Two awards ok € 1,500 - to young first authors (below 40 yrs) of the best research presented as POSTER. Sponsored by IBSA Foundation for Scientific Research, Switzerland.
FRIDAY, 2 DECEMBER

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. Pogliacomi

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. Osognach (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 intraarticular injections”. C. Schiraldi (Napoli)

ISMuLT 2016 GUIDELINES


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 prospective 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 Syndrome  M. Panasci (Roma)
14.40 Hamstring Syndrome  F. Benazzo (Pavia)
14.50 Snapping Hip  D. Munegato (Monza)
15.00 Pyriform Syndrome  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 analysis 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-ear 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. Pogliacomi, E. Rinaldi*

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<tr>
<th>Time</th>
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<tr>
<td>08.30</td>
<td>Historical overview: hand and MuLT injuries</td>
<td>A. Pedrazzini (Casalmaggiore)</td>
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<td>08.40</td>
<td>Instrumental diagnosis of tendon flexors injuries</td>
<td>E. Silvestri (Genova)</td>
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<td>08.50</td>
<td>Clinical assessment and treatment in acute lesions</td>
<td>M. Lando (Modena)</td>
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<td>09.00</td>
<td>Management of complex associated lesions</td>
<td>L. Vaienti (Milano)</td>
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<td>09.10</td>
<td>Treatment in chronic lesions and complications</td>
<td>D. Ciclamini (Torino)</td>
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<td>09.20</td>
<td>Rehabilitation guidelines and regimen</td>
<td>S. Tocco (Parma)</td>
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<td>09.30</td>
<td>Discussion</td>
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### SESSION 9  MAINLECTURE  
*Chairman: A. C. Berardi, M. Fini*

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<th>Time</th>
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<tbody>
<tr>
<td>09.40</td>
<td>Somatic stem cells: new possible applications in regenerative medicine</td>
<td>S. Piccolo (Padova)</td>
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**COFFEE BREAK**

### SESSION 10  MAINLECTURE  
*Chairman: N. Maffulli, F. Oliva*

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<th>Time</th>
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<tr>
<td>10.10</td>
<td>Arthroscopic release of restricted mobility of the elbow</td>
<td>M. Krochmalski (Polonia)</td>
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### SESSION 11  WHAT'S NEW ABOUT TENDONS  
*Chairman: F. Oliva, L. Di Lorenzo, U. Tarantino*

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

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<tr>
<td>12.00</td>
<td>Meeting SOFAR</td>
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### SESSION 12  WHAT'S NEW ABOUT MUSCLES INJURIES  
*Chairman: R. Gimigliano, G. Massazza*

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<th>Time</th>
<th>Topic</th>
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<tr>
<td>11.40</td>
<td>New classification of muscles injuries</td>
<td>A. Del Buono (Parma)</td>
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<td>11.50</td>
<td>Lower limb muscles injuries: clinical evaluation and therapeutic options</td>
<td>G. Nanni (Bologna)</td>
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<td>12.00</td>
<td>Muscular evaluation and sport activity in haemophilia</td>
<td>R. Polo (Parma)</td>
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<td>12.10</td>
<td>PRP for muscles injuries Barcà experience</td>
<td>L. Til (Barcellona)</td>
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<td>12.20</td>
<td>What’s wrong in acute muscle injury management</td>
<td>G. Melegati (Milano)</td>
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<td>12.30</td>
<td>The Role of US and MRI in muscle injuries</td>
<td>G. Pasta (Parma)</td>
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<td>12.40</td>
<td>The soft tissue sarcoma</td>
<td>P. Ruggieri (Padova)</td>
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<td>12.50</td>
<td>Discussion</td>
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**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 strength of suspensory devices compared 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 coopers and no coopers 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  MAIN LECTURE
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 Dynamic 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 Weight-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 N[icco|ò Pagan|n]i
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
IBAN IT62P0569639140000002826X01
BIC/SWIFT POSOIT22XXX

Social event
Dinner  50€
It will take place on Friday December 2nd 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.

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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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