



**ISOKINETIC
MEDICAL GROUP**

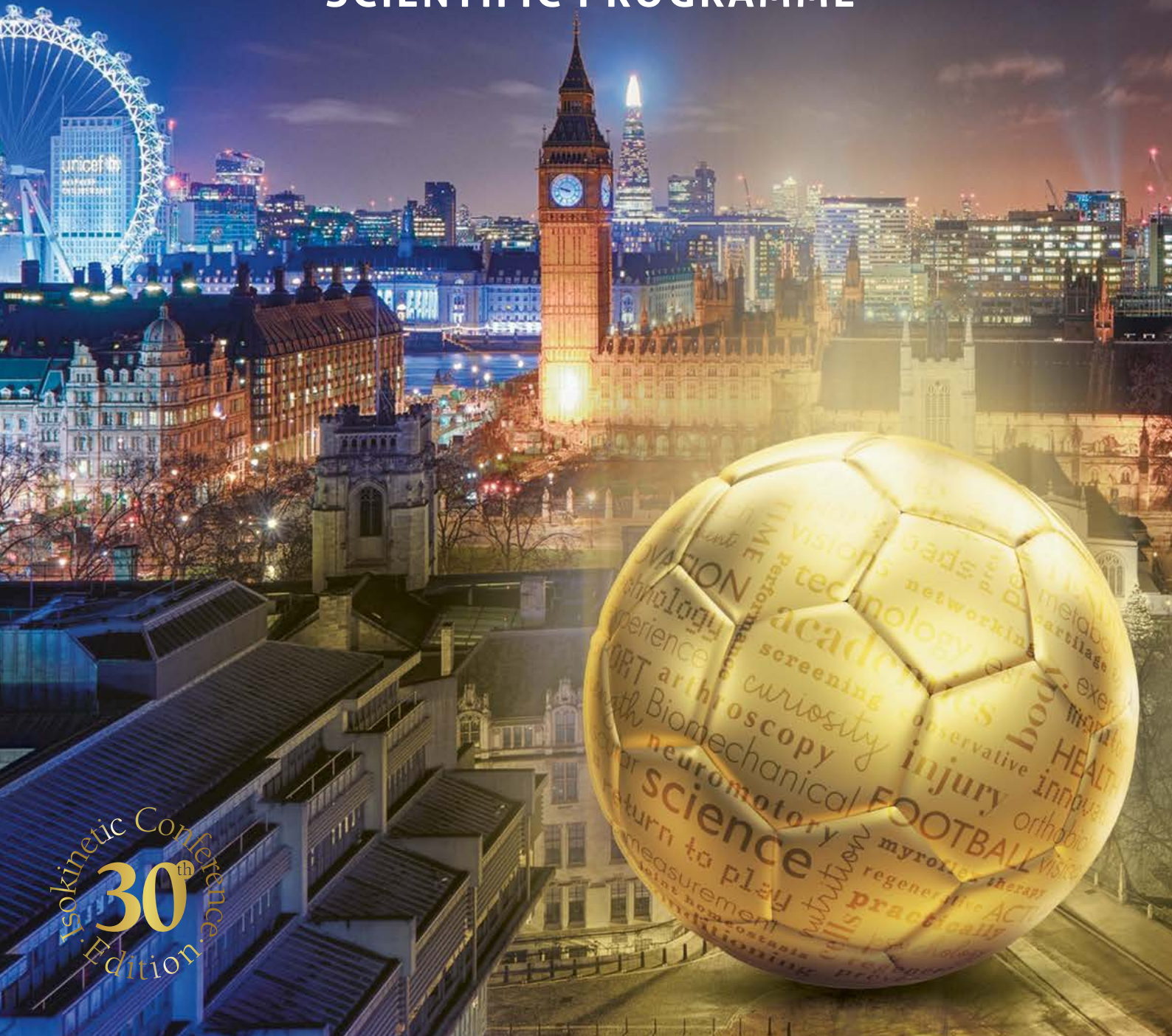
FIFA | MEDICAL CENTRE
OF EXCELLENCE

FOOTBALL MEDICINE The Pursuit of Excellence

27th, 28th, 29th May 2023 · London

It's back in town!

SCIENTIFIC PROGRAMME



Isokinetic Conference
30th
Edition

On behalf of the Isokinetic Medical Group, FIFA and everyone else who has worked tirelessly to bring this programme together, we welcome you to the 30th edition of the Isokinetic Conference.

30 years of learning, 30 years of meeting people, 30 years of sharing ideas and improving, and 30 years of enjoyment. This year's conference will be a celebration of not only what is to come, but also what has preceded in the previous 29 editions.

It promises to be another monumental football medicine gathering. We are currently in the middle of the two World Cups, a successful Men's edition in Qatar and what is hoped will be an equally, if not more successful edition of the Women's World Cup in Australia and New Zealand.

This edition conference aims to underline the ethos of what the Isokinetic Conference stands for – being inclusive and bringing together the football medicine community. We will come together from different geographical, racial, cultural and professional backgrounds for the common purpose of developing football medicine and improving the health and wellbeing of the millions of world-wide players. We encourage you to use this platform to the world to share ideas, navigate change and develop research that is truly global.

We look forward to being with you and all the shared learning experiences this conference hopes to provide.

Welcome to the



Stefano Della Villa

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**ISOKINETIC
MEDICAL GROUP**



Andrew Massey

A stylized signature of Andrew Massey in white ink.

FIFA | MEDICAL CENTRE
OF EXCELLENCE

Scientific Programme Committee

Caroline Bolling - Mike Davison - Francesco Della Villa - Jesús Olmo - Margherita Ricci

85
COUNTRIES

2500
DELEGATES

Football Medicine Community

SPORTS MEDICINE PHYSICIANS
ORTHOPAEDIC SURGEONS
PHYSIOTHERAPISTS
STRENGTH & CONDITIONERS
PLAYERS & COACHES
FOOTBALL TEAM DOCTORS
SPORT SCIENTISTS
STUDENTS
SPORTS TECH INNOVATORS

200
OFFICIAL
SPEAKERS

50
TOP
COMPANIES

60
SCIENTIFIC
SESSIONS

Enjoy the City and discover

THE QUEEN ELIZABETH II CONFERENCE CENTRE (QEII) IS THE LARGEST DEDICATED CONFERENCE AND EXHIBITION SPACE IN CENTRAL LONDON.

Situated in the heart of Westminster, the QEII Centre is ideally located for taking advantage of everything London has to offer, from world-class restaurants and nightlife to shopping and culture. This venue is perfectly placed for you to experience London's many cultural attractions.

The QEII Centre is within walking distance of over 6,000 hotel rooms.

Scan the QR code to visit the page of recommended hotels.



Please note that you need a valid passport to travel to the United Kingdom.



**FIFA WORLD CUP
Qatar 2022**

Festival of Football

FROM THE WORLD CUP IN QATAR TO THE WOMEN'S
WORLD CUP IN AUSTRALIA, THE FOOTBALL MEDICINE
COMMUNITY WILL BE AT THE HEART OF IT ALL.

Against this backdrop, the 2023 Isokinetic Conference Scientific Programme will focus on the centrality of the players' role both on and off the pitch.



the Isokinetic London Clinic

Take this unique chance to have a guided tour of our Isokinetic London Clinic.

YOU CAN FIND US AT 11 HARLEY STREET, RIGHT IN THE HEART OF LONDON, JUST A FEW MINUTES FROM THE HUSTLE AND BUSTLE OF OXFORD STREET.

The Isokinetic London Clinic in Harley Street is open to visitors for a guided tour on Friday 26th May and Tuesday 30th May, 2023, strictly by appointment.



TEN YEAR ANNIVERSARY
ISOKINETIC LONDON

You can book your tour in advance by emailing **london23@isokinetic.com** or at the Isokinetic Point Desk during the Conference for Tuesday tours only. Hurry! Places are limited and are assigned on a "first come first served" basis.



Three decades of our International Conference

Our group's greatest joy is bringing the international Football Medicine Community together.

A PLACE WHERE WE SHARE SCIENCE, EXPERTISE,
KNOWLEDGE AND, MOST OF ALL, HAPPINESS.

Since 1992, the Isokinetic Conference has sought to inspire the international sports medicine community, encourage transfer of knowledge, promote best practice and improve world health.

2009

*Isokinetic became a FIFA Medical Centre of Excellence.
Receiving this award was a big boost for Isokinetic.
This highlighted our expertise, proving that our quality
of care is amongst the best in the world.*

FIFA | MEDICAL CENTRE
OF EXCELLENCE

2000

*Founded the Isokinetic
Education and Research
Department, the cultural
heart of the Isokinetic
Medical Group.*



1992

*First Isokinetic
Conference.*



Isokinetic Conference
30th Edition

2022

We launched a new session format involving the Players' Voices: the Open Debate.

2023

Celebrating our 30th!

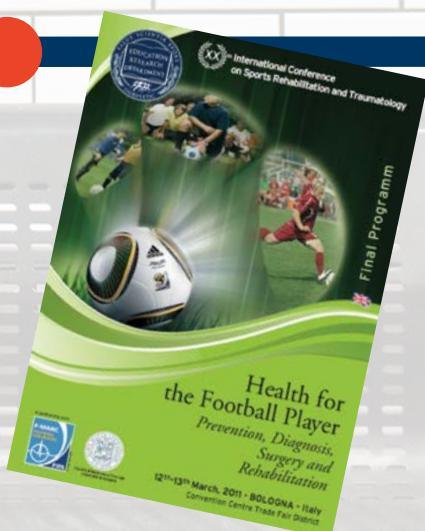
2017-2018-2019

"Hat-trick"! Isokinetic Conference has been hosted in the biggest European Stadiums: Campo Nou, Barcelona & Wembley Stadium, London.



2011

Let's focus on Football Medicine!
The Isokinetic Conference headed in the direction of Football Medicine



2016

We introduced a challenging award for young researchers: the "Best Case Report Award" Contest



2012

We became truly international organising our first Conference abroad! UK here we come!



"THE BEST THING ABOUT
ISOKINETIC CONFERENCE?
CONNECTING WITH EACH
OTHER!"

"After 3 days
of conference,
I feel like
a dragon."

*Your voice
matters!*

Stay connected:
#isoK23



"The capacity to learn is a
gift, the ability to learn
is a skill, the willingness
to learn is a choice."



**POWWW #ISOK22
AROARING SUCCESS**



"#isok22
was a blast"

"Always good
to be
with the best"

"THX for the perfect conference!"





"Ready to return home, motivated, with new, wider knowledge and perspective!"

*"It's a wrap ! #sok22 was great !
It was all about*

- sharing knowledge*
- gaining new insights*
- confirmation of our sports medical vision*
- networking with colleagues*
- meeting new ones*
- strengthening our team*
- enjoying a beautiful city"*



"STELLAR!"

"Great to meet old friends networking and talking with likeminded people from around the world"

"When you reunite with football medicine family, no filter is needed! Lot of powerful messages from our players' voices, many important scientific facts and new friendships!"

"On fire! #isok22"



THE BALL IS ON THE PITCH.
LET'S SHARE IDEAS,
VISIONS AND PASSION!

*"I'm very happy for my participation in such a great conference!
An investment in knowledge pays the best interest"*



Be on the frontline of Football



ORAL COMMUNICATIONS AND NEXT GENERATION LEADERS SESSIONS

Anyone can participate with an Oral Communication in the Scientific Programme's parallel sessions. The **great news of Isok23** is the introduction of the **NEXT GENERATION LEADERS SESSIONS**. These sessions give young, forward-thinking delegates the opportunity to participate in the main programme in the beautiful setting of the Mountbatten Room and consist of a **first keynote lecture by a leading world expert, followed by**

the best free papers for each main area:

NEURO-MUSCULAR TRAINING • VIDEO-ANALYSIS
PREVENTION • WOMEN'S FOOTBALL
ORTHOPAEDICS • RECONDITIONING

NEW



BEST CASE REPORT AWARD CONTEST

The Isokinetic Contest "Best Case Report Award" is an opportunity for you to share with international colleagues the **experience learned from one of the patients** you have accompanied from the injury to return to play.

The £1500 (first prize), £1000 (second prize), and £500 (third prize), will be awarded by the Judges in a dedicated ceremony.

FREE POSTER COMMUNICATIONS: WIN THE BEST POSTER PRIZE

Anyone can participate with a Poster Communication in the Scientific Programme's parallel sessions. Get your poster ready and discuss it during your poster session!

We will also accept systematic reviews, meta-analysis and infographics.

Introducing a **new award at #isoK23**: this year we will have the **Best Poster Prize!**

The cash prize is a whopping £1000, so make sure you submit your poster.



Key dates



Abstract Submission	31 st January 2023
Notification of abstract acceptance	by 28 th February 2023
Registration Deadline	27 th March 2023

Medicine

It's your turn!

Abstract Form

Guidelines



Topics to tackle

EPIDEMIOLOGY • INJURY PREVENTION • BIOMECHANICS & VIDEO ANALYSIS • IMAGING • JOINT INJURIES • MUSCLE & TENDON INJURIES • MEDICAL ISSUES & NUTRITION • REHAB & CONDITIONING • ORTHOPAEDICS • NEUROMUSCULAR TRAINING • FUNCTIONAL ASSESSMENT • NEUROSCIENCES • BRAIN HEALTH • PERFORMANCE ANALYSIS & COACHING • WOMEN'S FOOTBALL • YOUTH FOOTBALL • REGENERATIVE MEDICINE • CASE REPORTS • LESSONS FROM OTHER SPORTS

Rooms

PICWICK ROOM

1st FLOOR

POSTER AREA

GIELGUD ROOM

2nd FLOOR

ORAL COMMUNICATIONS

BEST CASE REPORT AWARD CONTEST

OLIVIER ROOM

2nd FLOOR

WORKSHOPS

Who will chair?

Axe M (USA)
Brotto E (ITA)
Canata G (ITA)
Chomiak J (CZE)
Danelon F (ITA)
Delcogliano A (ITA)
De Sario G (ITA)
Frizziero A (ITA)
Gamberini J (ITA)
Grabowski R (POL)
Guillen I (ESP)
Hambly K (UK)
Jones H (POR)
Klein C (GER)
Konin J (USA)
Krutsch W (GER)
Madonna V (ITA)
Nanni G (ITA)
Patt T (NED)

Pirotti E (UK)
Quaglia F (ITA)
Respizzi (ITA)
Silvers H (USA)
Susta D (ITA)
Tomaello L (ITA)
Ummukulthoum B (NGR)
Zanobbi M (FRA)
Zunarelli P (ITA)



Programme

- What hamstring wants
- Ankle ligament
- Achilles tendon
- Groin injuries
- Imaging, surgery & rehab
- UEFA studies
- ACL injuries
- Brain & functional recovery
- Orthobiologics
- Joint replacement
- Top Players' care
- Player performance
- Return to performance
- Change of direction

TRADITIONAL SESSIONS

- Women's Football
- Prevention
- Orthopaedics in football
- Video Analysis
- Neuromuscular training
- Reconditioning

NEXT GENERATION LEADERS

at a Glance

FIFA SESSIONS

- FIFA World Cup 2022
- Emergency care
- Today & tomorrow
- Cartilage Injuries

OPEN DEBATES

- ACL
- MCL
- Meniscus
- Patellofemoral joint
- Concussion
- Mental health
- Muscle injuries
- Tendinopathy
- Groin pain
- Groin surgeries
- ACL rehab
- Strength vs Neurocognitive
- Injury prevention
- Professional football

BRITISH FOOTBALL

- Player health & performance
- Reduce injury risk
- Top-class injury management



It's all about choices!

DECIDE IN ADVANCE WHAT YOU CAN'T MISS! IT'S ALREADY TIME TO CHECK OUT THE PROGRAMME AND PLAN YOUR DAYS AT #ISOK23

The main Programme will be divided among 3 large spaces:

CHURCHILL ROOM

Here you can enjoy listening to the Open Debates, the resoundingly successful format introduced in Lyon. Let's hear it from the players!

FLEMING ROOM

Our 'main stage' where we will hold all Traditional Sessions. Two chairs and five top-level speakers discuss hot topics in a comprehensive and diverse exchange of opinions. Intense audience engagement at the end of the sessions is always a highlight!

MOUNTBATTEN ROOM

The place to be for the variety sessions, including a brand new format: the Next Generation Leaders sessions! In this novel format, a prominent keynote speaker will be followed by 5 forward thinking 'next-generation' leaders. If you'd like to participate, make sure you submit your abstract!

Don't miss the parallel sessions:

PICKWICK ROOM Poster area

GIELGUD ROOM Oral Communications & Best Case Report Award Contest

OLIVIER ROOM Workshops

CHURCHILL ROOM

FLEMING ROOM

MOUNTBATTEN ROOM

GROUND FLOOR

3rd FLOOR

6th FLOOR

09:30 11:00	Open Debates ACL injury primary surgery or primary rehabilitation? High-grade MCL injuries how best to manage?	FIFA World Cup: what did we learn in pursuing excellence?	FIFA Medical Symposium Emergency care and first aid on the pitch
11:30 13:00	Open Debates Acute meniscus injury and now what? Patellofemoral joint injuries in youth players what's right for the future?	Chasing greatness: what hamstring wants	FIFA Medical Symposium What's going on in the present for the future
14:30 16:00	Open Debates Concussion: the blind side of Football Is Football doing enough for mental health across players' careers?	Best in class for Imaging, Surgery & Rehab of knee injuries	FIFA & ICRS Medical Symposium Cartilage injuries in Football
16:30 18:00	Open Debates Operating on acute musculotendinous injuries: are the indications clear? Tendinopathy: how to break the vicious cycle?	Quality assessing our diagnosis and treatment of groin injuries in Football	Next Generation Leaders Going for gold in Women's Football

08:30 10:00	Open Debates Groin pain in women and men's Football are they the same? Scalpel or no scalpel for hip and groin injuries?	UEFA Elite Club Injury Study's Top Performers	
10:30 12:00	Open Debates Best strategy to fully recover quad strength post ACLR Rehabbing knee injuries: strength and/or neurocognitive focus?	Perfecting Return to play after ACL injury in Football players	Next Generation Leaders Innovation in prevention
12:00 13:30	Open Debates The tightrope between performance and injury risk Are we skilled enough to manage the context of top-level Football?	The role of the brain in ligament injuries and functional recovery	Next Generation Leaders The right surgery for Football
15:00 16:30	Ankle ligament injuries: are we missing something?	Orthobiologics v3.0 in Football Medicine	Next Generation Leaders Merit of video analysis
17:00 18:30	Stepping up our game: Achilles and calf complex injuries	Joint replacements: maximising function for the former player	Next Generation Leaders Novel approaches to Neuromuscular training

08:30 10:00		World-class player care for a better game	Next Generation Leaders Pushing the pace in Reconditioning
10:30 12:00		Player performance signatures: what metrics matter?	British Football Player Health & Performance for the most demanding Leagues in the world
12:00 13:30		Maximising outcomes in Return to Performance	British Football How to reduce the injury risk in an increasingly intense game
14:30 16:00		New-age thinking in assessing Change of Direction	British Football Top-class injury management for top-class Football players

Saturday

Sunday

Monday

Scientific programme



CHURCHILL ROOM

GROUND FLOOR

09:00 OFFICIAL WELCOME
LIVE STREAMING from FLEMING ROOM

Open Debate 09:30 - 10:15 **ACL injury - primary surgery or primary rehabilitation?**

Chair Reider B (USA)
Presenter Webster K (AUS)
Debaters English B (UK), Sonnery-Cottet B (FRA)
Player Competitive Athlete

Open Debate 10:15 - 11:00 **High-grade MCL injuries - how best to manage?**

Chair Reider B (USA)
Presenter Musahl V (USA)
Debaters Berruto M (ITA), Servien E (FRA)
Player Competitive Athlete

Open Debate 11:30 - 12:15 **Acute meniscus injury and now what?**

Chair Espregueira-Mendes J (POR)
Presenter Verdonk P (BEL)
Debaters Cohen M (BRA), Marcacci M (ITA)
Player Competitive Athlete

Open Debate 12:15 - 13:00 **Patellofemoral joint injuries in youth players - what's right for the future?**

Chair Espregueira-Mendes J (POR)
Presenter Arendt E (USA)
Debaters Dejour D (FRA), Seil R (LUX)
Player Competitive Athlete

FLEMING ROOM

3rd FLOOR09:00 **OFFICIAL
WELCOME****FIFA World Cup 2022 - what did we
learn in pursuing excellence?***Chairs* Della Villa S (ITA), Massey A (SUI)09:30 **Delivering Amazing at the biggest sports
show on Earth** Geertsema L (QAT)09:45 **Training in pursuit of Excellence.
Strategies, set-pieces and winning plays**
Geertsema C (QAT)10:00 **Player Care at the World Cup - statistics,
stories and secrets** Dzendrowskyj P (QAT)10:15 **It's a Fan Festival - how do you prepare for
a 50% increase in population?** Zamir A (QAT)10:30 **What changed? The legacy effect of hosting
the World Cup in Qatar** Al Sayrafi O (QAT)10:45 *Discussion***Chasing greatness - what
hamstring wants***Chairs* Rodas G (ESP), Thoreux P (FRA)11:30 **Is it just running? Hamstring injuries
mechanisms and patterns** Buckthorpe M (UK)11:45 **What Hamstring really wants**
Van Dyk N (IRL)12:00 **Hamstring injuries in women football**
Ferrer E (ESP)12:15 **Optimizing sprinting biomechanics
for hamstring injuries prevention**
Morin JB (FRA)12:30 **How to RTP after hamstring injury in 2025**
Olmo J (UK)12:45 *Discussion*

MOUNTBATTEN ROOM

6th FLOOR09:00 OFFICIAL WELCOME
LIVE STREAMING from FLEMING ROOM**FIFA Medical Symposium****Emergency care and first aid on the pitch***Chairs* Grimm K (SUI), Tol H (NED)09:30 **Cardiac arrest: when, what and how to
react** Gordon J (UK)09:45 **Practical experience of a life threatening
situation: take home messages**
Boesen M (DEN)10:00 **Concussion: when to remove the player
from the pitch** Feddermann N (SUI)10:15 **Severe joint injuries and fractures: do's
and don'ts on the pitch** Fulcher M (NZL)10:30 **Acute muscle injuries: what immediate
info can assist management** Tencone F (ITA)10:45 *Discussion***FIFA Medical Symposium****What's going on in the present for the future***Chairs* McCall A (UK), Serner A (SUI)11:30 **Injury and illness surveillance - the new
football consensus** Walden M (SWE)11:45 **Injury video analysis lessons from the
FIFA World Cup Qatar 2022** Serner A (SUI)12:00 **FIFA Medical Concussion protocol**
Massey A (SUI)12:15 **The FIFA Female Health Project**
Wilson B (SUI)12:30 **Advancing education in
football medicine**
Heron N (UK)12:45 *Discussion*



CHURCHILL ROOM

GROUND FLOOR

Open Debate

14:30 - 15:15

Concussion: the blind side of football

Chair Putukian M (USA)
Presenter Patricios J (RSA)
Debaters Dvorak J (SUI), Koerte I (GER)
Player Competitive Athlete

Open Debate

15:15 - 16:00

Is Football doing enough for mental health across players' careers?

Chair Dvorak J (SUI)
Presenter Putukian M (USA)
Debaters Currie A (UK), Goutteborge V (NED)
Player Competitive Athlete

Open Debate

16:30 - 17:15

Operating on acute musculotendinous injuries: are the indications clear?

Chair Khan K (CAN)
Presenter Haddad F (UK)
Debaters Laver L (UK), Wangenstein A (NOR)
Player Competitive Athlete

Open Debate

17:15 - 18:00

Tendinopathy: how to break the vicious cycle?

Chair Khan K (CAN)
Presenter Scott A (CAN)
Debaters Alfredson H (SWE), Silbernagel K (USA)
Player Competitive Athlete

FLEMING ROOM

3rd FLOOR**Best in class for Imaging, Surgery & Rehab of knee injuries***Chairs* Denti M (ITA), Sweetnam D (UK)**14:30 Injured knee? How to get the most out of your MRI!** Lee J (UK)**14:45 The emerging role of ACL repair in football players** Ferretti A (ITA)**15:00 ACL surgery 2023 - an evolution in search of perfection** Fink C (AUT)**15:15 Connecting injuries biomechanics, surgery and rehab** Grassi A (ITA)**15:30 Excellent physiotherapy for excellent knee injury care** Arden C (CAN)**15:45 Discussion****Quality assessing our diagnosis and treatment of groin injuries in football***Chairs* Johnson R (UK), Tsapralis K (ITA)**16:30 Excellent clinical approach to the groin pain patient** Holmich P (DEN)**16:45 Perfecting our approach to FAI in the football player** Chahla J (USA)**17:00 The functional classification and treatment of groin pain**
Franklyn-Miller A (IRL)**17:15 Pursuing perfect RTP after adductor longus avulsion in the football player**
Serner A (SUI)**17:30 Perfecting the exercise approach for groin pain patients** Kemp J (AUS)**17:45 Discussion**

MOUNTBATTEN ROOM

6th FLOOR**FIFA & ICRS Medical Symposium
Cartilage injuries in football***Chairs* Erggelet C (SUI), Zaslav K (USA)**14:30 FIFA - ICRS - ASPETAR consensus on cartilage lesions in football players: RAND method and results** Filardo G (ITA)**14:45 FIFA strategy and implementation of the consensus** Serner A (SUI)**15:00 How we can apply this to real life: clinical cases** Papacostas E (QAT)**15:15 Outside of the consensus: OCD management** Kon E (ITA)**15:30 Can knee 3D morphotype predict the players future?** Verdonk P (BEL)**15:45 Discussion****Next Generation Leaders
Going for gold in
Women's Football***Chairs* Crossley K (AUS), Hamrin-Senorski E (SWE)**16:30 Keynote lecture** Zondi P (RSA)**16:45 The 5 Best Abstracts on Women's Football**
will be selected
and included
in this session**17:35 Discussion**

Scientific programme



CHURCHILL ROOM

GROUND FLOOR

Open Debate

08:30 - 09:15

Groin pain in women and men's football - are they the same?

Chair Holmich P (DEN)
Presenter Kemp J (AUS)
Debaters Ferrer E (ESP), Griffin D (UK)
Player Competitive Athlete

Open Debate

09:15 - 10:00

Scalpel or no scalpel for hip and groin injuries?

Chair Holmich P (DEN)
Presenter Schilders E (UK)
Debaters Muschaweck U (GER), Schneider C (GER)
Player Competitive Athlete

Open Debate

10:30 - 11:15

Best strategy to fully recover quad strength post ACLR

Chair Snyder-Mackler L (USA)
Presenter Arundale A (AUT)
Debaters Gokeler A (GER), Zanuso S (ITA)
Player Competitive Athlete

Open Debate

11:15 - 12:00

Rehabbing knee injuries - strength and/or neurocognitive focus?

Chair Snyder-Mackler L (USA)
Presenter Compagnin A (UK)
Debaters Grooms D (USA), Herrington L (UK)
Player Competitive Athlete

Open Debate

12:00 - 12:45

The tightrope between performance and injury risk

Chair Bolling C (NED)
Presenter Verhagen E (NED)
Debaters Huurman S (NED), McCall A (UK)
Player Smith R (UK)

Open Debate

12:45 - 13:30

Are we skilled enough to manage the context of top-level football?

Chair Bolling C (NED)
Presenter Bittencourt N (BRA)
Debaters Eirale C (QAT), Tomás R (POR)
Player Competitive Athlete

FLEMING ROOM

3rd FLOOR

UEFA Elite Club Injury Study's Top Performers

Chairs Forssblad M (SWE), Van den Steen E (BEL), Smith R (UK)

- 08:30 **The landscape of excellence in the UEFA Champions League** Ekstrand J (SWE)
- 08:45 **Where are we going with calf injuries?** Hägglund M (SWE)
- 09:00 **Women's Elite Club Injury Study: new trends** Hallen A (SWE)
- 09:15 **Top performers in managing injuries and load management** Bengtsson H (SWE)
- 09:30 **Lessons from the UEFA Women's European Championships** Walden M (SWE)
- 09:45 *Discussion*

Perfecting Return to Play after ACL injury in football players

Chairs De Caro F (ITA), Samuelsson K (SWE), Williams R (USA)

- 10:30 **ACL injuries: the vision of the present diving into future** Mandelbaum B (USA)
- 10:45 **Perfecting ACL surgery to reduce re-injuries** Zaffagnini S (ITA)
- 11:00 **Evidence-based rehabilitation and return to sport after an ACL injury: the OPTIKNEE consensus recommendations** Whittaker J (CAN)
- 11:15 **Translation into practice in women's football: sport-physio experience** Surdyka N (USA)
- 11:30 **Optimising functional recovery following ACL reconstruction in football players** Tencone F (ITA)
- 11:45 *Discussion*

The role of the brain in ligament injuries and functional recovery

Chairs Gard S (SUI), Gokeler A (GER)

- 12:00 **Where is the football player attention during the match-play?** Jordet G (NOR)
- 12:15 **The neurocognitive aspects of ACL injuries in football** Della Villa F (ITA)
- 12:30 **Brain power in preventing and treating ACL injuries** Grooms D (USA)
- 12:45 **The real world implementation of neurocognitive focus in ACL rehabilitation** Agerberg E (SWE)
- 13:00 **Innovative biofeedback & neuromuscular training in ACL injury prevention** Myer G (USA)
- 13:15 *Discussion*

MOUNTBATTEN ROOM

6th FLOOR

Next Generation Leaders Innovation in prevention

Chairs Bahr R (NOR), Okholm Kryger K (UK)

- 10:30 **Keynote lecture** Bahr R (NOR)
- 10:45 The 5 Best Abstracts on **Prevention** will be selected and included in this session
- 11:35 *Discussion*

Next Generation Leaders The right Surgery for football

Chairs Ghooz A (UK), Rosa D (ITA)

- 12:00 **Keynote lecture** Chahla J (USA)
- 12:15 The 5 Best Abstracts on **Orthopaedics** will be selected and included in this session
- 13:05 *Discussion*



CHURCHILL ROOM

GROUND FLOOR

Ankle ligament injuries: are we missing something?

Chairs Batty P (UK), Edwards T (NZL)

15:00 Pursuing the perfect comprehension of ankle anatomy Dalmau Pastor M (ESP)

15:15 Excellence in ankle ligaments surgery for the football player d'Hooghe P (QAT)

15:30 New trends in cartilage repair in the ankle joint Vannini F (ITA)

15:45 Ankle ligament injuries in the Para Footballer: different feet, different thinking? Ahmed O (UK)

16:00 Optimizing RTP after ankle injuries: from injury mechanisms to the pitch d'Orsi G (ITA)

16:15 Discussion

Stepping up our game - Achilles and calf complex injuries

Chairs Bahr R (NOR), Karlsson J (SWE)

17:00 Mechanism and patterns of Achilles tendon ruptures in football players Zago M (ITA)

17:15 Excellent surgery of Achilles tendon injuries in professional football
Lempainen L (FIN)

17:30 Perfecting the management of Achilles tendon disorders in football Maffulli N (ITA)

17:45 The anatomical and ultrasound secrets of calf muscles injuries Pedret C (ESP)

18:00 Optimal RTP strategy for Achilles and calf complex injuries Silbernagel K (USA)

18:15 Discussion

FLEMING ROOM

3rd FLOOROrthobiologics v3.0
in Football Medicine*Chairs* Stride M (UK), Zorzi C (ITA)15:00 **Use of orthobiologics in Sports Medicine. Is there an evidence?** Gobbi A (ITA)15:15 **The role of PRP and adipose derived MSC's in elite football** Sas K (BEL)15:30 **Clinical outcomes of Microfragmented Adipose Tissue Treatments** Wilson A (UK)15:45 **The use of PRP for knee osteoarthritis: the ESSKA Consensus** De Girolamo L (ITA)16:00 **Orthobiologics for meniscus** Kon E (ITA)16:15 *Discussion*16:30 *Best Case Report Award Ceremony*Joint replacements - maximising
function for the former player*Chairs* Kerkhoffs G (NED), Geremi N (CMR)17:00 **Osteoarthritis in high level athletes: the landscape** Engebresten L (NOR)17:15 **How and when to pursue joint preservation in athletes** Saris D (USA)17:30 **Indications and results in former athletes arthroplasty** Becker R (GER)17:45 **Latest developments in knee replacement surgery** Rajaratnam S (UK)18:00 **Perfecting the exercise approach for knee replacement** Marin V (UK)18:15 *Discussion*

MOUNTBATTEN ROOM

6th FLOORNext Generation Leaders
Merit of Video Analysis*Chairs* Della Villa F (ITA), Bittencourt N (BRA)15:00 **Keynote lecture** Andersen TE (NOR)15:15 The 5 Best Abstracts on **Video Analysis** will be selected and included in this session16:05 *Discussion*Next Generation Leaders
Novel approaches to
Neuromuscular Training*Chairs* Arundale A (AUT), Boldrini L (ITA)17:00 **Keynote lecture** Myer G (USA)17:15 The 5 Best Abstracts on **Neuromuscular Training** will be selected and included in this session18:05 *Discussion*

World-class player care for a better game

Chairs Carneiro E (ESP), d'Hooghe M (BEL)

08:30 **Impact of player's health on availability and performance: when health scores goals** Meyer T (GER)

08:45 **Protecting women players' health in the growing demands of football** Mountjoy M (CAN)

09:00 **Saving players' lives: cardiac risk screening management in professional football** Sharma S (UK)

09:15 **Respiratory problems: the players' availability silent killer** Schwellnus M (RSA)

09:30 **Winning nutrition in the professional football setting** Sheridan H (UK)

09:45 *Discussion*

Player performance signatures - what metrics matter?

Chairs Hunter F (UK), Gregson W (UK)

10:30 **What are the performance criteria in return to performance?** Casagrande I (UK)

10:45 **Establishing a jumps/landing movement signature** Graham-Smith P (QAT)

11:00 **Creating a running based movement signature** Requena B (ESP)

11:15 **Measuring change of direction movement signatures** Dodoo J (UK)

11:30 **Experience from US Professional Sports on what metrics matter** Falsone S (USA)

11:45 *Discussion*

Maximising outcomes in Return to Performance

Chairs Buchheit M (FRA), Datson N (UK)

12:00 **Positively disrupting the last phases of RTP** Taberner M (UK)

12:15 **Periodisation of recovery to support Return to Performance** Thorpe R (USA)

12:30 **From theory to practice... nutrition strategies for RTP** Viar T (ESP)

12:45 **Practical interventions with orthotics & football boot modifications** O'Connor AM (UK)

13:00 **Reconditioning and fatigue management in RTP** Ferguson-Dillon E (GER)

13:15 *Discussion*

New-age thinking in assessing Change of Direction

Chairs Bizzini M (SUI), Melegati G (ITA)

14:30 **The complex and damaging demands of decelerations in football** Harper D (UK)

14:45 **Assessing and changing COD mechanics with CMAS approach** Dos Santos T (UK)

15:00 **COD assessment in the context of primary and secondary ACL injury reduction** Tosarelli F (ITA)

15:15 **A biomechanically informed approach in ACL injury prevention** Weir G (UK)

15:30 **Clinical perspective on daily implementation of COD assessment and training** Lucarno S (ITA)

15:45 *Discussion*

MOUNTBATTEN ROOM

6th FLOOR

Next Generation Leaders Pushing the pace in Reconditioning

Chairs Bolling C (NED), Jones C (UK)

08:30 **Keynote lecture** Knowles B (USA)

08:45 The 5 Best Abstracts on **Reconditioning**
will be selected and included
in this session

09:35 *Discussion*

British Football Sessions

Scientific publications about football health and performance are increasing exponentially, but one thing is the theoretical framework and other is its practical application on the complex professional football environment. How British top-class football teams apply the latest methods in their daily pursuit of excellence and success? These sessions will provide some examples from the real world of high-level football.



Player Health & Performance for the most demanding Leagues in the world

In this session you will enjoy one keynote lecture and 5 talks on how teams can deal with the delicate balance between the health of the football player and the high demanding performance during the long season.

Chairs Bennett P (UK), Mc Nally S (UK)

10:30 **Keynote lecture** Gillett M (UK)

How to reduce the injury risk in an increasingly intense game

In this session you will enjoy one keynote lecture and 5 talks on how elite football is struggling to keep the injury incidence controlled: new screening tools, individualized programs and load control techniques applied in the top teams day-by-day.

Chair Iqbal Z (UK), Tang A (UK)

12:00 **Keynote lecture** Clubb J (UK)

Top-class injury management for top-class football players

In this session you will enjoy one keynote lecture and 5 talks on how top-level teams use the latest medical advances for the injured player's return to play at the same performance level, in the shortest time and with the lowest risk of re-injury.

Chairs Olmo J (UK), Cowie C (UK)

14:30 **Keynote lecture** Williams A (UK)

6 TIPS FOR AN INCREDIBLE #ISOK23 CONFERENCE

1- Choose speakers & sessions

Check the programme and choose your favourite speakers, sessions & debates ahead of time.

2- Plan your arrival

Plan your route from your accommodation to the venue. Factor in extra time for any delays and to collect conference badge + materials.

3- Mingle proactively

Strike up conversation! Don't miss the chance to connect with bright minds in physiotherapy & medicine: it may lead to the opportunity of a lifetime!

4- Check out exhibitors

Take time in between sessions to check out the many stands and company workshops as well as our posters & oral Communications and the contest.

5- Discover London

Leave a day free before or after the conference to explore London!

6- Enjoy yourself!

Connect with others and absorb the spirit of the conference by being 100% present.
Smile, the conference is a joyful experience!

Tips and



Venue

Queen Elizabeth II
Conference Centre,
Broad Sanctuary, London SW1P 3EE



Registration



To register please visit www.isokineticconference.com and fill in the online form in the Registration section.
For info email us at conference@isokinetic.com

ATTENDANCE	Until 27 th March 2023	From 28 th March 2023
Three days (Saturday, Sunday and Monday)	£ 790.00	£ 990.00
Single day (Saturday or Sunday or Monday)	£ 390.00	£ 490.00
STUDENTS Three days (Saturday, Sunday and Monday)	£ 590.00	£ 690.00
STUDENTS Single day (Saturday or Sunday or Monday)	£ 350.00	£ 450.00

THE REGISTRATION INCLUDES

- Admission to all scientific Sessions
- Admission to the exhibition hall and networking area
- Admission to sponsored workshops (depending on room capacity)
- Conference material (conference bag, abstract book & Conference Programme)
- Coffee and lunch Breaks
- Certificate of Attendance
- Free Wi-Fi.

PAYMENT

Payment can be made by Credit Card
or Bank Transfer.

OFFICIAL LANGUAGE

English

CME CREDITS

An application will be made
to the European Accreditation
Council for Continuing Medical
Education (EACCME) for CME
accreditation of this event.





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