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

Organized by:

With the support of:
Organized by:

FCB

E.C.O.S.E.P.

LEITAT
managing your technologies

ASPETAR

F-MARC
FIFA MEDICAL CENTRE
FOR HUMAN PERFORMANCE
The 7th Muscletech Network Workshop and 4th ECOSEP Congress has been granted with 16 European CME credits (ECMEC) by the European Accreditation Council for Continuing Medical Education (EACCME).

The papers and posters accepted at the 7th MTN & 4th ECOSEP Congress will be published at the British Journal of Sport Medicine
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! Us 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!
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 gotic) 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 (més 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.

Welcome to Barcelona!

Sincerely,

Jordi Monés i Carilla  
Barcelona FC  
Member of the Board  
Medical area, performance and athletics
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
TORRESPARDO
Congress Management
Nápols, 187 – 2º
08013 Barcelona
Tel. 34 93 246 35 66 - Fax. 34 93 231 79 72
Contact: Asun Marzo
a.marzo@torrespardo.com

Website
www.muscletechnetwork.org
www.ecosep.eu
www.aspetar.com

Registration fees

<table>
<thead>
<tr>
<th></th>
<th>Before 20/7/15</th>
<th>After 20/7/15***</th>
</tr>
</thead>
<tbody>
<tr>
<td>ECOSEP members</td>
<td>390</td>
<td>440</td>
</tr>
<tr>
<td>Residents**</td>
<td>300</td>
<td>350</td>
</tr>
<tr>
<td>Students degree*</td>
<td>200</td>
<td>250</td>
</tr>
<tr>
<td>Non ECOSEP members</td>
<td>475</td>
<td>525</td>
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<tr>
<td>1 day</td>
<td>175</td>
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</tbody>
</table>

Students*: lunch not included
Residents and PhD Students under 30 years**
***On site registration + 50€
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 Muscletech Network Workshop and 4th ECOSEP Congress has been granted with 16 European CME credits (ECMEC) by the European Accreditation Council for Continuing Medical Education (EACCME).

SOCIAL EVENTS
Gala Dinner
Thursday, October 8th at 8.30 pm
Gran Hotel Princesa Sofia - Plaça de Pius XII, 4, 08028 Barcelona

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

**Venue**
Camp Nou. Estadi del FC. BARCELONA
ACCESS:
Carrer d’Aristides Maillol, 12
08028 Barcelona
ENTRANCE DOOR:
Gate 15

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

- **CAR:** 16km (20’)
- **TAXI:** 30€ approx (20’)

**HIGH SPEED TRAIN STATION (Sants Estació)**

Sants Estació------VENUE: 30’

**UNDERGROUND L3 L5**
Line 3: Metro stop Palau Reial or Les Corts
Line 5: Metro stop Collblanc or Badal

**WALKING DISTANCE**

- **CAMP NOU**
- **SAGRADA FAMILIA**
- **VILA OLÍMPICA**
- **CIUTAT VELLA**

- **HIGH SPEED TRAIN STATION (Sants Estació)**
- **EL PRAT AIRPORT**
FACULTY

Hakan Alfredson
Sweden
Jordi Ardevol
Spain
Keith Baar
USA
Ramon Balius
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
Franchek Drobnic
Spain
Daniel Florit
Spain
Antonio Frizziero
Italy
Matthew Gammons
USA
Giuseppe Gasparre
Italy
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
Roderick Jaques
UK
Jaume Jardi
Spain
Tero Järvinen
Finland
Asker Jeukendrup
UK
Karim Khan
Qatar
John King
UK
Henning Langberg
Denmark
Markus Laupheimer
UK
Richard Lieber
USA
Xavier Linde
Spain
Heinz Lohrer
Germany
Nicola Maffulli
UK
Peter Magnusson
Denmark
Daniel Medina
Spain
Ulrike Muschaweck
Germany
Nikos Malliaropoulos
Greece
Nat Padhiar
UK
Amir Pakravan
UK
Carles Pedret
Spain
Stuart Phillips
Canada
Ricard Pruna
Spain
Jordi Puigdellivol
Spain
Dev Pyne
UK
Ebonie Rio
Australia
Marta Saula
Spain
Jeni Saunders
Australia
Ernest Schilders
UK
Kristian Thorborg
Denmark
Luis Til
Spain
Kevin Tipton
USA
Johannes Tipton
The Netherlands
Antonio Turmo
Spain
Xavier Valle
Spain
Filippo Vittadini
Italy
Sam Ward
USA
Adam Weir
UK
Rodney Whiteley
Qatar
Johannes Zwerver
The Netherlands

PRACTICAL WORKSHOPS

<table>
<thead>
<tr>
<th>Speaker</th>
<th>Title</th>
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<tbody>
<tr>
<td>Nikos Malliaropoulos &amp; Xavier Linde</td>
<td>Hamstring: physical exploration and practical rehabilitation program design</td>
</tr>
<tr>
<td>Per Holmich, Kristian Thorborg &amp; Miquel Angel Cos</td>
<td>Groin Pain: physical exploration and practical rehabilitation program design</td>
</tr>
<tr>
<td>Jill Cook &amp; Marta Saula</td>
<td>Tendinopathy: physical exploration and practical rehabilitation program design</td>
</tr>
</tbody>
</table>

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.
# 7th MTN Workshop and 4th ECOSEP Congress

**7th - 9th October 2015**

**Organization:** Muscle and Tendon “Inspiring Clinical Excellence”

## Wednesday 7th October

<table>
<thead>
<tr>
<th>Time</th>
<th>Main Hall</th>
<th>Room 1</th>
<th>Room 2</th>
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<tbody>
<tr>
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### Session 1
**ECOSEP-SEM Expertise across World**

### Session 2
**Tendinopathy 1**
- What is the problem?

### Session 3
**Tendinopathy 2**
- Pathogenesis and pain

### Opening Ceremony
- *Practical Workshop*
  - Hamstring: physical exploration and practical rehabilitation program design
  - Nikos Malliaropoulos & Xavier Linde

*INVITED SOCIETY SESSION*
**AMERICAN MEDICAL SOCIETY FOR SPORTS MEDICINE - AMSSM**

### Coffee Break
<table>
<thead>
<tr>
<th>Time</th>
<th>Main Hall</th>
<th>Room 1</th>
<th>Room 2</th>
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<tbody>
<tr>
<td>07:30 - 08:45</td>
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<td><strong>Practical Workshop</strong></td>
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</table>
| 09:00 - 09:30| **Session 4**
  Tendinopathy 3
  Exercise session | **Oral Papers**
  Biomechanics - Exercise prescription - Nutrition / Performance |
| 09:30 - 10:00|                                               |                                               | **INVITED SOCIETY SESSION**                 |
| 10:00 - 10:30|                                               |                                               | BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE - BASEM - |
| 10:30 - 11:00|                                               |                                               | **INVITED SOCIETY SESSION**                 |
| 11:00 - 11:30| **Coffee Break**                              |                                               | ITALIAN SOCIETY OF MUSCLES LIGAMENTS & TENDONS - ISMULT - |
| 11:30 - 12:00|                                               |                                               |                                             |
| 12:00 - 12:30| **Session 5**
  Tendinopathy 4.
  New Treatments? | **Oral Papers**
  Tendon and muscle injury I - Basic science / Epidemiology |
| 12:30 - 13:00| **Lunch posters**                             |                                               |                                             |
| 13:00 - 13:30|                                               |                                               |                                             |
| 13:30 - 14:00|                                               |                                               |                                             |
| 14:00 - 14:30|                                               | **Industry Workshop**                         |                                             |
| 14:30 - 15:00|                                               |                                               | **Industry Workshop**                       |
| 15:00 - 15:30| **Session 6**
  Muscle and tendon should not be treated separately |                                               |                                             |
| 15:30 - 16:00|                                               |                                               |                                             |
| 16:00 - 16:30| **Session 7**
  Nutrition to support recovery from muscle and tendon injuries |                                               |                                             |
| 16:30 - 17:00|                                               |                                               |                                             |
| 17:00 - 17:30|                                               |                                               |                                             |
| 17:30 - 18:00|                                               |                                               |                                             |
| 18:00 - 18:30|                                               | **Industry Workshop**                         |                                             |
| 18:30 - 19:00|                                               |                                               |                                             |
### Friday 9th October

<table>
<thead>
<tr>
<th>Time</th>
<th>Main Hall</th>
<th>Room 1</th>
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<tbody>
<tr>
<td>07:30 - 08:45</td>
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<td>09:00 - 09:30</td>
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<td>09:30 - 10:00</td>
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</tbody>
</table>
| 10:00 - 10:30 |           |        | Session 8  
Muscle Guide FCB_Aspetar |
| 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 |
| 13:00 - 13:30 |           |        |        |
| 13:30 - 14:00 |           |        | Oral Papers  
Tendon and muscle injury II |
| 14:00 - 14:30 |           |        |        |
| 14:30 - 15:00 | Lunch posters |        | INVITED SOCIETY SESSION  
AUSTRALASIAN COLLEGE OF SPORTS PHYSICIANS -ACSP- |
| 15:00 - 15:30 |           |        |        |
| 15:30 - 16:00 |           |        | Industry Workshop |
| 16:00 - 16:30 |           |        |        |
| 16:30 - 17:00 |           |        |        |
| 17:00 - 17:30 |           |        |        |
### 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

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Speaker(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00 - 10:15 h</td>
<td>The Experience of Sports Medicine Training in Spain</td>
<td>Antonio Turmo</td>
</tr>
<tr>
<td>10:15 - 10:30 h</td>
<td>The Experience of Sports Medicine Training in UK</td>
<td>Amir Pakravan</td>
</tr>
<tr>
<td>10:30 - 10:45 h</td>
<td>Three decades of SEM physicians, the Australasian experience</td>
<td>David Humphries</td>
</tr>
<tr>
<td>10:45 - 11:00 h</td>
<td>Sport and Exercise physician medical and economical outcomes in UK</td>
<td>Tom Crisp</td>
</tr>
<tr>
<td>11:00 - 11:15 h</td>
<td>The FSEM (UK) fighting for SEM in the UK</td>
<td>Roderick Jaques</td>
</tr>
<tr>
<td>11:15 - 11:30 h</td>
<td>Questions and answers</td>
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<tr>
<td>11:30 - 12:00 h</td>
<td>Coffee break</td>
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</table>

#### Tendinopathy 1 - What is the problem?

**SESSION 2** - Main hall - 12:00 - 14.00

Chair: Henning Langberg - Nicola Maffulli

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Speaker(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00 - 12:20 h</td>
<td>Why do we still do research on tendons?</td>
<td>Henning Langberg</td>
</tr>
<tr>
<td>12:20 - 12:40 h</td>
<td>Magnitude of the problem</td>
<td>Daniel Florit</td>
</tr>
<tr>
<td>12:40 - 13:00 h</td>
<td>Can we change pathology? Are all tendons the same?</td>
<td>Jill Cook</td>
</tr>
<tr>
<td>13:00 - 13:20 h</td>
<td>Inflammatory Tendinopathy is it common in sports</td>
<td>Dev Pyne</td>
</tr>
<tr>
<td>13:20 - 14:00 h</td>
<td>Questions and answers</td>
<td></td>
</tr>
<tr>
<td>14:00 - 15:30 h</td>
<td>Lunch</td>
<td></td>
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</tbody>
</table>

#### Tendinopathy 2. Pathogenesis and pain

**SESSION 3** - Main hall - 15:30 - 17.30

Chair: Jill Cook - Heinz Lohrer

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Speaker(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>15:30 - 15:50 h</td>
<td>All the new basic Science stuff</td>
<td>Katja Heinemeier</td>
</tr>
<tr>
<td>15:50 - 16:10 h</td>
<td>How can we change pain in rehabilitation and in season?</td>
<td>Ebonie Rio</td>
</tr>
<tr>
<td>16:10 - 16:30 h</td>
<td>Can imaging guide load management or progression of rehabilitation?</td>
<td>Sean Docking</td>
</tr>
<tr>
<td>16:30 - 16:50 h</td>
<td>What are the risk factors for tendon pathology and tendon pain?</td>
<td>Johannes Zwerver</td>
</tr>
<tr>
<td>16:50 - 17:30 h</td>
<td>Questions and answers</td>
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</tbody>
</table>
## Tendinopathy 3 - Exercise session
**SESSION 4 - Main hall - 09:00 - 11.00**
Chair: Karim Khan - Daniel Florit

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Speaker(s)</th>
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</thead>
<tbody>
<tr>
<td>09:00</td>
<td>Eccentric, Concentric' does it matter?</td>
<td>Peter Magnusson</td>
</tr>
<tr>
<td>09:30</td>
<td>Treating in season – practical challenges / approaches / continuum model</td>
<td>Jill Cook</td>
</tr>
<tr>
<td>10:00</td>
<td>“Dutch Tendinopathy Studies”</td>
<td>Johanes Tol</td>
</tr>
<tr>
<td>10:20</td>
<td>Mechatotherapy – what is the evidence for exercise loading?</td>
<td>Karim Khan</td>
</tr>
<tr>
<td>10:40</td>
<td>Questions and answers</td>
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<tr>
<td>11:00</td>
<td>Coffee break</td>
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</table>

## Tendinopathy 4. New Treatments?
**SESSION 5 - Main hall - 11:30 - 13.50**
Chair: Gil Rodas - Dev Pyne

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Speaker(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:30</td>
<td>Is there a need for new treatments?</td>
<td>Henning Langberg</td>
</tr>
<tr>
<td>11:50</td>
<td>Role of Platelet Rich Plasma (PRP) and corticosteroids in tendon problems*</td>
<td>Tero Järvinen</td>
</tr>
<tr>
<td>12:10</td>
<td>The use of Platelet rich plasma (PRP) for the musculoskeletal system</td>
<td>Johnny Huard</td>
</tr>
<tr>
<td>12:30</td>
<td>Extracorporeal shockwave therapy for tendinopathies</td>
<td>Nikos Malliaropoulos</td>
</tr>
<tr>
<td>12:50</td>
<td>What is the role of surgery and when?</td>
<td>Hakan Alfredson</td>
</tr>
<tr>
<td>13:10</td>
<td>Surgery in refractory cases</td>
<td>Nicola Maffulli</td>
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<tr>
<td>13:30</td>
<td>Questions and answers</td>
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<td>14:00</td>
<td>Lunch</td>
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## Muscle and tendon should not be treated separately
**SESSION 6 - Main hall - 15:30 - 17.30**
Chair: Richard Lieber - Nat Padhia

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>15:30</td>
<td>Skeletal muscle (muscle-tendon) injury and mechanics</td>
<td>Richard Lieber</td>
</tr>
<tr>
<td>15:50</td>
<td>Imaging Muscle and Tendon Injuries: Perils and Promise</td>
<td>Sam Ward</td>
</tr>
<tr>
<td>16:10</td>
<td>Human tendon deformation during muscle contraction, in vivo</td>
<td>Peter Magnusson</td>
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<tr>
<td>16:30</td>
<td>Muscle dysfunction in chronic tendinopathy</td>
<td>Christian Gerber</td>
</tr>
<tr>
<td>16:50</td>
<td>Stem cell therapies to treat acute and chronic musculoskeletal injuries</td>
<td>Johnny Huard</td>
</tr>
<tr>
<td>17:10</td>
<td>Questions and answers</td>
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</tbody>
</table>

## Nutrition to support recovery from muscle and tendon injuries
**SESSION 7 - Main hall - 17:30 - 19.00**
Chair: Asker Jeukendrup - Akis Tsapralis

<table>
<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>17:30</td>
<td>Injuries and the role of nutrition: setting the scene</td>
<td>Kevin Tipton</td>
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<tr>
<td>17:50</td>
<td>Dietary protein to support optimal recovery of soft tissue: optimizing anabolic sensitivity</td>
<td>Stuart Phillips</td>
</tr>
<tr>
<td>18:10</td>
<td>Training and Nutrition to Optimize Muscle and Tendon Performance and Repair</td>
<td>Keith Baar</td>
</tr>
<tr>
<td>18:30</td>
<td>Questions and answers</td>
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**SCIENTIFIC PROGRAM - Thursday October 8th**

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**PRACTICAL WORKSHOP - ROOM 2**

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>07:30</td>
<td>Groin Pain: physical exploration and practical rehabilitation program design</td>
<td>Per Holmich, Kristian Thorborg &amp; Miquel Angel Cos</td>
</tr>
</tbody>
</table>
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
Luis Til - Johannes Tol

09:40 - 10:00 h  Rehabilitation
Rodney Whiteley - Jaume Jardi

10:00 - 10:20 h  Surgery treatment
Jordi Puigdellivol - 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 - 12:00 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

07:30 - 08.55 h  PRACTICAL WORKSHOP - ROOM 2
Tendinopathy: physical exploration and practical rehabilitation program design
Jill Cook & Marta Saula
PRACTICAL WORKSHOPS

<table>
<thead>
<tr>
<th>Speaker</th>
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<tbody>
<tr>
<td>Nikos Malliaropoulos &amp; Xavier Linde</td>
<td>Hamstring: physical exploration and practical rehabilitation program design</td>
</tr>
<tr>
<td>Per Holmich, Kristian Thorborg &amp; Miquel Angel Cos</td>
<td>Groin Pain: physical exploration and practical rehabilitation program design</td>
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<tr>
<td>Jill Cook &amp; Marta Saula</td>
<td>Tendinopathy: physical exploration and practical rehabilitation program design</td>
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</tbody>
</table>

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
DIAGNOSTIC AND THERAPEUTIC DILEMMAS

Exercise Induced leg Pain
Nat Padhier
When is Achilles Pain not Tendinopathy
Tom Crisp
Treating Muscle Injuries – what and when to inject
Marcus Laupheimer
LUNCH WITH THE INVITED SOCIETY SESSIONS

ITALIAN SOCIETY OF MUSCLES LIGAMENTS & TENDONS - ISMUL T

THURSDAY, 8th OCTOBER
ROOM 2 · 14.00 PM- 15.30 PM
Chairs: Nicola Maffulli, Antonio Frizziero

Why ISMUL T & Why InMuLTS?
Nicola Maffulli

Impact of oestrogen deficiency and aging on tendon
Filippo Vittadini

Rotator Cuff Tears Guidelines
Giuseppe Gasparre

The role of eccentric exercise in sport injuries rehabilitation
Antonio Frizziero

Guidelines for muscle injuries
Nicola Maffulli

Discussion

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, 25 years of perspiration! The story of the Australasian College of Sports Physicians
Jeni Saunders

Groins, hamstrings and pelvic ring: can function predict injuries?
Mel Cusi
ORAL PAPER SESSION

Biomechanics - Exercise prescription - Nutrition / Performance
Thursday October 8th
ROOM 1 9.30 AM – 11.00 AM

Biomechanics

OP1 - 9.30
Functional Hallux Limitus
Henrik Constantin Bäcker (1), Lukas Iselin (1), Georg Klammer (2)
1 Kantonsspital Luzern, Lucerne, Switzerland
2 Fussinstitut Zürich, Zürich, Switzerland

OP2 - 9.40
Effects of Treadmill on Variability and Complexity of Human Gait
Blanca De La Cruz (1), Elena Sarabia (2), Alberto Sánchez-Sixto (2), Francisco José Berral (3), Pablo Floría (3), Jose Naranjo (3)
1 Universidad de sevilla, Sevilla, Spain
2 Universidad CEU San Pablo, Sevilla, Spain
3 Universidad Pablo de Olavide, Sevilla, Spain

OP3 - 9.50
Ankle Muscle Electromyographic Activity Under The Influence Of A Low Intensity Isometric Contraction Of The Lateral Hip Muscles
Olga Boroa 2., Antoni Planas (3), Antoni Susin (3), Francisco Corbi (3)
1 Universitat de Vic-Universitat Central de Catalunya, Manresa, Spain
2 INEFC-Udl., Lleida, Spain
3 Universitat Politècnica de Catalunya-TECH (UPC), Barcelona, Spain

Exercise prescription

OP6 - 10.20
The Recurrence Rate Of Plantar Fasciitis After Radial Extracorporeal Shock Wave Therapy (RESWT) And The Success Rate Of The Treatment: A Retrospective Study
Nikos Malliaropoulos (1), Georgina Crate (2), Maria Meke (1), Tanja Nauck (3), Heinz Lohrer (3), Nat Padhiar (4)
1 Thessaloniki Sports Medicine Clinic, Thessaloniki, Greece
2 King’s College London, London, United Kingdom
3 Institute for Sports Medicine Frankfurt am Main, Frankfurt, Germany
4 London Sports Care -LHI, London, United Kingdom

OP7 - 10.30
A Pilot Study Assessing Physical Activity Levels In Football Fans Attending Matches At A Professional Club: Are We Missing An Important Health Promotion Opportunity.
Hatim Abdulhussein (1), Udawattege Sirisena (1), Bhavesh Kumar (2), Priathashini Krishnasamy (3), Dinesh Sirisena (4)
1 Barts and the London, Harrow, United Kingdom
2 Institute of Sport, Exercise and Health, London, United Kingdom
3 Tan Sock Seng Hospital, Tan Tock Seng, Singapore
4 AFC Wimbledon, London, United Kingdom

OP8 - 10.40
Participants’ Attitude Towards An Exercise Referral Scheme: A Questionnaire Based Study
Thanurshan Mahenthiran (1), Hatim Abdulhussein (1), Amit Chauhan (1), Manuela Angioi (2)
1 Barts and the London, London, United Kingdom
2 Queen Mary, University of London, London, United Kingdom

Nutrition / Performance

OP9 - 10.50
Use Of Recovery Strategies In Elite Badminton
Amir H Pakravan (1), Cathy Speed (2)
1 Addenbrooke’s Cambridge University Hospital, Cambridge, United Kingdom
2 English Institute of Sport, Milton Keynes, United Kingdom
ORAL PAPER SESSION

Tendon and muscle injury I - Basic science / Epidemiology
Thursday October 8th
ROOM 1 11.30 AM – 13.30 PM

Tendon and muscle injury

OP10 - 11.30
Platelet-Rich Plasma, Especially When Combined With A TGF-ß Inhibitor Promotes Proliferation, Viability And Myogenic Differentiation Of Myoblasts In Vitro
Matjaz Vogrin, Robi Kelc
Department of Orthopaedic Surgery, University Medical Center Maribor, Maribor, Slovenia

OP11 - 11.40
The Recurrence Rate Of Calcific Shoulder Tendinopathy After Radial Extracorporeal Shock Wave Therapy (RESWT) And The Success Rate Of The Treatment: A Retrospective Study
Nikolaos Malliaropoulos (1), Dawn Louise Thompson (2), Maria Meke (3), Dev Pyne (3), Henry Atkinson (3), Heinz Lohrer (3)
1. Thessaloniki Sports Medicine Clinic & National Track and Field Centre, Sports Injury Clinic, Thessaloniki, Greece
2. Imperial College London, London, United Kingdom
3. Clinic, Rheumatology Department, Mile End Hospital Barts and The London, London, United Kingdom

OP12 - 11.50
Correlation Of Incidence Of Ankle And Hamstrings' Injuries In Track And Field Athletes. An Observational Cohort Study.
Nikolaos Malliaropoulos (1), Georgios Bikos (2), Vasileios Korakakis (3), Panos Thomas (4), Heinz Lohrer (5), Nat Padhiar (5)
1. National Track and Field Centre, Sports Medicine Clinic of S.E.G.A.S., Thessaloniki, Greece
2. Euromedica Arogi Rehabilitation Clinic, Thessaloniki, Greece
3. Aspetar, Orthopaedic and Sports Medicine Hospital, Doha, Qatar
4. Orthopaedic Surgery Department, Whittington Hospital, London, United Kingdom
5. Sports Medicine Institute, Frankfurt, Germany

OP13 - 12.00
Overuse Injuries And Ultramarathon Running
Bernd Volker Scheer (1), Michael Schubert (2), Claus Reinsberger (2)
1. University of Paderborn, Institute of Sports Medicine
2. Faculty of Science, University of Paderborn, Germany and Team Axarsport, Alicante, Spain

OP14 - 12.10
Platelet-Rich Plasma (PRP) To Treat Chronic Proximal Patellar Tendinopathy: Exploring The Effect Of A Second Closely-Timed Infiltration
Jean-François Kaux (1), Jean-Louis Croisier (2), Bénédicte Forthomme (2), André Gothot (1), Jean-Michel Crielaaard (1)
1. University Hospital of Liège, Liège, Belgium
2. University of Liège, Liège, Belgium

OP15 - 12.20
Radial Extracorporeal Shockwave Therapy for the Treatment of Finger Tenosynovitis (Trigger Digit)
Nikos Malliaropoulos (1), Rosanna Jury (1), Dev Pyne (3), Nat Padhiar (5), Maria Meke (1), Heinz Lohrer (3)
1. Thessaloniki Sports and Exercise Medicine Clinic, Thessaloniki, Greece
2. Sports Clinic, Rheumatology Department, Barts Health NHS Trust, London, United Kingdom
3. European Sports Care, London, United Kingdom
4. Sports Medicine Institute, Frankfurt, Germany

OP16 - 12.30
Vasileios Korakakis (1), Rodney Whiteley (2), Alexander Tzavara (3), Nikolaos Malliaropoulos (4)
1. Aspetar, Orthopaedic and Sports Medicine Hospital; HOMTD, Hellenic Orthopaedic Manipulative Therapy Diploma, Athens, Greece, Doha, Qatar
2. Aspetar, Orthopaedic and Sports Medicine Hospital, Doha, Qatar
3. HOMTD, Hellenic Orthopaedic Manipulative Therapy Diploma, Athens, Greece
4. National Track and Field Centre, Sports Medicine Clinic of S.E.G.A.S., Thessaloniki, Greece
Organized by:

ORAL PAPER SESSION

OP17 - 12.40
Multimodal Management Of Patellar And Achilles Tendinopathy In Athletes – A Case Series
Goran Markovic
Faculty of Kinesiology, University of Zagreb, Zagreb, Croatia
Tendon and muscle injury

OP18 - 12.50
Autologous Tenocyte Injection for Chronic Refractory Tendinopathy: From Cell Biology to Clinical Trials
1. Centre for Orthopaedic Research, School of Surgery, University of Western Australia, Perth, Australia
2. Department of Orthopaedics, Fremantle Hospital, Fremantle, Australia
3. School of Sport Science, Exercise and Health, University of Western Australia, Crawley, Perth, Australia
4. Perth Radiological Clinic, Subiaco, Perth, Australia

Basic science / Epidemiology
OP19 - 13.00
Low Back Pain In Elite Track And Field Athletes. An Observational Cohort Study.
Nikolaos Malliaropoulos (1), Georgios Biksos (2), Maria Meke (3), Dimitrios Christodoulou (1), Debasish Pyne (3), Vasileios Korakakis (4)
1. National Track and Field Centre, Sports Medicine Clinic of S.E.G.A.S., Thessaloniki, Greece
2. Euromedica Arogi Rehabilitation Clinic, Thessaloniki, Greece
3. Sports Clinic, Rheumatology Department, Barts Health NHS Trust, London, United Kingdom
4. Aspetar Orthopaedic and Sports Medicine Hospital, Doha, Qatar

OP20 - 13.10
Spanish Translation And Cross-Cultural Adaptation Of The Copenhagen Hip And Groin Outcome Score (HAGOS)
Ernest Esteve (1), Marie Cordt (2), José Cerdán (3), Kristian Thorborg (4)
1. Sports Orthopedic Research Center – Copenhagen (SORC-C), Arthroscopic Centre Amager, Copenhagen University Hospital, Physical Medicine and Rehabilitation – Copenhagen (PMR-C), Amager-Vidovd Hospital, Copenhagen University Hospital: Sportclinic. Physiotherapy and Sports Training Centre, Girona, Spain

Others - Prevention / Rehabilitation
Friday, 9th October
ROOM 1  9.00 AM – 11.00 PM

Others
OP21 - 9.00
Lumbar Spine Stress Fractures In Adolescents Athletes: Report Of Five Cases
Amanda Arroyo Dorado, Anna Marsol Puig, Joan Escala Arnaud, Libe Asua Mentxaka, Júlia García Vila, Ignacio Loyola García Forcada
Hospital Universitari Joan XXIII de Tarragona, Tarragona, Spain

OP22 - 9.10
Evaluation of the Arthroscopic Shoulder Treatment to the Weightlifters of the Hellenic National Weightlifting Federation
George Tsikouris, Panagiotis Intzirtzis, Ioanna Mpolia, Emmanuel Zampiakis, Panagiotsi Kourougenis, Sotirios Plessas
Athens Kolonaki Orthopaedic & Sports Medicine Centre, Athens, Greece

OP23 - 9.20
The Application Of The All – Arthroscopic Latarjet Procedure In Patients With Multiple Shoulder Dislocation
George Tsikouris, Panagiotis Intzirtzis, Ioanna Bolla, Emmanouel Zampiakis, Sotirios Plessas, Harry Yannoulatos
Athens Kolonaki Orthopaedic & Sports Medicine Centre, Athens, Greece

OP24 - 9.30
Suprascapular Nerve Arthroscopic Anterior & Posterlor Release
George Tsikouris, Panagiotis Intzirtzis, Ioanna Bolla
Athens Kolonaki Orthopaedic & Sports Medicine Centre, Athens, Greece
ORAL PAPER SESSION

OP25 - 9.40
Arthroscopic Treatment Of Frozen Hip
George Tsikouris, Eleftherios Tsikouris, Panagiotis Kourougenis, Ioanna Bolia, Panagiots Intzirtzis
Athens Kolonaki Orthopaedic & Sports Medicine Centre, Athens, Greece

Prevention / Rehabilitation

OP26 - 9.50
Prevention of Acl Injury in Soccer Players: Does Subtalar Joint Kinematics Affect Acl Laxity?
Georgios Kakavas (1), Nikolaos Malliaropoulos (2), Katerina Spanidi (2)
1 Fysiotek Spine & Sports Lab, Palaio Faliro, Greece
2 Segas, Thesaaloniki, Greece

OP27 - 10.00
Jordi Desola, Montserrat Gomez, Evangelos Papoutsidakis, Antoni Moreno
CRIS-UTH - Hospital Moises Broggi - European Committee for Hyperbaric Medicine (ECHM), Sant Joan Despi - Barcelona, Spain

OP28 - 10.10
Assessment And Education Of The Optimal Sitting And Standing Posture In Patients From The Physiotherapists’ Perspective.
Vasileios Korakakis (1), Vasiliki Evangelinou (2), Stefanos Kranasios (2), Kostas Sakellarion (2), Alexandros Sideris (2), Yiannis Sotirakis (2)
1 Aspetar, Orthopaedic and Sports Medicine Hospital, 2 HOMTD, Hellenic Orthopaedic Manipulative Therapy Diploma, Athens, Greece, Doha, Qatar

OP29 - 10.20
Large Eccentric Hip Adduction Strength Increase Using The Copenhagen Adduction Exercise In Football – A Randomized Controlled Trial
Lasse Ishøi (1), Christian Neerskov Sørensen (1), Nicolaj Mads Kaae (1), Lars Bo Jørgensen (1), Per Hölmich (2), Andreas Serner (2)
1 Department of Physiotherapy, Metropolitan University College, Copenhagen, Denmark
2 1) Sports Groin Pain Center, Aspetar Orthopaedic and Sports Medicine Hospital, Doha, Qatar 2) Sports Orthopedic Research Center – Copenhagen (SORC-C), Arthroscopic Center, Department of Orthopedic Surgery, Copenhagen University Hospital, Amager-Hvidovre, Denmark

OP30 - 10.30
Up-To-Date Sonography Assesment Of Peripheral Nerve Excursion
Carles Munné Rodríguez (1), Carles Pedret (2)
1 UVic-UCC (UManresa), Manresa, Spain
2 Clínica Mapfre de medicina del tenis, Barcelona, Spain

OP31 - 10.40
Radial Extracorporeal Shockwave Therapy for Calcific Insertional Achilles Tendinopathy: A Retrospective Study
Nikos Malliaropoulos (1), Amit Anuj Chauhan (2), Maria Meke (2), Heinz Lohrer (3), Nat Padhiar (4)
1 Centre for Sports and Exercise Medicine, William Harvey Research Institute, Bart’s and the London School of Medicine and Dentistry, Queen Mary University of London, Mile End Hospital, Bancroft Road, London, United Kingdom
2 National Track and Field Centre, Sports Medicine Clinic of S.E.G.A.S., Thessaloniki, Greece
3 Institute for Sports Medicine e.V., Frankfurt, Germany
4 European Sports Care, London, United Kingdom

OP32 - 10.50
Universal robotic platform for neurorehabilitation and sport fitness
Francisco Cortés, Jordi Ricart, David Gutiérrez LEITAT, Terrassa, Barcelona, Spain
Organized by:

Tendon and muscle injury II
Friday, 9th October
ROOM 1  12.00 AM. – 14.00 PM

OP33 - 12.00
No Change In Tendon Structure On Ultrasound Tissue Characterization (UTC) Following A 4-Week Exercise Program In Athletes With Patellar Tendinopathy
Mathijs Van Ark (1), Ebonie Rio (2), Jill Cook (2), Inge Van Den Akker-Scheek (3), Johannes Zwerver (1), Sean Docking (2)
1. University of Groningen, University Medical Center Groningen, Center for Sports Medicine; Monash University, School of Physiotherapy, Frankston, Australia, Groningen, Netherlands
2. Monash University, School of Physiotherapy; Australian Centre for research into sports injury and its prevention (ACRISP), Federation University, Ballarat, Australia, Frankston, Australia
3. University of Groningen, University Medical Center Groningen, Center for Sports Medicine, Groningen, Netherlands

OP34 - 12.10
Tears Of The Fascia Cruris Demonstrate Characteristic Sonographic Features: A Case Series Analysis
Sarah Morton (1), Otto Chan (2), Nick Webborn (3), Melanie Pritchard (2), Dylan Morrissey (6)
1. Centre for Sports and Exercise Medicine, London, United Kingdom
2. BMI London Independent Hospital, London, United Kingdom
3. Centre for Sport and Exercise Science and Medicine, Eastbourne, United Kingdom
5. Centre for Sport and Exercise Medicine, London, United Kingdom

OP35 - 12.20
Patellar Tendinopathy And Potential Risk Factors: An International Database Of Cases And Controls
Sarah Morton (1), Sean Williams (2), Xavier Valle (3), David Cuelli (6), Peter Malliaras (4), Dylan Morrissey (1)
1. Centre for Sports and Exercise Medicine, London, United Kingdom
2. Department for Health, Bath, United Kingdom
3. FC Barcelona, Barcelona, Spain
4. A.S. Volley Lube, Macerata, Italy

High-Volume Image Guided Injection & Structured Rehabilitation For Hoffa’s Fat Pad Impingement: A Case Series
Sarah Morton (1), Sunita Chandra (2), Otto Chan (1), John King (1), Dylan Morrissey (1)
1. Centre for Sports and Exercise Medicine, London, United Kingdom
2. BMI London Independent Hospital, London, United Kingdom

OP37 - 12.40
Efficacy Of A Dietary Supplement Containing Mucopolisaccharides, Type I Collagen And Vitamin C Associated To Eccentric Training Or Passive Stretching For The Management Of Achilles Tendinopathy: A Randomized Controlled Study
Ramon Balius (1), Guillermo Alvarez (2), Fernando Baró (5), Fernando Jiménez (3), Carles Pedret (2), Daniel Martínez-Puig (2)
1. CEARE, Barcelona, Spain
2. AMS Centro de Ejercicio, Málaga, Spain
3. Clínica Traumatológica, Valladolid, Spain
4. Clínica Centro de Medicina y Deporte, Toledo, Spain
5. Clínica CMI Diagonal, Esplugues De Llobregat, Spain
6. Bioiberica S.A., Palafolls, Spain

Body Composition And Muscle Injuries In Young Elite Football Players
Pietro Ferrari (1), Chiara Milanese (2), Carlo Segattini (1), Carlo Zancanaro (2), Valentina Cavedon (2), Giuliano Corradini (1)
1. ChievoVerona Football Team, Verona, Italy
2. Laboratory of Anthropometry and Body Composition, Department of Neurological and Movement Sciences, University of Verona, Verona, Italy

Shock Wave Therapy Improves Daily Function And Pain In Chronic Plantar Fasciopathy; A Systematic Review And Meta-Analysis Of Randomized Placebo Controlled Trials
Fred Hartgens (1), Judith M.W. Wolters (2), Johannes Zwerver (3), Caroline H.G. Bastiaenen (2)
1. Maastricht University Medical Center, Research School CAPHRI, Sports Medicine Center Maastricht*Parkstad, Maastricht, Netherlands, The
2. Maastricht University Medical Center, Research School CAPHRI, Maastricht, Netherlands
3. University of Groningen, University Medical Center Groningen, Groningen, Netherlands
ORAL PAPER SESSION

OP40 - 13.10
Musculoskeletal (MSK) Disorders Treatment With Low Level Laser Therapy (LLLT): An Experience Based Study Assessing MSK Group Categories And LLLT Efficiency.
Nikos Malliaropoulos, Eleni Magiou, Maria Meke
Sports and Exercise Medicine Clinic & National Track and Field Centre-Sports Medicine Clinic of S.E.G.A.S, Thessaloniki, Greece

OP41 - 13.20
Achilles Tendon Disorganisation On Ultrasound Tissue Characterisation In A Group Of Elite Rugby Players Correlates With An Increase In Lost Days Due To Lower Limb Injuries And Increased Episodes Of Achilles Tendon Pain
Lorenzo Anthony Masci (1), Joerg Stadelmann (2)
1. Pure Sports Medicine/ISEH, London, United Kingdom
2. Pure Sports Medicine, London, United Kingdom

OP42 - 13.30
Increased Proximal Patella Tendon Disorganisation On Ultrasound Tissue Characterisation Correlates With Reduced Stiffness On Elastography Among Asymptomatic Elite Athletes
Lorenzo Anthony Masci (1), Dimitri Amiras (2),
Peter Malliaras (3)
1. Pure sports Medicine/ISEH, London, United Kingdom
2. St Mary’s hospital, London, United Kingdom
3. Queen Mary, University of London, London, United Kingdom

OP43 - 13.40
Muscle injuries in football: a prospective study in a professional club of Dubai over thirteen consecutive seasons.
M. Ghrairi (1), P. Chomier (2), S.A Sari (3), Y. Zerguini (3)
1. Al Garhoud Hospital Dubai UAE, Sports Medicine Department, Dubai, United Arab Emirates
2. Al Shabab Football Club Dubai UAE, Medical Services, Dubai, United Arab Emirates
3. FIFA medical center of excellence Algiers, Algiers, Algeria

OP44 - 13.50
Effectiveness Of Corticosteroids Injections In Muscle Injuries In Early Return To Play: Pilot Study
Andres SERRANO, Cesar Kalazich
Pontificia Universidad Católica de Chile, SANTIAGO, Chile
Basic science / Epidemiology

Wednesday, 7 October
14.00 - 14.30

P - 1
What Do We Know About The Osteitis Pubis In Athletes?
Jan André (1), Oliver Ludwig (2), Jens Kelm (1), Sascha Hopp (3)
1. Chirurgisch-Orthopädisches Zentrum Illingen, Illingen, Germany
2. Sportwissenschaftliches Intstitut der Universität des Saarlandes, Saarbrücken, Germany
3. Klinik für Unfall-, Hand- und Wiederherstellungschirurgie, Universitätsklinikum des Saarlandes, Homburg, Germany

P - 2
Elite roller hockey players body composition assessment by dual-energy X-ray absorptiometry (DXA)
Valle X(1), Rizo V(1), Viana O(2), Roqueta E(1).
1. Medical Department FCBarcelona, Barcelona, Spain
2. Obradoiro CAB SAD. Santiago de Compostela, Spain

P - 3
Heart rate monitoring in elite roller hockey players during competition.
Roqueta E, Rizo V, Valle X
Medical Department FCBarcelona, Barcelona, Spain

P - 4
Assessment of adductor strength by instrumented hand-held dynamometry in elite roller hockey players.
Rizo V, Valle X, Roqueta E.
Medical Department FCBarcelona, Barcelona, Spain

Others

Wednesday, 7 October
14.00 - 14.30

P - 5
Prepatellar Bursa Bioregulator Ecoguided Injection
Montserrat Rico Benages (1), Manel Gonzalez Peris (1), Maria Belen Antuña (1), Ramon Balus Mata (2), Manuel Valdes Vilches (1), Juan Luis Quevedo (3)
1. Xarxa Sanitària i Social Santa Tecla, Tarragona, Spain
2. Clínica Diagonal, Barcelona, Spain
3. Bioquímico, Madrid, Spain

P - 6
Effects Of High-Intensity Training On Psychological Well-Being
Björn Eichmann (1), Jürgen Giessing (2), Jörg Trojan (3)
1. University Koblenz-Landau, Campus Landau, Institute for Sport Science, Landau, Germany
2. University Koblenz-Landau, Campus Landau, Institute for Sport Science, Landau, Germany
3. University Koblenz-Landau, Campus Landau, Institute for Psychology, Landau, Germany

P - 7
Reduction Of Visceral Fat With Hith-Intensity Training
Jürgen Giessing (1), Christina Teigland (2), James Steele (3), James Fisher (3), Björn Eichmann (2)
1. University Koblenz-Landau, Campus Landau, Institute for Sport Science, Landau, Germany
2. University Koblenz-Landau, Campus Landau, Institute for Sport Science, Landau, Germany
3. University Koblenz-Landau, Campus Landau, Institute for Sport Science, Landau, Germany
4. Southampton Solent University, Southampton, United Kingdom

P - 8
Muscle Hypertrophy And Strength Increases For Men And Women After 10 Weeks Of High Intensity Training
Christina Teigland (1), Björn Eichmann (2), James Fisher (3), James Steele (4), Jürgen Giessing (2)
1. University Koblenz-Landau, Campus Landau, Institute for Sport Science, Landau, Germany
2. University Koblenz-Landau, Campus Landau, Institute for Sport Science, Landau, Germany
3. Institute for Sport Science, Southampton, United Kingdom
4. University Koblenz-Landau, Southampton, United Kingdom

P - 9
The acute effects of different active stretching exercises on jump performance
Laura Pacheco Arajol (1), Ramon Balus Matas (2), Caritat Bagur Calafat (1), Montserrat Girabent Farrés (1), Montserrat Pujol Marzo (1), Carles Pedret Carballido (3)
1. Universitat Internacional de Catalunya, Barcelona, Spain
2. Consell Català de l’Esport, Barcelona, Spain
3. Clínica Diagonal, Barcelona, Spain
POSTER SESSION

P - 10
Combination Between Tramadol And Meloxicam As A Treatment Of Acute Low Back Pain In Amateur Athletes
Nikolaos Syrmos (1), Vaitsa Giannouli (2), Georgios Gavridakis (3), Argyrios Mylonas (4)
1. Department of Sports Science, Aristotelian University of Thessaloniki, Thessaloniki, Macedonia, Greece, Thessaloniki, Greece
2. Medical School, Aristotelian University of Thessaloniki, Thessaloniki, Macedonia, Greece, Thessaloniki, Greece
3. Venizeleio General Hospital, Heraklion, Crete, Greece, Heraklion, Greece
4. Department of Sports Science, Aristotelian University of Thessaloniki, Thessaloniki, Macedonia, Greece, Thessaloniki, Greece

P - 11
Painful And Weakened Shoulder In The Athlete : Think About The Nerves
Christos Karatzios, Cyril Besson
Centre Hospitalier Universitaire Vaudois (CHUV), Department of Rheumatology, Division of Physical and Rehabilitation Medicine, Swiss Olympic Medical Center, Lausanne, Switzerland

P - 12
Chronic spinal pain in athletes-treatment with epidural injection of steroids
Nikolaos Syrmos (1), Eirini Varvouchaki (2), Vaitsa Giannouli (3), Argyrios Mylonas (1)
1. Department of Anatomy, School of Sports Science, Aristotle University of Thessaloniki, Macedonia, Greece, Thessaloniki, Greece
2. Thessalpain Department - Venizeleio General Hospital – Heraklion – Crete - Greece
3. Psychologist, MSc Cognitive Psychology and Neuropsychology, Aristotle University of Thessaloniki, Macedonia, Greece, Thessaloniki, Greece

P - 13
Platelet rich plasma treatment in sports injuries
Gabriel Lupón Escobar (1), Antonio Turmo Garuz (2), Luis Til Perez (3)
1. Sports Medicine School-Barcelona University, Barcelona, Spain
2. Consorci Sanitari de Terrassa, Centre d’Alt Rendiment CST-CAR, Barcelona, Spain
3. Sports Medicine FC Barcelona,, Barcelona, Spain

P - 14
Effects Of Cold Water Immersion ( CWI) Between Successive Sprints Of 250 Meters To A Maximum Intensity - Efectos De La Inmersión En Agua Fria (CWI) Entre Sprints Sucesivos De 250 Metros A Máxima Intensidad
Pablo Lourido
Pablo Lourido Fisioterapeuta, Barcelona, Spain

P - 15
Novel Natural Compound (Mobilee™) As A New Option For Prevention And Treatment Of Muscle Atrophy
A. Torrent (1), E. Montell (1), J. Vergés (1), K. Swiderski (2), J.E. Church (2), G.S. Lynch (2)
1. Pre-Clinical R&D Area, Pharmascience Division, Bioibérica S.A., Barcelona, Spain
2. Basic and Clinical Myology Laboratory, Department of Physiology, The University of Melbourne, Melbourne, Australia

P - 16
Combination Between Tramadol And Parecetamol As A Treatment For Chronic Low Back Pain In Amateur Athletes
Nikolaos Syrmos (1), Vaitsa Giannouli (2), Georgios Gavridakis (3), Argyrios Mylonas (4)
1. Department of Sports Science, Aristotelian University of Thessaloniki, Thessaloniki, Macedonia, Greece, Thessaloniki, Greece
2. Medical School, Aristotelian University of Thessaloniki, Thessaloniki, Macedonia, Greece, Thessaloniki, Greece
3. Venizeleio General Hospital, Heraklion, Crete, Greece, Heraklion, Greece
4. Department of Sports Science, Aristotelian University of Thessaloniki, Thessaloniki, Macedonia, Greece, Thessaloniki, Greece

P - 17
Effect Of Rooster Comb Extract On Muscle-Joint Function In Mild Knee Pain Patients: A Subject-Level Meta-Analysis
Daniel Martinez Pulg (1), David Moriña (2), Rosa Maria Valls (3), Anna Pedret (3), Monica Giralt (3), Rosa Solà (3)
1. Bioiberica, S.A., Palafolls, Spain
2. Technological Center of Nutrition and Health (CTNS) - TECNIO -URV - CEICS, Reus, Spain
3. Universitat Rovira i Virgili, Reus, Spain
**Biomechanics**

Thursday, 8 October  
14.00 - 14.30

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<th>Poster</th>
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2. Catholic University of Leuven, Leuven, Belgium |
| P - 19 | Effects Of The Romanian Deadlift Exercise With Incremental Loads On The Mechanical Properties Of The Hamstrings | David Rodríguez Ruiz, Saúl Martín Rodríguez, Laura Capdevila Riverola, Daniel Guimaraes Ribeiro | University of Las Palmas de Gran Canaria, Las Palmas De Gran Canaria, Spain |
| P - 20 | Efficacy Of Muscle Energy Technique In Correcting Scapular Tipping In Patients With Diabetic Frozen Shoulder | Amira Abdallah Abd El Megeid Abdallah, Huda Bader Abd Elhamed, Ghada Mohamed Rashad Koura, Ahmed Mohamed Fathi El Shiwi | Faculty of Physical Therapy, Cairo University, Egypt, Giza, Egypt |
| P - 21 | Differences in contactile properties of rectus femoris and biceps femoris according to the posture | Ignacio Diez-Vega, Edwin Macias-Leciaga, Alejandro García-Toledo, David Alvarez-Romero | Universidad Europea de Madrid, Villaviciosa De Odón, Spain |
| P - 22 | Correlation between upper and lower quarter dynamic balance in footballers | Ivan Vivo-Fernández (1), Victor Salinas-Palacios (1), Francisco Javier Jimeno-Serrano (2), María Angeles Sanchez-Heredia (1), Pilar Escolar-Reina (2), Jose Antonio Garcia-Vidal (2) | 1. Innova Health & Sports Institute, Murcia, Spain  
2. Department of Physiotherapy, University of Murcia, Murcia, Spain |

**Exercise prescription**

Thursday, 8 October  
14.00 - 14.30

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| P - 23 | Effect of superficial fascial lines elongation vs static stretch in male and female | David Rodríguez-Ruiz (1), David Alvarez-Romero (2), Ignacio Diez-Vega (2), Juan José Molina (2) | 1. Universidad de Las Palmas de Gran Canaria, Las Palmas De Gran Canaria, Spain  
2. Universidad Europea de Madrid, Villaviciosa De Odón, Spain |
| P - 24 | Eight-Week Depression Program Improves Depression With Lifestyle Changes And Exercise Therapy | Francisco Eduardo Ramirez (1), Neil Nedley (2) | 1. Nedley Clinic, Ardmore, United States  
2. Nedley Clinic, Colfax, United States |
| P - 25 | Effect of combined aerobic pilates training on selected physiological and biochemical parameters among over weight, obese and extreme obese males | Abdussalam Kanniyan | King Fahd University of Petroleum & Minerals, Dhahran, Saudi Arabia |
| P - 26 | The enzymatic activities and their mRNA from glucose metabolism change after 90 days of human muscle rest. Exercise partially counteracts this effect. | M Guerrero (1), J.M Irimia (2), J.A Cadefau (1), G Fernandez (3), Tesch . (3), R Cussó (1) | 1. Faculty of Medicine, Barcelona University, Barcelona, Spain  
2. Department of Pathology and Laboratory Medicine. Indiana University, Indiana, United States  
3. Department of Physiology and Pharmacology. Karolinska Institute, Karolinska, Sweden |
| P - 27 | Educating Medical Undergraduate Students On The Promotion Of Physical Activity: A Questionnaire Based Study | Hannah Leaver, Manuela Angioi, Patrick O’Halloran | Queen Mary University of London, London, United Kingdom |
POSTER SESSION

P - 28
Do Internal and External load systems measure the same during basketball training?
Gil Rodas (1,2), Jairo Vázquez (1), Jordi Moreno (3), Luis Suarez-Arrones (4), Juan Ramos (5), Lluis Capdevila (3)
1 Medical Department FCBarcelona, Barcelona, Spain
2 Leitat Technological Center Foundation, Terrassa, Spain
3 Laboratory of Sport Psychology Universitat Autònoma de Barcelona, Spain
4 Physiology Unit, Football Performance and Science Department, ASPIRE, Doha, Qatar
5 Polytechnic University of Barcelona, Department of Electronic Engineering, Barcelona, Spain

Tendon and muscle injury
Thursday, 8 October
14.00 - 14.30

P - 29
“A new horizon in the application of therapeutic percutaneous electrolysis, epte®. approach in chronic tendinopathy achilles tendon by bipolar needle
Javier Herraiz Garvin (1), Rosalia De Dios Alvarez (1), Esther Sanchez Rodriguez (1), Rosa Lorente Ramos (1), Elena Barcina Garcia (1), Jose Luis Arias Buria (2)
1. Hospital Universitario Infantia Leonor, Madrid, Spain
2. Hospital Universitario Gregorio Marañon, Madrid, Spain

P - 30
Platelet-Rich Plasma Infiltration To Treat Chronic Proximal Patellar Tendinopathies: A One-Year Follow-Up
Jean-François Kaux (1), Olivier Bruyère (2), Jean-Louis Croisier (2), Bénédicte Forthomme (2), Jean-Michel Crielaard (2)
1. University Hospital of Liège, Liège, Belgium
2. University of Liège, Liège, Belgium

P - 31
VISA-PF: A Cross-Cultural Adaptation And Validation Of The VISA-P Questionnaire In French
Jean-François Kaux (1), François Delvaux (2), Jean-Louis Croisier (2), Bénédicte Forthomme (2), Valérie Bartsch (1), Olivier Bruyère (2)
1. University Hospital of Liège, Liège, Belgium
2. University of Liège, Liège, Belgium

P - 32
Cross-Cultural Adaptation And Validation Of The VISA-A Questionnaire In French
Jean-François Kaux (1), Delvaux François (2), Bénédicte Forthomme (2), Jean-Louis Croisier (2), Valérie Bartsch (1), Olivier Bruyère (2)
1. University Hospital of Liège, Liège, Belgium
2. University of Liège, Liège, Belgium

P - 33
“Preliminary clinical study of an electrical bioimpedance spectroscopy device for tendon and muscle injuries diagnosis, bioz&epte”
Vincent Alepuz Moner (1), Arnau Mach Rufi (2), Javier Herraiz Garvin (3)
1. IONCLINICS & DEOINIC SL, Valencia, Spain
2. IONCLINICS SL, Girona, Spain
3. Hospital Universitario Infantia Leonor, Madrid, Spain

P - 34
A Case Of Iliotbial Band Syndrome, Originating From Medial Gliuteus Weakness.
Konstantinos Athanasios Tsitas (1), Olga Kyritsi (2), Efthimios P Samoladas (1), Nikolaos G Malliaropoulos (3)
1. General Hospital, Thessaloniki, Greece
2. Colchester University Hospitals NHS, London, United Kingdom
3. National Track & Field Centre, Sports Injury Clinic, Sport Medicine Clinic of SEGAS, Thessaloniki, Greece

P - 35
Tendinopathy : What About The Influence Of The Nervous System?
Mathieu Saubade, Cyril Besson, Christos Karatzios
University Hospital of Lausanne, Lausanne, Switzerland

P - 36
Semimembranosus Muscle Injuries In Sport. A Practical MRI-Use For Prognosis
Mireia Bossy Langella (1), Ramón Baluís Matas (2), Xavier Alomar Serrallach (1), Carles Pedret Carballido (2), Lluis Capdevila Ortís (3), Gil Rodas Font (4)
1. Clínica Creu Blanca, Barcelona, Spain
2. Clínica Diagonal, Barcelona, Spain
3. UAB, Barcelona, Spain
4. F.C.Barcelona, Barcelona, Spain
POSTER SESSION

P - 37
Gabriel Lupón (1), Manuel Wong-On (1), Luis Til Pérez (2)
1. Sports Medicine School-Barcelona University, Barcelona, Spain
2. Sports Medicine FC Barcelona, Barcelona, Spain

P - 38
Autologous Platelet-Rich Plasma For Tendinopathy And Ligament Injuries: A Systematic Review Of Randomised Controlled Trials
María José Martínez-Zapata (1), Robin Vernooij (1), María Betina Nishishinya (1), Gil Rodas (2)
1. Iberoamerican Cochrane Center. IIB Sant Pau, Barcelona, Spain
2. Serveis Mèdics FC Barcelona, Barcelona, Spain

P - 39
Is a shorter biceps femoral long head free tendon associated with a quicker return to play?
Gil Rodas (1), Ricard Pruna (1), Xavier Yanguas (1), Lluís Capdevila (2), Ramon Balius (3), Xavier Alomar (4), Johannes Tol (5)
1. Medical Department FC Barcelona, Barcelona, Spain
2. Laboratory of Sport Psychology Autonoma University de Barcelona, Spain
3. Sport Catalan Council, Generalitat de Catalunya, Barcelona, Spain
4. CREU BLANCA Radiologic Centers, Barcelona, Spain
5. Aspetar Orthopedic and Sports Medicine Hospital, Doha, Qatar

P - 40
Ultrasound tissue characterization of the patellar tendon in basketball players. Comparison between professional and academy players, and symptomatic versus asymptomatic players.
Gemma Hernández (1), David Dominguez (1), Lluis Til (1,2), Lluís Capdevila (3), Gil Rodas (1)
1. Medical Department Futbol Club Barcelona
2. CAR Sant Cugat – Consorci Sanitar de Terrassa (Barcelona)
3. Laboratory of Sport Psychology (Autonomous University of Barcelona)

P - 41
Post-injury exercise and prp administration improves muscle recovery in a surgically-induced skeletal muscle injury model in rats.
Paola Contreras-Muñoz (1,2), Joan Ramon Torrella (3), Xavier Serres (4), Gil Rodas (5), Mario Marotta (1,2)
1. Leitat Foundation, Leitat Technological Center
2. Bioengineering, Orthopedics and Pediatric Surgery Laboratory, Vall d’Hebron Institut de Recerca (VHIR), Universitat Autonoma de Barcelona, Barcelona, Spain
3. Physiology department, Universitat de Barcelona, Barcelona, Spain
4. Ultrasound Unit, Department of Radiology, Hospital Universitari Vall d’Hebron, Vall d’Hebron Institut de Recerca (VHIR), Universitat Autonoma de Barcelona, Barcelona, Spain
5. Medical Services, Futbol Club Barcelona, Ciutat Esportiva Futbol Club Barcelona, Sant Joan Despí, Barcelona, Spain

Prevention / Rehabilitation
Thursday, 8 October
14.00 - 14.30

P - 42
Differences In Dominant And Non-Dominant Limb Control In Adolescent Male Soccer Players After Unilateral Landing
Oliver Ludwig (1), Michael Fröhlich (2), Dirk Krombholz (1), Stephan Becker (1), Jens Kelm (3)
1. Universität des Saarlandes, Sportwissenschaftliches Institut, Saarbrücken, Germany
2. Technische Universität Kaiserslautern, Kaiserslautern, Germany
3. Chirurgisch-Orthopädisches MVZ, Illingen, Germany

P - 43
Sports And Exercise Safety In Finland: LiVE – An Implementation Program To Sport Clubs And Schools
Jari Parkkari, Kati Pasanen, Anne-Mari Jussila, Raija Oksanen, Anna Ojala, Kati Kariinning Autio
UKK Institute, Tampere, Finland
P - 44
Impact of a hamstring flexibility program for the activation and fatigue of the posterior stabilizing lumbar pelvic musculature
Laia Monné-Guasch, Montserrat Girabent-Farrés, Ana Germán-Romero, Ernesto Herrera-Pedroviejo, Luciana Moizé-Arcone, Pere Ramon Rodríguez-Rubio
Universitat Internacional de Catalunya, Sant Cugat Del Vallés, Spain

P - 45
Ways To Improve The Effectiveness Of Rehabilitation After Anterior Cruciate Ligament Reconstruction
Ioan Cosmin Boca, Mirela Dan
Vasile Goldis Western University of Arad, Arad, Romania

P - 46
Evaluation of a neural mobilization program for young asymptomatic athletes
Montse Pujol Marzo (1), Caritat Bagur Calafat (2), Carles Pedret Carballido (3), Laura Pacheco Arajol (2), Ramon Balius Matas (4), Ernesto Herrera Pedroviejo (2)
1. Consell Català de l’Esport, Barcelona, Spain
2. Universitat Internacional de Catalunya, Barcelona, España
3. Clínica Mapfre Medicina del Tenis, Barcelona, España
4. Consell Català de l’Esport, Barcelona, España

P - 47
Post Traumatic Headache In Amateur Athletes. Pharmacological Treatment
Nikolaos Syrmos (1), Vaisa Giannouli (2), Georgios Gavridakis (3), Argyrios Mylonas (4)
1. Department of Sports Science, Aristotelean University of Thessaloniki, Thessaloniki, Macedonia, Greece, Thessaloniki, Greece
2. Medical School, Aristotelean University of Thessaloniki, Thessaloniki, Greece, Thessaloniki, Greece
3. Venizeleo General Hospital, Heraklion, Crete, Greece, Heraklion, Greece
4. Department of Sports Science, Aristotelean University of Thessaloniki, Thessaloniki, Macedonia, Greece, Thessaloniki, Greece

P - 48
Lower Leg Personal Protective Equipment In Professional Football – A Pilot Cross-Sectional Study
Priathashini Krishnasamy (1), Christopher Busby (2), Bhavesh Kumar (3), William Ricketts (4), Laura Tincknell (2), Dinesh Sirisena (5)
1. Tan Tock Seng Hospital, Singapore, Singapore
2. St George’s Hospital, University of London, London, United Kingdom
3. Institute of Sport, Exercise and Health, University College London, London, United Kingdom
4. The Royal London Hospital, London, United Kingdom
5. Homerton University Hospital, London, United Kingdom

P - 49
Could Vertical Phoria Be A Landmark In Prevention, Optimization Of Motor Efficiency, Nonspecific Chronic Pain/Non Contact Injury Management?
Eric Matheron, Zoï Kapoula
IRIS Group - CNRS FR 3636, Paris, France

P - 50
Effect of plyometric training on soreness according to actn3 genotypes
Ignacio Diez-Vega (1), Juan José Molina Martín (1), Ana Fernández-Santander (1), Joaquín Cerdá-Béjar (1), David Rodríguez-Ruiz (2)
1. Universidad Europea de Madrid, Villaviciosa De Odón, Spain
2. Universidad de Las Palmas de Gran Canaria, Las Palmas De Gran Canaria, Spain

P - 51
Screening Strategies For Predicting The Risk Of Injury In Youth Football (Soccer): A Systematic Review
Florence Newton, Catherine Hornby
University College London, London, United Kingdom
P - 52
Comparison Between The Therapeutic Exercise In The Open And Closed Kinetic Chain Post Ligamentoplasty Of The Anterior Cruciate Ligament: Approach According Scientific Evidence.
Jordi Calvo Sanz (1), Pere Ramon Rodríguez Rubio (1), Juan Jose García Tirado (1), Montserrat Girabent Farrés (1), Laia Monné Guasch (1), Pol Monné Cuevas (2)
1. Universitat Internacional de Catalunya. Department of Physiotherapy. Catalunya, Barcelona, Spain
2. Physical Therapist. Catalunya, Barcelona, Spain

P - 53
The Effect Of A Specific Fatigue Protocol On Muscular And Neuromuscular Functions In Youth Male Footballers
Michal Lehnert, Ondrej Laštovicka, Milan Elfmark
Palacký University, Faculty of Physical Culture, Olomouc, Czech Republic

P - 54
Localized BIA and MRI T2 Mapping in Eccentric Load On Hamstrings Muscle Complex
Lexa Nescolarde (1), Gil Rodas (2), Xavier Alomar (3), Xavier Yanguas (2), Gerard Carmona (4), Josep M. Padullés (4), David Serrano (4), Ramón Balius (5), Joan A. Cadefau (4)
1. Department of Electronic Engineering, Universitat Politècnica de Catalunya
2. Medical Department, Futbol Club Barcelona
3. Department of Radiology, Centres Mèdics Creu Blanca
4. Department of Athletic Performance, Institut Nacional

P - 55
Hand-held dynamometry measures to evaluate muscle imbalance in professional players. Our experience in basketball, handball, futsal and roller hockey players
1. F.C. Barcelona Medical Services. Barcelona. Spain
2. Blanquerna School of Health Science. Ramon Llull University
3. Aspetar Orthopaedic and Sports Medicine Hospital. Qatar

P - 56
Could single nucleotide polymorphisms influence on the efficacy of platelet-rich plasma in the treatment of sport injuries?
Ricard Pruna (1), Lluís Til (1, 2) and Rosa Artells (3)
1. Football Club Barcelona Sports Medicine, Barcelona, Spain
2. Olympic Training Center (CAR), St Cugat del Vallès, Barcelona, Spain
3. SM Genomics, Barcelona Science Park (PCB), Barcelona, Spain
INDUSTRY WORKSHOPS

**UTC Imaging workshop**
8th October
**ROOM 1** 17.30 PM - 19.30 PM

UTC imaging, where does it fit in your management of tendinopathies

Hakan Alfredson – Sweden
Lorenzo Masci – UK
Gil Rodas – Spain
Hans Zwerver – Netherlands
Hans van Schie - Netherlands

**Laserneedle workshop**
8th October
**ROOM 2** 15.30 PM - 17.00 PM

Noninvasive and pain free treatment of muscle and tendon pathologies.
LLLT as an effective option in sports medicine

Nikos Malliaropoulos – Greece
Boris A. Gruber – Germany

**Parameter workshop**
9th October
**ROOM 1** 15.30 PM - 17.00 PM

Adding Gravity - Scanning with the Paramed MROpen

Dr. Simon Blease – Clinical Director, Centre For Advanced
Musculoskeletal Imaging – European Scanning Centre - Harley Street London -UK

**Ionclinics workshop**
8th October
**ROOM 1** 15.30 PM- 17.00 PM

A new and revolutionary approach for the diagnosis (Electrical bioimpedance spectroscopy) and treatment with electrolysis (EPTE®) of tendon and muscle injuries with a Bipolar Needle.

Vicente Alepuz Moner – Spain
Daniel Martin – Spain

BIOZ & EPTE is an overall system for diagnosis, treatment and rehabilitation of tendinopathies and muscular tissue degeneration. It comprises three different components and stages:
- BIOZ is a diagnosis experimental device based on electrical impedance spectroscopy (EIS) that showed a high correlation among degree of the damage in tendons and muscles and the phase and dissipation factor of impedance. EIS led us to manage the optimal doses for each tissue. A preliminary study has carried out that “bioimpedance could be considered a biomarker of tendinopathy and muscular disorders”.
- EPTE® (Electrolysis Percutaneous Therapy) is a revolutionary technique for treating tendinopathy by the use of microcurrent through an acupuncture needle or a Bipolar Needle
- EPTE® Concept Excentrics is a polyvalent equipment for rehabilitation and strengthening through isometric/eccentric/concentric exercises.