

Auditorium

9:00 Official Welcome Brukner P (AUS), Della Villa S (ITA)



The Landscape

Chairmen:

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

9:15 The 20 years of F-MARC

Dvorak J (SUI)

9:30 2014 World Cup's Medical Organisation

Dvorak J (SUI)

9:45 Brazil - the impact of the World Cup

Runco J (BRA)

10:00 Joint and ligament injuries in the UEFA Champions League

Ekstrand J (SWE)

10:15 ACL injury mechanisms in football: a video analysis

Walden M (SWE)

10:30 Discussion

11:00 Break

Room A

Controversial conservative
approaches

Chairmen:

English B (UK), Müller-Wohlfahrt HW (GER)

11:30 Football team doctor's
perspective - how have we
managed this problem
Serratos L (ESP)11:45 The hyaluronidase debate.
Oral. Injection. Where is the
literature now?
Funk L (UK)12:00 Omega 3 intake and joint
remodelling Babraj J (UK)12:15 PRP. The good side and
downside to this treatment
Sas K (BEL)12:30 Decrease the load with good
strength and conditioning
Franklyn-Miller A (UK)

12:45 Discussion

13:00 Break

Room B

Grassroots and
recreational football:
health considerations

Chairmen:

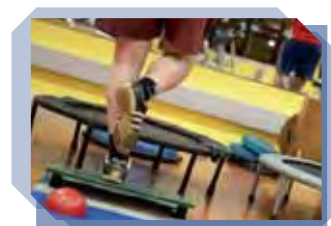
Danelon F (ITA), Davison M (UK)

11:30 Epidemiology in grassroots
football Fuller C (UK)11:45 Long term consequences of
knee injuries Krutsch W (GER)12:00 Who is the recreational football
player? Boldrini L (ITA)12:15 How to manage the health of
recreational players
Khan K (QAT)12:30 Health effects of recreational
football Krstrup P (DEN)

12:45 Discussion

13:00 Break

Room C

Rehabilitation exercises
for dynamic joint
stabilisation

Chairmen:

Batty P (UK), Combi F (ITA)

11:30 The role of the muscles as
active stabilisers of the joints
Hutson M (UK)11:45 Open and closed chain in the
knee rehabilitation
Zanobbi M (UK)12:00 Shoulder dynamic stabilisation
exercises Salsi A (ITA)12:15 Isokinetic evaluation and
strengthening programmes
Olmo Navas J (ESP)12:30 Plyometric and jumping
progression during the
recovery process
Diesel W (UK)

12:45 Discussion

13:00 Break

Saturday 22nd March, 2014 - Afternoon

MiCo - Milano Congressi

Room A



Chondral and osteochondral defects: surgery and return to sport

Chairmen:

Erggelet C (SUI), Kon E (ITA)

- 14:30 Conservative management of cartilage lesions in the athlete's knee Uebliacker P (GER)
- 14:45 Cartilage lesions in football. Where are we now? Espregueira-Mendes J (POR)
- 15:00 Return to play strategies post knee surgery Mithoefer K (USA)
- 15:15 Biological joint reconstruction and football Marcacci M (ITA)
- 15:30 Rehabilitation principles for cartilage regeneration Hambly K (UK)
- 15:45 Discussion
- 16:00 Break

Room B



Imaging and clinical diagnosis in footballers' joints

Chairmen:

Ferretti A (ITA), Healy J (UK)

- 14:30 Ultrasonography: the stethoscope of the future sports physician? Zunarelli P (ITA)
- 14:45 MRI in orthopaedics and sports medicine daily practice Kerkhoffs G (NED)
- 15:00 MRI studies in footballers' joint kinetics Welsch G (GER)
- 15:15 MRI images of footballers' hip, knee and ankle injuries Balzarini L (ITA)
- 15:30 MRI images of footballers' spine, shoulder and elbow injuries Padron M (ESP)
- 15:45 Discussion
- 16:00 Break

Room C



Neuromuscular control

Chairmen:

Lewin G (UK), Mazzola C (ITA)

- 14:30 Neuromuscular exercises during knee rehabilitation Snyder-Mackler L (USA)
- 14:45 The concept of neuroplasticity applied to functional recovery Rivaroli S (ITA)
- 15:00 Functional rehabilitation in the pool Puig P (FRA)
- 15:15 ACL and neuromuscular control: a video analysis of injury mechanism De Carli A (ITA)
- 15:30 The role of core stability in the recovery of the footballer Goedhart E (NED)
- 15:45 Discussion
- 16:00 Break



Orthobiology and regenerative medicine

Chairmen:

Castellacci E (ITA), Maffulli N (UK)

- 16:30 The regenerative medicine landscape Mandelbaum B (USA)
- 16:45 Regenerative medicine in shoulder injuries Randelli P (ITA)
- 17:00 The use of PRP and growth factors in footballers' joints Cugat R (ESP)
- 17:15 Stem cell treatment: past, present, future Gobbi A (ITA)
- 17:30 Discussion
- 18:00 End of the first day



Female football players

Chairmen:

Bianchedi D (ITA), Millson H (UK)

- 16:30 Epidemiology in female football Junge A (SUI)
- 16:45 Female footballers' lesions Silvers H (USA)
- 17:00 ACL injuries in female football players Servien E (FRA)
- 17:15 Prevention is better than cure - training prescription to protect youth female footballers Lloyd R (UK)
- 17:30 Discussion
- 18:00 End of the first day



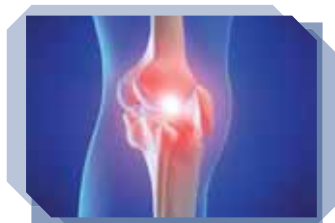
Return to sport strategies

Chairmen:

Schneider C (GER), Tavana R (ITA)

- 16:30 The difference between clinical rehabilitation and football reconditioning Knowles B (USA)
- 16:45 The "on pitch" football recovery programme after ACL surgery Medina D (ESP)
- 17:00 Functional strategies to prevent recurrence risk after knee surgery Melegati G (ITA)
- 17:15 How to manage the fear of reinjury Walker N (UK)
- 17:30 Return to play criteria Snyder-Mackler L (USA)
- 17:45 Discussion
- 18:00 End of the first day

Room A

**Knee surgery and functional recovery**

Chairmen:

Benazzo F (ITA), Coari G (ITA)

9:30 Crucial principles in the care of the knee Steadman R (USA)

9:45 Functional recovery after ligament reconstruction and meniscus repair Cohen M (BRA)

10:00 Treatment of complex ligament lesions with rotatory instability Adravanti P (ITA)

10:15 Strategies in revision surgery Delcogliano A (ITA)

10:30 Criterion based rehab: the "traffic light" concept Tsapralis K (ITA)

10:45 Discussion

11:00 Break

Room B

**Shoulder injuries and football**

Chairmen:

Axe M (USA), Minola R (ITA)

9:30 Conservative management of sporting shoulder injuries Ranson C (UK)

9:45 The stabilisation surgery options in a football player Kochhar T (UK)

10:00 Post surgical and return to football protocols Danelon F (ITA)

10:15 Shoulder trauma in goalkeepers Castagna A (ITA)

10:30 Shoulder replacement in professional football: a case report Porcellini G (ITA)

10:45 Discussion

11:00 Break

Room C

**Prevention strategies**

Chairmen:

Chalabi H (QAT), Pedrinelli A (BRA)

9:30 The F-MARC concept of prevention Bizzini M (SUI)

9:45 Ankle prevention programme for football Malliaropoulos N (GRE)

10:00 Hip strategies to prevent knee injuries Powers C (USA)

10:15 Ankle sprains: prevention input from research in biomechanics Gehring D (GER)

10:30 Medical markers in injury prevention Schriebl W (AUT)

10:45 Discussion

11:00 Break

**ACL surgery and return to football**

Chairmen:

Angele P (GER), Zorzi C (ITA)

11:30 ACL surgery in sport. Where are we now? Fu F (USA)

11:45 Optimise functional outcome: surgery and rehabilitation as one team Arnaldi E (ITA)

12:00 Biologically enhanced ACL reconstruction in footballers Sonnery-Cottet B (FRA)

12:15 Predictors of medium-term outcome and return to sport after ACL injury Haddad F (UK)

12:30 Return to top level football after ACL reconstruction Tencone F (ITA)

12:45 Discussion

13:00 Break

**Ankle lesions of the footballer**

Chairmen:

Lloyd Williams R (UK), Sandhu J (IND)

11:30 The footballer's ankle Geertsema C (QAT)

11:45 Ankle impingement: conservative treatment Andersen TE (NOR)

12:00 Ankle impingement: surgical options Kerkhoffs G (NED)

12:15 Ankle stabilisation surgeries Giannini S (ITA)

12:30 Return to football after ankle surgery Kennedy J (USA)

12:45 Discussion

13:00 Break

**The young football player**

Chairmen:

Peterson L (SWE), Til i Perez L (ESP)

11:30 Exercise loads and prevention programme for young patients Freschi M (ITA)

11:45 Grow related joint injuries in young players D'Hooghe P (QAT)

12:00 ACL in young population: data from the Scandinavian register Forssblad M (SWE)

12:15 Management of osteochondritis dissecans Margheritini F (ITA)

12:30 Conservative and surgical management of the cartilage injury Steinwachs M (SUI)

12:45 Discussion

13:00 Break

Sunday 23rd March, 2014 - Afternoon

MiCo - Milano Congressi

Room A



Patellofemoral (PF) joint and football

Chairmen:

Denti M (ITA), Espregueira-Mendes J (POR)

14:30 Patella instability in football player Neyret P (FRA)

14:45 The treatment of patellar pathology in adolescent football players Seil R (LUX)

15:00 To treat or not to treat chondral lesions of the PF joints? Berruto M (ITA)

15:15 Treatment choice in first traumatic patella luxation or subluxation Zaffagnini S (ITA)

15:30 Micro and macro rupture of extensor mechanism Dejour D (FRA)

15:45 Discussion

16:00 Break

Room B



Hip surgery and functional recovery

Chairmen:

Brukner P (AUS), Zini R (ITA)

14:30 The hip in the footballer Schilders E (UK)

14:45 Differential diagnosis of hip and groin pain- what is the indication for hip arthroscopy? Holmich P (DEN)

15:00 The new hip era: how not to pass from underdiagnosis to overtreatment and role of conservative treatment Randelli F (ITA)

15:15 Orthobiologics in hip arthroscopy Bajwa A (UK)

15:30 Factors influencing outcomes after hip arthroscopy Kemp J (AUS)

15:45 Discussion

16:00 Break



Management of early and late osteoarthritis (OA)

Chairmen:

Batt M (UK), Volpi P (ITA)

16:15 Conservative management of knee OA Crossley K (AUS)

16:30 Acute surgical decisions and long term future of the patients' knees Rosa D (ITA)

16:45 Knee replacement and sport Lelli A (ITA)

17:00 Biological reconstruction of the knee - restorative or salvage? McDermott I (UK)

17:15 Rehabilitation following arthritis surgery Roos E (DEN)

17:30 Discussion

18:00 End of the second day



The spine of the football player

Chairmen:

Edwards T (NZL), Fahy D (UK)

16:15 Diagnosis and management of aspecific low back pain in football Beasley I (UK)

16:30 Spinal injuries: experiences from the field Eirale C (QAT)

16:45 Surgical indications for football players Mayer M (GER)

17:00 Return to sport after spine surgery in top player: a case report Tomaello L (ITA)

17:15 Role of fascia in lower back pain De Coninck K (UK)

17:30 Discussion

18:00 End of the second day