

SCIENTIFIC PROGRAMME



2026

INTERNATIONAL CONGRESS

# TOP ATHLETES

TREATMENT, PERFORMANCE, PREVENTION

2-3 OCTOBER 2026

ALLIANZ STADIUM  
TURIN • ITALY



# Elite athletes represent one of the most challenging and insightful testing grounds for modern Sports Medicine.

Their performance constraints, accelerated timelines and exceptionally high physical demands force clinicians to translate evidence-based principles into decisions that are far more nuanced, dynamic and context-dependent than what rigid protocols typically allow.

"Top Athletes" was conceived to explore precisely this space: how the lessons learned from world-class performers can meaningfully impact the care of athletes at every level. While the scientific foundations remain non-negotiable, real-world practice with professional athletes requires clinicians to smooth, adapt and sometimes reconsider traditional pathways in order to align with competitive objectives. These micro-adjustments—often absent from published guidelines—rely on clinical sensitivity, experience and informed trust rather than on randomized trials.

Because such fine-tuning emerges only through repeated exposure, expert judgement and multidisciplinary collaboration, the presence of globally recognized specialists is essential. Throughout the program these experts will share not only evidence, but also the subtle reasoning, decision frameworks and applied strategies developed through years of working with top performers.

By bringing together cutting-edge research, high-level case experience and cross-disciplinary dialogue, the event aims to provide participants with a deeper understanding of how to translate elite-level knowledge into everyday clinical reality. The goal is clear: to empower all clinicians to adopt the mindset, refinement skills and decision-making implications that characterize the management of top athletes.

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Conference chair  
**L. Stefanini**

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Scientific director  
**M. Magistrali**

## FRIDAY 2nd OCTOBER 2026

OPENING OF THE SECRETARIAT  
AND REGISTRATION OF PARTICIPANTS

8.30

GREETINGS FROM THE AUTHORITIES  
AND OPENING OF THE CONGRESS

9.40

## SESSION I

### STATE-OF-THE-ART IN STRENGTH TRAINING

Strength is a fundamental component in injury prevention and rehabilitation. You just need to know how to prescribe, dose, apply and adapt it to the athlete and the context. Simple, right?

Chairs: A. Franceschi, L. Semperboni

MAY THE FORCE BE WITH YOU -  
UNDERSTANDING MUSCLE STRENGTH TO ENHANCE  
TRAINING AND REHABILITATION PRACTICES

[N. Maffioletti](#)

10.00

FUNCTIONAL ASSESSMENT OF MUSCLE STRENGTH

[P. Samozino](#)

10.30

MUSCLE STRENGTH AND SPORTS PERFORMANCE,  
INCLUDING RETURN TO PERFORMANCE

[G. Boccia](#)

10.50

**SHORT BREAK**  
**HANDGRIP STRENGTH CONTEST**

11.10

**11.15**THE IMPORTANCE OF RECOVERING  
MUSCULAR STRENGTH FOR BALLISTIC PERFORMANCE

L. Maestroni

**11.35**

STRENGTH TRAINING FOR INJURY PREVENTION

M. Bizzini

**11.55**TRANSLATING LESSONS LEARNED  
FROM PROFESSIONAL ATHLETES INTO CLINICAL PRACTICE  
*A SELECTION OF CLINICAL CASES*

N. Maffioletti, P. Samozino, G. Boccia, L. Maestroni, M. Bizzini

**12.15**

DISCUSSION

**12.30****LUNCH BREAK  
& NETWORKING**

## SESSION II SUPPORTING TOP ATHLETES

Supporting an athlete means many things and involves multiple domains, from nutrition and injury prevention to the challenge of performing through pain.

Chairs: L. Pegoli, L. Perticarini

**14.00**EARLY RECOGNITION  
AND MANAGEMENT OF KNEE ARTHROFIBROSIS

S. Nutarelli

**14.15**IN-SEASON MANAGEMENT  
AND MONITORING OF ATP AND WTA TENNIS PLAYERS

A. Marchini, C. Bruscajin

**14.30**NUTRITIONAL SUPPORT STRATEGIES  
IN THE ELITE TENNIS PLAYER

F. Angelini

REGENERATIVE THERAPIES: A PRAGMATIC APPROACH  
TO THE SCIENTIFIC EVIDENCE

A. Corsini

14.45

TBC

15.00

TBC

TRANSLATING LESSONS LEARNED  
FROM PROFESSIONAL ATHLETES INTO CLINICAL PRACTICE  
*A SELECTION OF CLINICAL CASES*

S. Nutarelli, A. Marchini, F. Angelini, TBD

15.15

DISCUSSION

15.40

**COFFEE BREAK  
& NETWORKING**

16.00

### **SESSION III REHABILITATING TOP ATHLETES**

Finding standard post-surgical protocols is relatively easy. But how do we adapt and optimize them for the individual patient or athlete? Drawing from real-life stories of top-level athletes across different sports, we will explore what was changed, how, and-most importantly-why.

Chairs: R. Rossi, S. Suraci

REHABILITATION OF A COMPLEX MULTILIGAMENT  
KNEE INJURY IN A HIGH-PERFORMANCE FOOTBALL PLAYER

M. Freschi, F. Borri

16.30

ROAD TO THE OLYMPICS: PATHWAY AND CHALLENGES  
IN THE REHABILITATION OF A WORLD-CLASS SKIER

L. Stefanini, F. Bristot

16.50



17.10

COMPETING IN THE OLYMPIC GAMES WITHOUT ACL:  
THE STORY OF A COPING ATHLETE IN A HIGH-DEMAND SPECIALTY

G. Thiebat

17.30

DEFENDING THE TITLE: REHABILITATION PATHWAY  
ADAPTATIONS IN A WORLD CHAMPION ENDURANCE ATHLETE

M. Magistrali, F. Modina

17.50

REHABILITATING A WORLD-RECORD  
POWERLIFTER: IS STRENGTH ACTUALLY THE ISSUE?

C. Zanella

18.10

DISCUSSION

18.30

ROUNDTABLE I

Professional Athletes and Healthcare Professionals



**SATURDAY 3rd OCTOBER 2026**

OPENING OF THE SECRETARIAT  
AND REGISTRATION OF PARTICIPANTS

**8.30**

### **SESSION IV**

## **REHABILITATING THE HAMSTRINGS - THE ASPETAR WAY**

The Aspetar Hamstring Protocol told by those who conceived it, put it into practice and use it every day in a world-renowned Sports Medicine hospital – with a bit of extra insights.

Chairs: A. Marchini, M. Magistrali

HAMSTRING INJURIES: THE COMFORT OF A WRONG DIAGNOSIS

*C. Eirale*

**9.00**

KEY COMPONENTS AND COMMON DEFICITS  
IN HAMSTRING REHABILITATION

*E. King*

**9.20**

ACCELERATING MUSCLE HEALING: TIME TO DITCH THE ICE BATHS?

*M. Cardinale*

**9.40**

HAMSTRING INJURIES IN ELITE FOOTBALL:  
WHAT WE CAN DO WITH SPEED EXPOSURE  
AND WEEKLY PERIODIZATION – AND WHAT LIMITS US

*M. Buchheit*

**10.00**

TRANSLATING LESSONS LEARNED FROM  
PROFESSIONAL ATHLETES INTO CLINICAL PRACTICE  
*A SELECTION OF CLINICAL CASES*

*C. Eirale, E. King, M. Cardinale, M. Buchheit*

**10.20**

DISCUSSION

**10.40**

**COFFEE BREAK  
& NETWORKING**

**10.55**

## SESSION V THE PROFESSIONAL TEAM

Working within a professional team environment requires the highest level of athlete care, alongside constant time pressure and clear accountability. This session shares practical insights from long-standing experience and explores how they can be translated to patients and athletes of all levels.

Chairs: L. Stefanini, D. Ferrari Bravo

11.25

'THE BIG ROCKS' – THE MOST IMPORTANT FACTORS  
IN THE EFFECTIVE FUNCTIONING  
OF A HIGH PERFORMANCE DEPARTMENT

[D. Burgess](#)

11.45

THREE KEY LESSONS  
FROM PROFESSIONAL WOMEN'S FOOTBALL

[C. Vignati](#)

12.00

LOAD MANAGEMENT IN A PRO TEAM: PRINCIPLES  
AND PRACTICAL APPLICATIONS IN REHABILITATION

[D. Connolly](#)

12.15

PHYSICAL THERAPIES IN SUPPORT  
OF THE PROFESSIONAL ATHLETE

[M. Stergiou](#)

12.30

TEAM NUTRITIONAL MONITORING:  
THE JUVENTUS FC FIRST TEAM EXPERIENCE

[L. Mancin](#)

12.45

DISCUSSION

13.00

**LUNCH BREAK  
& NETWORKING**

## SESSION VI

### STATE-OF-THE-ART IN TENDINOPATHIES

Tendinopathies are a pervasive issue across all sports and represent a condition far more complex than mere structural wearing. Let's take a look at the current state of the art, moving beyond the traditional structure-versus-function debate.

Chairs: D. Contro, M. A. Minetto

<b>ARE WE REALLY TRAINING THE TENDON? WHAT ADAPTATION SCIENCE SAYS ABOUT ATHLETE REHAB</b> <i>P. Malliaras</i>	<b>14.30</b>
<b>THE TROUBLED RELATIONSHIP BETWEEN IMAGING AND TENDINOPATHIES</b> <i>G. Gamberro</i>	<b>15.00</b>
<b>ADJUNCT THERAPIES IN TENDINOPATHIES: PRINCIPLES AND MODALITIES IN THE PRO ATHLETE</b> <i>M. Freschi</i>	<b>15.15</b>
<b>INSIDE THE OPERATING ROOM: SURGICAL TREATMENT OF INSERTIONAL ACHILLES TENDINOPATHY</b> <i>M. Guelfi</i>	<b>15.30</b>
<b>TRANSLATING LESSONS LEARNED FROM PROFESSIONAL ATHLETES INTO CLINICAL PRACTICE <i>A SELECTION OF CLINICAL CASES</i></b> <i>P. Malliaras, G. Gamberro, M. Freschi, M. Guelfi</i>	<b>15.45</b>
<b>DISCUSSION</b>	<b>16.15</b>
<b>TAKE-HOME MESSAGES DAY 2 AND CONGRESS CLOSING</b>	<b>17.00</b>

## WORKSHOPS

**SUNDAY 4th OCTOBER 2026****POST-CONGRESS WORKSHOP I  
TENDINOPATHY REHAB:  
STRUCTURED FRAMEWORKS AND PRACTICAL STRATEGIES****Speaker: Professor Peter Malliaras, BPhysio (Hons), PhD**Professor - Department of Physiotherapy,  
Monash University, Melbourne, Australia**Location:** JImedical, Via Druento 153/56, 10151 Torino (IT)**Time:** 8:30 – 17:00**SCIENTIFIC PROGRAMME OUTLINE**

The workshop will centre on thorough assessment and interpretation of key strength qualities relevant to lower limb tendinopathy, integrated within an evidence-informed biopsychosocial management framework.

In particular, the focus would be on:

- Clinical assessment of **isometric capacity, isotonic strength qualities, and stretch-shorten cycle performance** (including hopping characteristics);
- How these objective measures sit alongside, rather than replace, assessment of pain, symptoms, and fear/apprehension;
- Using these findings to inform **individualised load management and rehabilitation planning**, rather than protocol-driven care;
- Using assessment data and rehabilitation strength profile targets to inform **individualised rehab** across **different patient presentations**.

**NOTES**

- Places are limited to **25 participants** and will be allocated on a first-come, first-served basis.
- The event is undergoing **CME accreditation**.
- The Workshop will be held in **English**.
- The Registration Fee includes lunch at the JIhotel, coffee breaks, a workshop kit, a certificate of attendance, and full access to the "Top Athletes" Congress.
- The Registration Fee does not include transfers, accommodation or everything not listed.
- A full refund will be granted in case of cancellation up to two weeks before the event.

OCTOBER 2026

**SUNDAY 4th OCTOBER 2026**

**POST-CONGRESS WORKSHOP II  
FROM THE TREATMENT TABLE TO THE PITCH:  
A PRACTICAL GUIDE TO ACL REHABILITATION  
IN AN ELITE PROFESSIONAL FOOTBALL TEAM**



Workshop Chair: **Fabrizio Borri**

Athletic Trainer (Rehabilitator) - Juventus FC First Team

Speakers: Juventus FC Rehabilitation Staff, TBC

Location: Juventus FC Facilities, to be confirmed

Time: 8:30 - 18:00

This workshop will focus on ACL rehabilitation in elite professional football players, addressing the specific characteristics of each phase of the rehabilitation pathway.

**Each stage will include both a theoretical component and one or more practical sessions.**

**PRELIMINARY PROGRAMME**

**9:00 Early stage**

- Management of the acute phase
- Therapeutic exercise
- Pool-based rehab
- Return to running

**10:45 Coffee break**

**11:00 Mid stage**

- Strength principles and progression in rehabilitation
- Functional testing following ACL injuries

**13:00 Lunch**

**14:00 Late stage**

- Principles and structure of on-field sessions
- Monitoring and progression of field-based training
- Change Of Directions introduction
- Development of High-Speed-Running

**16:30 Coffee break**

**16:45**

Return to Play & Return to Performance

- RTP criteria
- Return to performance strategies
- Match exposure and principles of minute management

**18:00**

Final remarks and Workshop closing

**NOTES**

- The Organising Committee reserves the right to make **changes** to the programme if necessary.
- Places are limited to **25 participants** and will be allocated on a first-come, first-served basis.
- The event is undergoing **CME accreditation**.
- The Workshop will be held in **Italian**.
- The Registration Fee includes lunch, coffee breaks, a workshop kit, a certificate of attendance, and full access to the "Top Athletes" Congress.
- The Registration Fee does not include transfers, accommodation or everything not listed.
- A full refund will be granted in case of cancellation up to two weeks before the event.



## REGISTRATION OPTIONS

	STUDENTS*	REGULAR (UNTIL 6th SEPT 26)	REGULAR (AFTER 6th SEPT 26)
<b>2-DAY FULL CONGRESS AT THE ALLIANZ STADIUM<sup>1</sup></b>	179€	249€	349€
<b>2-DAY FULL CONGRESS AT THE ALLIANZ STADIUM + ONE-DAY TENDINOPATHY WORKSHOP AT JIMEDICAL<sup>2</sup></b>		629€	
<b>2-DAY FULL CONGRESS AT THE ALLIANZ STADIUM + ONE-DAY RETURN-TO-PLAY WORKSHOP AT JUVENTUS FC FACILITY TBC<sup>2</sup></b>		629€	

All prices include VAT 22%.

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

The 2-day Congress will be available in both Italian and English, with simultaneous translation.

1- Registration includes:

- Participation in the scientific sessions (Allianz Stadium)
- Parking at Allianz Stadium (Gate A)
- Congress kit
- 2 coffee breaks
- 2 lunches
- Certificate of attendance

2- Registration includes:

- Participation in the scientific sessions (Allianz Stadium and one Workshop site)
- Full Workshop access (theoretical lectures, practical sessions and catering)
- Parking at Allianz Stadium (Gate A) for the two-day Congress
- Congress kit
- 3 coffee breaks
- 3 lunches
- Certificate of attendance

\*PT students, Medici Specializzandi

**TO REGISTER:**

<https://www.summeet.it/top-athletes/>



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