



6° I.S.Mu.L.T. Congress

Advances and new technologies
in muscles, ligaments and tendons

Parma, December 2nd - 3rd 2016

Congress Presidents
Cosimo Costantino
Enrico Vaienti

Honorary President
Francesco Ceccarelli

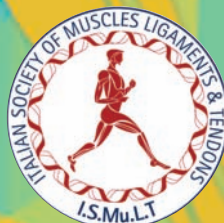
I.S.Mu.L.T. President
Nicola Maffulli

Programme Committee
Domenico Creta, Antonio Frizziero, Gianni Nanni,
Francesco Oliva, Francesco Pogliacomi,
Alessandro Valent

Two awards of € 1,500 - to young first authors (below 40 yrs)
of the best research presented as POSTER.

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08.00 REGISTRATION

08.20 WELCOME FROM THE AUTHORITIES

SESSION 1 ATHLETE'S RETURN TO PLAY

Chairman: C. Costantino, E. Genovese, G. Nanni

08.30 RTP after ACL reconstruction. New strategy in order to reduce reinjuries. **F. Della Villa (Bologna)**

08.40 RTP after muscle injuries. **M. Freschi (Milano)**

08.50 Imaging and RTP decision after muscle injuries. **C. Faletti (Torino)**

09.00 RTP after patellar tendinopathy. **A. De Carli (Roma)**

09.10 Discussion

SESSION 2 OLYMPIC PERFORMANCE: HOW PREPARE AN ELITE ATHLETE

Chairman: C. Costantino, D. Creta, F. Pogliacomì

09.20 Eating and nutrition habits in competitive athletes. **G. Galanti (Firenze)**

09.30 Energy cost of sprint running and the role of metabolic power in elite athletes. **C. Osgnach (Udine)**

09.40 Anti-inflammatory dietary interventions to improve performance during athletic training **D. Buonocore (Pavia)**

09.50 Placebo as doping: is it ethical and legal? **D. Barbiani (Torino)**

10.00 Maximal absolute speeds on human powered vehicles. **P. E. Di Prampero (Udine)**

10.10 Discussion

COFFEE BREAK

SESSION 3 THE EXPERIENCES OF HIGH LEVEL PARALYMPIC ATHLETES

Chairman: M. Arduini, F. Ceccarelli

10.30 Experience of an Olympic Archery Champion. **Elisabetta Mijno (Parma)**

10.40 Report of an Archery World Champion. **Eleonora Sarti (Bologna)**

10.50 K1 - Canoe European Champion. **Veronica Yoko Plebani (Brescia)**

11.00 Swimming Olympic Champion **G. Ghiretti (Parma)**

11.10 WORKSHOP IBSA "Hybrid cooperative complexes obtained through NaHyCo technology, a new tool for intra articular injections". **C. Schiraldi (Napoli)**

ISMULT 2016 GUIDELINES

11.40 Hyaluronic Acid in Musculoskeletal disorders **G. Abatangelo, A.A. Mahamound, A. C. Berardi, R. Buda, F. Calderazzi, A. Carolla, F. Ceccarelli, C. Costantino, C. Foti, A. Frizziero, L. Frizziero, S. Galletti, G. Gasparre, A. GiaiVia, N. Maffulli, S. Nicoletti, F. Oliva, E. Piccirilli, G. Porcellini, M. Spoliti, U. Tarantino, A. Valent, F. Vannini, M. Vetrano, F. Vittadini, M. C. Vulpiani**

11.50 WORKSHOP AGAVE "Tendinopathies: current evidence in the therapeutic approach"
R. Barazzuo (Mestre), R. Pellegrino (Lecce), D. Tiso (Rimini)

PARALLEL SESSION - Conference Room

12.00 Meeting FIDIA "Background and new prospectives in tendons healing: rational use and role of hyaluronic acid"
A. Frizziero (Padova)

12.30 WORKSHOP LABOREST "Tendon problems: shockwave therapy and nutraceutical approach"
Chairman: **C. D'Agostino, E. Tibalt**

LUNCH

SESSION 4 EXTRA- ARTICULAR HIP PAIN

Chairman: C. Faldini, M. Vitale

- 14.00 Overview of coxalgia **E. Vaienti (Parma)**
- 14.10 Imaging of the extra-articular muscle-tendon of the hip **F. Di Pietto (Napoli)**
- 14.20 Groin Pain **D. Dallari (Bologna)**
- 14.30 Greater Trochanteric Pain Syndrom **M. Panasci (Roma)**
- 14.40 Hamstring Syndrom **F. Benazzo (Pavia)**
- 14.50 Snapping Hip **D. Munegato (Monza)**
- 15.00 Piriform Syndrom **G. Solarino (Bari)**
- 15.10 Us guided hyaluronic Acid intra - articular injections **A. Valent (Modena)**
- 15.20 Discussion

SESSION 5 MAINLECTURE

Chairman: F. Oliva, P. Ruggieri

- 15.30 Advances and new technologies in ligaments. Biomechanical applications **B. Innocenti (Belgio)**

COFFEE BREAK

SESSION 6 MANAGEMENT OF SCAPULAR DYSKINESIA

Chairman: A. Aliprandi, R. Rotini, M. Spoliti

- 16.10 Shoulder pain and scapular dyskinesia evaluation **F. Inglese (Forlì)**
- 16.20 Proposal for a new clinical classification of scapular dyskinesia and its treatment **D. Creta (Bologna)**
- 16.30 Rotator cuff weakness in overhead athletes with scapular dyskinesia **M. Conti (Milano)**
- 16.40 3D kinematics and EMG analisys of scapular dyskinesia and the role of functional scapular brace **G. Fiumana (Forlì)**
- 16.50 Injection treatment of shoulder joints bursitis **S. Galletti (Bologna)**
- 17.00 From arthroscopic to open surgical treatment of scapular dyskinesia **G. Merolla (Cattolica)**
- 17.10 Cuff-tear arthroscopic trans-osseous repair: when and how **M. A. Verdano (Parma)**
- 17.20 Discussion

SESSION 7 CLINICAL APPLICATIONS OF VIBRATION THERAPY IN ORTHOPAEDIC PRACTICE

Chairman: R. Brianti, C. Costantino, R. Saggini

- 17.30 Good and bad vibrations in musculoskeletal biological processes **R. Saggini (Chieti)**
- 17.40 Mechanical vibrations in post-surgery rehabilitation **S. Rossi (Roma)**
- 17.50 The role of mechanical vibrations in the management of strenght, endurance and athletic gesture in elite athletes **D. Gratia (Parigi)**
- 18.00 Discussion

CONGRESS INAUGURATION AND 6 YEARS I.S.Mu.L.T.

- 18.10 **N. Maffulli, F. Oliva, A. Frizziero, C. Costantino, E. Vaienti, F. Ceccarelli**

- 21.00 **GALA DINNER**

SESSION 8 UPDATES OF TENDON FLEXORS INJURIES

Chairman: M. Corradi, F. Pogliacomì, E. Rinaldi

- 08.30 Historical overview: hand and MuLT injuries **A. Pedrazzini (Casalmaggiore)**
08.40 Instrumental diagnosis of tendon flexors injuries **E. Silvestri (Genova)**
08.50 Clinical assessment and treatment in acute lesions **M. Lando (Modena)**
09.00 Management of complex associated lesions **L. Vaienti (Milano)**
09.10 Treatment in chronic lesions and complications **D. Ciclamini (Torino)**
09.20 Rehabilitation guidelines and regimen **S. Tocco (Parma)**
09.30 Discussion

SESSION 9 MAINLECTURE

Chairman: A. C. Berardi, M. Fini

- 09.40 Somatic stem cells: new possible applications in regenerative medicine **S. Piccolo (Padova)**

COFFEE BREAK

SESSION 10 MAINLECTURE

Chairman: N. Maffulli, F. Oliva

- 10.10 Arthroscopic release of restricted mobility of the elbow **M. Krochmalski (Polonia)**

SESSION 11 WHAT'S NEW ABOUT TENDONS

Chairman: F. Oliva, L. Di Lorenzo, U. Tarantino

- 10.30 Hormones and tendinopathies: the current evidence **F. Vittadini (Padova)**
10.40 Biological therapies for tendon regeneration: in vitro co-culture models **F. Veronesi (Bologna)**
10.50 When tendinopathy is conservative and when is surgical **N. Maffulli (Salerno)**
11.00 Injectable collagenase clostridium histolyticum as a non surgical treatment for Dupuytren's disease **F. Bassetto (Padova)**
11.10 Diabetes mellitus and calcific tendinopathy. "may hyperglycemia induce osteogenic differentiation of MSCs?"
A. Gaià Via (Torino)
11.20 Bethametasone valerate medicated plaster on painful chronic elbow tendinopathy **A. Frizziero (Padova)**
11.30 Discussion

PARALLEL SESSION - Conference Room

- 12.00 Meeting SOFAR

SESSION 12 WHAT'S NEW ABOUT MUSCLES INJURIES

Chairman: R. Gimigliano, G. Massazza

- 11.40 New classification of muscles injuries **A. Del Buono (Parma)**
11.50 Lower limb muscles injuries: clinical evaluation and therapeutic options **G. Nanni (Bologna)**
12.00 Muscular evaluation and sport activity in haemophilia **R. Polo (Parma)**
12.10 PRP for muscles injuries Barcà experience **L. Til (Barcellona)**
12.20 What's wrong in acute muscle injury management **G. Melegati (Milano)**
12.30 The Role of US and MRI in muscle injuries **G. Pasta (Parma)**
12.40 The soft tissue sarcoma **P. Ruggieri (Padova)**
12.50 Discussion

LUNCH

SESSION 13 MAIN LECTURE**Chairman: N. Maffulli**

14.00 WHAT'S NEW ABOUT ACL RECONSTRUCTION IN ATHLETES **G. Cerulli (Roma)**

SESSION 14 ACL RECONSTRUCTION**Chairman: G. F. Trinchese, P. Volpi**

14.20 Fixation strenght of suspensory devices compair to native ACL **A. Tripodo (Forte dei Marmi)**

14.30 Incidence of OA in ACL: deficient and reconstructed **A. Ferretti (Roma)**

14.40 Healing of reconstructed ACL monitoring with MRI **A. Bellelli (Roma)**

14.50 Primary repair of ACL: any future? **S. Bisicchia (Roma)**

15.00 How to manage ACL coopors and no coopors during rehabilitation **A. Forte (Salerno)**

15.10 Discussion

ISMULT & IBSA FONDATION "AWARD 2016"

15.20 **Committee: N. Maffulli, F. Oliva, A. Frizziero, B. Innocenti, J. Padulo**

COFFEE BREAK**SESSION 15 MAINLECTURE****Chairman: N. Maffulli**

16.00 10 things to avoid when treating patellar instability **D. Kader (UK)**

SESSION 16 FOOT AND ANKLE**Chairman: M. De Filippo, S. Giannini, F.Treia**

16.20 Ligaments and tendons evaluation in the ankle mechanics **A. Leardini (Bologna)**

16.30 Dinamic imaging of tendons and ligaments of the ankle **M. Zappia (Campobasso)**

16.40 When and how open surgical treatment in the Achilles tendon ruptures **F. Ceccarelli (Parma)**

16.50 Functional Weigth-bearing mobilization after achilles tendon ruptures **F. Ranuccio (Catanzaro)**
/P. Hackermann (Stoccolma)

17.00 Orthosis in the ligaments and tendons diseases of the foot and ankle **D. Vittore (Brindisi)**

17.10 Effects on foot-ankle complex of physical activity in junior-seniors: benefits and overload **L. Berti (Bologna)**

17.20 Discussion

SESSION 17 POSTURAL'S WAY AND CORE STABILITY**Chairman: R. Deli, C. Foti**

17.30 What is core stability and why is it important? **S. Bisicchia (Roma)**

17.40 Effects of a global postural reeducation program in athletes **C. Costantino (Parma)**

17.50 Core stability exercises for low back pain in athletes **S. Masiero (Padova)**

18.00 Injury Illness Surveillance program in a league from middle-east: the ASPREV experience **K. Chamari (Qatar)**

18.10 Occlusion modifications and posture **M. Ronchin (Mestre)**

18.20 Discussion

CLOSED REMARKS

Congress Venue

Centro Congressi - Auditorium Niccolò Paganini

via Toscana 5/a - 43100 Parma

Official Language

Italian. Italian/English and vice versa simultaneous translation will be provided

Registration Fees

	I. S.Mu.L.T. Members	No Members
Participants	100€	200€

Bank transfer addressed to **I. S.Mu.L.T.**

Banca Popolare di Sondrio

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BIC/SWIFT POSOIT22XXX

Social event

Dinner 50€

It will take place on Friday Dicembre 2 nd at Grand Hotel de la Ville

I.S.Mu.L.T. annual Membership

Annual fee (12 months) 50€

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Registration Tool

Registration form must be completed online, it is available on

www.ismult.com

Accepted payment methods available online.

Event n. 173573

13 CME CREDITS available for Physician: rehabilitation medicine specialist, sport physicians, surgeons, rheumatologists, orthopedics and traumatology specialists, orthopedists, radiologists; x-ray technicians, Physiotherapists.

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