

FOOTBALL

MEDICINE



2026



ALL ABOUT FOOT AND ANKLE

ROMA SEPTEMBER 29TH

SALA STAMPA

STADIO OLIMPICO

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Dott. Claudio Lotito

HEAD OF CONFERENCE

Prof. Fabio Rodia

Consulente ortopedico S.S. Lazio
Direttore Dipartimento Ortopedico
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SCIENTIFIC COMMITTEE

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Dott. Domenico Topa

U.O.C. Ortopedia e Traumatologia
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Under the scientific endorsement of the Lazio Regional Order of Physiotherapists

Professional Congress Organizer



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PROGRAMME

08.00 Registration

08.30 Welcome introduction

I SESSION

FRACTURES OF THE FOOT AND ANKLE IN THE PROFESSIONAL ATHLETE

MODERATORI: P. Farsetti, M. Spoliti

- 08.45** Epidemiology and injury mechanisms of foot and ankle fractures in professional soccer players. **M. Walden**
- 08.55** Fifth metatarsal ("Jones fracture"): diagnosis, treatment, and return to play. **D. Luzon**
- 09.05** Malleolar fractures: indications for fixation according to AO principles. **R. Accetta**
- 09.15** Stress fractures of the foot: early detection, diagnostic imaging, and prevention strategies. **P. Bettinsoli**
- 09.25** Rehabilitation After Foot and Ankle Fractures: From Bone Healing to Return to Performance. **V. Zampieri**
- 09.35 DISCUSSION:** M. Arduini, E. Di Cave, F. Favetti, G. Nanni, S. Mazzoni

II SESSION

LIGAMENT INJURIES OF THE FOOT AND ANKLE IN SOCCER PLAYERS

MODERATORI: G. Maccauro, G. Panegrossi

- 10.00** Role of imaging in ankle ligament injuries. **G. Rossi**
- 10.10** Lateral ankle sprains: classification, diagnosis, and management. **F. Lijoi**
- 10.20** Medial (deltoid) ligament injuries and chronic ankle instability. **A. Billi**
- 10.30** Syndesmotic injury ("high ankle sprain"): diagnostic criteria and modern management. **A. Scarpino**
- 10.40** Functional rehabilitation and return to competition after ligament injury. **J. I. Yanguas Leyes**
- 10.50 DISCUSSION:** G. Cea, A. De Carli, L. Gatteschi, C. Sprenger, R. Del Vescovo

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III SESSION

CONSERVATIVE MANAGEMENT OF FOOT AND ANKLE PATHOLOGIES

MODERATORI: F. Pallotta, L. Murena

11.10 Functional rehabilitation after ankle sprains: evidence-based protocols.
G. M. D'Orsi

11.20 Functional bracing and orthotic interventions in the soccer player. G. Iudicelli

11.30 Imaging of calf injuries in professional football, Real-Time Virtual Sonography (RTVS) for interventional techniques in elite athletes. R. Johnson

11.40 Biological therapies (PRP and mesenchymal stem cells) in tendon and joint injuries. R. Bertomeu Cugat

11.50 Preventive strategies and clinical monitoring in elite athletes. E. Cousin

12.00 DISCUSSION: G. Cirillo, A. Corsini, S. Masala, D. Perugia, R. De Santis

12.20 TAKE HOME MESSAGE: Integrating innovative imaging techniques into professional sports medicine bridges the gap between anatomy, function and performance. E. M. Schilders

12.25 GREETING FROM THE AUTHORITIES

12.45 - 13.30 *Working lunch*

IV SESSION

OPEN AND ARTHROSCOPIC SURGICAL TREATMENT

MODERATORI: A. Ferretti, M. Mosca

13.30 Surgical management of tibial pilon fractures following AO principles.
D. Leonetti

13.40 Arthroscopic ligament repair and stabilization: indications and outcomes.
R. Lopes

13.50 Tendon repairs and autograft techniques in professional soccer players.
L. Lempainen

14.00 Minimally invasive and percutaneous fixation techniques for foot fractures.
I. T. Jones

14.10 Postoperative complications and functional recovery strategies after surgery. F. Santacaterina

DISCUSSION: A. Vadalà, F. Colautti, G. Capua, P. De Santis

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V SESSION

TRAUMATIC AND DEGENERATIVE PATHOLOGY OF THE ACHILLES TENDON

MODERATORI: D. Rosa, S. Gumina

- 14.45** Epidemiology and risk factors for Achilles tendon rupture in soccer players. **M. Ronga**
- 14.55** Traumatic mechanism and lesion dynamics: from overload to acute rupture. **A. Marinozzi**
- 15.05** Conservative treatment of Achilles tendon injuries: rehabilitation protocols and recovery times. **E. Umbro**
- 15.15** MIS Zadek osteotomy: surgical technique and outcomes. **G. Falcone**
- 15.25** Mini-open Achilles tendon repair: surgical techniques and return-to-play outcomes. **N. Maffulli**
- 15.35 DISCUSSION:** L. Bondi, F. Cortese, A. Grasso, B. Petrucci, P. Versari

VI SESSION

SPARKLING ROUND TABLE

CHAIRMEN: R. Lanzetti, M. Pulcini, A. Servadio, D. Topa

16.00 “From Prevention to Return to Play: How it is change the Multidisciplinary Management of the Professional Athlete”

EXPERTS: A. Cardone, L. Conciatori, G. Maccauro, G. Malizia, S. Minnucci, A. Pagliaccia, F. Perondi, V. Petrucci, F. Porcellini

17.30 CONCLUSIONS

18.00 TEST ECM ON LINE



GENERAL INFORMATION

CONGRESS VENUE

Sala Stampa Stadio Olimpico
Via dei Gladiatori, Roma

ECM: PROVIDER 2382 - 493728

N° 9 Educational credits ECM are assigned for the following professions: Nurses, Physiotherapist, Podiatry, Orthopedic Technician, Surgeon (specialties: Orthopedics and Traumatology, Sports Medicine, Rheumatology, Physical Medicine and Rehabilitation, General Medicine (Family Doctors)).

REGISTRATION FEES

Registration fees are Free



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includerà nessun tipo di ingresso
allo stadio

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