



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	

NOVEMBER | 21-22 | 2026
Innovation Campus
Milan, Italy



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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 Committee: 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 Management 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

NOV 21

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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 Reconstruction

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

NOV 21

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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

NOV 21

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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

NOV 21

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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

NOV 21

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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

NOV 21

‘OLYMPIC’ ROOM

