



# 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, Jmedical 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).

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# 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

11.00

G. Massazza

## SESSION I WINTER SPORTS ATHLETE MANAGEMENT

Moderators: A. Marchini, M. A. Minetto

PHYSICAL PREPARATION IN ALPINE SKIING:  
PAST, PRESENT AND FUTURE

11.20

L. Scarian

THE PATHOPHYSIOLOGY OF EXERCISE AT ALTITUDE

11.40

G. Dorelli

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

12.00

N. Maffiuletti

THE MANAGEMENT OF CHRONIC PROBLEMS DURING  
THE SPORTS SEASON

12.20

M. Freschi



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DISCUSSION

12.40

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**LUNCH BREAK**

13.00

**SESSION II**  
**INJURY**

Moderators: A. Benso, G. P. Ganzit

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INJURY EPIDEMIOLOGY IN WINTER SPORTS

A. Corsini

14.00

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INJURY PATHOMECHANICS IN THE SKIER

A. Panzeri

14.20

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PECULIARITIES OF THE PARALYMPIC ATHLETE

M. Patacchini

14.40

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CONCUSSION: DIAGNOSIS, MANAGEMENT  
AND RETURN TO THE TRACK

V. Re

15.00

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DISCUSSION

15.30

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**LIGHT COFFEE BREAK**

15.50

Moderators: G. Carnazza, M. Magistrali

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HAND AND WRIST TRAUMATOLOGY IN SKIING

L. Pegoli

16.05

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BACK PAIN MANAGEMENT IN SKIERS

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

N. Fanchini, M. Marsaglia, D. Merighetti, G. Rocca,  
G. Rulfi, A. Panzeri, G. Vercelli

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

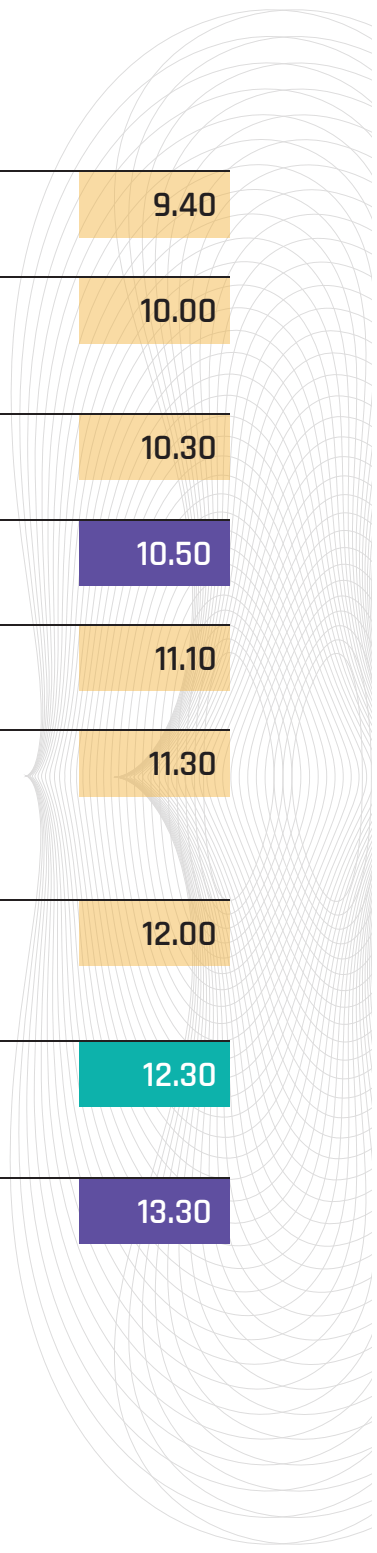
G. Thiebat

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
<b>LIGHT COFFEE BREAK</b>	<b>10.50</b>
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. Sonnery-Cottet	11.30
IDENTIFICATION AND MANAGEMENT OF AMI: SCIENTIFIC EVIDENCE N. Maffiuletti	12.00
ROUNDTABLE: THE UNCERTAINTIES OF THE INITIAL REHAB PHASE C. Fink, L. Lempainen, N. Maffiuletti, B. Sonnery-Cottet	12.30
<b>LUNCH BREAK</b>	<b>13.30</b>



## SESSION IV POST-INJURY REHABILITATION

Moderators: M. Giacchino, C. Zanella

14.30

PSYCHOLOGICAL APPROACH TO THE INJURED ATHLETE

R. Romano

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



ANGELINI Fabrizio



BENECH Carlo A.



BENEDINI Matteo



BENSO Andrea



BERTELLI Angelo



BRISTOT Federico



CARNAZZA Gino



CORSINI Alessandro



DORELLI Gianluigi



FANCHINI Nadia



FINK Christian



FRESCHI Marco



GANZIT Gian Pasquale



GIACCHINO Maurizio



GIL Jaime



LEMPAINEN Lasse



MAFFIULETTI Nicola



MAGISTRALI Massimo



MARCHINI Andrea



MASSAZZA Giuseppe



MARSAGLIA Matteo



MERIGHETTI Daniela



MINETTO Marco A.





PANZERI Andrea



PATACCHINI Marco



PEGOLI Loris



RE Valentina



ROCCA Giorgio



ROMANO Rosalba



ROSSI Roberto



RULFI Gianluca



SACCIA Francesco



SASSO Nicola



SCARIAN Luca



SONNERY-COTTET Bertrand



STEFANINI Luca



THIEBAT Gabriele



TOGNINI Giuseppe



VERCELLI Giuseppe



ZANELLA Claudio



ZANON Giacomo

# FACULTY

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## **ANGELINI Fabrizio**

- Medical Doctor, Specialist in Endocrinology
- Head of Nutrition, Juventus FC
- Head of Nutrition, VR46 Riders Academy

## **BENECH Carlo Alberto**

- Medical Doctor, Specialist in Neurosurgery
- Head of Robotic Surgery, Humanitas Cellini, Turin (Italy)
- JImedical, Turin (Italy)

## **BENEDINI Matteo**

- Physiotherapist
- National Representative, Physical Therapies Specialist Network, Italian Association of Physiotherapy (AIFI)
- Fisiocenter Multimedita, Bagnolo San Vito (Italy)

## **BENSO Andrea**

- Medical Doctor, Specialist in Endocrinology
- PhD in Clinical Sciences
- Director of the Specialization School in Sports and Exercise Medicine, University of Turin (Italy)

## **BERTELLI Angelo**

- Medical Doctor, Specialist in Orthopedics and Sports Medicine
- Director, Institute of Sports Medicine, Turin
- Head of Orthopedics, Clinica Eporediese, Ivrea (Italy)

## **BRISTOT Federico**

- Physiotherapist, Osteopath
- Head of Physiotherapy, JImedical

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- Medical Doctor, Specialist in Radiodiagnosics
- Director of Radiology, JImedical

## **CORSINI Alessandro**

- Medical Doctor, Specialist in Sports Medicine
- President, Sports Medicine Committee, SIAGASCOT
- Doctor, Italian Triathlon Federation
- Head of Medical Services, Genoa CFC

## **DORELLI Gianluigi**

- Medical Doctor, Specialist in Sports Medicine
- PhD Candidate in Sports Physiology, University of Verona (Italy)

## **FANCHINI Nadia**

- Pro skier

## **FINK Christian**

- Medical Doctor, Specialist in Orthopedics and Sports Medicine
- GelenkPunkt, Innsbruck (Austria)

## **FRESCHI Marco**

- Medical Doctor, Specialist in Sports Medicine
- First Team Doctor, Juventus FC

## **GANZIT Gian Pasquale**

- Medical Doctor, Specialist in Sports Medicine
- Director of Scientific Research and Medical Director, IMS Turin
- Consultant, Juventus FC
- President, Piedmont Regional Committee, FMSI

## **GIACCHINO Maurizio**

- Medical Doctor, Specialist in Sports Medicine
- Master's Degree (Level II) in Musculoskeletal Diagnostic and Interventional Ultrasound

## **GIL Jaime**

- Athletic Trainer
- PhD in Exercise Science
- Professor, European University, Research Center in Sports and Physical Activity, Madrid (Spain)

## **LEMPAINEN Lasse**

- Medical Doctor, Specialist in Orthopedics
- Pihlajalinn Hospital, Turku and Helsinki (Finland)

## **MAFFIULETTI Nicola**

- Scientific Researcher
- Head of Research Group, Human Performance Lab, Schultess Klinik, Zurich (Switzerland)

## **MAGISTRALI Massimo**

- Medical Doctor, Specialist in Sports Medicine
- Research and Education Area Coordinator, JImedical

## **MARCHINI Andrea**

- Medical Doctor, Specialist in Sports Medicine
- Medical Director, JImedical
- Head of Medical Services, Juventus NextGen and Youth

## **MASSAZZA Giuseppe**

- Medical Doctor, Specialist in Orthopedics, Physical Medicine, and Rehabilitation
- Professor and Scientific Researcher, University of Turin (Italy)
- Director of Medical Services, Winter Olympics Turin (2006) and Milan-Cortina (2026)

## **MARSAGLIA Matteo**

- Pro skier



### **MARINGHETTI Daniela**

- Pro skier

### **MINETTO Marco Alessandro**

- Medical Doctor, Specialist in Physical Medicine and Rehabilitation
- Professor and Scientific Researcher
- University of Turin, Department of Surgical Sciences, University Division of Physical Medicine and Rehabilitation

### **PANZERI Andrea**

- Medical Doctor, Specialist in Orthopedics
- President, Medical Commission, Italian Winter Sports Federation (FISI)
- San Siro Clinical Institute IRCCS, Galeazzi Hospital, Milan (Italy)

### **PATACCHINI Marco**

- Medical Doctor, Specialist in Orthopedics
- Head Doctor, Italian Paralympic Winter Sports Federation (FISIP)

### **PEGOLI Loris**

- Medical Doctor, Specialist in Orthopedics
- Chief of Sport Hand Center, San Donato Group

### **RE Valentina**

- Medical Doctor, Specialist in Physical Medicine and Rehabilitation
- World Rugby Independent Concussion Consultant
- Credentialed IMPACT Consultant

### **ROCCA Giorgio**

- Pro skier and former world champion

### **ROMANO Rosalba**

- Sports Psychologist
- Psychological Department, Juventus FC

### **ROSSI Roberto**

- Medical Doctor, Specialist in Orthopedics
- Director of Orthopedics and Traumatology, Umberto I Hospital, Turin (Italy)

### **RULFI Gianluca**

- Technical Director and Head Coach of the Women's Teams
- Italian National Alpine Skiing Team

### **SACCIA Francesco**

- Medical Doctor, Specialist in Orthopedics
- Co.Gi.To. Group - Conservative Knee Surgery, Turin (Italy)

### **SASSO Nicola**

- Physiotherapist, Athletic Trainer
- Physiotherapist, Juventus FC First Team

### **SCARIAN Luca**

- Athletic Trainer, National Teams and World Cup
- Italian Winter Sports Federation

### **SONNERY-COTTET Bertrand**

- Medical Doctor, Specialist in Orthopedics
- Centre Orthopedic Santy, FIFA Medical Center of Excellence, Lyon (France)

### **STEFANINI Luca**

- Medical Doctor, Specialist in Sports Medicine
- Head of Medical Services, Juventus FC
- General Director, JImedical

### **THIEBAT Gabriele**

- Medical Doctor, Specialist in Orthopedics
- Medical Commission, FISI (Head of National Snowboard & Freestyle Ski Teams)
- Medical Commission, FIPAV
- San Siro Clinical Institute IRCCS, Galeazzi Hospital, Milan (Italy)

### **TOGNINI Giuseppe**

- Medical Doctor, Specialist in Radiodiagnostics
- Coordinator, CT Service, Radiology, JImedical
- Advanced Diagnostic Center, Cortona (Italy)

### **VERCELLI Giuseppe**

- Sports Psychologist
- Head of Psychological Services, Juventus FC
- Head of Psychological Services, Italian Winter Sports Federation

### **ZANELLA Claudio**

- Medical Doctor, Specialist in Physical Medicine and Rehabilitation
- Technical Director, JImedical

### **ZANON Giacomo**

- Medical Doctor, Specialist in Orthopedics
- Sports Medicine Committee, SIAGASCOT
- Habilita Healthcare and Robotics, Fara Novarese (Italy)

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# SPORT SCIENCE

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## **HOW TO REACH THE ALLIANZ STADIUM**

### **From Turin Porta Susa train station**

Approximately 15 minutes by car/taxi

Approximately 35 minutes by bus

### **From Turin Caselle Airport**

Approximately 15 minutes by car/taxi

Approximately 40 minutes by public transport

### **Taxi service**

Call the numbers

+39 011 5730 / +39 011 5737







## TO REGISTER FOR THE CONFERENCE:

go to link or use the QR Code

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



**REGISTRATION FEE: 340€ VAT INCLUDED**  
**STUDENT/MEDICAL RESIDENTS: 290€ VAT INCLUDED**  
**MEMBERS FMSI, FISI, AIFI, SINSEB, SIAGASCOT: 290€ VAT INCLUDED**  
**"EARLY BIRD" (UNTIL 1<sup>ST</sup> 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.

**JMEDICAL.EU**

## MAXIMUM NUMBER OF PARTICIPANTS:

# 250

## Allianz Stadium

Corso Gaetano Scirea, 50

10151 Torino, TO

## USEFUL INFORMATION:

For more information on participating hotels view the updated list on the registration page.

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

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ECM (Educazione Continua in Medicina) CODICE ECM: 604 - 416162 - Summeet Srl (Provider standard n° 604) ha inserito nel programma formativo 2024 l'evento "Alpine Skiing: Injuries and Prevention" assegnando n° 4,2 (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 libera scelta); Scienza dell'alimentazione e dietetica; Direzione medica di presidio ospedaliero; Organizzazione dei servizi sanitari di base; Audiologia e foniatria; Psicoterapia; 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)