted by
ON Foundation

...AND RAISE YOUR ARMS TO THE SKY

MILAN: A CITY BETWEEN ART AND SCIENCE IS WAITING FOR YOU

Milan can't be described... it has to be experienced! It's the meeting point between sophisticated elegance and avant-garde architecture, where the majesty of the Duomo coexists with the skyscrapers of a future already present. Milan is the world fashion and design capital, but also a historical treasure trove hidden among secret courtyards and ancient waterways. Let yourself be captivated by its energy, its iconic flavors and its vibrant cultural life. Milan is waiting to inspire you.

DISCOVER ALLIANZ MICO

The largest venue in Europe is ready to welcome #Isok27. In the financial and creative heart of Milan, in the shadow of the modern CityLife district, stands Allianz MiCo, an iconic structure, recognisable by its spectacular comet-shaped roof. Proud to be ranked among the **Gold Healthy Venues** for its commitment to guaranteeing low environmental impact events, it is located in the city centre, served by the M5 (lilac) subway line and surrounded by numerous hotels, restaurants and green spaces.

CONFERENCE FEES

Ticket type	Until 4th MARCH 2027	From 5th MARCH 2027
3 days	€ 1.150,00	€ 1.490,00
3 days student fee	€ 790,00	€ 890,00

For more info, email us at:
c.grassi@isokinetic.com

See you at #ISOK27

SALUS SCIENTIA SPORT
EDUCATION RESEARCH DEPARTMENT
ISOKINETIC

www.isokineticconference.com