



# 3<sup>rd</sup> INTERNATIONAL SPORTS REHAB MEETING

## KEY PERFORMANCE INDICATORS FROM INJURY TO RTS

**The Full Practical Guide**



# #ISRM26

[www.isrmeeting.com](http://www.isrmeeting.com)

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



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### #ISMR26 - OVERVIEW DAY 1 November 21, 2026

TIME	'AUDITORIUM' ROOM	'OLYMPIC' ROOM
9.00 – 10.45	<small>SESSION #1</small> <b>MUSCLE &amp; TENDON</b>	<small>SESSION #5</small> <b>KNEE #1</b>
10.45 – 11.15	BREAK	
11.15 – 12.55	<small>SESSION #2</small> <b>KNEE #2</b>	<small>SESSION #6</small> <b>HIP &amp; GROIN</b>
12.55 – 14.30	LUNCH BREAK	
14.30 – 15.45	<small>SESSION #3</small> <b>SHOULDER #1</b>	<small>SESSION #7</small> <b>FOOT &amp; ANKLE #1</b>
15.45 – 16.15	BREAK	
16.15 – 17.30	<small>SESSION #4</small> <b>FOOT &amp; ANKLE #2</b>	<small>SESSION #8</small> <b>SHOULDER #2</b>
17.30 – 18.00	<b>ROUND TABLE</b>	<b>ROUND TABLE</b>
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
<b>8.30 – 10.40</b>	<b>SESSION #9 STRENGTH &amp; CONDITIONING</b>	<b>SESSION #11 ENHANCING RECOVERY</b>
<b>10.40 – 11.10</b>	BREAK	
<b>11.10 – 13.00</b>	<b>SESSION #10 KNEE #3</b>	<b>SESSION #12 BACK &amp; SPINE</b>
<b>13.00 – 14.30</b>	LUNCH BREAK	
<b>14.30 – 15.45</b>	<b>WORKSHOPS A-B-C</b>	
<b>15.45 – 16.15</b>	BREAK	
<b>16.15 – 17.30</b>	<b>WORKSHOPS A-B-C</b>	

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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*

**10.33 – 10.41: Oral presentation #1**

*Presentation title TBD after abstract acceptance in June 2026*

**10:43 – 11.15 BREAK**

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### **SESSION #2 – KNEE #2**

**Moderators: Gabriele Thiebat, Paolo Perna**

#### **11.15 – 11.23: Oral presentation #2**

*Presentation title TBD after abstract acceptance in June 2026*

#### **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**

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### **SESSION #3 – SHOULDER #1**

**Moderators: Alessandro Corsini, Ben Ashworth**

#### **14.30 – 14.38: Oral presentation #3**

*Presentation title TBD after abstract acceptance in June 2026*

#### **14.40 – 15.00: Andrew Wallace**

*Management of the Unstable Shoulder in Professional Sports:  
Decision-Making Algorithm and Cooperating with the Physical Therapist  
to Evaluate 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: Oral presentation #4**

*Presentation title TBD after abstract acceptance in June 2026*

#### **16.25 – 16.45: Paolo Fiore**

*Diagnosis and Management of Foot & Ankle Stress Fractures in Athletes:  
State of the Art*

#### **16.47 – 17.07: Speaker TBD**

*Presentation title TBD (Ankle rehabilitation)*

#### **17.09 – 17.29: Speaker TBD**

*Presentation title TBD (Ankle / Achilles tendon rehabilitation)*

#### **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: TBD, TBD**

#### **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 #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: TBD**

*Presentation title TBD (Knee rehabilitation)*

#### **10:33 – 10.41: Oral presentation #5**

*Presentation title TBD after abstract acceptance in June 2026*

#### **10:43 – 11.15: BREAK**

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### **SESSION #6 – HIP & GROIN**

**Moderators: Marco Freschi, Florian Forelli**

#### **11.15 – 11.23: Oral presentation #6**

*Presentation title TBD after abstract acceptance in June 2026*

#### **11.25 – 11.45: Per Holmich**

*Can We Predict Outcomes in Hip Arthroscopy? A Decision-Making Framework*

#### **11.47 – 12.07: Alessandro Aprato**

*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 – 14.30 LUNCH BREAK**

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### **SESSION #7 – FOOT & ANKLE COMPLEX #1**

**Moderators: Paolo Fiore, Enrico Castellacci**

#### **14.30 – 14.38: Oral presentation #7**

*Presentation title TBD after abstract acceptance in June 2026*

#### **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: Vincenzo Guarrella, Edel Fanning**

#### **16.15 – 16.23: Oral presentation #8**

*Presentation title TBD after abstract acceptance in June 2026*

#### **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: TBD, TBD**

#### **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**

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### **SESSION #9 – STRENGTH & CONDITIONING / PERFORMANCE**

**Moderators: Hamrin Senorski, Gabriele Ceriani**

#### **8.30 – 8.38: Oral presentation #9**

*Presentation title TBD after abstract acceptance in June 2026*

#### **8.40 – 8.48: Oral presentation #10**

*Presentation title TBD after abstract acceptance in June 2026*

#### **8.50 – 9.10: Giuseppe Coratella**

*How to Incorporate the Nordic Hamstring Exercise in the Training Program*

#### **9.12 – 9.32: Marco Beato**

*Return to Play After Injuries in Soccer: Optimizing Strength–Speed Profiles*

#### **9.34 – 9.54: Brad Schoenfeld**

*Optimizing Muscle Hypertrophy in Rehabilitation: Approaches that Work, Things We Are Unsure About, Interventions We Should Drop, and New Trends*

#### **9.56 – 10.16: Tommaso Piva**

*Football-Specific Vision Training to Reduce Reaction Time and Improve Oculomotor Function during End-Stage Rehabilitation*

#### **10.18 – 10.38: Luca Russo**

*KPIs to Maximize the Benefits of High-Intensity Interval Training in MSK Rehabilitation*

#### **10.40 – 11:10: BREAK**

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### **SESSION #10 – KNEE #3**

**Moderators: Alexander Meersseman, Sebastiano Nutarelli**

#### **11.10 – 11.18: Oral presentation #11**

*Presentation title TBD after abstract acceptance in June 2026*

#### **11.20 – 11.28: Oral presentation #12**

*Presentation title TBD after abstract acceptance in June 2026*

#### **11.30 – 11.50: Marco Delcogliano**

*A New Approach for Minimally Invasive Lateral Extra-Articular Tenodesis associated to ACL-Reconstruction*

#### **11.52 – 12.12: Andrea Panzeri**

*Returning Professional Skiers on the Slopes After Knee Injury: KPI's Vs the Perfect Storm*

#### **12.14 – 12.34: 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?*

#### **12.36 – 12.56: Federico Bristot**

*Pragmatically Guiding Rehabilitation in Complex Knee Injuries in Winter Sports*

#### **12.58 – 14.30: LUNCH BREAK**

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### **SESSION #11 – ENHANCING RECOVERY**

**Moderators: Brett Windsor, Federico Bristot**

#### **8.30 – 8.38: Oral presentation #13**

*Presentation title TBD after abstract acceptance in June 2026*

#### **8.40 – 8.48: Oral presentation #14**

*Presentation title TBD after abstract acceptance in June 2026*

#### **8.50 – 9.10: Maria Stergiou**

*Prevention Is Performance Under Stress: RTS KPIs for Decision-Making in Elite Sports*

#### **9.12 – 9.32: Mathias Thoelen**

*A Practical Guide to Prescribe Blood Flow Restriction Training in Rehabilitation Targeting Pain Reduction, Strength Recovery, and Endurance*

#### **9.34 – 9.54: Matteo Romanazzi**

*Integrating Electromyographic (EMG) Neuromuscular Assessment Into Return to Play Decision-Making*

#### **9.56 – 10.16: Laura Mancin**

*Nutrition and Supplementation To Maximize Muscle Mass Recovery in Rehabilitation*

#### **10.18 – 10.38: speaker TBD**

*Presentation title TBD*

#### **10.40 – 11:10 BREAK**

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### **SESSION #12 – BACK & SPINE**

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

#### **11.10 – 11.18: Oral presentation #15**

*Presentation title TBD after abstract acceptance in June 2026*

#### **11.20 – 11.28: Oral presentation #16**

*Presentation title TBD after abstract acceptance in June 2026*

#### **11.30 – 11.50: Brett Windsor**

*Manual Therapy Vs Exercise-Based Interventions for Chronic Low Back Pain: How to Proceed in the Clinical Fog*

#### **11.52 – 12.12: Lorenzo Coslovich**

*Returning to Lifting after Back Injury: the Sports Rehab Guidelines*

#### **12.14 – 12.34: Lisa Cosi**

*Strength & Conditioning Applied to Back Pain: Key Principles and Practical Applications*

#### **12.36 – 12.56: Filippo Falchetti**

*Practical Guidelines to Manage Low Back Pain: from Theory to the Weight Room*

#### **12.58 – 14.30: LUNCH BREAK**

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# WORKSHOP A

NOVEMBER 22 - 14.30-15.45 or 16.15-17.30

**Tim Hewett (USA)**

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

## ACL RISK REDUCTION

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# WORKSHOP B

NOVEMBER 22 - 14.30-15.45 or 16.15-17.30

**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 - 14.30-15.45 or 16.15-17.30

**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

- **Aprato Alessandro** (MD, Orthopaedic Surgeon - Turin - 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 - Verona -ITA / Suffolk - UK)
- **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)
- **Castellacci Enrico** (MD, Orthopaedic Surgeon, Director of National Reference Center for Stem Cell Surgery)
- **Ceriani Gabriele** (PT - ITA)
- **Coratella Giuseppe** (AT, PhD - Milan - ITA)
- **Corsini Alessandro** (MD, First Team Doctor Genoa CFC, Fed. Ita Triathlon - ITA)

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### FACULTY

- **Cosi Lisa** (PT, MSc, RISPT, S&C Coach - Trento - ITA)
- **Coslovich Lorenzo** (PT, MSc - Lugano - CH)
- **De Caro Francesca** (MD, Orthopaedic Surgeon - Bergamo - ITA)
- **Delcogliano Marco** (MD, PD, Orthopaedic Surgeon, LogMedica Co-Founder - Lugano - CH)
- **Della Frera Walter** (MD, Scientific Medical Commission FIGC - Vice President Anti-Doping Commission FIGC - Crema - ITA)
- **Falchetti Filippo** (PT - Genova - ITA)
- **Fanning Edel** (PT, PhD, MSc, Founder of Sports Shoulder Performance Rehab - Dublin - IRE)
- **Fiore Paolo** (MD, EOC Orthopaedic Surgeon - Lugano - SWI)
- **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)

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## FACULTY

- **Grassi Alberto** (MD, Orthopaedic Surgeon, Ist. Ortopedico Rizzoli - Bologna - ITA)
- **Griffin Colin** (PT, PhD, UPMC Sports Surgery Clinic - Dublin - IRE)
- **Guarrella Vincenzo** (MD, Orthopaedic Surgeon IRCCS Hospital Galeazzi-Sant'Ambrogio - Milan - ITA)
- **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)
- **Lempainen Lasse** (MD - FIN)

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## FACULTY

- **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)
- **Piva Tommaso** (PhD - Ferrara - ITA)
- **Porcellini Giuseppe** (MD, Professor of Orthopedics, University of Modena and Reggio Emilia - ITA)

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### FACULTY

- **Romanazzi Matteo** (AT, PhD, Professor at University of Turin - Turin - ITA)
- **Russo Luca** (AT, Podologist, PhD, MSc - Sulmona - ITA)
- **Schoenfeld Brad** (AT, PhD, CSCS, Professor and Director of Human Performance & Fitness program at Lehman College - New York - USA)
- **Senorski Hamrin Eric** (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 Commission FISU/FIPAV - Milan - ITA)
- **Thoelen Mathias** (PT, MSc - Eindhoven, NED)
- **Thorborg Kristian** (PT, Professor, PhD, Senior Researcher at Copenhagen University Hospital Hvidovre - Copenhagen - DEN)
- **Vega Jordi** (MD, Orthopaedic Surgeon - Barcelona - SPA)
- **Verdonk Peter** (MD, Orthopaedic Surgeon ORTHOCA / Columbus3C / Aspetar - Ghent - BEL)

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## FACULTY

- **Vergani Luca** (PT, AT, MS, FC Internazionale Milan - Milan - ITA)
- **Walden Markus** (MD, PhD, Orthopaedic Surgeon, Ass. Professor Linköping University - Malmö - SWE)
- **Wallace Andrew** (MD, PhD, Shoulder Surgeon - London - UK/Sydney-AUS)
- **Windsor Brett** (PT, PhD, MPA, Senior VP of Clinical Services & Excellence at PRN - USA)

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## REGISTRATION FEES #ISRM26

	STUDENT	PARTNER	FIRST 100 TICKETS	REGULAR
CONFERENCE #ISRM26	€ 180	€ 220	€ 240	€ 275
CONFERENCE #ISRM26 + 2 WORKSHOP	€ 275	€ 315	€ 335	€ 370

**Real time traslation from English to Italian via headset (optional) : 35 euro**  
**#ISRM26 networking Session, Dinner & party (optional): 59 euro**

**FIRST 100 TICKETS:** first 100 tickets available

**REGULAR:** full price after the initial 100 tickets sold

**PARTNER:** Phd Students/Candidates, Resident MDs, Members of Patronage Societies, Sponsor's fee (code required at online registration)

**STUDENT:** Bachelor Students (Student status proof required)

**2 WORKSHOP:** workshop A+B, workshop A+C or workshop B+C

**#ISRM25 ATTENDEES:** Free workshop pay for the Congress only (fee REGULAR) if you bring with you a friend who registers for #ISRM26 CONGRESS+ WORKSHOP and who did not attend the #ISRM25

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



# 3<sup>rd</sup> INTERNATIONAL SPORTS REHAB MEETING

# KEY PERFORMANCE INDICATORS FROM INJURY TO RTS

## The Full Practical Guide

ORGANIZZAZIONE



**SPORTS**  
**REHAB**

IN COLLABORAZIONE CON



MAIN EDUCATIONAL PARTNER



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