

Muscle and Tendon
"Inspiring Clinical Excellence"

**7th Muscletech
Network
Workshop** | **4th Congress
of the European College
of the Sport & Exercise
Physicians**

Barcelona • 7th - 9th October 2015

#MTNECOSEP

www.muscletechnetwork.org

www.ecosep.eu

www.aspetar.com

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MUSCLE AND TENDON "INSPIRING CLINICAL EXCELLENCE"

7th MTN Workshop and 4th ECOSEP Congress

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An application has been made to the EACCME® for CME accreditation of this event

The papers and posters accepted at the 7th MTN & 4th ECOSEP Congress will be published at the British Journal of Sport Medicine

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WELCOME TO BARCELONA

Barcelona is just the right size: not too big, not too small. You can nip between the most interesting sights, by cycle -thanks to an extensive network of bike lanes-, by walking or public transport, and you can soon get to the must-see sights in your free time. In Barcelona, everything is close at hand!

Thanks to its great weather, diet, and above all, its character, you will see the true meaning of the word 'Mediterranean' in Barcelona. You can feel its cosmopolitan and dynamic spirit in the air and you actually live the Mediterranean experience. This magic draws you out onto the streets to stroll and enjoy the city's five kilometres of Mediterranean beaches.

And what history: over 2000 years of it! You come across Roman ruins, Gothic treasures and surprises from the Renaissance age. Visiting the different corners of Barcelona is an authentic journey through time.

All you have to do is get on a plane to Barcelona: the city has excellent air connections to the vast majority of Spanish, European and major intercontinental destinations. As well, the airport is just 15 minutes from the city centre. You make the most of your time when you come to Barcelona!

Whether for large conferences or more intimate gatherings, Barcelona has just the right facility. Imagine a banquet in a charming historic place? Or perhaps a cutting-edge facility for that unbeatable presentation?

Welcome to Barcelona!





MUSCLE AND TENDON “INSPIRING CLINICAL EXCELLENCE”

7th MTN Workshop and 4th ECOSEP Congress

7th - 9th October 2015

ORGANIZING & SCIENTIFIC COMMITTEE

Gil Rodas

Fútbol Club Barcelona
MuscleTech Network

Xavier Valle

Fútbol Club Barcelona
MuscleTech Network
ECOSEP

Meritxell de la Varga

Leitat Technological Center
MuscleTech Network

Nikos Malliaropoulos

ECOSEP

Karim Khan

ASPETAR

WELCOME ADDRESS



Dear Participants,

It is a great pleasure and honour to invite you, on behalf of my team and all the organizers, to participate in the VII MuscleTech Network Workshop and the IV Congress of the European College of Sport & Exercise Physicians (ECOSEP), to be held in Barcelona 7th-9th October 2015 (FIFA data); the congress venue will be the FC Barcelona Camp Nou Stadium.

Barcelona is a Mediterranean city with a wealth of things to discover and enjoy such as Gaudí's modernist buildings, the old town (Barri gothic) and excellent museums. The cuisine is superb, the weather in October is mild and sunny, and the city has 8 kms of beaches along which you may take a leisurely stroll. But what makes Barcelona special is the people, both friendly and open, a welcoming society integrating people from everywhere while preserving Catalan culture and history.

It is difficult to think of Barcelona and not think of our club, FC Barcelona which is everpresent, and like the city, our club is special (mès que un club). FCB is a multisport club (14 sports), with more than 1700 athletes of all ages, origins, both amateurs and professional players.

The scientific program, the city, and the congress venue, are just some of the reasons why you should come to this event and enjoy this unique experience.

We look forward to welcoming you to Barcelona this coming October 2015!

Sincerely,

Jordi Monés i Carilla
Barcelona FC
Member of the Board

Organized by:



GENERAL INFORMATION

Meeting Dates

7th - 9th October 2015

Venue

Camp Nou. Estadi del FC. BARCELONA

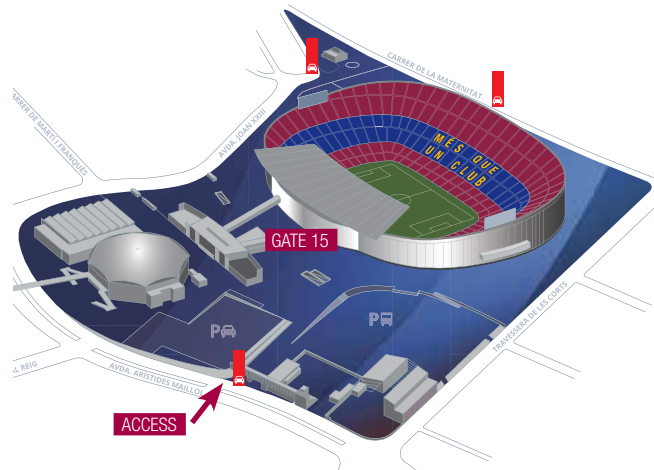
ACCESS:

Carrer d'Aristides Maillol, 12

08028 Barcelona

ENTRANCE DOOR:

Gate 15



Organized by



Technical Secretariat

TORRESPARDO
Congress Management

Nàpols, 187 - 2º

08013 Barcelona

Tel. 34 93 246 35 66 - Fax. 34 93 231 79 72

Contact: Asun Marzo

a.marzo@torrespardo.com

Important dates

Early Bird Registration: July 20th 2015

Abstract Submission Deadline: July 15th 2015

Website

www.muscletechnetwork.org

www.ecosep.eu

www.aspetar.com

Registration fees

	Before 20/7/15	After 20/7/15***
ECOSEP members	390	440
Residents**	300	350
Students degree*	200	250
Non ECOSEP members	475	525
1 day	175	
Congress Dinner 8/10/15	80	80

Students*: lunch not included

Residents and PhD Students under 30 years**

***On site registration + 50€



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GENERAL INFORMATION

IMPORTANT DATES

Deadline for early registration: July 20th 2015

Deadline for abstract submission: July 15th, 2015

ATTENDANCE

About 700 participants from around the World are expected to attend the meeting.

LUNCH AND REFRESHMENTS

Lunches are included in the participants' registration fee.

Coffee & tea will be available in the exhibition area during the breaks.

CERTIFICATE OF ATTENDANCE

Participants will receive a certificate of attendance.

ACCREDITATION

The 7th MTN Workshop - 4th ECOSEP Congress have applied for the UEMS CME Accreditation

SOCIAL EVENTS

Gala Dinner

The Gala Dinner will be held on Thursday, October 8th evening (not included in the registration fee)

ACCOMMODATION

Hotel bookings must be arranged by participants themselves. The organisers are not in charge of booking accommodation for participants. We advise all participants to book their hotels directly and well in advance. Cancellation terms may vary between hotels, please check the terms for your stay directly with your hotel.

Please consult the accommodation page to learn more about the different hotels, and how to make reservations and see the following map for locations of the hotels.

SMOKING

The Congress is a non smoking event.

REGISTRATION DESK

Participants can pick up their personal Congress material at the registration desk, which will be open as follows:

Wednesday, October 7th: 07.30 - 17.30 h

Thursday, October 8th: 08.00 - 17.30 h

Friday, October 9th: 08.00 - 16.00 h

The Congress Secretariat will be available to assist you during the Congress.

Please do not hesitate to contact this office for help or advice.

NAME BADGES

Participants and accompanying persons are obliged to wear the official Congress name badges on all Congress occasions.

CANCELLATION POLICY

For refund purposes the following deadlines will be applied:

– Before September 1st 2015: Participant will receive 50% refund.

– After September 1st 2015: No refund.

EXHIBITION

Access to the exhibition is free for registered participants.

The exhibition will be open on 7 – 9 October 2015 during the congress hours.

CAR PARKING

A parking area will be available at the FC Barcelona facilities

WIRELESS INTERNET ACCESS

A WiFi Internet access area will be available at the Congress.

LIABILITY

By registering for the Congress and/or by participating in the trade exhibition organized during the Congress, participants and exhibitors agree that neither FC Barcelona, the Organising Committee nor the Congress Secretariat do not assume any responsibility for damage or injuries to persons or property during the Congress. Participants and exhibitors are advised to organise their own health, travel and personal insurances.

LETTER OF INVITATION

Upon request, the Chairman of the Local Organising Committee will be pleased to send a personal letter of invitation so as to enable participants to obtain supporting funds or visas for attending the Congress. These invitation letters cannot be considered an offer of financial support by the organisers.



CONGRESS VENUE

A Venue

Camp Nou. Estadi del FC. BARCELONA

ACCESS:

Carrer d'Aristides Maillol, 12

08028 Barcelona

ENTRANCE DOOR:

Gate 15

B AIRPORT (AEROPORT DEL PRAT)-----VENUE

CAR: 16km (20')

TAXI: 30€ approx (20')

C HIGH SPEED TRAIN STATION (Sants Estació)



Sants Estació----------VENUE: 30'

M UNDERGROUND L3 L5

Line 3: Metro stop Palau Reial or Les Corts

Line 5: Metro stop Collblanc or Badal

WALKING DISTANCE



CAMP NOU



SAGRADA FAMÍLIA



VILA OLÍMPICA



CIUTAT VELLA

C HIGH SPEED TRAIN STATION (Sants Estació)



B EL PRAT AIRPORT



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FACULTY

Hakan Alfredson
Sweden

Jordi Ardevol
Spain

Keith Baar
USA

Ramon Balias
Spain

David Berkoff
USA

Jill Cook
Australia

Francesc Cos
Spain

Tom Crisp
UK

Manel Cusi
Australia

Kathrine Dec Prohaska
USA

Pieter d'Hooge
Qatar

Stefano Della Villa
Italy

Sean Docking
Australia

Daniel Florit
Spain

Matthew Gammons
USA

Christian Gerber
Germany

Antonio Gómez
Spain

Bruce Hamilton
New Zealand

Katja Heinemeier
Denmark

Michael Hirschmann
Switzerland

Per Holmich
Qatar - Denmark

Johnny Huard
USA

David Humphries
Australia

Jonas Iversen
Denmark

Roderick Jaques
UK

Jaume Jordi
Spain

Tero Järvinen
Finland

Asker Jeukendrup
UK

Karim Khan
Qatar

John King
UK

Henning Langberg
Denmark

Richard Lieber
USA

Heinz Lohrer
Germany

Nicola Maffulli
UK

Peter Magnusson
Denmark

Ulrike Muschaweck
Germany

Nikos Malliaropoulos
Greece

Nat Padhiar
UK

Amir Pakravan
UK

Carles Pedret
Spain

Stuart Phillips
Canada

Ricard Pruna
Spain

Jordi Puigdemívol
Spain
Dev Pyne
UK

Ebonie Rio
Australia

Gil Rodas
Spain

Jeni Saunders
Australia

Ernest Schilders
UK

Kristian Thorborg
Denmark

Lluís Til
Spain

Kevin Tipton
USA

Johannes Tol
The Netherlands

Akis Tsapralis
Italy

Antonio Turmo
Spain

Xavier Valle
Spain

Sam Ward
USA

PRACTICAL WORKSHOPS

	Speaker	Title
WEDNESDAY 7th October 08.00 a 09.25	Nikos Malliaropoulos & Xavier Linde	Hamstring: physical exploration and practical rehabilitation program design
THURSDAY 8th October 07.30 a 08.55	Per Holmich, Kristian Thorborg & Miquel Angel Cos	Groin Pain: physical exploration and practical rehabilitation program design
FRIDAY 9th October 07.30 a 08.55	Jill Cook & Marta Saula	Tendinopathy: physical exploration and practical rehabilitation program design

The practical workshops are not included in the registration fee, they should be paid separately at the online registration platform.

Price: 30€ for each workshop.

It is not possible to pay / attend the workshops without having been previously registered to the Congress.

Limited attendance for each workshop, the places will be confirmed by order of registration.

WEDNESDAY 7th OCTOBER

	Main Hall	Room 1	Room 2
07:30 - 08:00	Registration		Practical Workshop Hamstring: physical exploration and practical rehabilitation program design Nikos Malliaropoulos & Xavier Linde
08:00 - 08:30			
08:30 - 09:00			
09:00 - 09:30			
09:30 - 10:00	OPENING CEREMONY		
10:00 - 10:30	Session 1 ECOSEP-SEM Expertise across World		
10:30 - 11:00			
11:00 - 11:30			
11:30 - 12:00	Coffee Break		
12:00 - 12:30	Session 2 Tendinopathy 1 What is the problem?		Industry Practical Workshop
12:30 - 13:00			
13:00 - 13:30			
13:30 - 14:00			
14:00 - 14:30	Lunch posters	INVITED SOCIETY SESSION AMERICAN MEDICAL SOCIETY FOR SPORTS MEDICINE - AMSSM -	Lunch posters
14:30 - 15:00			
15:00 - 15:30			
15:30 - 16:00	Session 3 Tendinopathy 2. Pathogenesis and pain	Industry Workshop	Industry Practical Workshop
16:00 - 16:30			
16:30 - 17:00			
17:00 - 17:30			
17:00 - 17:30			

THURSDAY
8th
OCTOBER

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THURSDAY 8th OCTOBER

	Main Hall	Room 1	Room 2
07:30 - 08:45			Practical Workshop Groin Pain: physical exploration and practical rehabilitation program design Per Holmich, Kristian Thorborg & Miquel Angel Cos
09:00 - 09:30	Session 4 Tendinopathy 3 Exercise session	Oral Papers	
09:30 - 10:00			
10:00 - 10:30			
10:30 - 11:00			
11:00 - 11:30		Coffee Break	
11:30 - 12:00	Session 5 Tendinopathy 4. New Treatments?	Oral Papers	
12:00 - 12:30			
12:30 - 13:00			
13:00 - 13:30			
13:30 - 14:00			
14:00 - 14:30	Lunch posters	INVITED SOCIETY SESSION BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE - BASEM -	INVITED SOCIETY SESSION ITALIAN SOCIETY OF MUSCLES LIGAMENTS & TENDONS - ISMULT -
14:30 - 15:00			
15:00 - 15:30			
15:30 - 16:00	Session 6 Muscle and tendon should not be treated separately	Industry Workshop	
16:00 - 16:30			Industry Practical Workshop
16:30 - 17:00			
17:00 - 17:30			
17:30 - 18:00	Session 7 Nutrition to support recovery from muscle and tendon injuries	Oral Papers	
18:00 - 18:30			
18:30 - 19:00			

FRIDAY
9th
OCTOBER

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7th - 9th October 2015



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الأسبطار الرياضي
الرياضة - الصحة - الأداء



FRIDAY 9th OCTOBER

	Main Hall	Room 1	Room 2
07:30 - 08:45			Practical Workshop Tendinopathy: physical exploration and practical rehabilitation program design Jill Cook & Marta Saula
09:00 - 09:30			
09:30 - 10:00			
10:00 - 10:30	Session 8 Muscle Guide FCB_Apetar	Oral Papers	
10:30 - 11:00			
11:00 - 11:30			
11:30 - 12:00		Coffee Break	
12:00 - 12:30			
12:30 - 13:00	Session 9 On Groin pain in athletes	Oral Papers	
13:00 - 13:30			
13:30 - 14:00			
14:00 - 14:30			
14:30 - 15:00	Lunch posters	INVITED SOCIETY SESSION AUSTRALASIAN COLLEGE OF SPORTS PHYSICIANS -ACSP-	Lunch posters
15:00 - 15:30			
15:30 - 16:00			
16:00 - 16:30	Session 10 Overuse injuries in sports medicine		
16:30 - 17:00			
17:00 - 1730			



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SCIENTIFIC PROGRAM - Wednesday October 7th

08:00 - 09:25 h **PRACTICAL WORKSHOP - ROOM 2**

Hamstring: physical exploration and practical rehabilitation program design

Nikos Malliaropoulos & Xavier Linde

09:30 - 10:00 h **OPENING CEREMONY**

ECOSEP-SEM Expertise across World

SESSION 1 - Main Hall - 10:00 - 11.30

Chair: John King - Xavier Valle

10:00 - 10:15 h **The Experience of Sports Medicine Training in Spain**

Antonio Turmo

10:15 - 10:30 h **The Experience of Sports Medicine Training in UK**

Amir Pakravan

10:30 - 10:45 h **Three decades of SEM physicians, the Australasian experience**

David Humphries

10:45 - 11:00 h **Sport and Exercise physician medical and economical outcomes in UK**

Tom Crisp

11:00 - 11:15 h **The FSEM (UK) fighting for SEM in the UK**

Roderick Jaques

11:15 - 11:30 h **Questions and answers**

11:30 - 12:00 h **Coffee break**

Tendinopathy 1 - What is the problem?

SESSION 2 - Main hall - 12:00 - 14.00

Chair: Henning Langberg - Nicola Maffulli

12:00 - 12:20 h **Why do we still do research on tendons?**

Henning Langberg

12:20 - 12:40 h **Magnitude of the problem**

Daniel Florit

12:40 - 13:00 h **Can we change pathology?**

Are all tendons the same ?

Jill Cook

13:00 - 13:20 h **Inflammatory Tendinopathy is it common in sports**

Dev Pyne

13:20 - 14:00 h **Questions and answers**

14:00 - 15:30 h **Lunch**

Tendinopathy 2. Pathogenesis and pain

SESSION 3 - Main hall - 15:30 - 17.30

Chair: Jill Cook - Heinz Lohrer

15:30 - 15:50 h **All the new basic Science stuff**

Katja Heinemeier

15:50 - 16:10 h **How can we change pain in rehabilitation and in season?**

Ebonie Rio

16:10 - 16:30 h **Can imaging guide load management or progression of rehabilitation?**

Sean Docking

16:30 - 16:50 h **What are the risk factors for tendon pathology and tendon pain?**

Johannes Zwerver

16:50 - 17:10 h **Can we monitor progression with Questionnaires?**

Jonas Iversen

17:10 - 17:30 h **Questions and answers**



SCIENTIFIC PROGRAM - Thursday October 8th

07:30 - 08.55 h **PRACTICAL WORKSHOP - ROOM 2**

Groin Pain: physical exploration and practical rehabilitation program design

Per Holmich, Kristian Thorborg & Miquel Angel Cos

Tendinopathy 3 - Exercise session

SESSION 4 - Main hall - 09:00 - 11.00

Chair: Karim Khan - Daniel Florit

- 09:00 - 09:30 h **Eccentric, Concentric' does it matter?**
Peter Magnusson
- 09:30 - 10:00 h **Treating in season – practical challenges / approaches / continuum model**
Jill Cook
- 10:00 - 10:20 h **"Dutch Tendinopathy Studies"**
Johannes Tol
- 10:20 - 10:40 h **Mechanotherapy – what is the evidence for exercise loading?**
Karim Khan
- 10:40 - 11:00 h **Questions and answers**
- 11:00 - 11:30 h **Coffee break**

Tendinopathy 4. New Treatments?

SESSION 5 - Main hall - 11:30 - 13.50

Chair: Gil Rodas - Dev Pyne

- 11:30 - 11:50 h **Is there a need for new treatments?**
Henning Langberg
- 11:50 - 12:10 h **Role of Platelet Rich Plasma (PRP) and corticosteroids in tendon and muscle problems"**
Tero Järvinen
- 12:10 - 12:30 h **Regenerative Therapies in tendinopathy**
Johnny Huard
- 12:30 - 12:50 h **Extracorporeal shockwave therapy for tendinopathies**
Nikos Malliaropoulos
- 12:50 - 13:10 h **What is the role of surgery and when?**
Hakan Alfredson
- 13:10 - 13:30 h **Surgery in refractory cases**
Nicola Maffulli
- 13:30 - 13:50 h **Questions and answers**
- 14:00 - 15:30 h **Lunch**

Muscle and tendon should not be treated separately

SESSION 6 - Main hall - 15:30 - 17.30

Chair: Richard Lieber - Nat Padhiar

- 15:30 - 15:50 h **Skeletal muscle (muscle-tendon) injury and mechanics**
Richard Lieber
- 15:50 - 16:10 h **Imaging Muscle and Tendon Injuries: Perils and Promise**
Sam Ward
- 16:10 - 16:30 h **Human tendon deformation during muscle contraction, in vivo**
Peter Magnusson
- 16:30 - 16:50 h **Muscle dysfunction in chronic tendinopathy**
Christian Gerber
- 16:50 - 17:10 h **Stem cell therapies to treat acute and chronic musculoskeletal injuries**
Johnny Huard
- 17:10 - 17:30 h **Questions and answers**

Nutrition to support recovery from muscle and tendon injuries

SESSION 7 - Main hall - 17:30 - 19.00

Chair: Asker Jeukendrup - Akis Tsapralis

- 17:30 - 17:50 h **Injuries and the role of nutrition: setting the scene**
Kevin Tipton
- 17:50 - 18:10 h **Dietary protein to support optimal recovery of soft tissue: optimizing anabolic sensitivity**
Stuart Phillips
- 18:10 - 18:30 h **Training and Nutrition to Optimize Muscle and Tendon Performance and Repair**
Keith Baar
- 18:30 - 18:50 h **Questions and answers**



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SCIENTIFIC PROGRAM - Friday October 9th

07:30 - 08.55 h **PRACTICAL WORKSHOP - ROOM 2**

Tendinopathy: physical exploration and practical rehabilitation program design

Jill Cook & Marta Saula

Muscle Guide FCB_Aspetar

SESSION 8 - Main hall - 09:00 - 11.20

Chair: Ricard Pruna - Nikos Malliaropoulos

09:00 - 09:20 h **Muscle Classification**

Bruce Hamilton - Xavier Valle

09:20 - 09:40 h **Diagnosis**

Lluís Til - Johaness Tol

09:40 - 10:00 h **Rehabilitation**

Rodney Whiteley - Jaume Jordi

10:00 - 10:20 h **Surgery treatment**

Jordi Puigdemí - Pieter d'Hooge

10:20 - 10:40 h **Return To Play**

Ricard Pruna - Adam Weir

10:40 - 11:00 h **Prevention**

Antonio Gómez - Francesc Cos

11:00 - 11:20 h **Questions and answers**

11:20 - 11.40 h **Coffee break**

On Groin pain in athletes

SESSION 9 - Main hall - 11:40 - 14.00

Chair: Per Holmich - Tom Crisp

11:40 - 12:10 h **Clinical entities approach and physical exploration**

Per Holmich

12:10 - 12:30 h **Groin injuries, conservative treatment options**

Kristian Thorborg

12:30 - 12:55 h **Adductor and symphyseal surgery**

Ernest Schilders

12:55 - 13:20 h **Sports hernia surgical options and outcomes**

Ulrike Muschaweck

13:20 - 13:40 h **What and when to do it in elite sport**

Akis Tsapralis

13:40 - 14:00 h **Questions and answers**

14:00 - 15:30 h **Lunch**

Overuse injuries in sports medicine

SESSION 10 - Main hall - 15.30 - 17.30

Chair: Stefano Della Villa - Antonio Turmo

15:30 - 15:50 h **Chronic Exertional Compartment Syndrome**

Nat Padhiar

15:50 - 16:10 h **Chronic muscle injuries**

Ramon Balius

16:10 - 16:30 h **5th Metatarsal stress fractures**

John King

16:30 - 16:50 h **Chronic ankle instability**

Heinz Lohrer

16:50 - 17:10 h **Cartilage injuries in elite athletes**

Michael Hirschmann

17:10 - 17:30 h **Questions and answers**

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PRACTICAL WORKSHOPS

	Speaker	Title
WEDNESDAY 7th October 08.00 a 09.25	Nikos Malliaropoulos & Xavier Linde	Hamstring: physical exploration and practical rehabilitation program design
THURSDAY 8th October 07.30 a 08.55	Per Holmich, Kristian Thorborg & Miquel Angel Cos	Groin Pain: physical exploration and practical rehabilitation program design
FRIDAY 9th October 07.30 a 08.55	Jill Cook & Marta Saula	Tendinopathy: physical exploration and practical rehabilitation program design

LUNCH WITH THE INVITED SOCIETY SESSIONS

AMERICAN MEDICAL SOCIETY FOR SPORTS MEDICINE - AMSSM

WEDNESDAY, 7th OCTOBER

ROOM 1 · 14.00 PM- 15.30 PM

TENDINOPATHY: BRAIN TO BIOLOGY TO FUNCTION

Chairs: Matt Gammons

The biology-Cytokines and tendinopathy

David J Berkoff

The nuances of function and movement in the kinetic chain

Katherine Dec

Tendinopathy the other brain injury

Matt Gammons

Discussion



BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE - BASEM

THURSDAY, 8th OCTOBER

ROOM 1 · 14.00 PM- 15.30 PM



ITALIAN SOCIETY OF MUSCLES LIGAMENTS & TENDONS - ISMULT

THURSDAY, 8th OCTOBER

ROOM 2 · 14.00 PM- 15.30 PM



AUSTRALASIAN COLLEGE OF SPORTS PHYSICIANS – ACSP

FRIDAY, 9th OCTOBER

ROOM 1 · 14.00 PM- 15.30 PM

Improve or remove; the evolution of training and assessment in the ACSP

David Humphries

From Inspiration to Specialisation, 25years of perspiration! The story of the Australasian College of Sports Physicians

Jeni Saunders

Groins, hamstrings and pelvic ring: can function predict injuries?

Mel Cusi



INDUSTRY WORKSHOPS



SPONSORS



EVENING EVENTS

Muscle and Tendon “Inspiring Clinical Excellence”
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WEDNESDAY OCTOBER 7th

FREE VISIT TO THE FC BARCELONA STADIUM AND FC BARCELONA MUSEUM



THURSDAY OCTOBER 8th

GALA DINNER

Organized by:



ENDORSEMENTS



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