

XXVI International Conference on Sports Rehabilitation and Traumatology

The Future of Football Medicine

Camp Nou, Barcelona
13th - 15th May, 2017



Hosted by:



**ISOKINETIC
MEDICAL
GROUP**



**FCBUNIVERSITATIS
SPORT INNOVATION HUB**

Preliminary programme and call for papers

THE FUTURE OF FOOTBALL MEDICINE

WELCOME

Camp Nou Stadium Barcelona
13th-15th May, 2017

Dear colleagues and friends, it is our great pleasure to welcome you to the 26th International Conference on Sports Rehabilitation and Traumatology. This is a unique opportunity to meet the Football Medicine Community all in one place.

Stefano Della Villa Jordi Monés i Carilla



FUTURE

Consolidating today's state of the art
and imagining future development

The conference concept is simple: offer the international Football Medicine Community an inclusive platform for knowledge exchange. Looking towards the future together, listening to the current evidence base from leading experts and celebrating innovative ideas from young talent.

PRESIDENTS

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Jordi Monés i Carilla

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GENERATIONS UNITED



GET INTO THE GAME IN AN ICONIC VENUE

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Compete
in the Contest



Present a Free Oral
Communication



Prepare
a Poster



SCIENTIFIC PROGRAMME

Saturday 13th May 2017- Morning

TRIBUNA

The landscape of the future

9:00 **Official Welcome**
Della Villa S (ITA), Monés i Carilla J (ESP)

Chairs D'Hooghe M (BEL), Della Villa S (ITA)

09:15 **From the past to the future of football medicine**
Dvorak J (SUI)

09:30 **The future of prevention**
Bahr R (NOR)

09:45 **The future of sports surgery**
Fu F (USA)

10:00 **The future of sports physiotherapy**
Snyder-Mackler L (USA)

10:15 **The future of sports reconditioning**
Knowles B (USA)

10:30 Discussion

11:00 Coffee Break



TRIBUNA

UEFA Elite Club Injuries: Football Research Group trend analysis

Chairs Batty P (UK), Beasley I (UK)

11:30 **New Research Agenda for professional football: thinking bigger and working together**
Ekstrand J (SWE)

11:45 **The WHY of internal communication for Football Medicine** Davison M (UK)

12:00 **The impact of coaches: leadership styles and injuries** Karlsson J (SWE)

12:15 **Listen to the player: wellbeing and injuries**
Dupont G (FRA)

12:30 **Reflecting on the data patterns of 11 years: a future prediction for 2028** Walden M (SWE)

12:45 Discussion

13:00 Lunch Break

AUDITORI

Managing today's common footballing injuries

Chairs Berruto M (ITA), Servien E (FRA)

11:30 **The high ankle sprain** D'Hooghe P (QAT)

11:45 **The ankle impingement** Pereira H (POR)

12:00 **New trends in managing MCL injuries**
Haddad F (UK)

12:15 **Post ACLR patient evaluation using MRI**
Denti M (ITA)

12:30 **Dealing with short term prognosis: stay and play** Krutsch W (GER)

12:45 Discussion

13:00 Lunch Break

SCIENTIFIC PROGRAMME

Saturday 13th May 2017- Afternoon

TRIBUNA

The management of ACL injuries: past experience and future direction

Chairs Marcacci M (ITA), Neyret P (FRA)

14:30 **Thirty years of ACL surgery** Shelbourne D (USA)

14:45 **Experience from European football**
Williams A (UK)

15:00 **Experience from South American football**
Cohen M (BRA)

15:15 **New trends in managing ACL and associated meniscal injuries** Espregueira-Mendes J (POR)

15:30 **The future of ACL surgery in football**
Mandelbaum B (USA)

15:45 Discussion

16:00 Break

AUDITORI

How to embed scientific research in daily practice

OPEN DEBATE

Chairs Khan K (CAN), Reider B (USA)

14:30 **Introductory speech** Khan K (CAN)

14:50 **Discussion:**

De Carli A (ITA) - National team doctor

Fevre D (UK) - Sports physiotherapist

Gillogly S (QAT) - Chief medical officer

Gouttebauge V (NED) - Former player

Mayr H (GER) - Orthopaedic surgeon

Mujika I (ESP) - Sports physiologist

Sas K (BEL) - Sports medicine physician

16:00 Break

Biomechanical testing and neuromotor training to prevent ACL injuries

Chairs Medina D (ESP), Zaffagnini S (ITA)

16:30 **Where are we now with primary and secondary prevention of ACL injury?** Webster K (AUS)

16:45 **Current neuromotor concepts to help prevent 1st and 2nd ACL injury in young active athletes**
Hewett T (USA)

17:00 **Primary and secondary prevention of female ACL injuries: USA experience** Silvers H (USA)

17:15 **Future strategies on neuromotor testing and training to prevent 2nd ACL injury**
Della Villa F (ITA)

17:30 **Consider the full picture of the return to play process** Ardern C (SWE)

17:45 Discussion

18:00 End of the day

How to implement prevention program within your team

OPEN DEBATE

Chairs Andersen TE (NOR), Dvorak J (SUI)

16:30 **Introductory speech** Andersen TE (NOR)

Discussion:

Bizzini M (SUI) - F-MARC

Fearn J (UK) - Premier League

Garcia Cota JJ (ESP) - Real Federación Española de Fútbol

Goedhart E (NED) - Royal Netherlands Football Association

Hägglund M (SWE) - UEFA

Theos C (GRE) - Super League

Uebli P (GER) - Bundesliga

18:00 End of the day

SCIENTIFIC PROGRAMME

Sunday 14th May 2017- Morning

TRIBUNA

The new border of pain management

- Chairs Del Valle Soto M (ESP), Hambly K (UK)
08:30 **Physical therapy and pain** Til Pérez L (ESP)
08:45 **Manual therapy and pain** Bhullar D (UK)
09:00 **Myoreflex therapy** Mosegger K (GER)
09:15 **Pain revolution** Van Assche D (BEL)
09:30 **Neuro science: "brain pain" and sports recovery** Lindsay M (CAN)
09:45 Discussion

Evaluating functional outcomes: equipment and wearable tech

- Chairs Narici M (UK), Schneider C (GER)
10:00 **Outcome measurements: the state of the art** Witvrouw E (BEL)
10:15 **3D biomechanical evaluation of football players** Franklyn-Miller A (IRL)
10:30 **Using GPS technology in a smart way** Casamichana D (ESP)
10:45 **GPS, accelerometry and video analysis in rehab: practical experience** Olmo J (ESP)
11:00 **The future of functional outcome evaluation** Saris D (NED)
11:15 Discussion
11:30 Coffee break

Optimising functional recovery after football injuries

- Chairs English B (UK), Nathwani D (UK)
12:00 **New tools for functional recovery in elite players** Requena B (ESP)
12:15 **How to monitor functional and metabolic recovery** Tencone F (ITA)
12:30 **Performance psychology in helping the patient to come back from injury** Fink C (USA)
12:45 **Engaging the footballer during functional recovery** Wilson J (UK)
13:00 **A new direction for neuromotor exercise training** Clancy D (UK)
13:15 Discussion
13:30 Lunch break

AUDITORI

The future direction of hip and groin injury management

- Chairs Khan K (CAN), Tsapralis K (ITA)
08:30 **The right indication for hip surgery** Griffin D (UK)
08:45 **Relationship between hip injuries and hip OA** Crossley K (AUS)
09:00 **The footballer's groin pain** Holmich P (DEN)
09:15 **Groin pain and sports hernias** Muschawek U (GER)
09:30 **New diagnostic insights into acute groin injuries** Weir A (NED)
09:45 Discussion

The future of sport surgery: sparing the scalpel?

- Chairs Axe M (USA), Forssblad M (SWE)
10:00 **Are we doing a good job in selecting patients for surgery?** Roos E (DEN)
10:15 **Looking to the future: ACLR decision making in the young player** Seil R (LUX)
10:30 **Why should I have an ACL reconstruction? And how?** Ferretti A (ITA)
10:45 **When is surgery the necessary approach for spine pathologies?** Fahy D (UK)
11:00 **Conservative and surgical options for footballers' shoulders** Wallace A (UK)
11:15 Discussion
11:30 Coffee break

New input to prevent and manage knee OA evolution

- Chairs Dejour D (FRA), Zorzi C (ITA)
12:00 **What do we know about knee joint homeostasis and sporting load?** Zaslav K (USA)
12:15 **The mechanobiologic approach** Spalding T (UK)
12:30 **Long term monitoring of OA through imaging** Padrón M (ESP)
12:45 **Cartilage regenerative surgery and OA evolution** Kon E (ITA)
13:00 **How to better manage ACL patients to prevent early OA** Shelbourne D (USA)
13:15 Discussion
13:30 Lunch break

SCIENTIFIC PROGRAMME

Sunday 14th May 2017- Afternoon

TRIBUNA

Best Case Report Award Ceremony



- 14:30 **Award Ceremony**
Judges Brukner P (AUS)
Del Cogliano A (ITA)
Knowles B (USA)
Peterson L (SWE)
Guest Azzini M (ITA) 2016 winner

Hamstring injuries: our daily battlefield

- Chairs Malliaropoulos N (GRE), Valle X (ESP)
15:00 **Football Club Barcelona (FCB) muscle injuries clinical guide** Pruna R (ESP)
15:15 **Are exercises the best medicine?** Askling C (SWE)
15:30 **Intramuscular hamstring tendon injuries** Brukner P (AUS)
15:45 **When should you consider the surgical options** Benazzo F (ITA)
16:00 **Understand hamstring, and understand the future of football medicine** Sonnery-Cottet B (FRA)
16:15 Discussion
16:30 Break

Pushing forward conservative management of tendons

- Chairs Edwards T (NZL), Melegati G (ITA)
17:00 **The landscape of managing tendons** Cook J (AUS)
17:15 **Effectiveness of extracorporeal shock wave therapy** Maffulli N (ITA)
17:30 **In season management of achilles tendinopathy in football** O'Neill S (UK)
17:45 **Ultrasound tissue characterisation: current concepts and its utility** Docking S (AUS)
18:00 **Cutting edge tendon treatment** Healy J (UK)
18:15 Discussion
18:30 End of the day

AUDITORI

Introduction to regenerative medicine



- 14:30 **Welcome** Rodas G (ESP)
14:40 **The landscape of therapy possibilities and international regulations** Canals Coll JM (ESP)

Mesenchymal stem cells as tools for sports injuries

- Chairs Ardevol Cuesta J (ESP), Guillen P (ESP)
15:00 **MSC therapy introduction** Caplan A (USA)
15:30 **MSC therapy for cartilage** Correa D (USA)
15:45 **MSC therapy for ligament and tendon** De Girolamo L (ITA)
16:00 **MSC therapy for muscle** Vogrin M (SLO)
16:15 Discussion
16:30 Break

Alternative approaches in cartilage repair

- Chairs Leyes M (ESP), Volpi P (ITA)
17:00 **The current cartilage scenario** Erggelet C (SUI)
17:15 **Surgical options in elite athletes** Williams R (USA)
17:30 **BMAC in ankle cartilage repair** Vannini F (ITA)
17:45 **Microfragmented adipose tissue in cartilage repair** Slynarski K (POL)
18:00 **Treatment of knee osteoarthritis with autologous mesenchymal stem cells** Soler R (ESP)
18:15 Discussion
18:30 End of the day

FREE COMMUNICATIONS

SCIENTIFIC PROGRAMME

Monday 15th May 2017

Saturday 13th May 2017

FUNDACIO

Free oral communications

- 11:30 **Basic science & regenerative medicine**
Chairs Madonna V (ITA), Pereira Ruiz M (ESP)
- 13:00 **Rehabilitation**
Chairs Tsapralis K (ITA), Zanobbi M (UK)
- 14:30 **Neuromuscular training**
Chairs Buckthorpe M (UK), Freschi M (ITA)
- 16:30 **Orthopaedic surgery**
Chairs Canata GL (ITA), Chomiak J (CZE)

POSTER AREA

Free poster communications

- 13:30 **Muscle & tendon injuries**
Chairs Brotto E (ITA), Marconato A (UK)
- 13:30 **Prevention**
Chairs Tomaello L (ITA), Turmo A (ESP)
- 13:30 **Functional assessment**
Chairs Galilea P (ESP), Roi GS (ITA)
- 13:30 **Medical issues**
Chairs Manonelles P (ESP), Zunarelli P (ITA)
- 13:30 **Return to play in other sports**
Chairs Broman D (UK), Susta D (IRL)
- 13:30 **Basic science & regenerative medicine**
Chairs Frizziero A (ITA), Respizzi S (ITA)

Sunday 14th May 2017

FUNDACIO

Free oral communications

- 08:30 **Managing athlete workloads**
Chairs Alacid F (ESP), Rampinini E (ITA)
- 10:00 **Muscle & tendon injuries**
Chairs Jones C (UK), Nanni G (ITA)
- 12:00 **Prevention**
Chairs Boldrini L (ITA), Stride M (UK)
- 15:00 **Functional assessment**
Chairs Sisca (ITA), Susta D (IRL)
- 17:00 **Medical issues**
Chairs García-Nieto Portabella J (ESP), Tzouroudis N (GRE)

POSTER AREA

Free poster communications

- 13:30 **Case reports**
Chairs Camilli Meletani S (ITA), Danelon F (ITA)
- 13:30 **Rehabilitation**
Chairs Praticò S (ITA), Rigel D (ITA)
- 13:30 **Neuromuscular training**
Chairs Della Villa F (ITA), d'Orsi GM (ITA)
- 13:30 **Orthopaedic surgery**
Chairs Pánics G (HUN), Quaglia F (ITA)
- 13:30 **Managing athlete workloads**
Chairs Alacid F (ESP), Fazzini D (ITA)

PARIS

Best Case Report Award Contest

- 10:00 **First Session**
Judges Brukner P (AUS), Delcogliano A (ITA), Knowles B (USA), Peterson L (SWE)
- 12:00 **Second Session**
Judges Brukner P (AUS), Delcogliano A (ITA), Knowles B (USA), Peterson L (SWE)

TRIBUNA

Managing individual player workloads across the season

- Chairs Drobnic F (ESP), McCall A (UK)
- 09:30 **The landscape: recent work and literature** Gabbett T (AUS)
- 09:45 **A collaborative approach to managing player workloads in football** Balsom P (UK)
- 10:00 **Using technology to manage load compromised players** Norman D (ITA)
- 10:15 **Managing load through the analysis of markers of recovery status** Thorpe R (UK)
- 10:30 **What a coach needs to hear?** Lagerbäck L (SWE)
- 10:45 Discussion
- 11:00 Coffee Break

Working with the reality of team training

- Chairs Castagna C (ITA), Serratos L (ESP)
- 11:30 **Practical perspectives from a high performance manager** Burgess D (AUS)
- 11:45 **Effect of intensified and reduced volume of training on performance and muscle adaptations** Bangsbo J (DEN)
- 12:00 **Dealing with coaching styles and the different psychological needs of the players** Ruiz de Oña M (ESP)
- 12:15 **Entering a player back into training after long term rehabilitation** Buckthorpe M (UK)
- 12:30 **Managing the balance between physical and technical training** Di Salvo V (QAT)
- 12:45 Discussion
- 13:00 Lunch break

Interview with the Manager

- Chairs Tyler M (UK)
- 14:30 **A top journalist meets a top Manager**

Recovery strategies

- Chairs De Teresa Galvan C (ESP), Gregson W (QAT)
- 15:00 **The recovery window and minimising injury risk** Bengtsson H (SWE)
- 15:15 **Psychological strategies for recovery and injury rehabilitation: applied reflections from the Premier League** Nesti M (UK)
- 15:30 **Measuring up? Role of compression garments** Terrados N (ESP)
- 15:45 **Do the principles of cold water immersion still work, 10 years on?** Banfi G (ITA)
- 16:00 **Nutritional strategies to support recovery processes** Morton J (UK)
- 16:15 Discussion
- 16:30 End of the Conference

AUDITORI

The use of PRP in sports recovery

- Chairs Eirale C (QAT), Peretti GM (ITA)
- 09:30 **Rationale and standardization in PRP use** Everts P (NED)
- 09:45 **The use of PRP in cartilage injuries** Filardo G (ITA)
- 10:00 **The use of PRP in ligament injuries** Angele P (GER)
- 10:15 **The use of PRP in muscle injuries** Reurink G (NED)
- 10:30 Discussion
- 11:00 Coffee Break

Combined biological approaches to help sport injury

- Chairs Mayer M (GER), Rosa D (ITA)
- 11:30 **Application of TSCs and PRPs to treat muscle and tendon injuries** Huard J (USA)
- 11:45 **PRP, exercise and stem cells for therapy in muscle injuries in rat model** Marotta M (ESP)
- 12:00 **Using mesenchymal stem cells from adipose tissue and plasma rich in growth factors** Cugat R (ESP)
- 12:15 **PRP and stem cells in cartilage regeneration** Gobbi A (ITA)
- 12:30 Discussion
- 13:00 Lunch break

Research, clinical trials and practical experience

- Chairs Puigdemivol J (ESP), Rodas G (ESP)
- 14:30 **Biological therapies in regenerative sports medicine** Andia I (ESP)
- 14:45 **Tendon regeneration and stem cells therapy** Randelli P (ITA)
- 15:00 **Bone and cartilage regeneration with cells and tissue engineering products** Cáceres E (ESP)
- 15:15 **Integration of ATI in the treatment algorithm of tendinopathy and tendon injury** Rao A (AUS)
- 15:30 **Mesenchymal stem cells for degenerative meniscus injury** Monllau JC (ESP)
- 15:45 Discussion

Regenerative medicine regulations in clinical practice

- Chairs De Girolamo L (ITA), Moraleda JM (ESP)
- 16:30 **Experience from USA** Allickson J (USA)
- 16:45 **Experience from Europe** Ruiz S (ESP)
- 17:00 **Regulatory landscape in South America** Correa D (USA)
- 17:15 Discussion
- 17:30 End of the Conference

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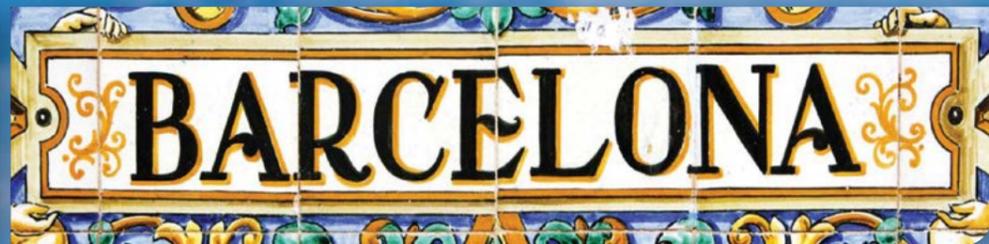


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KEY DATES

Deadline for submission of Scientific Contributions	15 th January, 2017
Confirmation of acceptance of Scientific Contributions	25 th February, 2017
Deadline for early bird registration	19 th March, 2017
Online registration closes	9 th May, 2017

This printed material was last updated on the 15th November 2016.



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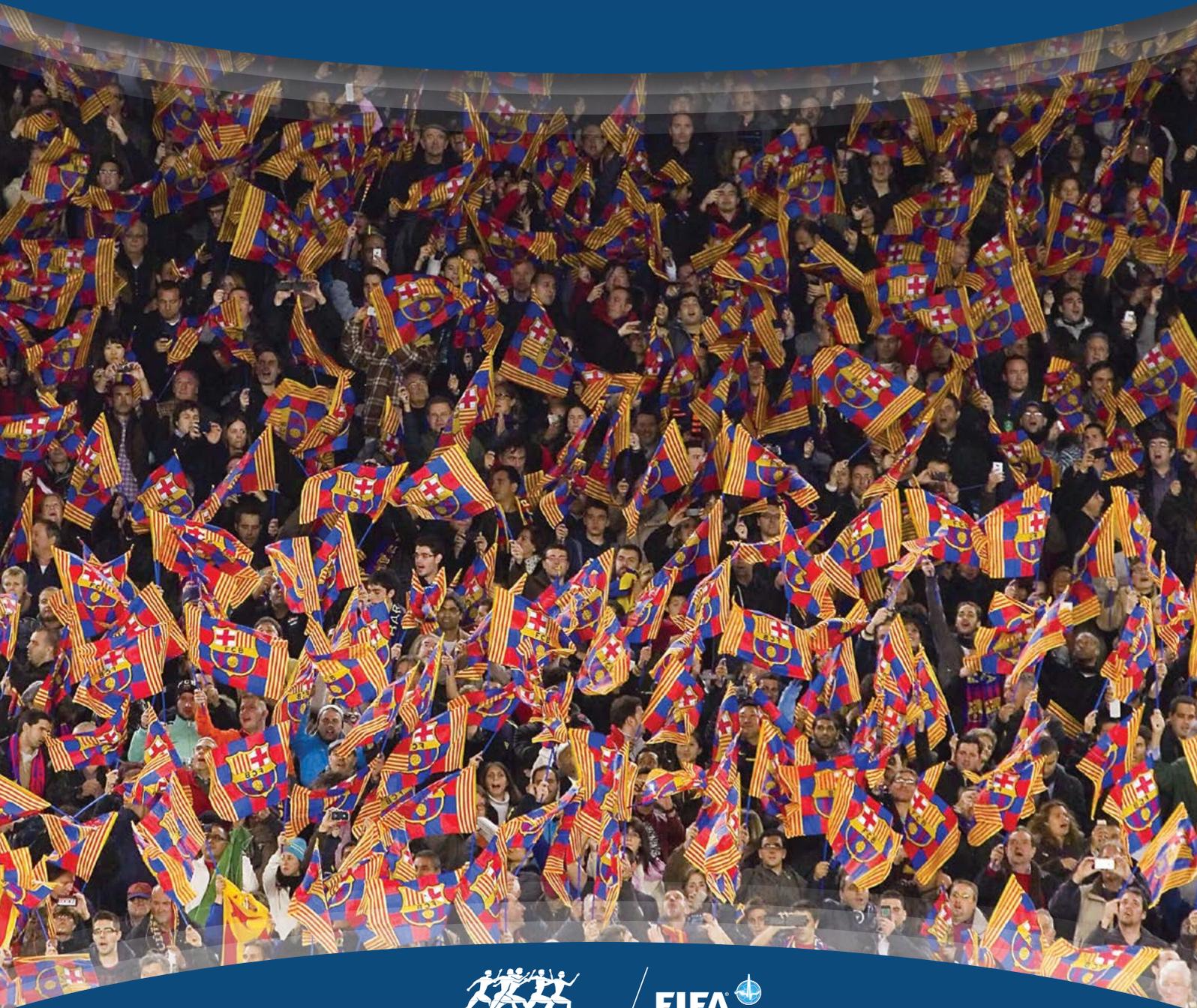


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