



Università degli Studi di Firenze



Azienda Ospedaliero Universitaria Careggi

Postgraduate School in Sports Medicine - University of Florence
Chief: Prof. Giorgio Galanti



4th European Meeting on Sports Medicine and Exercise

*"what to know and
how to do it"*

22nd - 23rd March 2013

Florence
Palagio di Parte Guelfa

Patronage



22nd MARCH

08.30 - 09.30 Registration

1st SESSION

Chairs: *F. Ferretti, S. Fiorini*

09.30 Premier League experience: first aid on the pitch
E. Carneiro

09.50 - 11.05 New trends in soccer training
E. Marra, C. Savoia, F. Tafani

11.05 News on PRP therapy
P. Biosca

11.30 Coffee Break

2nd SESSION

Chairs: *L. Liverani, M. Gulisano*

12.00 Hydration and cognitive function
L. Stefani

12.15 Nutrition in young athlete
G. Buti, I. Scacciati

12.30 Food intolerance : mith or facts?
O. Rossi

12.45 Nutrition in the day match
F. Marzatico

Controversies in Sports Medicine: the supplementation

13.00 Is supplementation necessary? Yes
F. Angelini

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13.20 Is supplementation necessary? No
M. Giampietro

13.40 Discussion

14.00 Light Lunch

3rd SESSION

Chairs: N. Armentano, C. Rostagno

15.00 Over and bad training: clinical aspects
G. Galanti

15.20 News in diagnostic methods
G. Monetti

15.40 Ethics and sports
P. Cattorini

4th SESSION

Chairs: N. Mochi, A. Pizzi

16.00 Psychological profile can help in soccer?
L. Belloni, L. Amoroso

16.15 Hamstring strain injuries, strategies for prevention and rehabilitation
M. Bertoni

16.30 Pulmonary edema and marathon
M. Pistolesi

16.45 Discussion

17.00 Coffee Break

5th SESSION

Chairs: S. Favilli, S. Mininni

- 17.15** Youngs and sports medical emergencies
V. Di Tante, V. Vergine, L. Pengue
- 17.30** Injuries in young athletes
M. Fioriti
- 17.45** Pharmacological and strumental therapy in soccers
P. Manetti
- 18.00** Discussion
- 18.30** Opening Cerimony and Cocktail

23rd MARCH

6th SESSION

Chairs: P. Pasquetti, C. Rigo

- 09.00** The use of GPS for football players
A. Alteribba
- 09.20** The importance of the genetic component in injury
R. Pruna, R. Artells
- 10.00** Supplementation in athletes: strength and weakness
J. Ribas
- 10.20** Injury prevention: the role of Team Doctor
A. Causarano
- 10.40** Muscular lesions and soccer
L. Stefanini
- 11.00** Discussion
- 11.30** Coffee Break

7th SESSION

Chairs: L. Felli, G. Serni

Return to competition after:

- | | |
|-------|---|
| 12.00 | Meniscal injury
<i>G. Guido</i> |
| 12.20 | ACL injury
<i>G. Zanon, F. Combi</i> |
| 12.40 | Severe muscle injury
<i>G. Cerulli</i> |
| 13.00 | Extensor tendon injury
<i>C. Bait</i> |
| 13.20 | Cartilage fracture
<i>F. Giron</i> |
| 13.40 | Conclusion
<i>M. Innocenti</i> |
| 14.00 | Light lunch |
| 14.45 | Round Table
Soccer to-day
<i>E. Bucchioni</i> |



General Information

Congress Venue

Palagio di Parte Guelfa
Piazza Di Parte Guelfa 1
50123 Florence

Palagio di Parte Guelfa is located in the centre of Florence, in the pedestrian precinct. It is recommended to park at the paying underground car park at Santa Maria Novella railway station.

For italian participants

E.C.M Regionale
N. accreditamento 9032012035761

La regione toscana ha attribuito 7 crediti formativi valevoli su territorio nazionale e riconosciuti dal Ministero della Salute.

L'attestato con i crediti formativi sarà successivamente inviato ai partecipanti avente diritto a cura della U.O. Formazione dell'Azienda Ospedaliera Universitaria di Careggi.

Faculty

Albert Alteriba, <i>Barcelona-SP</i>	Massimo Gulisano, <i>Florence</i>
Luca Amoroso, <i>Florence</i>	Massimo Innocenti, <i>Florence</i>
Fabrizio Angelini, <i>Empoli-Fi</i>	Lorenzo Liverani, <i>Florence</i>
Nicola Armentano, <i>Florence</i>	Paolo Manetti, <i>Florence</i>
Rosa Artells, <i>Barcelona-SP</i>	Emanuele Marra, <i>Florence</i>
Corrado Bait, <i>Milan</i>	Fulvio Marzatico, <i>Pavia</i>
Laura Belloni, <i>Florence</i>	Simone Mininni, <i>Florence</i>
Maurizio Bertoni, <i>Florence</i>	Nicola Mochi, <i>Pistoia</i>
Paco Biosca, <i>London-UK</i>	Giuseppe Monetti, <i>Florence</i>
Enzo Bucchioni, <i>Florence</i>	Pietro Pasquetti, <i>Florence</i>
Gabriella Buti, <i>Florence</i>	Luca Pengue, <i>Florence</i>
Eva Carneiro, <i>London-UK</i>	Massimo Pistolesi, <i>Florence</i>
Paolo Cattorini, <i>Varese</i>	Angelo Pizzi, <i>Viareggio-Lu</i>
Andrea Causarano, <i>Siena</i>	Ricard Pruna, <i>Barcelona-SP</i>
Giuliano Cerulli, <i>Perugia</i>	Jordi Ribas, <i>Barcelona-SP</i>
Franco Combi, <i>Milan</i>	Claudio Rigo, <i>Udine</i>
Valentina Di Tante, <i>Florence</i>	Oliviero Rossi, <i>Florence</i>
Silvia Favilli, <i>Florence</i>	Carlo Rostagno, <i>Florence</i>
Lamberto Felli, <i>Genoa</i>	Cristian Savoia, <i>Florence</i>
Ferretto Ferretti, <i>Milan</i>	Irene Scacciati, <i>Florence</i>
Stefano Fiorini, <i>Florence</i>	Giovanni Serni, <i>Florence</i>
Massimo Fioriti, <i>Florence</i>	Laura Stefani, <i>Florence</i>
Giorgio Galanti, <i>Florence</i>	Luca Stefanini, <i>Turin</i>
Michelangelo Giampietro, <i>Rome</i>	Fabrizio Tafani, <i>Florence</i>
Francesco Giron, <i>Florence</i>	Vincenzo Vergine, <i>Florence</i>
Giulio Guido, <i>Pisa</i>	Giacomo Zanon, <i>Pavia</i>

Chair Persons

Sandro Mencucci
ACF Fiorentina CEO

Gianfranco Gensini
Faculty Medicine's Dean

Valtere Giovannini
General Manager AOU Careggi

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Presented by



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