

3rd GISPT INTERNATIONAL CONFERENCE



VERONA
8 - 9 JUNE
2019

Gran Guardia Palace

**ADVANCES IN SPORT REHABILITATION
FOOTBALL SYMPOSIUM**



#GISPT19

www.gissport.it - www.asrconference.it

3° GISPT International conference
Advances in Sport Rehabilitation:
Practical Workshops

Saturday 8th June 2019
Atlante Center - Verona

#GISPT19

H 14.00 - 18.30 Workshops parallel session

Workshop 1: *Basic first aid management on field. M. Healy*

Workshop 2: *Functional assesement in ACL injuires prevention. A. Gokeler*

Workshop 3: *Exercise progression for athletes with groin pain. N. Phillips*

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3° GISPT International conference
**Advances in Sport Rehabilitation:
Football Symposium**

Sunday 9th June 2019
Gran Guardia Palace - Verona

#GISPT19

Conference President: *Kristian Thorborg*

GISPT President: *Andrea Piazza*

Scientific Committee: *Carlo Ramponi, Clare Ardern, Giuliano Corradini,
Karim Khan*

Organizational Committee: *Carlo Ramponi, Pier Damiano Bertini, Lisa Cosi,
Marco Cuniberti, Elena Dovetta, Andrea Magini, Paola Moreschi, Miriam Rosa.*

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Sunday 9 June 2019

H 8.00-8.45 Free Communications

H 8.45-9.00 Welcome lectures

H 9.00- 11.00 Keynotes session

(Chairs: G. Corradini, K.Thorborg, A.Piazze)

H 09.00 - 09.20 Neuroscience and sport: the brain on field. S. Mezzarobba

H 09.20 - 09.40 The psychology of top performance: top tips for supporting athletes to perform at their best. C. Conti

H 09.40 - 10.00 Pitch-side trauma management. M. Healy

H 10.00 - 10.20 Four habits to improve return to play. C. Ardern

H 10.20 - 10.40 What you need to know about training load management. N. Phillips

H 10.40 - 11.00 Question time



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H 11.30 - 13.00 Clinical update on acute hamstring injuries

(chairs: C. Ardern, C. Ramponi, P. Moreschi)

H 11.30 - 11.50 Diagnosis and management of acute hamstring injuries - what do we know? What don't we know? K. Thorborg

H 11.50 - 12.10 Key principles of high-quality hamstring injury rehabilitation. C. Askling

H 12.10 - 12.30 Clinical experience in Serie A. A. Vanin, UC Sampdoria

H 12.30 - 13.00 Question time



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H 14.00 - 14.30 Rehab Battle - Kahoot Session

(chairs: N. Phillips, S. Passigli, E. Dovetta)

H 14.00 - 14.10 Muscle injuries (A. Vanin, UC Sampdoria)

H 14.10 - 14.20 Groin pain syndrome (Fisio Serie A)

H 14.20 - 14.30 ACL reconstruction (L. Mascia, AC Chievo Verona)



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H 14.30 - 15.40 Clinical update on hip and groin problems

(chairs: H. Grindem, P. Bertini)

*H 14.30 - 14.50 Update on diagnosis, classification and management of groin injuries.
What does published research tell us? K. Thorborg*

H 14.50 - 15.10 Clinical pearls for managing painful gluteal tendinopathy. N. Phillips

H 15.10 - 15.30 Clinical experience in Serie A.

H 15.20 - 15.50 Question time



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H 16.10 - 17.30 Clinical update on ACL rehabilitation

Chairs: N. Phillips, M. Rosa

H 16.10 - 16.30 Decision-making in managing ACL injuries - from diagnosis to return to sport. H. Grindem

H 16.30 - 16.50 Rethinking how use new principles of motor learning during ACL rehabilitation. A. Gokeler

H 16.50 - 17.10 Clinical experience in Serie A. Mattia Zambaldi, L. Mascia

H 17.10 - 17.30 Question time



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H 17.30 - 18.15 Round Table: Shared decision-making in football: effective communication and other keys to helping athletes safely return to sport

Chairs: G. Corradini, C. Ardern, C. Ramponi

Speakers: A. Rusciano, C. Conti, L. Mascia, H. Grindem, P. Artico, italian football head coach, Italian football player,

H 18.15 - 18.20 Presentation of 3° World SPT Conference. K. Thorborg

H18.20 - 18.30 Summary of the day. K. Thorborg, A. Piazze



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Conference President:
Kristian Thorborg (vice President IFSPT)

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