



INTERNATIONAL CONGRESS ALPINE SKIING INJURIES AND PREVENTION

11-12 OCTOBER 2024

J | medical

ALLIANZ STADIUM
TORINO

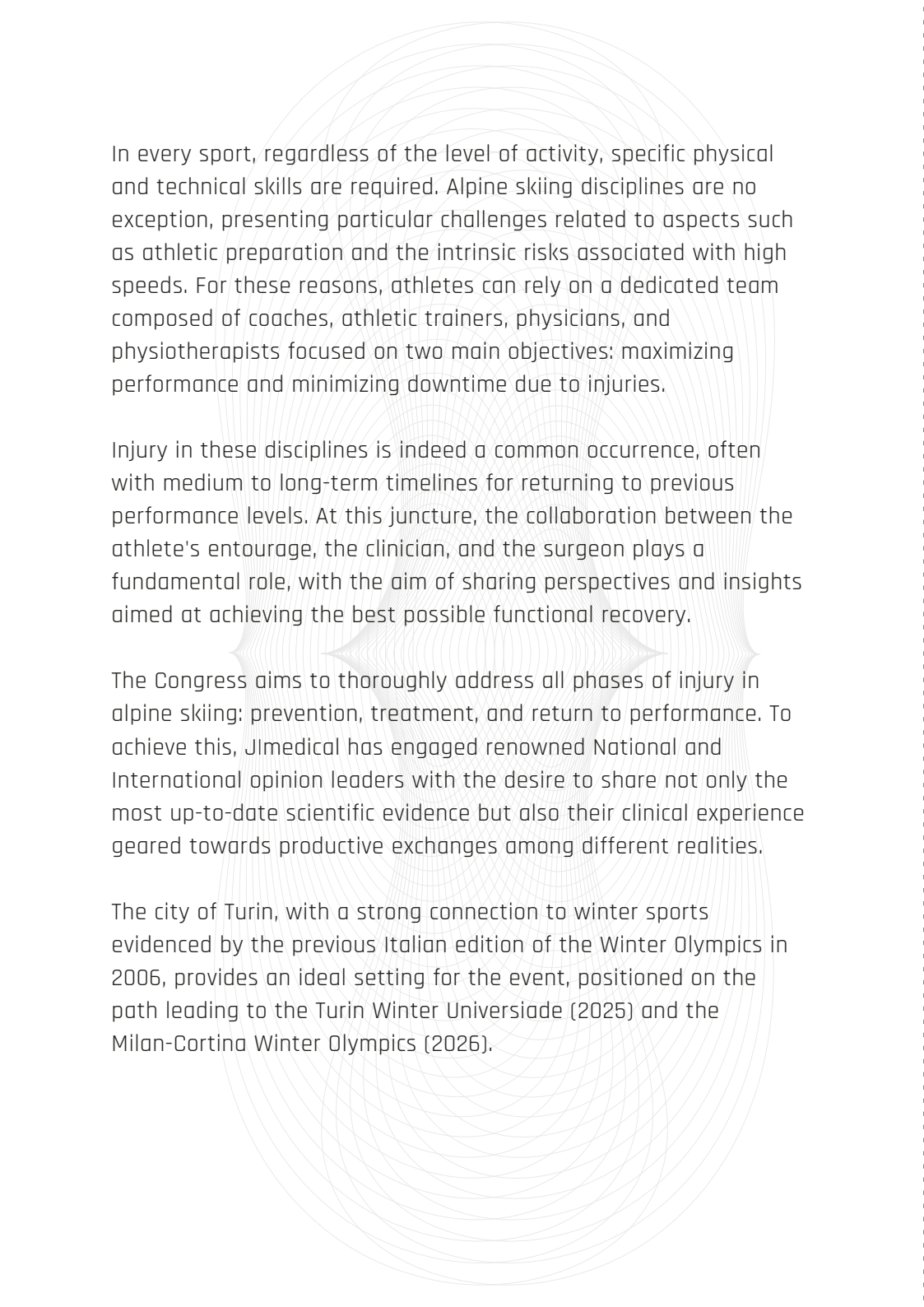


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CONFERENCE CHAIR: L. STEFANINI

SCIENTIFIC DIRECTOR: M. MAGISTRALI



In every sport, regardless of the level of activity, specific physical and technical skills are required. Alpine skiing disciplines are no exception, presenting particular challenges related to aspects such as athletic preparation and the intrinsic risks associated with high speeds. For these reasons, athletes can rely on a dedicated team composed of coaches, athletic trainers, physicians, and physiotherapists focused on two main objectives: maximizing performance and minimizing downtime due to injuries.

Injury in these disciplines is indeed a common occurrence, often with medium to long-term timelines for returning to previous performance levels. At this juncture, the collaboration between the athlete's entourage, the clinician, and the surgeon plays a fundamental role, with the aim of sharing perspectives and insights aimed at achieving the best possible functional recovery.

The Congress aims to thoroughly address all phases of injury in alpine skiing: prevention, treatment, and return to performance. To achieve this, JImedical has engaged renowned National and International opinion leaders with the desire to share not only the most up-to-date scientific evidence but also their clinical experience geared towards productive exchanges among different realities.

The city of Turin, with a strong connection to winter sports evidenced by the previous Italian edition of the Winter Olympics in 2006, provides an ideal setting for the event, positioned on the path leading to the Turin Winter Universiade (2025) and the Milan-Cortina Winter Olympics (2026).

PROGRAMME

FRIDAY, 11 OCTOBER 2024

OPENING OF THE SECRETARIAT
AND REGISTRATION OF PARTICIPANTS

9.30

GREETINGS FROM THE AUTHORITIES
AND OPENING OF THE CONGRESS

10.30

HEALTH AND ORGANIZATIONAL ASPECTS OF MAJOR EVENTS:
THE MILAN-CORTINA WINTER OLYMPICS

G. Massazza

11.00

SESSION I WINTER SPORTS ATHLETE MANAGEMENT

Moderators: A. Marchini, M. A. Minetto

PHYSICAL PREPARATION IN ALPINE SKIING:
PAST, PRESENT AND FUTURE

L. Scarian

11.20

THE PATHOPHYSIOLOGY OF EXERCISE AT ALTITUDE

G. Dorelli

11.40

AEROBIC AND NEUROMUSCULAR PERFORMANCE
OF MALE ELITE ALPINE SKIERS ACCORDING
TO DISCIPLINE AND FIS RANKING

N. Maffioletti

12.00

THE MANAGEMENT OF CHRONIC PROBLEMS DURING
THE SPORTS SEASON

M. Freschi

12.20



DISCUSSION

12.40

LUNCH BREAK

13.00

SESSION II INJURY

Moderators: A. Benso, G. P. Ganzit

INJURY EPIDEMIOLOGY IN WINTER SPORTS

A. Corsini

14.00

INJURY PATHOMECHANICS IN THE SKIER

A. Panzeri

14.20

PECULIARITIES OF THE PARALYMPIC ATHLETE

M. Patacchini

14.40

CONCUSSION: DIAGNOSIS, MANAGEMENT
AND RETURN TO THE TRACK

V. Re

15.00

DISCUSSION

15.30

LIGHT COFFEE BREAK

15.50

Moderators: G. Carnazza, M. Magistrali

HAND AND WRIST TRAUMATOLOGY IN SKIING

L. Pegoli

16.05

BACK PAIN MANAGEMENT IN SKIERS

F. Benech, C. A. Benech

16.25

16.45

AI-ENHANCED IMAGING DIAGNOSTICS
FOR COMMON SKIING INJURIES
[G. Tognini](#)

17.05

TENDON SURGERIES IN THE WINTER SPORTS ATHLETE
[L. Lempainen](#)

17.35

DISCUSSION

18.05

ROUNDTABLE: THE INJURED ATHLETE
Skier, Athletic Trainer, Coach, Physio, A. Panzeri, L. Lempainen

19.00

TAKE-HOME MESSAGES AND CLOSING DAY 1

SATURDAY, 12 OCTOBER 2024

8.35

OPENING OF THE SECRETARIAT
AND REGISTRATION OF PARTICIPANTS

SESSION III SURGICAL TREATMENT

Moderators: L. Stefanini, A. Bertelli

9.00

NON-OPERATIVE TREATMENT
IN ANTERIOR CRUCIATE LIGAMENT (ACL) INJURIES
[G. Thiebat](#)

9.20

THE ROLE OF AGE IN THE SURGICAL TREATMENT
OF ACL RECONSTRUCTION
[R. Rossi](#)



GRAFT SELECTION IN SKIER'S ACL RECONSTRUCTION

F. Saccia

9.40

LATERAL AUGMENTATION PROCEDURES:
AN APPLICATION ALGORITHM

C. Fink

10.00

DISCUSSION

10.30

LIGHT COFFEE BREAK

10.50

POST-ACL SURGICAL COMPLICATIONS: WARNING SIGNS

G. Zanon

11.10

IMPROVING THE OUTCOMES IN ACL RECONSTRUCTION
IN PRO ATHLETES – INCIDENCE AND RISK FACTORS
OF ARTHROGENIC MUSCLE INHIBITION (AMI)

B. Sonnerly-Cottet

11.30

IDENTIFICATION AND MANAGEMENT OF AMI:
SCIENTIFIC EVIDENCE

N. Maffiuletti

12.00

ROUNDTABLE: THE SURGEON AND THE AMI

Skier, B. Sonnerly-Cottet, N. Maffiuletti, C. Fink

12.30

LUNCH BREAK

13.30

**SESSION IV
POST-INJURY REHABILITATION**

Moderators: M. Giacchino, C. Zanella

PSYCHOLOGICAL APPROACH TO THE INJURED ATHLETE

G. Vercelli

14.30

14.50

NUTRITIONAL ASPECTS IN SKIING:
THE HEALTHY ATHLETE, THE INJURED ATHLETE
F. Angelini

15.10

PHYSIOTHERAPY TECHNIQUES
FOR THE REDUCTION OF POST-SURGICAL EDEMA
N. Sasso

15.30

THE INTEGRATED APPROACH
WITH INNOVATIVE PHYSICAL THERAPIES
IN THE RECOVERY OF THE HIGH-LEVEL ATHLETE
M. Benedini

15.50

FUNCTIONAL TESTS IN INJURED ATHLETES:
WHICH, WHEN, WHY
F. Bristot

16.10

STRENGTH TRAINING IN POST-SURGICAL RECOVERY
J. Gil

16.30

DISCUSSION

17.00

TAKE-HOME MESSAGES DAY 2
AND CLOSING OF THE COURSE

FACULTY & TUTORS:

F. ANGELINI
C. A. BENECH
F. BENECH
M. BENEDINI
A. BENSO
A. BERTELLI
F. BRISTOT
G. CARNAZZA
A. CORSINI

G. DORELLI
C. FINK
M. FRESCHI
G. P. GANZIT
M. GIACCHINO
J. GIL
L. LEMPAINEN
N. MAFFIULETTI
M. MAGISTRALI

A. MARCHINI
G. MASSAZZA
M. A. MINETTO
A. PANZERI
M. PATACCHINI
L. PEGOLI
V. RE
R. ROSSI
F. SACCIA

N. SASSO
L. SCARIAN
B. SONNERY-COTTET
L. STEFANINI
G. THIEBAT
G. TOGNINI
G. VERCELLI
C. ZANELLA
G. ZANON





TO REGISTER FOR THE CONFERENCE:
go to link or use the QR Code

<https://www.summeet.it/alpine-skiing/>



REGISTRATION FEE:
REGULAR: 340€ VAT INCLUDED
STUDENTS: 290€ VAT INCLUDED
“EARLY BIRD” (UNTIL 1ST JULY 2024): 290€ VAT INCLUDED

INCLUDING:

- PARTICIPATION IN SCIENTIFIC SESSIONS
- PARKING AT ALLIANZ STADIUM (GATE A)
- CONGRESS KIT
- 2 COFFEE BREAKS
- 2 LUNCHES
- PARTICIPATION CERTIFICATE

Dinner expenses, transfers, accommodation,
and anything not specified are not included.

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**MAXIMUM NUMBER
OF PARTICIPANTS:**

250

Allianz Stadium

Corso Gaetano Scirea, 50
10151 Torino, TO

USEFUL INFORMATION:

Special rates for accommodation at JIhotel, Turin (IT)
Access to Parking is located at Gate A (Allianz Stadium)
Simultaneous Italian-English translation service provided, and vice versa (to be selected at the time of registration)

**PROVIDER STANDARD
ID: 604**

SUMMEET

Summeet S.r.l.
Via Paolo Maspero, 5
21100 Varese
Tel. 0332 231416
Email: f.dimuro@summeet.it



ECM (Educazione Continua in Medicina) CODICE ECM: 604 - XXXX - Summeet Srl (Provider standard n° 604) ha inserito nel programma formativo 2024 l'evento "Alpine Skiing, Injuries and Prevention" assegnando n° XX (crediti formativi in fase di accreditamento). L'evento formativo è destinato a n° 300 Medico chirurgo (Allergologia ed immunologia clinica; Angiologia; Cardiologia; Dermatologia e venereologia; Ematologia; Endocrinologia; Gastroenterologia; Genetica medica; Geriatria; Malattie metaboliche e diabetologia; Malattie dell'apparato respiratorio; Malattie infettive; Medicina e chirurgia di accettazione e di urgenza; Medicina fisica e riabilitazione; Medicina Interna; Medicina termale; Medicina aeronautica e spaziale; Medicina dello sport; Nefrologia; Neonatologia; Neurologia; Neuropsichiatria infantile; Oncologia; Pediatria; Psichiatria; Radioterapia; Reumatologia; Cardiocirurgia; Chirurgia generale; Chirurgia maxillo-facciale; Chirurgia pediatrica; Chirurgia plastica e ricostruttiva; Chirurgia toracica; Chirurgia vascolare; Ginecologia e ostetricia; Neurochirurgia; Oftalmologia; Ortopedia e traumatologia; Otorinolaringoiatria; Urologia; Anatomia patologica; Anestesia e rianimazione; Biochimica clinica; Farmacologia e tossicologia clinica; Laboratorio di genetica medica; Medicina trasfusionale; Medicina legale; Medicina nucleare; Microbiologia e virologia; Neurofisiopatologia; Neuroradiologia; Patologia clinica (laboratorio di analisi chimico-cliniche e microbiologia); Radiodiagnostica; Igiene, epidemiologia e sanità pubblica; Igiene degli alimenti e della nutrizione; Medicina del lavoro e sicurezza degli ambienti di lavoro; Medicina generale (medici di famiglia); Continuità assistenziale; Pediatria (pediatri di libero scelta); Scienza dell'alimentazione e dietetica; Direzione medica di presidio ospedaliero; Organizzazione dei servizi sanitari di base; Audiologia e foniatria; Psicoterapia; Psicoanalisi; Privo di specializzazione; Cure palliative; Epidemiologia; Medicina di comunità); Psicologo (Psicoterapia; Psicologia); Fisico (Fisica sanitaria); Assistente sanitario; Dietista; Fisioterapista; Infermiere; Podologo; Tecnico della fisiopatologia cardiocircolatoria e perfusione cardiovascolare; Tecnico sanitario di radiologia medica; Tecnico ortopedico; Terapista occupazionale; Tecnico della prevenzione nell'ambiente e nei luoghi di lavoro. Il rilascio della certificazione dei crediti è subordinato: alla corrispondenza tra la professione del partecipante e quella cui l'evento è destinato, alla fruizione dell'intera durata del corso, al superamento del questionario ECM, alla compilazione del questionario di gradimento (compilabili sulla piattaforma online del provider entro 3 giorni dal termine del corso). Obiettivo formativo: 1 - Applicazione nella pratica quotidiana dei principi e delle procedure dell'evidence- based practice (EBM - EBN - EBP)