3rd INTERNATIONAL SPORTS REHAB MEETING

KEY PERFORMANCE INDICATORS FROM INJURY TO RTS

The Full Practical Guide

NOVEMBER | 21-22 | 2026

Innovation Campus

Milan, Italy

3rd INTERNATIONAL SPORTS REHAB MEETING

KEY PERFORMANCE INDICATORS FROM INJURY TO RTS

The Full Practical Guide

#ISMR26 - OVERVIEW DAY 1 November 21, 2026

TIME	'AUDITORIUM' ROOM	'OLYMPIC' ROOM
9.00 – 10.45	SESSION #1 **MUSCLE & TENDON**	SESSION #5 **KNEE #1**
10.45 – 11.15	BREAK	
11.15 – 12.55	SESSION #2 **KNEE #2**	SESSION #6 **HIP & GROIN**
12.55 – 14.30	LUNCH BREAK	
14.30 – 15.45	SESSION #3 **SHOULDER #1**	SESSION #7 **FOOT & ANKLE #1**
15.45 – 16.15	BREAK	
16.15 – 17.30	SESSION #4 **FOOT & ANKLE #2**	SESSION #8 **SHOULDER #2**
17.30 – 18.00	**ROUND TABLE**	**ROUND TABLE**
19.30 – 20.30	NETWORKING SESSION	
20.30 – 22.00	DINNER	
22.00 – ahead	#ISRM2026 PARTY	

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#ISMR26 - OVERVIEW DAY 2 November 22, 2026

TIME	'AUDITORIUM' ROOM	'OLYMPIC' ROOM
8.30 – 10.50	SESSION #9 **STRENGTH & CONDITIONING**	SESSION #11 **ENHANCING RECOVERY**
10.50 – 11.20	BREAK	
11.20 – 13.20	SESSION #10 **KNEE #3**	SESSION #12 **BACK & SPINE**
13.20 – 14.45	LUNCH BREAK	
14.45 – 16.00	**WORKSHOPS A-B-C**	
16.00 – 16.30	BREAK	
16.30 – 17.45	**WORKSHOPS A-B-C**	

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Scientific Commitee: **Sebastiano Nutarelli, Gabriele Thiebat, Marco Freschi, Paolo Perna**

9.00 #ISRM26 OPENING

SESSION #1 – MUSCLE & TENDON
Moderators: **Lorenzo Brambilla, Kristian Thorborg**

9.05 – 9.25: Marco Freschi
Non-Negotiable Steps in Acute Muscle Injury Managment Thinking Forward to Early Rehabilitation: the Point of View of a Serie A Team Head of Medical Team

9.27 – 9.47: Lasse Lempainen
Proximal & Distal Muscle-Tendon Hamstring Injuries in Professional Soccer Players: Early Surgical Indications to Optimize Rehabilitation from the Surgeon's Point of View

9.49 – 10.09: Paolo Perna
Return to Play Criteria Following Hamstring Injuries in Professional Football

10.11 – 10.31: Fearghal Kerin
T-Junction Hamstring Injury Rehabilitation

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SESSION #1 – MUSCLE & TENDON
Moderators: **Lorenzo Brambilla, Kristian Thorborg**

10.33 – 10.41: Salvatore Di Liberto *(oral presentation)*
Return to Sport Decision-making After Hamstring Strain Injury in Professional Football: Athlete and Stakeholder Perspectives

10:43 – 11.15 BREAK

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SESSION #2 – KNEE #2
Moderators: **Gabriele Thiebat, Pierfrancesco Bettinsoli**

11.15 – 11.23: Filippo Picinini *(oral presentation)*
A Worldwide Survey of Current On-Field Rehabilitation Practices For Anterior Cruciate Ligament Reconstruction in 11-a-Side Football: Insights from 213 practitioners

11.25 – 11.45: Alberto Grassi
Not All Meniscal Tears and Surgical Repairs Are the Same: Contextualizing Rehabilitation for a Better Outcome

11.47 – 12.07: Peter Verdonk
ACL Reconstruction Combined with Lateral Extra-Articular Tenodesis - Not Just a Trend: Clinical-Decision Making, Effects on Joint Laxity, RTS and Failure Rates

12.09 – 12.29: Tim Hewett
Novel Methods for Monitoring RTS After ACL Recostruction

12.31 – 12.51: Sebastiano Nutarelli
When Things Go South After Knee Surgery: The Stiff Knee - a Call for Action for Clinicians Based on the International Arthrofibrosis Association 2026 Position Statement

12.53 – 14.30: LUNCH BREAK

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SESSION #3 – SHOULDER #1
Moderators: **Alessandro Corsini, Ben Ashworth**

14.30 – 14.38: Ahmed A. Khalil *(oral presentation)*
Effect of Transfer Energy Capacitive Resistive Therapy on Shoulder Pain and Function in Shoulder Impingement Syndrome

14.40 – 15.00: Andrew Wallace
Management of the Unstable Shoulder in Professional Sport: Algorithm for Surgical Intervention and Rehabilitation

15.02 – 15.22: Edel Fanning
Shoulder Instability: KPI's for Returning to Contact and Collision Sports

15.24 – 15.44: Martin Asker
Diagnosing the Overhead Shoulder: an Objective Practical Approach

15.46 – 16.15: BREAK

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SESSION #4 – FOOT & ANKLE COMPLEX #2
Moderators: **Matteo Guelfi, Colin Griffin**

16.15 – 16.23: Alessandro Pisano *(oral presentation)*
Spontaneous Healing of Neglected Achilles Tendon Ruptures can be Observed After Isolated Minimally Invasive Flexor Hallucis Longus transfer: Predictors of Functional Outcomes in a Single-center Prospective Series

16.25 – 16.45: Paolo Fiore
Diagnosis and Management of Foot & Ankle Stress Fractures in Athletes: State of the Art

16.47 – 17.07: Eamonn Delahunt
Challenging Current Understandings of and Evidence for Ankle Sprain Rehabilitation

17.09 – 17.29: Paolo Artina
Reliable Assessment of Calf Strength and Capacity

17.29 – 18.00: Round table:
Let's be Objective About Multidisciplinary Work with Athletes: Shouldn't We Improve to Actually Deliver Better Care?
Moderators: **Loris Perticarini, Eric Hamrin Senorski**

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SESSION #4 – FOOT & ANKLE COMPLEX #2
Moderators: **Matteo Guelfi, Colin Griffin**

18.00 END OF #ISRM26 1st DAY

19.30 – 20.30: Networking session at the Bistrot South Garage – Milan, Italy

20.30 – 22.00: Dinner at the Bistrot South Garage – Milan, Italy

22.00 – ahead: #ISRM26 Party at the Bistrot South Garage – Milan, Italy

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9.00 #ISRM26 OPENING

SESSION #5 – KNEE #1
Moderators: **Lorenzo Maria Maggioni, Luca Vergani**

9.05 – 9.25: Markus Walden
Incidence of Hamstring and Quadriceps Muscle Injuries After RTS from ACL Reconstruction with Patellar and Hamstring Tendon Autografts in Pro Male Soccer Players: State of the Art with an Analysis of Possible Causes

9.27 – 9.47: Francesca De Caro
Cartilage Lesions of Professional Athletes' Knees: Challenges, Science-Based Decision Making, and Pivotal Indications for Successful Rehabilitation

9.49 – 10.09: Florian Forelli
Criteria-Based, Safe and Effective Introduction of Open Kinetic Chain Exercises After ACL Reconstruction

10.11 – 10.31: Ramana Piussi
Beyond the Ligament: What Qualitative Research Shows about Life After an ACL Injury

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SESSION #5 – KNEE #1
Moderators: **Lorenzo Maria Maggioni, Luca Vergani**

10:33 – 10.41: Federico Cintolesi *(oral presentation)*
Kinematic Analysis of Changes in Direction After Return to Sport Following Anterior Cruciate Ligament Reconstruction: Normal Conditions Vs Cognitive Load Vs Visual Perturbation: a Cross Sectional Study

10:43 – 11.15: BREAK

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SESSION #6 – HIP & GROIN
Moderators: **Marco Freschi, Florian Forelli**

11.15 – 11.23: Afxentios Kekelekis *(oral presentation)*
From Tissue Recovery to Match Exposure: Load Progression and Return-to-performance Decision-Making After Hip and Groin Injury in Soccer

11.25 – 11.45: Per Holmich
Can We Predict Outcomes in Hip Arthroscopy? A Decision-Making Framework

11.47 – 12.07: Alberto Fioruzzi
Hip Instability: a Diagnostic Challenge with Major Consequences

12.09 – 12.29: Kristian Thorborg
Exercise and Load Management of Adductor Strains, Adductor Ruptures, and Long-Standing Adductor-Related Groin Pain: Science-Based KPIs for a Successful Rehabilitation

12.31 – 12.51: Luca Vergani
Rebuilding Field Exposure After Inguinal Related Groin Pain in Elite Footballers: A Constraint-Based and Data-Informed Framework for RTP

12.53 – 13.01: Mirko Cermesoni *(oral presentation)*
Normative Values for Hip Muscle Strength and Range of Motion in Young Female Volleyball Players

13.03 – 14.30 LUNCH BREAK

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SESSION #7 – FOOT & ANKLE COMPLEX #1
Moderators: **Paolo Fiore, Eamonn Delahunt**

14.30 – 14.38: Alessandra Scarton *(oral presentation)*
Portable IMU-based jump height assessment: independent validation of the Gyko Pro against OptoJump and force plate

14.40 – 15.00: Matteo Guelfi
Lateral Ankle Instability: Clinical Decision-Making (Rehab Vs Surgery) and Indications for Optimal and Fast Rehabilitation from the Surgeon Point of View

15.02 – 15.22: Jordi Vega
Medial Ankle Instability: Clinical Decision-Making (Rehab Vs Surgery) and Indications for Optimal and Fast Rehabilitation from the Surgeon Point of View

15.24 – 15.44: Colin Griffin
KPI's in Athlete's Peak Lower-Leg Performance Reconditioning after Calf and Achilles Tendon Injury

15.46 – 16.15: BREAK

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SESSION #8 – SHOULDER #2
Moderators: **Furio Danelon, Edel Fanning**

16.15 – 16.23: Mario Gaetano Fioretti *(oral presentation)*
Innovative Designs and Materials in Sports-Related Hand Protective Splints: A Case Series

16.25 – 16.45: Giuseppe Porcellini
The Management of Rotator Cuff Tears in Athletes

16.47 – 17.07: Ben Ashworth
Key Performance Indicators for Shoulder Evaluation Impacting Return-to-Performance Decisions in Professional Baseball Players

17.09 – 17.29: Fabrizio Brindisino
KPIs to Advance in the Darkness: Rehabilitation of the Frozen Shoulder

17.29 – 18.00: Round table:
Who Decides What's Next After Injury in Sports? The Clinicians' Role To Foster and Respect Patients' Informed-Decisions
Moderators: **Paolo Perna, Markus Walden**

18.00 END OF #ISRM26 1st DAY

19.30 – 20.30: Networking session at the Bistrot South Garage – Milan, Italy

20.30 – 22.00: Dinner at the Bistrot South Garage – Milan, Italy

22.00 – ahead: #ISRM26 Party at the Bistrot South Garage – Milan, Italy

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SESSION #9 – STRENGTH & CONDITIONING / PERFORMANCE
Moderators: **Marco Beato, Gabriele Ceriani**

8.30 – 8.38: Andrea Spagnolo *(oral presentation)*
Longitudinal Monitoring of Eccentric Hamstring Strength During Fixture Congestion in Professional Football: No Evidence of Force Depression Despite Increased Match Frequency

8.40 – 8.48: Ayrton Moiroux-Sahraoui *(oral presentation)*
Validity and Reliability of Force–Velocity Profiles Using an Isokinetic Device

8.50 – 8.58: Matteo Romanazzi *(oral presentation)*
sEMG and Cycling Biomechanics for Return to Sport Assessment After Lower-limb Injury in Cyclists: a Narrative Review

9.00 – 9.20: Giuseppe Coratella
How to Incorporate the Nordic Hamstring Exercise in the Training Program

9.22 – 9.42: Marco Beato
Return to Play After Injuries in Football: Practical Considerations

9.44 – 10.04: Brad Schoenfeld
Optimizing Muscle Hypertrophy in Rehabilitation: Approaches that Work, Things We Are Unsure About, Interventions We Should Drop, and New Trends

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SESSION #9 – STRENGTH & CONDITIONING / PERFORMANCE
Moderators: **Marco Beato, Gabriele Ceriani**

10.06 – 10.26: Tommaso Piva
Football-Specific Vision Training to Reduce Reaction Time and Improve Oculomotor Function during End-Stage Rehabilitation

10.28 – 10.48: Luca Russo
KPIs to Maximize the Benefits of High-Intensity Interval Training in MSK Functional Reconditioning

10.50 – 11:20: BREAK

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SESSION #10 – KNEE #3
Moderators: **Alexander Meersseman, Sebastiano Nutarelli**

11.20 – 11.28: Nicolo' Migliori *(oral presentation)*
Effectiveness of Isoinertial Rehabilitation in Restoring Hamstring Strength Following Anterior Cruciate Ligament Reconstruction: a Randomized Controlled Trial

11.30 – 11.38: Claudia Nedelcu *(oral presentation)*
Effect of the Hockey Slideboard Training Combined With Blood Flow Restriction in the Rehabilitation Following Anterior Cruciate Ligament Surgical Reconstruction: a Randomized Controlled Trial

11.40 – 11.48: Luca Gigante *(oral presentation)*
The Impact of Specific Fatigue on Knee Stability in Anterior Cruciate Ligament Reconstructed Soccer Players During Single Leg Cross Drop Landing: a Pilot Study

11.50 – 12.10: Marco Delcogliano
A New Approach for Minimally Invasive Lateral Extra-Articular Tenodesis associated to ACL-Recostruction

12.12 – 12.32: Andrea Panzeri
Returning Professional Skiers on the Slopes After Knee Injury: KPI's Vs the Perfect Storm

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SESSION #10 – KNEE #3

Moderators: **Alexander Meersseman, Sebastiano Nutarelli**

12.34 – 12.54: Eric Hamrin Senorski

Time to RTS and Isokinetic Knee Flexion Strength Deficits at the Time of RTS After ACL Reconstruction do not Represent Risk Factors for Second ACL Injury: so, What Does?

12.56 – 13.16: Federico Bristot

Pragmatically Guiding Rehabilitation in Complex Knee Injuries in Winter Sports

13.18 – 14.45: LUNCH BREAK

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SESSION #11 – ENHANCING RECOVERY
Moderators: **Paola Vago, Federico Bristot**

8.30 – 8.50: Laura Mancin
Nutrition and Supplementation To Maximize Muscle Mass Recovery in Rehabilitation

8.52 – 9.00: Giuseppe Trentinella *(oral presentation)*
Adolescent Female Athletes Lose Explosive Lower Body Power and Motor Control After Completing a Simulated Soccer Match Participation: a Cross Sectional Study

9.02 – 9.10: Giovanni Postiglione *(oral presentation)*
The Fukuda Stepping Test as a Neuro-Postural Key Performance Indicator (KPI) in Elite Handball: A Pilot Study on Italian Top-Division Female Athletes

9.12 – 9.20: *(oral presentation)*
Presentation Title TBD

9.22 – 9.42: Maria Stergiou
Prevention Is Performance Under Stress: RTS KPIs for Decision-Making in Elite Sports

9.44 – 10.04: Mathias Thoelen
A Practical Guide to Prescribe Blood Flow Restriction Training in Rehabilitation Targeting Pain Reduction, Strength Recovery, and Endurance

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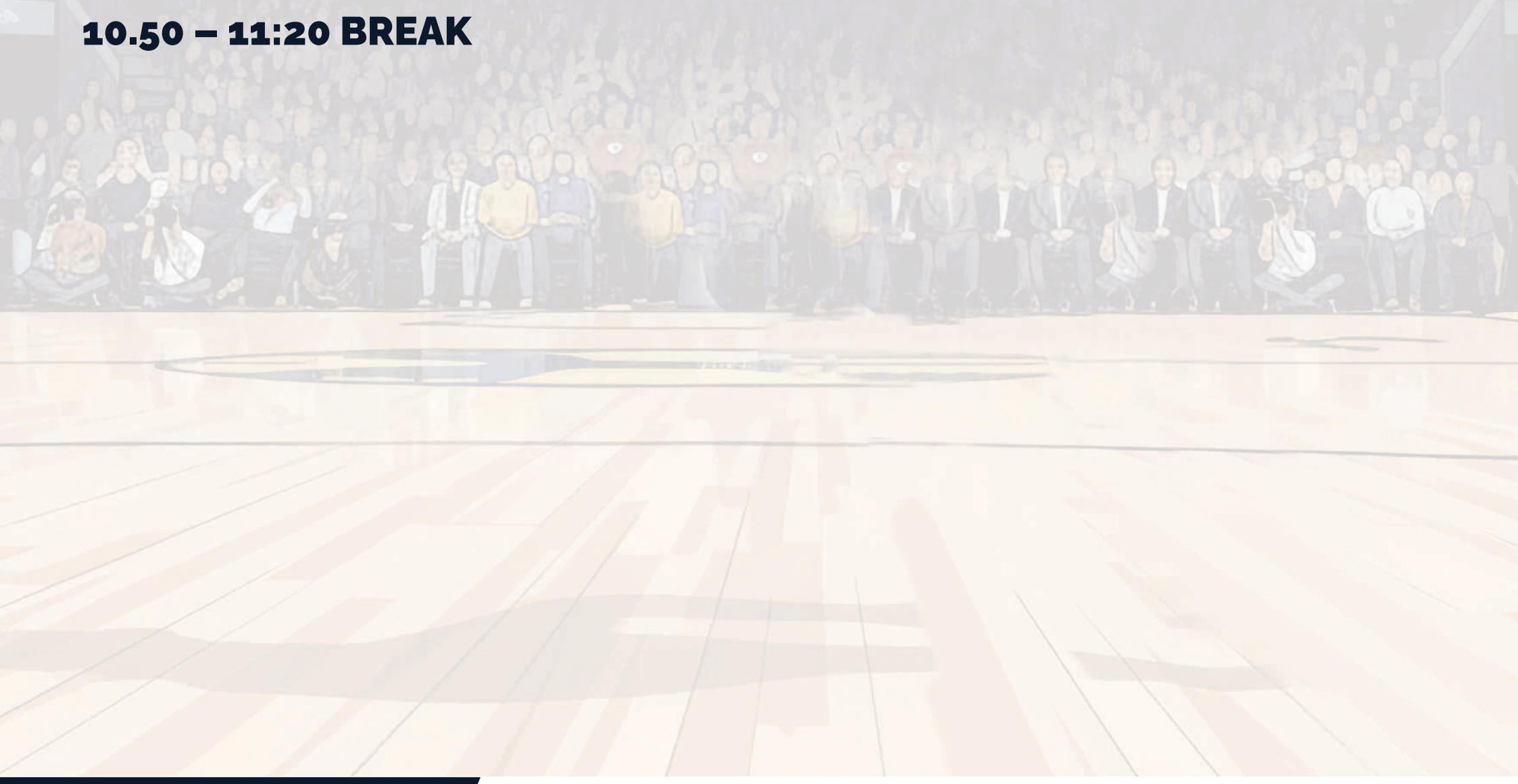
SESSION #11 – ENHANCING RECOVERY
Moderators: **Paola Vago, Federico Bristot**

10.06 – 10.26: Matteo Romanazzi
Integrating Electromyographic (EMG) Neuromuscular Assessment Into Return to Play Decision-Making

10.28 – 10.48: Stefano Di Paolo
Biomechanics Analysis to Enhance ACL Rehabilitation

10.50 – 11:20 BREAK



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SESSION #12 – BACK & SPINE
Moderators: **Walter Della Frera, Mathias Thoelen**

11.20 – 11.40: Brett Windsor
Manual Therapy Vs Exercise-Based Interventions for Chronic Low Back Pain: How to Proceed in the Clinical Fog

11.42 – 12.02: Lorenzo Coslovich
Returning to Lifting after Back Injury: the Sports Rehab Guidelines

12.04 – 12.24: Lisa Cosi
Strength & Conditioning Applied to Back Pain: Key Principles and Practical Applications

12.26 – 12.46: Filippo Falchetti
Practical Guidelines to Manage Low Back Pain: from Theory to the Weight Room

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MISCELLANEOUS PRESENTATION
Moderators: **Walter Della Frera, Mathias Thoelen**

12.48 – 12.56: Filippo Siragusa *(oral presentation)*
Feasibility of the OSTRC-H2 Questionnaire for Weekly Health Monitoring in Serie B Rugby Players: a Pilot Study

12.58 – 13.06: Sarah Terhorst *(oral presentation)*
Beyond Physical Recovery: Organic Self-Talk as a Psychological Indicator from Injury to Return to Sport

13.08 – 13.16: Francesco Orlando *(oral presentation)*
Injury Surveillance 1 in National-Level Women's Football: A Two-Season Prospective Study

13.18 – 14.45: LUNCH BREAK

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WORKSHOP A

NOVEMBER 22 - 14.45-16.00 or 16.30-17.45

Tim Hewett (USA)

PT, PhD, FACSM, Professor & Director of Research at Marshall University, Huntington, WV – USA

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WORKSHOP B

NOVEMBER 22 - 14.45-16.00 or 16.30-17.45

Colin Griffin (IRE)

PT, PhD, Strength & Conditioning Coach at Sports Surgery Clinic, Dublin – IRE

INDIVIDUALISING REHABILITATION FOLLOWING CALF AND ACHILLES INJURY: A SYSTEMATIC APPROACH

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WORKSHOP C

NOVEMBER 22 - 14.45-16.00 or 16.30-17.45

Martin Asker (SWE)

DN, PhD, Head of Handball Research Group, Senior Lecturer at Sophiahemmet University, Stockholm – SWE

THE OVERHEAD SHOULDER: MAKING THE DIAGNOSIS PRACTICAL AND OBJECTIVE

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FACULTY

- **Artina Paolo** *(PT, MSc - Bergamo - ITA)*
- **Ashworth Ben** *(PT, PhDc, MSc (2) - London - UK)*
- **Asker Martin** *(DN, PhD, Researcher Head of Handball Research Gr., Senior Lecturer Sophiahemmet University - Stockholm - SWE)*
- **Beato Marco** *(AT, PhD - Professor and Practitioner in Sport Performance)*
- **Bettinsoli Pierfrancesco** *(MD, Orthopaedic Surgeon, Germani Basketball Brescia - ITA)*
- **Brambilla Lorenzo** *(MD, Orthopaedic Surgeon, Humanitas Research Hospital, Medical Staff FC Internazionale Milan - ITA)*
- **Brindisino Fabrizio** *(PT, PhDc, MSc, OMPT - Campobasso - ITA)*
- **Bristot Federico** *(PT, Head of Elite & Performance Rehabilitation J Medical - Turin - ITA)*
- **Ceriani Gabriele** *(PT - ITA)*
- **Coratella Giuseppe** *(AT, PhD - Milan - ITA)*

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- **Corsini Alessandro** *(MD, First Team Doctor Genoa CFC, Fed. Ita Triathlon - ITA)*
- **Cosi Lisa** *(PT, MSc, RISPT, S&C Coach - Trento - ITA)*
- **Coslovich Lorenzo** *(PT, MSc - Lugano - CH)*
- **Danelon Furio** *(MD, Isokinetic Medical Group Milan - ITA)*
- **De Caro Francesca** *(MD, Orthopaedic Surgeon - Bergamo - ITA)*
- **Delahunt Eamonn** *(PT, PhD, Professor University College Dublin - Dublin - IRE)*
- **Delcogliano Marco** *(MD, PD, Orthopaedic Surgeon, LogMedica Co-Founder - Lugano - CH)*
- **Della Frera Walter** *(MD, Scientific Medical Commision FIGC - Vice President Anti-Doping Commision FIGC - Crema - ITA)*
- **Di Paolo Stefano** *(Biomedical Engineer, PhD - Bologna - ITA)*
- **Falchetti Filippo** *(PT - Genova - ITA)*
- **Fanning Edel** *(PT, PhD, MSc, Founder of Sports Shoulder Performance Rehab - Dublin - IRE)*

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- **Fiore Paolo** *(MD, EOC Orthopaedic Surgeon - Lugano - SWI)*
- **Fioruzzi Alberto** *(MD, Orthopaedic Surgeon - Milan - ITA)*
- **Forelli Florian** *(PT, PhD, Ass. Professor HES-SO University of Applied Sciences & Arts - Neuchâtel - SWI)*
- **Freschi Marco** *(MD, First Team Doctor Juventus FC - Turin - ITA)*
- **Grassi Alberto** *(MD, Orthopaedic Surgeon, Ist. Ortopedico Rizzoli - Bologna - ITA)*
- **Griffin Colin** *(PT, PhD, UPMC Sports Surgery Clinic - Dublin - IRE)*
- **Guelfi Matteo** *(MD, PhD, Orthopaedic Surgeon - Genoa - ITA)*
- **Hewett Tim** *(PT, PhD, FACSM, Professor & Director of Research at Marshall University - Huntington WV - USA)*
- **Holmich Per** *(MD, Professor, DMSc, Head of Dept. at Copenhagen University Hospital, Amager-Hvidovre - Copenhagen - DEN)*
- **Kerin Fearghal** *(PT, PhD, Founder of Kerin Performance - London - UK)*

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- **Lempainen Lasse** *(MD - FIN)*
- **Maggioni Lorenzo Maria** *(MD, Orthopedic Surgeon - Team Doctor for Club Italia Femminile - Medical Staff Member for Italian Youth National Volleyball Teams - Milan - ITA)*
- **Mancin Laura** *(Nutritionist & Molecular Biologist, PhD, Juventus FC & Swiss Football National Team - Turin - ITA / Switzerland)*
- **Meersseman Alexander** *(MD, Orthopaedic Surgeon Ist. Galeazzi - Milan - ITA)*
- **Nutarelli Sebastiano** *(PT, PhDc University College Dublin, MS, Co-Founder Sports Rehab - Lugano, CH / Dublin - IRE)*
- **Panzeri Andrea** *(MD, Orthopaedic Surgeon, Resp. Sport Trauma & Research Center Ist. Clinico San Siro, Pres. Comm. Medica FISI - Milan - ITA)*
- **Perna Paolo** *(PT, PhDc Middlesex University - London - UK)*
- **Perticarini Loris** *(MD, Fond.Poliambulanza, Istituto Ospedaliero - ITA)*

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- **Piussi Ramana** *(PT, PhD, University of Gothenburg - SWE)*
- **Piva Tommaso** *(PhD - Ferrara - ITA)*
- **Porcellini Giuseppe** *(MD, Professor of Orthopedics, University of Modena and Reggio Emilia - ITA)*
- **Romanazzi Matteo** *(AT, PhD, Professor at University of Turin - Turin - ITA)*
- **Russo Luca** *(AT, PhD, MSc - Sulmona - ITA)*
- **Schoenfeld Brad** *(AT, PhD, CSCS, Professor and Director of Human Performance & Fitness program at Lehman College - New York - USA)*
- **Senorski Eric Hamrin** *(PT, PhD, Ass. Professor University of Gothenburg - Gothenburg - SWE)*
- **Stergiou Maria** *(PT, PhD, Juventus FC - Turin - ITA / GRE)*
- **Thiebat Gabriele** *(MD, Medical Director ITA National Team Snowboard/Freestyle, Medical Commision FISI/FIPAV - Milan - ITA)*
- **Thoelen Mathias** *(PT, MSc - Eindhoven - NED)*

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- **Thorborg Kristian** *(PT, Professor, PhD, Senior Researcher at Copenhagen University Hospital Hvidovre - Copenhagen - DEN)*
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