



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	<small>SESSION #1</small> MUSCLE & TENDON	<small>SESSION #5</small> KNEE #1
10.45 – 11.15	BREAK	
11.15 – 12.55	<small>SESSION #2</small> KNEE #2	<small>SESSION #6</small> HIP & GROIN
12.55 – 14.30	LUNCH BREAK	
14.30 – 15.45	<small>SESSION #3</small> SHOULDER #1	<small>SESSION #7</small> FOOT & ANKLE #1
15.45 – 16.15	BREAK	
16.15 – 17.30	<small>SESSION #4</small> FOOT & ANKLE #2	<small>SESSION #8</small> 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 – 10.40	SESSION #9 STRENGTH & CONDITIONING	SESSION #11 ENHANCING RECOVERY
10.40 – 11.10	BREAK	
11.10 – 13.00	SESSION #10 KNEE #3	SESSION #12 BACK & SPINE
13.00 – 14.30	LUNCH BREAK	
14.30 – 15.45	WORKSHOPS A-B-C	
15.45 – 16.15	BREAK	
16.15 – 17.30	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

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, Pierfrancesco Bettinsoli

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 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: 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: Eamonn Delahunt

*Challenging Current Understandings of and Evidence for Ankle Sprain
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: Loris Perticarini, Eric Hamrin Senorski

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

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: Paolo Perna, Jacques Menetrey

18.00 END OF #ISRM26 1st DAY

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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: 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)
- **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)
- **Castellacci Enrico** (MD, Orthopaedic Surgeon, Director of National Reference Center for Stem Cell Surgery)
- **Ceriani Gabriele** (PT - ITA)

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FACULTY

- **Coratella Giuseppe** (AT, PhD - Milan - ITA)
- **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)
- **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 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)

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FACULTY

- **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)
- **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)
- **Menetrey Jacques** (MD, PhD, Orthopaedic Surgeon; Professor of Orthopaedic Surgery University Hospital of Genève - Genève - CH)
- **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)
- **Piussi Ramana** (PT, PhD, University of Gothenburg - SWE)

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FACULTY

- **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, 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 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 Commission FISJ/FIPAV - Milan - ITA*)
- **Thoelen Mathias** (*PT, MSc - Eindhoven, NED*)
- **Thorborg Kristian** (*PT, Professor, PhD, Senior Researcher at Copenhagen University Hospital Hvidovre - Copenhagen - DEN*)

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FACULTY

- **Vega Jordi** (MD, Orthopaedic Surgeon - Barcelona -SPA)
- **Verdonk Peter** (MD, Orthopaedic Surgeon ORTHOCA / Columbus3C / Aspetar - Ghent - BEL)
- **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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PATROCINI



UNIVERSITÀ
DI CAMERINO

Scienze del Farmaco
e dei Prodotti della Salute
Master in Biomeccanica Clinica
e dello Sport



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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

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ORGANIZATION



SPORTS
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MAIN EDUCATIONAL PARTNER



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