



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*



# 5<sup>th</sup> European Meeting on Sports Medicine and Exercise

***“what to know and how to do it”***

***Artemio Franchi Stadium***

***Florence***  
***February 6<sup>th</sup>-7<sup>th</sup> 2014***

# 6<sup>th</sup> February 2014

**08.30** Registration

## **1<sup>st</sup> 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

## **2<sup>nd</sup> 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

### **3<sup>rd</sup> 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

### **4<sup>th</sup> 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**

## **5<sup>th</sup> 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**

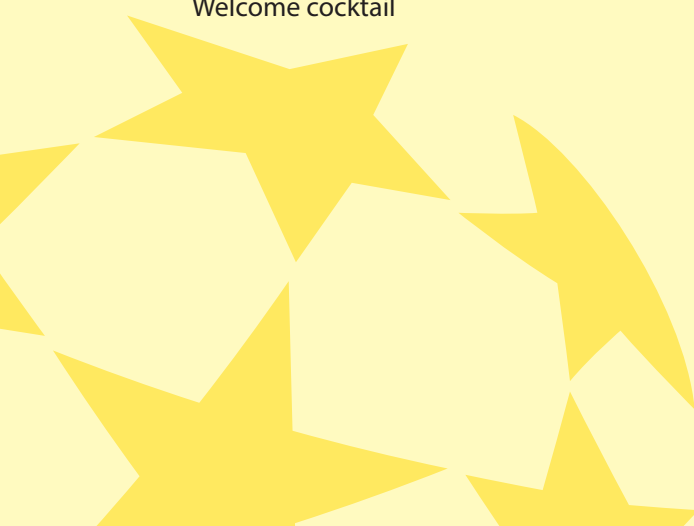
**17.10** The right time of injuries recovery  
**F. Combi, G. Panico**

**17.30** Discussion

## **18.00 OPENING CERIMONY**

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

Welcome cocktail



# 7<sup>th</sup> February 2014

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## Lecture

*Chair: M. Innocenti*

**09.00** ACL reconstruction  
*P. Renstrom*

## 6<sup>th</sup> 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

## 7<sup>th</sup> SESSION

*Chairs: L. Pengue, P. Pasquetti*

**11.00** Meniscal lesions in athletes  
*M. Fioriti*

**11.15** Muscular lesions and soccer  
*L. Stefanini, S. Suraci*

**11.30** Ankle lesion treatment in athletes  
*F. Giron*

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**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** **1<sup>st</sup> 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** **1<sup>st</sup> 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](http://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

#### **1<sup>st</sup> 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)	Gabriele Mascherini (Florence)
Maria Boddi (Florence)	Michael McNamee (Swansea - UK)
Aurelio Bonelli (Florence)	Nicola Mochi (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)
Lamberto Felli (Genua)	Cristian Savoia (Florence)
Stefano Fiorini (Florence)	Irene Scacciati (Florence)
Massimo Fioriti (Florence)	Giovanni Serni (Florence)
Giorgio Galanti (Florence)	Laura Stefani (Florence)
Silvana Giannini (Rome)	Luca Stefanini (Turin)
Francesco Giron (Florence)	Suraci Stefano (Turin)
Massimo Gulisano (Florence)	Loira Toncelli (Florence)
Massimo Innocenti (Florence)	Kyriakos Tsapralis (Bologna)
Scott Lephart (Pittsburg – PA USA)	Vincenzo Vergine (Florence)
Lorenzo Liverani (Firenze)	Roberta Vono (Florence)

Presented by



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## **ORGANIZING SECRETARIAT**



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