



XXI

International Conference on Sports
Rehabilitation and Traumatology



PRELIMINARY PROGRAMME
and call for papers

Football Medicine Strategies for Knee Injuries

In partnership with:



21st-22nd April, 2012
Stamford Bridge Stadium, Chelsea FC
LONDON, UK

Index

DATE

21st - 22nd April, 2012

VENUE

Stamford Bridge Stadium, Chelsea FC
LONDON, UK

PRESIDENTS

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SCIENTIFIC DIRECTION

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Investigating the Knee


Injuries to the knee are among the most common sports-related injuries, with prevalence in football particularly high. These injuries can result in a prolonged absence from competition, in some cases ending careers. This illustrates the continuing need to develop successful football medicine strategies, shared for the benefit of all athletes.


This conference has been designed based upon the common challenges presented to football players and their support teams. Management strategies will be defined for each stage of the injury continuum; from injury prevention to surgery and rehabilitation. Key components within the knee have been identified and these will be explored by leading speakers within their areas of expertise.


- 

Leg muscles, key to the **Knee Support System**, represent **31%** of all football injuries
(Ekstrand J, AJSM, 2011)
- 

Patellar Tendinopathies correspond to an incidence of **0.12 injuries/1000 hours**
(Hagglund M, AJSM, 2011)
- 

Injury to the **MCL** constituted **54%** of all knee traumas
(Walden M, SJMSS, 2005)
- 

ACL injuries constitute **14%** of knee sprains in football players
(Walden M, KSSA, 2011)
- 

Of all knee injuries, over **14%**, were **Meniscus** tears
(Majewski M, Knee, 2006)
- 

Cartilage injury has been diagnosed in **40%** of athletes
(Flanigan DC, MSSE, 2010)



Learn From Leading Experts

History

For over 20 years, the Isokinetic Medical Group, a FIFA Medical Centre of Excellence, has held its International Conference on Sports Rehabilitation and Traumatology in Italy. In 2012 this unique conference comes to London, bringing with it a global following.

We are proud to implement the concept of "Football for Health" on behalf of the FIFA Medical Committee and have a commitment to promoting research and organising scientific meetings of the highest standards.

The 21st edition of the International Conference on Sports Rehabilitation and Traumatology will focus exclusively on the footballer's knee. An outstanding scientific committee has selected leading speakers from across the world to present on their respective areas of expertise.



F-MARC

In 1994 an independent research unit was established by members of the FIFA Medical Committee: the FIFA Medical Assessment and Research Centre (F-MARC). Uniting an international group of experts in football medicine, the mission of F-MARC is to protect the health of female and male football players at all levels as well as to promote football as a health-enhancing leisure activity.



FIFA Medical Centres of Excellence

In 2005 the first FIFA Medical Centre of Excellence was inaugurated. Since then, F-MARC has established a prestigious network of Medical Centres of Excellence. On 11th March 2011, Dr Michel D'Hooghe together with Professor Jiri Dvorak, officially presented the Isokinetic Medical Group with the FIFA Medical Centre of Excellence certificate on behalf of the FIFA Medical Committee.

The ceremony, which took place immediately prior to the 20th Conference on Sports Rehabilitation and Traumatology, celebrated F-MARC's 11th Centre of Excellence in the world, coinciding with the official launch of F-MARC's 11+ programmes in Italy.





Conference Venue

Stamford Bridge is one of the most exciting and sophisticated venues in London with a history of captivating an audience. Located in an upmarket area of South-West London, the venue has International transport links to both Heathrow and Gatwick airports (further details available on page 22).

As both an iconic football stadium and an award-winning corporate venue, Stamford Bridge is a fitting location for an International Football Medicine Conference.



The Presentation Halls

Once again our conference will benefit from parallel lectures, located in both the Great Hall and Drake Suites.

The first presentation room, known as The Great Hall, has an extensive seating capacity of over 500 and will be complimented by a state of the art audio-visual production team.

The Drake Suite will be used as our second presentation hall. This self-contained suite will also include its own presentation stage and production set, with poster and workshop areas adjacent.



The Workshop Venues

Chosen for their luxury and exclusiveness, the Millennium and Vialli Suites will be used as workshop venues. These suites feature exquisite elevated views of the Stamford Bridge pitch and their own private kitchen, bar, cloakroom and balcony. A truly inspirational venue.



The Exhibition Area

The Exhibition and Break-Out Area will be primarily located in the Centenary Hall. Formerly known as the Club Museum, this area was subject to an extensive refurbishment project during the summer of 2011.

Now boasting stunning pitch side views this room will host over 25 exhibitors, introducing new products and services for the benefit of Sports Medicine.

In the Great Hall there will be further opportunities for delegates to meet exhibitors, with over 20 additional stands.



Saturday 21st April, 2012

Great Hall

9:00 Official Welcome

Morning



Session 1

The Landscape

- Chairs: Beasley, Ian (UK) - D'Hooghe, Michel (BEL)
9:15 **Epidemiology** Ekstrand, Jan (SWE)
9:30 **Prevention Strategy** Dvorak, Jiri (SUI)
9:45 **Conservative Strategy** English, Bryan (UK)
10:00 **Surgical Strategy** Marcacci, Maurilio (ITA)
10:15 **Post Surgical Strategy** Della Villa, Stefano (ITA)
10:30 Discussion
11:00 Tea and Coffee Break

Session 2

Medial Collateral Ligament

- Chairs: Church, Sam (UK) - Margheritini, Fabrizio (ITA)
11:30 **MCL Injuries in Football** Medina, Daniel (ESP)
11:45 **Conservative Treatment of MCL Injuries** Bell, Philip (UK)
12:00 **Who Needs MCL Surgery?** Zorzi, Claudio (ITA)
12:15 **Surgical Treatment of MCL Injuries** Williams, Andy (UK)
12:30 **Prevention of Reinjuries or Other Associated Injuries** Mandelbaum, Bert (USA)
12:45 Discussion
13:15 Lunch Break



Session 3

Anterior Cruciate Ligament

- Chairs: Haddad, Fares (UK) - Lavelle, Jonathon (UK)
14:30 **ACL Injuries in Elite Football** Walden, Markus (SWE)
14:45 **ACL Surgery in Football Players** Neyret, Philippe (FRA)
15:00 **Graft Options** Maffulli, Nicola (UK)
15:15 **Anatomical double bundle ACL reconstruction** Fu, Freddie (USA)
15:30 **Customised Post Surgical Rehabilitation** Danelon, Furio (ITA)
15:45 Discussion
16:15 Tea and Coffee Break



Session 4

Meniscus

- Chairs: Delcogliano, Antonio (ITA) - Rosa, Donato (ITA)
16:45 **Conservative and Surgical Management for Meniscal Injuries** t.b.d.
17:00 **Partial Meniscectomy and Repair** Lelli, Alessandro (ITA)
17:15 **Meniscal Transplants** Verdonk, Peter (BEL)
17:30 **Meniscus Treatment Depending on Timing of ACL Reconstruction After Injury** Angele, Peter (GER)
17:45 **Rehabilitation Protocols** Snyder-Mackler, Lynn (USA)
18:00 Discussion
18:30 End of the Day



Afternoon

Drake Suite

See the Plenary Session in the Great Hall: The Landscape


Session 5

Knee Injuries in Rugby

- 
- Chairs: Kemp, Simon (UK) - Walker, Andrew (UK)
- 11:30 **Knee Injuries in Rugby Union: Epidemiology, Pathologies and Risk Factors** Brooks, John (UK) - Kemp, Simon (UK)
- 11:45 **Rugby Injury Prevention: the New Zealand Experience** Edwards, Tony (NZL)
- 12:00 **Surgical Decision Making: Rugby Specific Issues** Webb, Jonathan (UK)
- 12:15 **Returning Rugby Players to Action** Olmo, Jesus (ESP)
- 12:30 **Objective Criteria for Progressing Rehabilitation and Return to Play** Millson, Helen (UK)
- 12:45 Discussion
- 13:00 Lunch Break


Session 6

Physiology & Biomechanics of the Knee

- 
- Chairs: Drust, Barry (UK) - Narici, Marco (UK)
- 14:30 **Biomechanical Analysis in Preventing Injuries** Silvers, Holly J (USA)
- 14:45 **Wearable Wireless Systems for the Rehabilitation of Football Players** Zunarelli, Pierpaolo (ITA)
- 15:00 **Free Oral Communication**
- 15:50 Discussion
- 16:15 Tea and Coffee Break

Session 7

Physiotherapy for Knee Injuries

- 
- Chairs: Lewin, Gary (UK) - Schneider, Christian (GER)
- 16:45 **Current Concepts in Knee Rehabilitation** Phillips, Nicola (UK)
- 17:00 **Rehabilitation in Five Phases** Zanobbi, Marco (ITA)
- 17:15 **Knee Rehabilitation in the Pool** Taddio, Nicola (ITA)
- 17:30 **Free Oral Communication**
- 18:05 Discussion
- 18:30 End of the Day

Sunday 22nd April, 2012

Great Hall

Morning



Session 8

Surgery of Complex Lesions

- Chairs: Adravanti, Paolo (ITA) - Spalding, Tim (UK)
- 8:30 **Combined ACL and PCL Reconstruction** Benazzo, Francesco (ITA)
- 8:45 **Combined ACL and MCL Reconstruction** Engebretsen, Lars (NOR)
- 9:00 **Combined ACL and Cartilage Surgery** Gobbi, Alberto (ITA)
- 9:15 Discussion
- 9:30 End of the Session



Session 9

Extensor Mechanisms

- Chairs: Higgins, Richard (UK) - Minola, Riccardo (ITA)
- 9:30 **Anterior Knee Pain in Football** Dejour, David (FRA)
- 9:45 **Patellofemoral Joint Surgery** Zaffagnini, Stefano (ITA)
- 10:00 **Patellar Tendon and PRP** Cugat, Ramon (ESP)
- 10:15 **Excentric Rehabilitation Exercises** Diesel, Wayne (UK)
- 10:30 Discussion
- 11:00 Tea and Coffee Break



Session 10

Cartilage

- Chairs: Ergelet, Christoph (SUI) - Mithoefer, Kai (USA)
- 11:30 **Cartilage Lesions in Football** Espregueira-Mendes, Joao (POR)
- 11:45 **Surgical Options** Getgood, Alan (UK)
- 12:00 **Mesenchymal Cells One Step** Giannini, Sandro (ITA)
- 12:15 **Return to Sport** Kon, Elizaveta (ITA)
- 12:30 **Rehabilitation Guidelines** Hambly, Karen (UK)
- 12:45 Discussion
- 13:00 Lunch Break

Afternoon



Session 11

Knee Support Systems

- Chairs: Brukner, Peter (UK) - Melegati, Gianluca (ITA)
- 14:30 **Muscles and Dynamic Stabilisation** Serratos, Luis (ESP)
- 14:45 **Core Stability and Kinetic Chain** Konin, Jeff (USA)
- 15:00 **Neuromuscular Control: Gym Exercises** Knowles, Bill (USA)
- 15:15 **Neuromuscular Control: Water Exercises** Killgore, Garry (USA)
- 15:30 **Metabolic Support** Tsapralis, Kyriakos (ITA)
- 15:45 Discussion
- 16:15 Tea and Coffee Break



Session 12

FIFA Medical Centres of Excellence - Case Reports

- Chairs: Chalabi, Hakim (QAT) - Gurcharan, Singh (MAS) - Peterson, Lars (SWE)
- 16:30 **Case Report from Italy** Tencone, Fabrizio (ITA)
- 16:40 **Case Report from Qatar** Eirale, Cristiano (QAT)
- 16:50 **Case Report from Mexico** Arroyo, Francisco (MEX)
- 17:00 **Case Report from Algeria** Zerguini, Yacine (ALG)
- 17:10 **Case Report from Brazil** Pedrinelli, André (BRA)
- 17:20 Discussion
- 18:30 End of the Conference

Drake Suite

Session 13

Diagnosis and Imaging of the Knee in Football & Rugby

- Chairs: Healy, Jerry (UK) - Nanni, Gianni (ITA)
- 8:30 **10 Essential Points That You Need to Know About Knee MRI** Chan, Otto (UK)
- 8:45 **Sports Radiology to Confirm or Refute the Diagnosis** Rogers, Ralph (UK)
- 9:00 **MRI in Articular Surface Lesions** Padron, Mario (ESP)
- 9:15 Discussion
- 9:30 End of the Session



Session 14

News in Orthopaedics for Footballers

- Chairs: Axe, Michael (USA) - Berruto, Massimo (ITA)
- 9:30 **Treatment of Knee Dislocation in Footballers** Panics, Gergely (HUN)
- 9:45 **New Arthritis in Former Football Players** Volpi, Piero (ITA)
- 10:00 **Treatment of Osteochondritis Dissecans in Young Players** Chomiak, Jiri (CZE)
- 10:15 **New Trends in Revision of ACL Surgery** Ferretti, Andrea (ITA)
- 10:30 Discussion
- 11:00 Tea and Coffee Break



Session 15

Epidemiology, Prevention and Functional Recovery

- Chairs: Batty, Phil (UK) - Malliaropoulos, Nikos (GRE)
- 11:30 **The FIFA 11+ Programme** Bizzini, Mario (SUI)
- 11:45 **Incidence of Knee Injuries in Young Players** Mayer, Michael (GER)
- 12:00 **Free Oral Communications**
- 12:40 Discussion
- 13:00 Lunch Break



Session 16

Surgical Challenges in the Footballers Knee

Queen Mary University of London Symposium

- Chair: Maffulli, Nicola (UK)
- Cartilage Case Reports**
- Open Questions on ACL**
- MCL Injury Management**





Parallel Events

FA Symposium

Osteoarthritis in the Ex-Footballer

It is widely recognised that osteoarthritis rates in the ex-footballer are high, notably so in the knee. This Symposium, led by The Football Association in conjunction with The Professional Footballer's Association, seeks to discuss ways in which we can define the osteoarthritis problem in ex-player groups in England. National and International speakers will tackle subject matters ranging from the current landscape & epidemiology, through to genetics and its classification as an industrial disease. Finally the group will seek to plot a way forward so that we can collectively help the current and future generations of football players.



Queen Mary University of London Symposium

Surgical Challenges in the Footballers Knee

Chair: Maffulli, Nicola (UK)
Cartilage Case Reports
Open Questions on ACL
MCL Injury Management



ECOSEP Workshop

Sport on Field Trauma Emergency (SOFTE)

Chair: Malliaropoulos, Nikos (GRE)
Course Endorsed by European College
of Sports and Exercise Physicians



Previous Isokinetic Conferences

2009

XVIII International Conference
on Sports Rehabilitation
and Traumatology

Knee Cartilage: Strategies for Treatment of Sports Patients from Trauma to Osteoarthritis

April 25-26th, 2009 - BOLOGNA
Convention Centre Trade Fair District

Number of registered
participants

Bologna 2009 **1016**

Profile of participants

20 - 30 y.o. 18%
31 - 45 y.o. 61%
Over 45 21%

Profession

MD 51%
Physiotherapists 38%
Other 11%

Origin

Italian Delegates 95%
Overseas Delegates 5%
Countries Represented 14

Speakers and Free Communications

Free oral communications 29
Free poster communications 45

2010

XIX International Conference
on Sports Rehabilitation
and Traumatology

Functional Outcome. Optimizing Functional Outcome in Orthopaedic and Sports Traumatology

April 10-11th, 2010 - BOLOGNA
Convention Centre Trade Fair District

Number of registered
participants

Bologna 2010 **1316**

Profile of participants

20 - 30 y.o. 20%
31 - 45 y.o. 62%
Over 45 18%

Profession

MD 55%
Physiotherapists 15%
Other 30%

Origin

Italian Delegates 95%
Overseas Delegates 5%
Countries Represented 12

Speakers and Free Communications

Free oral communications 69
Free poster communications 68

2011

XX International Conference
on Sports Rehabilitation
and Traumatology

Health for the Football Player

March 12-13th, 2011 - BOLOGNA
Convention Centre Trade Fair District

Number of registered
participants

Bologna 2011 **1745**

Profile of participants

20 - 30 y.o. 22%
31 - 45 y.o. 66%
Over 45 15%

Profession

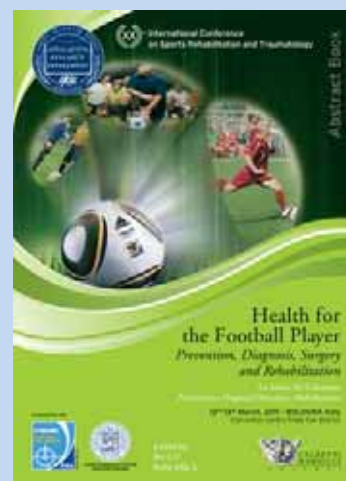
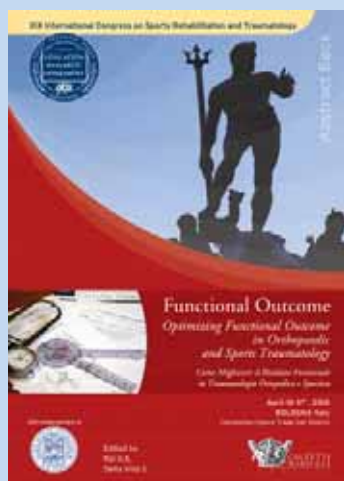
MD 54%
Physiotherapists 27%
Other 19%

Origin

Italian Delegates 87%
Overseas Delegates 13%
Countries Represented 34

Speakers and Free Communications

Free oral communications 55
Free poster communications 79



Call for Papers

Above all, this conference is an opportunity for free discussion and the exchange of ideas and experiences within our discipline. As such, we invite all those who feel part of the "Football Medicine Community" to actively contribute towards the event.

Having held the International Conference on Sports Rehabilitation and Traumatology for 20 years, we understand the importance of all contributions. Scientific Papers, including concurrent research and case studies, can be presented as Oral Communications or Posters.

The Oral Communications will take place in parallel sessions, while Posters will be displayed for the full duration of the conference in a dedicated area and discussed during the Poster Session.

All abstracts should be submitted online at www.isokinetic.com by January 10th 2012. All accepted presentations will be included in our exclusive "Abstract Book", received by every delegate.



Poster Sessions

Saturday 21st April, 2012

Sunday 22nd April, 2012



Poster Area - 13:30 - 15:00
Orthopaedics

Chairs:
Axe, Michael (USA)
De Carli, Angelo (ITA)



Poster Area - 14:00 - 15:30
Case Reports 2

Chairs:
Bianchedi, Diana (ITA)
Konin, Jeff (USA)



Poster Area - 13:30 - 15:00
Modalities & Rehabilitation

Chairs:
Hambly, Karen (UK)
Zanobbi, Marco (ITA)



Poster Area - 14:00 - 15:30
Functional Assessment

Chairs:
Narici, Marco (UK)
Roi, Giulio Sergio (ITA)



Poster Area - 13:30 - 15:00
Case Reports 1

Chairs:
Boldrini, Lorenzo (ITA)
Til i Perez, Lluís (ESP)

Chairmen and Speakers



Adravanti, Paolo
Parma (ITA)
Orthopaedic Surgeon &
Consultant to Parma FC
Director of the
Orthopaedic Department,
Casa di Cura Città di
Parma. Vice President
SIGASCOT



Bell, Philip
London (UK)
Consultant Sport and
Exercise Medicine
Physician at BMI
Healthcare



Brooks, John
London (UK)
Ex professional rugby
player (Harlequins and
England A) and Risk
Analyst. Currently
studying Medicine at
Kings College London



Angele, Peter
Regensburg (GER)
Orthopaedic Surgeon &
Director of University
Medical Centre,
Regensburg - FIFA
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Benazzo, Francesco
Pavia (ITA)
Orthopedic Surgeon &
Professor, University of
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Internazionale and
Italian Track & Field



Brukner, Peter
Liverpool (UK)
Head of Sports Medicine
and Sports Science,
Liverpool Football Club



Arroyo, Francisco
Guadalajara (MEX)
Sports Physician &
Director of Sport Med
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Berruto, Massimo
Milan (ITA)
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Pini Orthopaedic
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Chalabi, Hakim
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Qatar Orthopedic and
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Chan, Otto
London (UK)
Consultant
Radiologist



Batty, Phil
Manchester (UK)
Head of Sports Medicine
at Manchester City
Football Club, Vice
Chairman of the
Premier League
Doctors Association



Bizzini, Mario
Zurich (SUI)
Research Associate &
Physiotherapist,
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Chomiak, Jiri
Prague (CZE)
Professor Orthopaedic
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FIFA Medical
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Beasley, Ian
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Head of Medical
Services for The
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Medical Consultant to
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FIFA and UEFA Medical
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FIFA Executive
Committee Member



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Vice-President UEFA
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Espregueira-Mendes, João
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Orthopaedic Consultant to FC Porto.
Vice-President of the ESSKA, Chairman and Professor, Orthopaedic Department of Minho University



Gurcharan, Singh
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Sports Physician, FIFA Medical Committee Member



Killgore, Garry
Oregon (USA)
Chair and Professor of Human Performance, Founder of AQX Sports



Ferretti, Andrea
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Orthopaedic Surgeon and Sports Physician
Member of UEFA, Medical Committee FIFA
Professor of Orthopaedics and Traumatology, University of Rome



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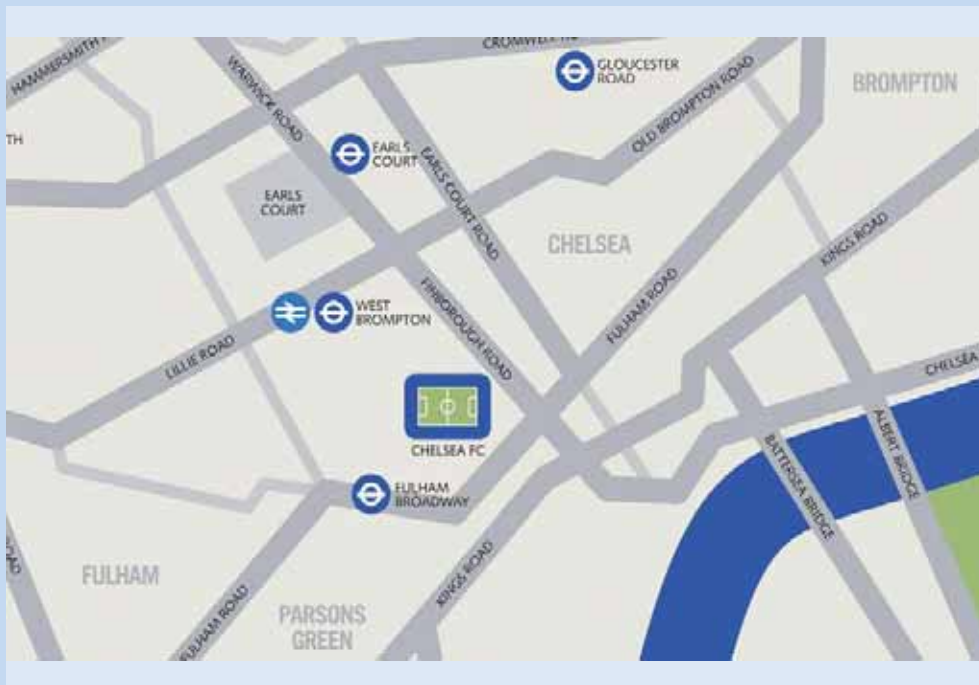
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How to Join Us

In Person



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By Underground

Fulham Broadway tube station (District Line). Take a tube to Earls Court and change for Wimbledon-bound tubes



By Rail

West Brompton Station - Approximately 10 minutes walk through Brompton Cemetery. Alternatively take the underground straight to Fulham Broadway. For information on train operators and times phone National Rail Enquiries on 0845 7484950 or visit www.tfl.gov.uk



By Bus

Buses that directly stop outside the ground 14, 211, 414. Buses that stop close to the ground 295, 28, 391, 424, N11, N28



By Air

London Heathrow Airport: take the train to Paddington then the underground to Fulham Broadway.

London Gatwick Airport: take the train to Victoria and then the underground to Fulham Broadway

Online



With this conference aimed at sports medicine professionals around the world, we realise that there may be barriers to participating in the traditional manner.

With this in mind, we have taken steps to ensure everyone can enjoy this conference by delivering a live webcast of the event. Bringing the conference directly to you, we will stream all sessions from the Great Hall via two dedicated packages.

The **Institution Package** has been set up for Universities, Colleges and Associations acting as Satellite Centres. Each Satellite Centre can stream the conference live in a dedicated meeting room or lecture theatre to the staff of the host organisation as well as interested local participants.

With the **Individual Package** professionals are able to follow the event from the comfort of their home or office. Here, participants can keep up to date with the latest news, discussions and debates at the click of a button.

For prices and further information on our streaming packages please contact the Conference Managers.

Registration

For online registration go to www.isokinetic.com and fill the form in the 2012 Conference Section.

Fees

	Early registration Until 1 st February 2012	Later registration From 2 nd February 2012
Both days	£ 350	£ 500
Single day	\	£ 275
Student both days	£ 200	£ 300
Students single day	\	£ 150

Registration fee for participant includes:

- Admission to all scientific session
- Admission to exhibitions
- Admission to workshops
- Conference material (bag, programme, book of abstract)
- Tea and coffee breaks / Lunch
- Certificate of participation

Payment

All payment must be made online at www.isokinetic.com. Payment must reflect the registration option selected and deferred payments will not be accepted. Further information is available online.

Students

Students are entitled to a reduce fee. Valid certification by fax (+39 051 2986886) or by e-mail (congressi@isokinetic.com) is required.

Cancellation

If you need to cancel your registration, please notify us by fax (+39 051 2986814) or by e-mail (congressi@isokinetic.com). There is a refund of 70% of registration fee before 20th March 2012.

Languages

The official language is English. All presentations will be made using the official language.

Hotel Accomodation

NAME	WEBSITE (www.millenniumhotels.co.uk/)	TELEPHONE	TARIFF (VAT included)	DISCOUNT CODE
MILLENIUM & COPTHORNE Chelsea	millenniumcophthornechelseafc	T: +44 (0) 20 7565 1400	£132* Single £132* Double	SPOA200412
TARA Kensington	cophthornetarakensington	T: +44 (0) 20 7937 7211	£140** Single £150** Double	CHEL210412
GLOUCESTER Kensington	millenniumgloucester	T: +44 (0) 20 7373 6030	£186** Single £198** Double	SPOR200412
BAILEYS Kensington	millenniumkensington	T: +44 (0) 20 7373 6000	£186** Single £198** Double	SPOR200412

* breakfast not included **including breakfast

Key Dates

Deadline for abstract submission	10 th January 2012
Notification to authors	10 th February 2012
Early registration	until 1 st February 2012
Deadline to register on line	17 th April 2012



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Education in Sports Rehabilitation and Traumatology

Isokinetic Medical Group - Italy:

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