



# 6° I.S.Mu.L.T. Congress

Advances and new technologies  
in muscles, ligaments and tendons

Parma, December 2nd - 3rd 2016

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## 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. 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 (Forli)**
- 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 (Forli)**
- 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**

## SATURDAY, 3 DECEMBER

### 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 rease 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 Bethametasonè 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 Barcã 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 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** **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.

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## Social event

Dinner 50€

It will take place on Friday Decembre 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.

**General information**

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