

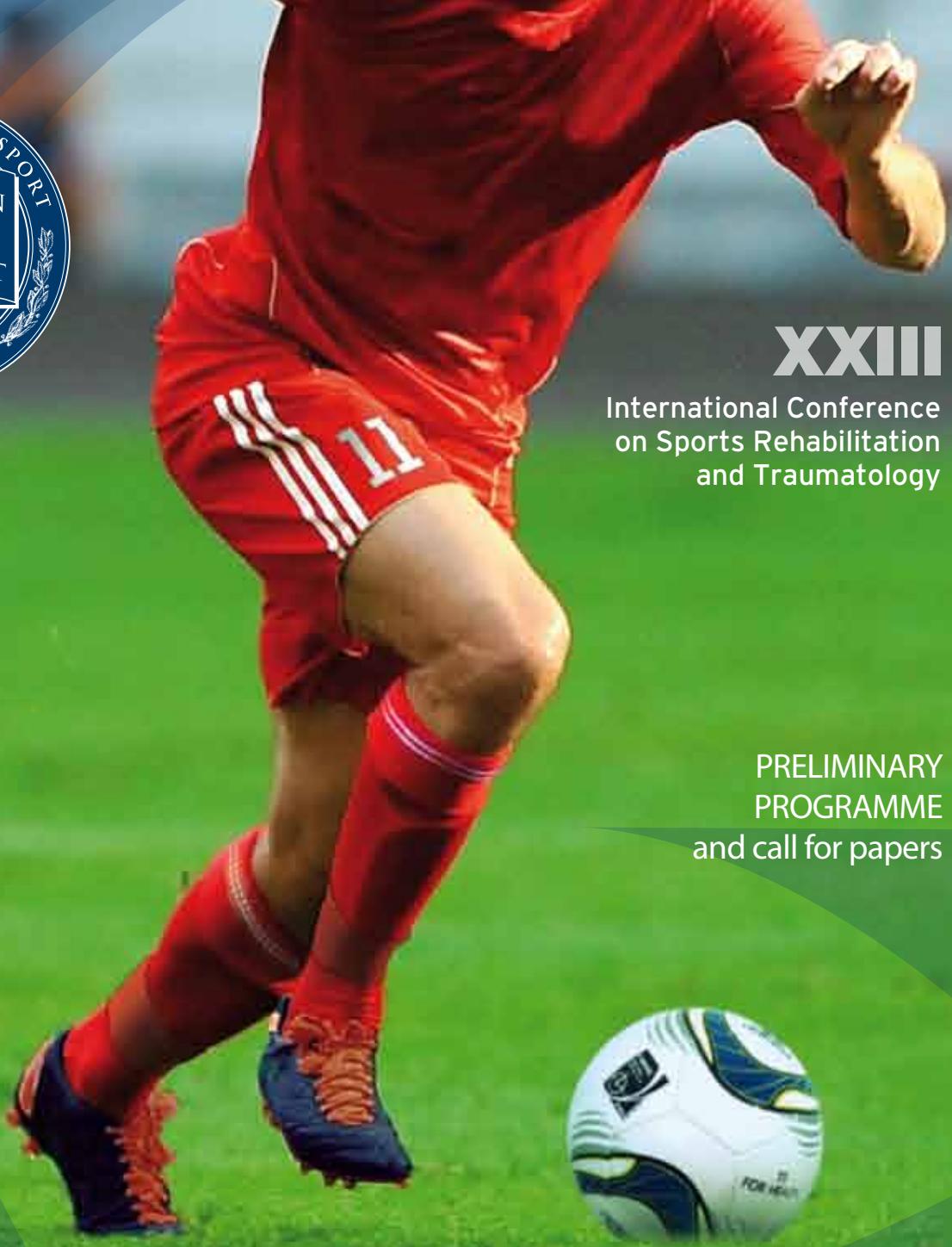
In partnership with:



XXIII

International Conference
on Sports Rehabilitation
and Traumatology

PRELIMINARY
PROGRAMME
and call for papers



Football Medicine Strategies for Joint & Ligament Injuries

22nd -23rd March, 2014

2nd Science of Football Summit
24th March, 2014

MiCo - Milano Congressi, MILAN

Index

**FOOTBALL MEDICINE STRATEGIES
FOR JOINT & LIGAMENT INJURIES**

Date

22nd-23rd March, 2014

Location

MiCo – Milano Congressi - Milan

**2nd SCIENCE OF FOOTBALL SUMMIT
PREVENTING INJURIES IN FOOTBALL:
1994-2014, 20 YEARS OF RESEARCH**

Date

24th March, 2014

Location

MiCo – Milano Congressi - Milan

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Football Medicine Strategies
for Joint and Ligament Injuries



Football Medicine Strategies

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Welcome and introduction

An international and multidisciplinary approach

Welcome to the XXIII International Conference on Sports Rehabilitation and Traumatology. After two years in London, the Conference returns to Italy, still maintaining its international features: the official language will be the English. The event is organised in collaboration with FIFA, which in 2014 celebrates 20 years of F-MARC.



Once again there will be the opportunity to attend the debate between different professionals of the field, such as sports physicians, orthopaedic surgeons, physiatrists, radiologists, physiotherapists, team managers and athletic trainers.

Focus on the treatment of joints and ligaments

Injuries to joints and ligaments can occur during sporting activity, with a significant incidence in football. Over the three conference days, we will actively and hopefully passionately discuss the topics relating to prevention, surgery, rehabilitation and return to play of the footballer.

Saturday 22nd

The landscape
Conservative approaches
Chondral and osteochondral defects
Regenerative medicine
Recreational football
Imaging for joints
Female football
Joint stabilisation
Neuromuscular control
Return to play

Sunday 23rd

Knee surgery
ACL reconstruction
The patellofemoral joint
Early and late osteoarthritis
Shoulder injuries
Ankle injuries
Hip surgery
The spine
Prevention strategies
The young football player

Monday 24th

FIFA and prevention
How to prevent injuries?
Prevention in football
Practical aspects

From London 2013 to Milan 2014

The last edition of the Conference was held in London with two days at the Queen Elizabeth II Conference Centre (QEICC) and one at the Wembley Stadium. In 2014 the venue will be Milan that next year will host the World Exposition Milano, EXPO 2015.

130 speakers
and chairmen

1513 delegates
from 77 nations



LONDON

QEICC

Scientific
Community

Football Family

More than 100
representatives of
national and
international teams





825 participants
to the 1st Science
of Football Summit



Courtesy of Philips Lighting

One of the
biggest
conference
centres in
Europe



Wembley
Stadium



The City



The Milan football
teams have won 10 of
the last 50 editions of
the UEFA Champions
League



Many
publications
spoke about
our Conference

XXIII

International Conference
on Sports Rehabilitation
and Traumatology





In the year of the World Cup in Brazil, the annual gathering of the Football Medicine Community

“

The explosion of the interest for sports medicine, more particularly for football medicine, is due to a lot of different factors.

We notice the better care for health and the knowledge that good medical care leads to better results.

The increasing interest of the medical world for the enormous competitive, social and economic aspects of sport was also spectacular over the last years.

The Medical Committee of FIFA, supported by its scientific department F-MARC, played an important role in this evolution. On European level, the Medical Committee of UEFA chose the same direction. Much support was also given by congress organisers, scientific publications and conferences all over the world.

The Isokinetic group constitutes one the best example of this evolution, bringing, through world symposia, the evolution of sports medicine to thousands and thousands interested doctors, physiotherapists and coaches.

”

Dr. Michel D'Hooghe



Prof. Jiri Dvorak
Chief Medical Officer of FIFA
and Chairman of F-MARC

Dr. Michel D'Hooghe
Chairman Medical Committee
of FIFA and UEFA

The 20th Anniversary of F-MARC



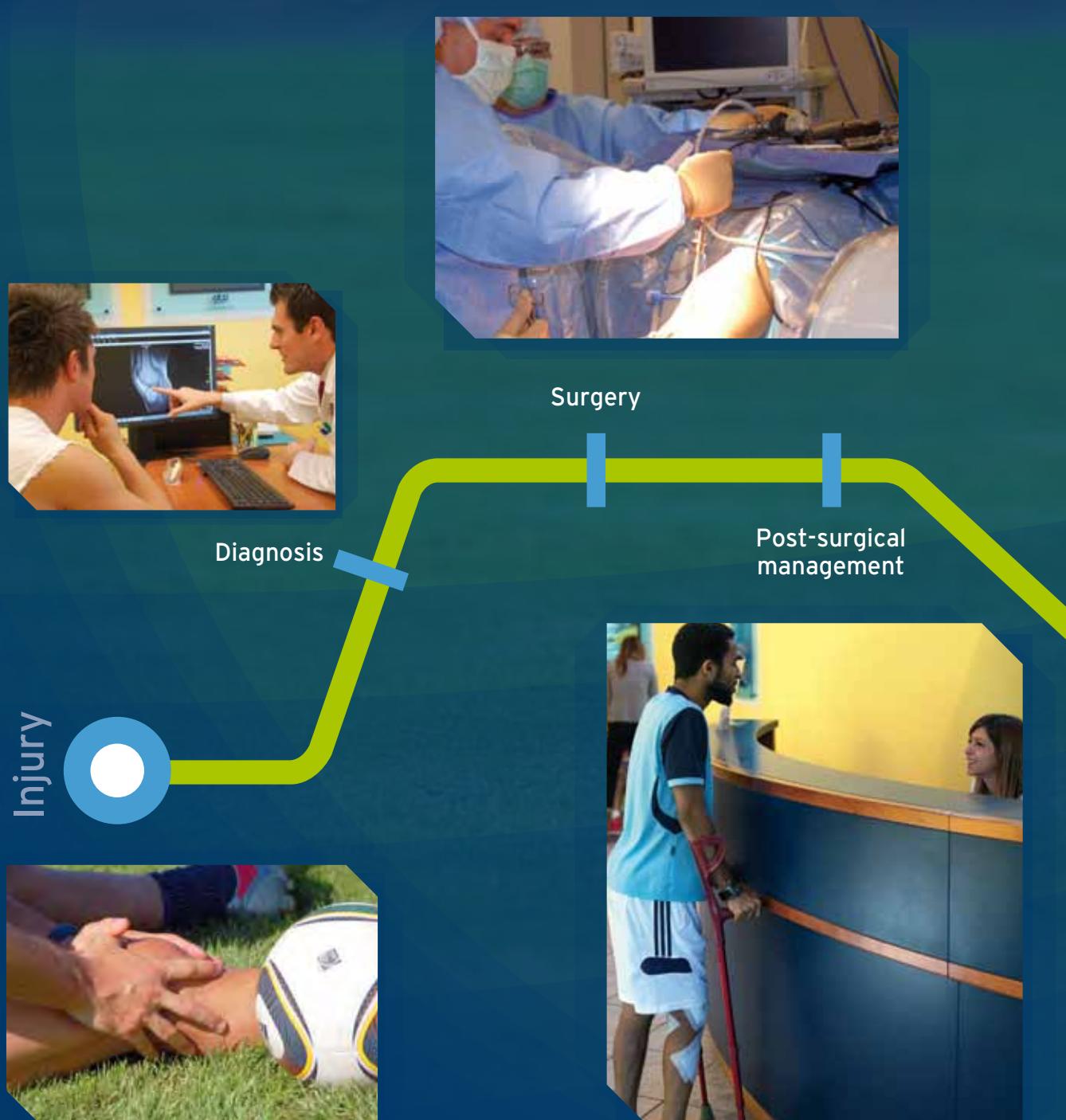
The FIFA-Medical Assessment and Research Centre (F-MARC) was established in 1994 by the FIFA Medical Committee, to protect the health of all players and promote football as a healthy leisure activity.

The Chairman is Professor Jiri Dvorak who speaks about the philosophy of F-MARC: "... while the goal of most experts is to improve sports performance, we decided to focus our attention on the prevention of injury and the promotion of football as a fun and healthy leisure activity".

In these twenty years F-MARC has developed several research projects, including the prevention program "The 11 +" and the initiative "Football for Health", which is constituted by 11 simple health messages presented to children during school time, whilst playing football. F-MARC (Head of research Dr Astrid Junge PhD) published more than 300 original papers in peer reviewed journals.

From injury to full recovery

The Conference programme is designed to supply a complete vision of the recovery process for the injured player: from the start through to the end. The attention of the Football Medicine Community is especially focussed on the final part of the process, when recovery is complete.

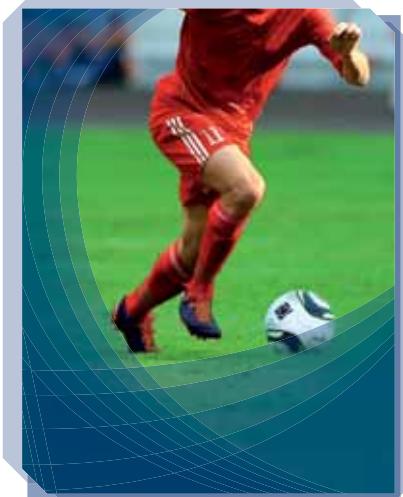




Scientific Programme

Saturday 22nd March, 2014 - Morning
MiCo - Milano Congressi

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

Serratosa 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 Krustrup 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 Uebelacker 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



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

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



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

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



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

Scientific Programme

Sunday 23rd March, 2014 - Morning
MiCo - Milano Congressi

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



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

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



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



2nd Science of Football Summit



Preventing injuries in football: 1994-2014, 20 years of research

Monday 24th March, 2014

MiCo - Milano Congressi, Room A

The symposium is specifically designed for the specialists of injury prevention (in particular team coaches, athletic trainers, sports scientists, physiotherapists and students), who are daily dealing with training fields and playing footballers.

During the 2nd Science of Football Summit, the most important initiatives enacted and coordinated by the FIFA - Medical Assessment and Research Centre (F-MARC) on the topic of prevention will be discussed.

World-renowned exercise and sports scientists actively working with F-MARC will discuss over general aspects and practical consequences of the prevention philosophy of the last 20 years.

Scientific Programme

- 8:30 Opening and welcome
8:45 Introduction - Roi GS (ITA)

The role of FIFA on injury prevention

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

- 9:00 Main lecture
Overview on F-MARC projects and 11+ around the world - Dvorak J (SUI)
9:50 Prevention of contact and non contact injuries in football - Bizzini M (SUI)
10:10 Prevention through promotion of 11+ in Germany - Eiles M (GER)
10:30 Discussion
10:45 Break



How to prevent injuries in football?

Chairmen: Danelon F (ITA), Dvorak J (SUI)

- 11:15 Amateur football players - Bizzini M (SUI)
11:30 Female football players - Silvers H (USA)
11:45 Young football players - Faude O (SUI)
12:00 Professional football players - Kemp S (UK)
12:15 Discussion



The challenge of injury prevention in football (round table)

- 12:30 Participants: team physicians, coaches, players and team managers
13:30 Break



Practical aspects (with video)

Chairmen: Bizzini M (SUI), Witvrouw E (QAT)

- 14:30 Introduction
14:40 Effects of injury prevention on performance (Lecture) - Bangsbo J (DAN)
15:20 The role of stretching injury prevention - Witvrouw E (QAT)
15:40 Prevention in professional players - Sassi R (ITA)
16:00 Prevention in female players - Silvers H (USA)
16:20 Prevention in young football players - Mathieu N (SUI)
16:40 Prevention in referees - Castagna C (ITA)
17:00 Prevention of reinjuries during rehabilitation - Boldrini L (ITA)
17:20 Discussion
17:45 End of the summit



The official language is the English.

Free Oral and Poster sessions

The International Conference on Sports Rehabilitation and Traumatology has always encouraged the active participation of all the specialists of the field. The multidisciplinary nature of the event represents a unique occasion to share the results of original researches with the Football Medicine Community through the Free Oral and Poster Sessions.

The Free Oral Communications will take place in parallel sessions on Saturday and Sunday.

The Free Poster Communications will be displayed for the full duration of the Conference in a dedicated Poster Area, and participants will have the opportunity to discuss them during the Poster Sessions.

The proposals of scientific contributions, must be written in English, and submitted to the Scientific Direction by December the 15th 2013.

All the accepted abstracts will be published in the Abstract Book distributed to all participants during the Conference, and available in the most important bookshops, after the event.

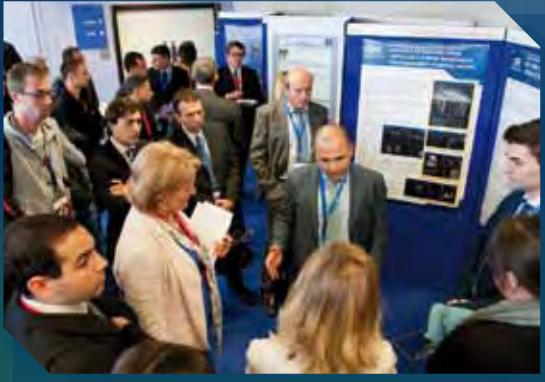
For more information about abstract submission, please contact the Organising Secretariat at conference@isokinetic.com

Saturday 22nd March, 2014

11:30-13:00	Free Oral Orthopaedics Chairmen: Madonna V (ITA), Panics G (HUN)	13:30-14:30	Poster A Orthopaedics Chairmen: Boniforti F (ITA), Tzouroudis N (UAE)
14:30-16:00	Free Oral Biomechanics and functional assessment Chairmen: Minetti A (ITA), Rampinini E (ITA)	13:30-14:30	Poster B Functional recovery Chairmen: Praticò S (ITA), Stride M (UK)
16:30-18:00	Free Oral Case reports 1 (Knee) Chairmen: Chomiak J (CZE), Nanni G (ITA)	13:30-14:30	Poster C Case reports 1 Chairmen: Brotto E (ITA), D'Orsi GM (ITA)

Sunday 23rd March, 2014

9:30-11:00	Free Oral Functional recovery Chairmen: Grimm K (QAT), Respizzi S (ITA)	13:30-14:30	Poster E Case reports 2 Chairmen: Millson H (UK), Servadei MA (ITA)
11:30-13:00	Free Oral Case reports 2 Chairmen: Gatteschi L (ITA), Turmo A (ESP)	13:30-14:30	Poster F Biomechanics and functional assessment Chairmen: Narici M (UK), Roi GS (ITA)
14:30-16:00	Free Oral On-field rehabilitation Chairmen: Buckthorpe M (UK), Fazzini D (ITA)	13:30-14:30	Poster G Chiropractics Chairmen: Hearle L (UK), Rigel D (ITA)



Share your experience

Taking an active part in the scientific programme of the Conference, you will be given the opportunity to discuss your questions with the most important experts of the international Football Medicine Community.

This is your occasion to be known and to meet delegates coming from all over the world with common experiences.

To give it to the Football Medicine Community

In the world there are 300 million footballers and thousands of physicians, sports therapists and athletic trainers caring for their health. The Football Medicine Community is a scientifically active group that wants to keep updated on the topic.



Thanks to the Conference abstracts

All of the accepted abstracts will be published in the Abstract Book of the Conference, distributed to all the delegates and, after the Conference, sold in the most important bookshops of the industry.

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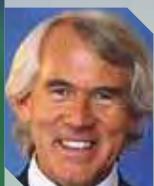


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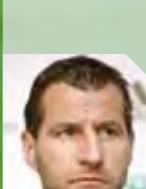
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The easiest way to reach the Conference Centre after arriving in Milan is with the underground. The MiCo Conference Centre is easy to reach using the Red Line, M1, getting off at the "Amendola" station, located 700 metres from the Conference Centre or at the "Lotto" station, 800 metres away. Otherwise you can drive to the Conference Centre, following the directions to Fieramilanocity.

Commercial opportunities



The Scientific Direction encourages commercial partners to participate in this event. Opportunities include exhibition booths, inserts in delegate bags and the sponsoring of Conference sessions. Customised solutions also available.

Contributing to the culture of the conference by way of scientific content, we also encourage exhibitors and sponsors to submit both oral and poster presentations on topical issues and would support those looking to organise private workshops. The involvement of partner companies is fundamental to the success of this conference and with your contribution many delegates will leave the event with new ideas to be implemented in the field. For all of those interested in the Exhibitor Information Pack, please contact the Organising Secretariat at the following email address: conference@isokinetic.com

Key dates

Deadline for abstract submission

15th December 2013

Notification to authors

15th January 2014

Deadline for early registrations

1st February 2014

Deadline to register online

19th March 2014



Registrations

For online registration please visit www.FootballMedicineStrategies.com and fill the form in the 2014 conference section

Registration Fees	by 1 st February 2014	from 2 nd February 2014
Both days + summit	€ 390	€ 590
Single day (Saturday or Sunday)	€ 250	€ 300
Students both days + Summit	€ 250	€ 350
Students single day (Saturday or Sunday)	€ 150	€ 200
Only Summit on Monday	€ 100	€ 150

The registration fee for participants includes:

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- Admission to the exhibition hall and networking area
- Admission to sponsored workshops (dependent on room capacity)
- Conference material (conference bag, abstract book & conference programme)
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Payment

Payment for the Conference can be made by credit card or bank transfer. All payments must reflect the registration option selected and deferred payments will not be accepted. Further information is available at www.FootballMedicineStrategies.com

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Students are entitled to a reduced fee. Valid certification by fax (+39 051 6133197) or by email (conference@isokinetic.com) is required.

Cancellation

If you need to cancel your registration, please notify us by fax (+39 051 6133197) or by e-mail (conference@isokinetic.com). There is a refund of 75% registration fee before 20th February 2014.

Official language

The official language is the English.

Stay and transfers

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Hotel	Category	Max rate (booking by 20 th february 2014)		Distance from MiCo
		single	double	
MELIA MILANO	5	€ 190		0.9 km
ADMIRAL	4	single € 130	double € 150	0.5 km
NASCO	4	single € 140	double € 150	0.3 km
UNA HOTEL SCANDINAVIA	4	single € 99	double € 119	0.7 km
ADI POLIZIANO FIERA	4	single € 140	double € 150	0.8 km
CROWNE PLAZA MILAN CITY	4	single € 152	double € 162	6.8 km
DOUBLETREE BY HILTON	4	single € 140	double € 150	3.0 km
ANTARES HOTEL ACCADEMIA	4	single € 130	double € 150	1.2 km
OTHER HOTELS	Please contact Viaggi Salvadori for further stay			

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