



Azienda Ospedaliero Universitaria Careggi



Università degli Studi Firenze
Dipartimento di Medicina Sperimentale e Clinica

Scuola di Specializzazione di Medicina dello Sport - Agenzia di Medicina dello Sport e dell'Esercizio
Direttore Prof. Giorgio Galanti

CHAIR PERSONS

Monica Calamai
General Manager AOUC Careggi

Sandro Mencucci
ACF Fiorentina CEO

Dario Nardella
Member of Italian Parliament

Corrado Poggesi
*Chief Department of Experimental
and Clinical Medicine*

Stefania Saccardi
Florence Deputy Mayor



5th European Meeting on Sports Medicine and Exercise

“what to know and how to do it”

Artemio Franchi Stadium

Florence
February 6th-7th 2014

6th February 2014

08.30 Registration

1st SESSION

Chairs: R. Colli, A. Pizzi

09.00 New trends in soccer training
M. Marella

09.15 Training in elite athletes
R. Colli, E. Marra, C. Savoia

09.30 Evaluation and tests for injury prevention and functional rehabilitation
M. Bertoni, S. Lephart

09.45 Hydration and soccer
L. Stefani

10.00 Discussion

2nd SESSION

Chairs: N. Mochi, L. Liverani

10.30 Nutrition in young athlete
G. Buti

10.45 Foods allergy and intolerance
O. Rossi

11.00 Nutrition in athletes
F. Marzatico

11.15 Supplementation in athletes: strength and weakness
J. Ribas

11.30 Discussion

3rd SESSION

Chairs: G. Gulisano, G. Serni

11.45 Body composition monitoring in soccer players
A. Causarano

11.30 BIA evaluation in athletes
G. Mascherini, I. Scacciati

12.00 Young and sport medical emergency
V. di Tante

12.15 The final step of young player
S. Fiorini, V. Vergine

Lecture

12.30 Practical management of sudden cardiac arrest on the football field
G. Galanti, L. Toncelli, L. Pengue

13.00 Adjourn

4th SESSION

Chairs: N. Armentano, S. Mininni

14.45 Psychological profile can help?
L. Belloni, L. Amoroso

15.00 Pulmonary aspects
M. Pistolesi

15.15 Urine sample to monitor muscular fatigue
A. Ognibene

15.30 Discussion

Lecture

Chair: I. Menchi

15.45 News in diagnostic methods in muscular ecography
G. Monetti

5th SESSION

Chairs: I. Menchi, G. Roselli

16.30 MRI advantages and limitations in Muscular lesions
S. Giannini

16.50 Injury prevention the role of team doctor
A. de Nicola

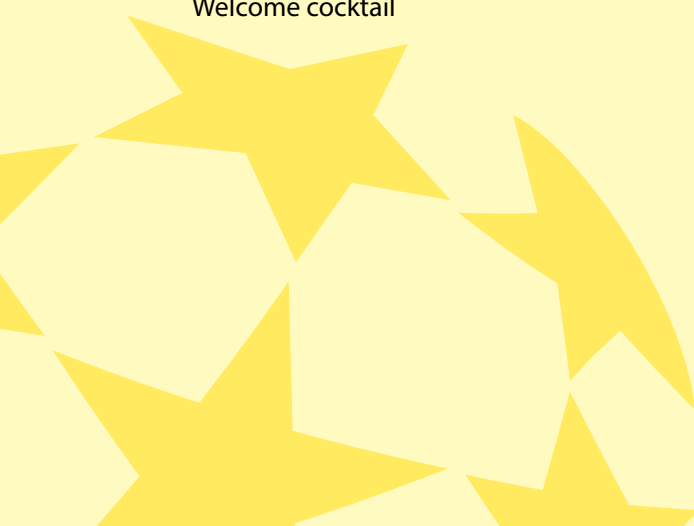
17.10 The right time of injuries recovery
F. Combi, G. Panico

17.30 Discussion

18.00 OPENING CERIMONY

M. Calamai, S. Mencucci, D. Nardella, C. Poggesi, S. Saccardi

Welcome cocktail



7th February 2014

Lecture

Chair: M. Innocenti

09.00 ACL reconstruction
P. Renstrom

6th SESSION

Chairs: L. Felli, M. Bertoni

09.30 The Original All-Inside Technique for ACL-R in Female Soccer Players: Biological and Mechanical Rationale and Long Term Follow-Up
G. Cerulli

09.50 News on PRP therapy
N. Maffulli

10.10 Apheresis and dedicated systems: experience and evolution in PRP injections
C. Mirabella

10.30 Sport return after muscular injuries
G. D'Apote, K. Tsapralis

10.45 Discussion

7th SESSION

Chairs: L. Pengue, P. Pasquetti

11.00 Meniscal lesions in athletes
M. Fioriti

11.15 Muscular lesions and soccer
L. Stefanini

11.30 Ankle lesion treatment in athletes
F. Giron

11.45 Instrumental therapy in athletes

P. Manetti

12.00 Neuromuscular and proprioceptive training vs strength training post ACL revision


L. Bongiorno, S. Dainelli

12.15 Discussion

12.45 CME questionnaire

13.00 Final conclusion

13.15 Light lunch



Workshops

Forum A

14.00 Workshop Sixtus Italia

14.45 Workshop Akern

Plenary Room

15.00 **1st Course in Ethics and Sports Medicine**

Chairs: P. G. Calà, R. Colombai

15.00 Introduction
G. Galanti

15.15 Tuscany health service and athletes protection
P. G. Calà

15.30 Forensic medicine's aspects
A. Bonelli

16.00 Ethics and Sports Medicine
P. M. Cattorini

17.00 Ethics and Sports
J. McNamee

18.00 Plenary Discussion

Forum B

14.00 Workshop Trainig Lab
Movement Preparation
Dynamic Warm Up

15.15 **1st Course "NURSING"
Physical Activity and Exercise
Introduction: G. Galanti**

15.15 Nursing in sports medicine
M. Cirilli

15.30 Clinical evaluation
S. Degli Innocenti

15.45 Exercise prescription
L. Stefani

16.00 Emergency in sports medicine
L. Toncelli

16.15 Urine analysis in sports medicine
M. Boddi

16.30 Pratical demonstrations
Chair: M. C. Vono
- Electrocardiogram
- Stress test
- Spirometry

GENERAL INFORMATION

CONGRESS VENUE

Artemio Franchi Stadium
Viale Manfredo Fanti, 4
(ingresso Tribuna d'Onore)
50137 Firenze
www.violachannel.tv/franchi-stadium.html

BY CAR:

For those arriving on the A1 Milan-Naples motorway, take the "Firenze Sud" exit. Continue for the entire Marco Polo viaduct, and then follow the signs for the stadium ('STADIO') which will be at the crossroads.

BY TRAIN:

The nearest station is "Firenze Campo di Marte" (400 meters from the stadium): upon exiting the station continue along Largo Gennarelli until the traffic lights. For those arriving at "Firenze Santa Maria Novella" station it is suggested to take a train heading towards "Campo di Marte" station

BY FLIGHT:

Amerigo Vespucci Airport Firenze and Galileo Galilei Airport (Pisa)

BY BUS:

From Florence city centre
("Santa Maria Novella" or "San Marco Square" stops)
take the number 7, 17 or 20

REGISTRATION FEE

€ 50,00 (VAT 22% included)

Registration fee includes:
admission to scientific session

- Congress kit
- Certificate of attendance
- CME certificate (only for Italian physicians)
- Coffee point
- Light lunch
- Welcome cocktail 06/02/2013
- N. 1 Workshop

**REGISTRATION IS ALSO AVAILABLE ON THE WEBSITE
WWW.MCRCONFERENCE.IT**

Congress Has 150 spaces available and they will be distributed on a first come first served basis.

Registration will be confirmed, in writing by the Organizing Secretariat.

Language: italian, english, spanish

Continuing Medical Education C.M.E
ONLY FOR ITALIAN PHYSICIANS

PROVIDER CME

MCR Conference S.r.l 489

Event Number 84363

assigned credits 9

The congress is accredited for the italian physicians only,
in accordance with existing national laws on CME.

Reserved to the following categories: Cardiology, General Medicine,
Nutritionist, Orthopedics, Physiotherapists, Sports Medicine

1st Course "NURSING" Physical Activity and Exercise

MCR Conference S.r.l 489

Event Number 84366

assigned credits 2,5

The congress is accredited for the italian physicians only,
in accordance with existing national laws on CME.

Reserved to the following categories: Nurses

Faculty

Luca Amoroso (Florence) Nicola Maffulli (Salerno)
Nicola Armentano (Florence) Paolo Manetti (Florence)
Agostino Ognibene (Florence) Mario Marella (Florence)
Rosa Artells (Barcelona - SP) Emanuele Marra (Florence)
Laura Belloni (Florence) Fulvio Marzatico (Pavia)
Maurizio Bertoni (Florence) Giancarlo Mascherini (Florence)
Maria Boddi (Florence) Michael McNamee (Swansea)
Aurelio Bonelli (Florence) Nicola Mechi (Pistoia)
Luke Bongiorno (New York – USA) Ilario Menchi (Florence)
Gabriella Buti (Florence) Carlo Mirabella (Florence)
Pier Giuseppe Calà (Florence) Giuseppe Monetti (Bologna)
Paolo Marino Cattorini (Varese) Simone Mininni (Florence)
Andrea Causarano (Siena) Agostino Ognibene (Florence)
Giuliano Cerulli Perugia Giorgio Panico (Milan)
Massimo Cirilli (Florence) Pietro Pasquetti (Florence)
Roberto Colli (Rome) Luca Pengue (Florence)
Renato Colombai (Empoli – FI) Massimo Pistolesi (Florence)
Franco Combi (Milan) Angelo Pizzi (Viareggio - LU)
Stefano Dainelli (Florence) Ricard Pruna (Barcelona - SP)
Giulia D' Apote (Bologna) Per Renström (Stockholm, SW)
Alfonso De Nicola (Naples) Jordi Ribas (Barcelona - SP)
Sonia Degl'Innocenti (Firenze) Giuliana Roselli (Florence)
Valentina Di Tante (Florence) Oliviero Rossi (Florence)
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Francesco Giron (Florence) Loira Toncelli (Florence)
Massimo Gulisano (Florence) Kyriakos Tsapralis (Bologna)
Massimo Innocenti (Florence) Vincenzo Vergine (Florence)
Scott Lephart (Pittsburg – PA USA) Roberta Vono (Florence)
Lorenzo Liverani (Firenze)

Presented by



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