

# 3° GISPT International conference Advances in Sport Rehabilitation: *Football Symposium*



Verona - June 2019, 8th – 9th

**#GISPT19**

In Partnership with



*Conference President:*  
Kristian Thorborg (vice President IFSPT)

info:  
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# 3° GISPT International conference

## Advances in Sport Rehabilitation: *Practical Workshops*

Saturday 8th June 2019  
Atlante Center - Verona

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H 14.00 - 18.30 Workshops parallel session

Workshop 1: *Basic first aid management on field. M. Healy*

Workshop 2: *Functional assesement in ACL injuires prevention. A. Gokeler*

Workshop 3: *Exercise progression for athletes with groin pain. N. Phillips*

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# 3° GISPT International conference Advances in Sport Rehabilitation: *Football Symposium*

Sunday 9th June 2019  
Gran Guardia Palace - Verona

**#GISPT19**



Conference President: *Kristian Thorborg*

GISPT President: *Andrea Piazza*

Scientific Committee: *Carlo Ramponi, Clare Ardern, Giuliano Corradini, Karim Khan*

Organizational Committee: *Carlo Ramponi, Giuseppe Bellin, Pier Damiano Bertini, Lisa Cosi, Marco Cuniberti, Elena Dovetta, Andrea Magini, Paola Moreschi, Miriam Rosa.*

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## Advances in Sport Rehabilitation: *Football Symposium*



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Sunday 9 June 2019

*H 8.45-9.00 Welcome lectures*

**H 9.00- 11.00 Keynotes session**

*(Chairs: G. Corradini, K.Thorborg, A.Piazze)*

*H 09.00 - 09.20 Neuroscience and sport: the brain on field. S. Mezzarobba*

*H 09.20 - 09.40 The psychology of top performance: top tips for supporting athletes to perform at their best.*

*C. Conti*

*H 09.40 - 10.00 Pitch-side trauma management. M. Healy*

*H 10.00 - 10.20 Four habits to improve return to play. C. Ardern*

*H 10.20 – 10.40 What you need to know about training load management. N. Phillips*

*H 10.40 – 11.00 Question time*



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**H 11.30 - 13.00 Clinical update on acute hamstring injuries**

*(chairs: C. Ardern, C. Ramponi, P. Moreschi)*

*H 11.30 - 11.50 Diagnosis and management of acute hamstring injuries – what do we know? What don't we know? K. Thorborg*

*H 11.50 - 12.10 Key principles of high-quality hamstring injury rehabilitation. C. Askling*

*H 12.10 - 12.30 Clinical experience in Serie A. A. Vanin, UC Sampdoria*

*H 12.30 - 13.00 Question time*

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**H 14.00 - 14.30 Rehab Battle - Kahoot Session**

*(chairs: N. Phillips, S. Passigli, E. Dovetta)*

*H 14.00 – 14.10 Muscle injuries (A. Vanin, UC Sampdoria)*

*H 14.10 - 14.20 Groin pain syndrome (Fisio Serie A)*

*H 14.20 - 14.30 ACL reconstruction (L. Mascia, AC Chievo Verona)*

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**H 14.30 - 15.40 Clinical update on hip and groin problems**

*(chairs: H. Grindem, P. Bertini)*

*H 14.30 - 14.50 Update on diagnosis, classification and management of groin injuries. What does published research tell us? K. Thorborg*

*H 14.50 - 15.10 Clinical pearls for managing painful gluteal tendinopathy. N. Phillips*

*H 15.10 - 15.30 Clinical experience in Serie A.*

*H 15.20 - 15.50 Question time*

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**H 16.10 - 17.30 Clinical update on ACL rehabilitation**

*Chairs: N. Phillips, M. Rosa*

*H 16.10 - 16.30 Decision-making in managing ACL injuries – from diagnosis to return to sport. H. Grindem*

*H 16.30 - 16.50 Rethinking how use new principles of motor learning during ACL rehabilitation. A. Gokeler*

*H 16.50 - 17.10 Clinical experience in Serie A. Mattia Zambaldi, L. Mascia*

*H 17.10 - 17.30 Question time*

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**H 17.30 - 18.15 Round Table: Shared decision-making in football: effective communication and other keys to helping athletes safely return to sport**

*Chairs: G. Corradini, C. Ardern, C. Ramponi*

*Speakers: A. Rusciano, C. Conti, L. Mascia, H. Grindem, P. Artico, italian football head coach, Italian football player,*

**H 18.15 - 18.20 Presentation of 3° World SPT Conference. K. Thorborg**

**H18.20 - 18.30 Summary of the day. K. Thorborg, A. Piazza**

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