



3rd GISPT INTERNATIONAL CONFERENCE

Program

SATURDAY 8TH JUNE 2019

Atlante Center – Verona | H 14.00 – 18.30
Workshops parallel session

- Workshop 1:** On field trauma management. *M. Healy*
Workshop 2: Functional assesement in ACL injuires prevention. *A. Gokeler*
Workshop 3: Exercise progression for athletes with groin pain. *N. Phillips*

SUNDAY 9TH JUNE 2019

Gran Guardia Palace – Verona | H 08.00 – 18.30
Football Symposium

Conference President: *K. Thorborg*

GISPT President: *A. Piazza*

Scientific Committee: *C. Ramponi, C. Ardern, G. Corradini, K. Khan*

Organizational Committee: *C. Ramponi, P. D. Bertini, M. Cuniberti, E. Dovetta, A. Magini, P. Moreschi, M. Rosa*

H 07.15 – 08.00	Registration
H 08.00 – 08.45	Oral communication session. Chairs: <i>M. Benedini, E. Dovetta, L.Francini</i>
H 08,00 - 08,03	“Proof of concept” di un serius game per la riabilitazione della spalla nell’Atleta. <i>R. Viglialoro</i>
H 08,03 - 08,06	Anterior cruciate ligament injury in a professional dancer. <i>G. Formichella</i>
H 08,06 - 08,09	Short-term effects of rolling massage on energy cost of running and power of the lower limbs. <i>M. Garra</i>
H 08,09 - 08,12	Effects of running retraining with videofeedback on step rate modification: a case series. <i>M. Mugnaioli</i>
H 08,12 - 08,20	Physical Therapy and Rehabilitative Technologies in Sport rehabilitation. <i>M. Benedini</i>
H 08,20 - 08,28	Kineo: the intelligent load. High performance, prevention and injury recovery with eccentric work. <i>F. Zambolin</i>
H 08,28 - 08,36	LaserSix, Laser Therapy- high power pen. <i>C. Morocutti</i>
H 08,36 - 08,45	Question time
H 08.45 – 09.00	Welcome lectures. <i>A. Piazza, G. Corradini, K. Thorborg</i>
H 09.00 – 10.30	Keynotes session. Chairs: <i>G. Corradini, K. Thorborg, A.Piazza</i>
H 09.00 – 09.20	Neuroscience and sport: the brain on field. <i>S. Mezzarobba</i>
H 09.20 – 09.40	The psychology of top performance: top tips for supporting athletes to perform at their best. <i>C. Conti</i>
H 09.40 – 10.00	Pitch-side trauma management. <i>M. Healy</i>
H 10.00 – 10.20	Four habits to improve return to play. <i>C. Ardern</i>
H 10.20 – 10.40	What you need to know about training load management. <i>N. Phillips</i>
H 10.40 – 11.00	Question time



H 11.00 – 11.30	<i>Coffee break (Sala Polifunzionale)</i>
H 11.30 – 13.00	Clinical update on acute hamstring injuries <i>Chairs: C. Ardern, C. Ramponi, P. Moreschi</i>
H 11.30 – 11.50	Diagnosis and management of acute hamstring injuries – what do we know? <i>What don't we know? K. Thorborg</i>
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
H 12.30 – 13.00	Question time
H 13.00 – 14.00	<i>Lunch time (Sala Polifunzionale)</i>
H 14.00 – 14.30	Rehab Battle – Kahoot Session <i>Chairs: N. Phillips, S. Passigli, E. Dovetta</i>
H 14.00 – 14.10	Muscle injuries A. Vanin
H 14.10 – 14.20	Groin pain syndrome. P. Di Meo
H 14.20 – 14.30	ACL reconstruction. L. Mascia
H 14.30 – 15.40	Clinical update on hip and groin problems <i>Chairs: H. Grindem, L. Di Filippo, M. Cuniberti</i>
H 14.30 – 14.50	Update on diagnosis, classification and management of groin injuries. <i>What does published research tell us? K. Thorborg</i>
H 14.50 – 15.10	Clinical pearls for managing painful gluteal tendinopathy. N. Phillips
H 15.10 – 15.20	Clinical experience in Serie A. P. Di Meo
H 15.20 – 15.40	Question time
H 15.40 – 16.10	<i>Coffee break (Sala Polifunzionale)</i>
H 16.10 – 17.30	Clinical update on ACL rehabilitation <i>Chairs: N. Phillips, M. Rosa, P. Bertini</i>
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. <i>A. Gokeler</i>
H 16.50 – 17.00	Clinical experience in Serie A. M. Zambaldi
H 17.00 – 17.10	Clinical experience in Serie A. L. Mascia
H 17.10 – 17.30	Question time
H 17.30 – 18.15	Round Table: Shared decision-making in football: effective communication and other keys to helping athletes safely return to sport. <i>Chairs: G. Corradini, C. Ardern, C. Ramponi</i>
	<i>Speakers: A. Rusciano, C. Conti, L. Mascia, A. Vanin, H. Grindem, P. Artico, P. Nicolato, Avv. A. Calcagno, L. Stefanini</i>
H 18.15 – 18.20	Presentation of 3^o World SPT Conference. K. Thorborg
H 18.20 – 18.30	Summary of the day. K. Thorborg, A. Piazze

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