

# FOOTBALL MEDICINE 2026

## ALL ABOUT FOOT AND ANKLE



ROMA  
SEPTEMBER  
29 TH

SALA STAMPA  
STADIO OLIMPICO

Professional Congress Organizer



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Professional Congress Organizer



# ALL ABOUT FOOT

## PROGRAMME

08.00 Registration

08.30 Welcome introduction

08.45 - 10.00

### I SESSION

#### FRACTURES OF THE FOOT AND ANKLE IN THE PROFESSIONAL ATHLETE

- Epidemiology and injury mechanisms of foot and ankle fractures in professional soccer players
- Fifth metatarsal ("Jones fracture"): diagnosis, treatment, and return to play
- Malleolar fractures: indications for fixation according to AO principles
- Stress fractures of the foot: early detection, diagnostic imaging, and prevention strategies
- Complications and rehabilitation management after fracture fixation

#### DISCUSSION

10.00 COFFEE BREAK

10.15 - 11.30

### II SESSION

#### LIGAMENT INJURIES OF THE FOOT AND ANKLE IN SOCCER PLAYERS

- Biomechanics and mechanisms of ligament injury during sports activity.
- Lateral ankle sprains: classification, diagnosis, and management
- Medial (deltoid) ligament injuries and chronic ankle instability
- Syndesmotic injury ("high ankle sprain"): diagnostic criteria and modern management
- Functional rehabilitation and return to competition after ligament injury

#### DISCUSSION

# AND ANKLE

11.30 - 12.45

### III SESSION

#### CONSERVATIVE MANAGEMENT OF FOOT AND ANKLE PATHOLOGIES

- Functional rehabilitation after ankle sprains: evidence-based protocols
- Functional bracing and orthotic interventions in the soccer player
- Imaging of calf injuries in professional football, Real-Time Virtual Sonography (RTVS) for interventional techniques in elite athletes
- Biological therapies (PRP and mesenchymal stem cells) in tendon and joint injuries
- Preventive strategies and clinical monitoring in elite athletes

#### DISCUSSION

12.45 - 13.30 WORKING LUNCH

13.30 - 14.45

### IV SESSION

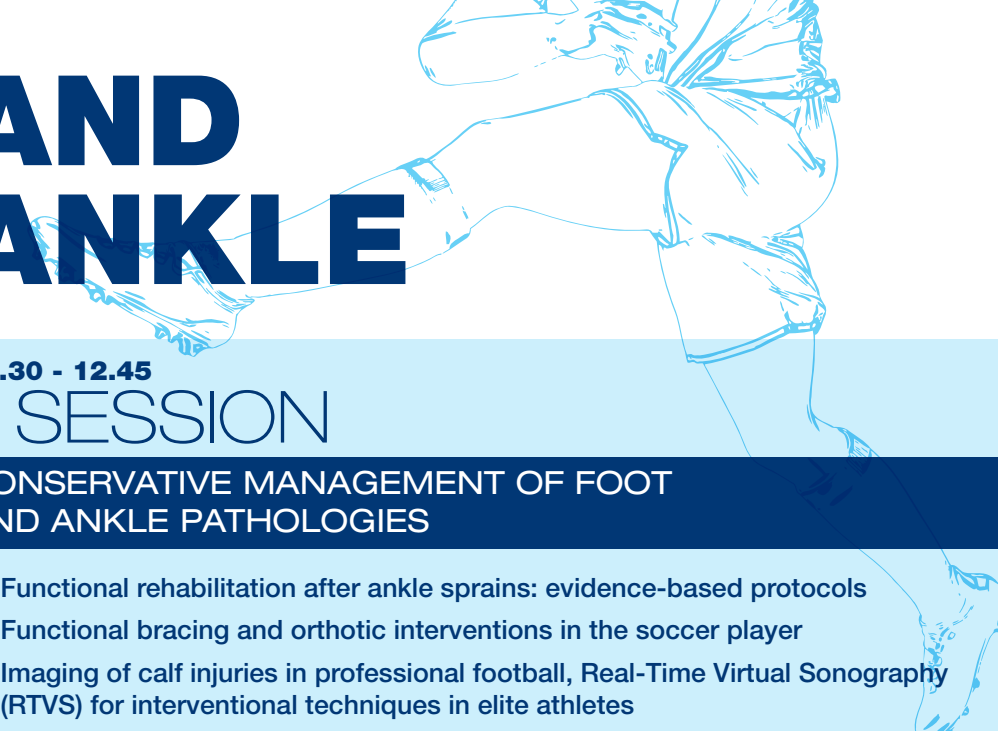
#### OPEN AND ARTHROSCOPIC SURGICAL TREATMENT

- Surgical management of tibial pilon fractures following AO principles
- Arthroscopic ligament repair and stabilization: indications and outcomes
- Tendon repairs and autograft techniques in professional soccer players
- Minimally invasive and percutaneous fixation techniques for foot fractures
- Postoperative complications and functional recovery strategies after surgery

#### DISCUSSION

20  
26

20  
26



# ALL ABOUT FOOT

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## PROGRAMME

14.45 - 16.00

### V SESSION

20

26

#### TRAUMATIC AND DEGENERATIVE PATHOLOGY OF THE ACHILLES TENDON

- Epidemiology and risk factors for Achilles tendon rupture in soccer players
- Traumatic mechanism and lesion dynamics: from overload to acute rupture
- Conservative treatment of Achilles tendon injuries: rehabilitation protocols and recovery times
- Arthroscopic management of insertional and calcific Achilles tendinopathy
- Mini-open Achilles tendon repair: surgical techniques and return-to-play outcomes

#### DISCUSSION



16.00 - 17.30

### VI SESSION

#### ROUND TABLE DISCUSSIONS

FROM PREVENTION TO RETURN TO PLAY:  
HOW IT IS CHANGE THE MULTIDISCIPLINARY MANAGEMENT  
OF THE PROFESSIONAL ATHLETE

17.30  
CONCLUSIONS

18.00  
TEST ECM ON LINE

## GENERAL INFORMATION

#### CONGRESS VENUE

Sala Stampa Stadio Olimpico  
Via dei Gladiatori, Roma

#### ECM: PROVIDER 2382

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



#### REGISTRATION FEES

Registration fees are Free



L'iscrizione al congresso non  
includerà nessun tipo di ingresso  
allo stadio