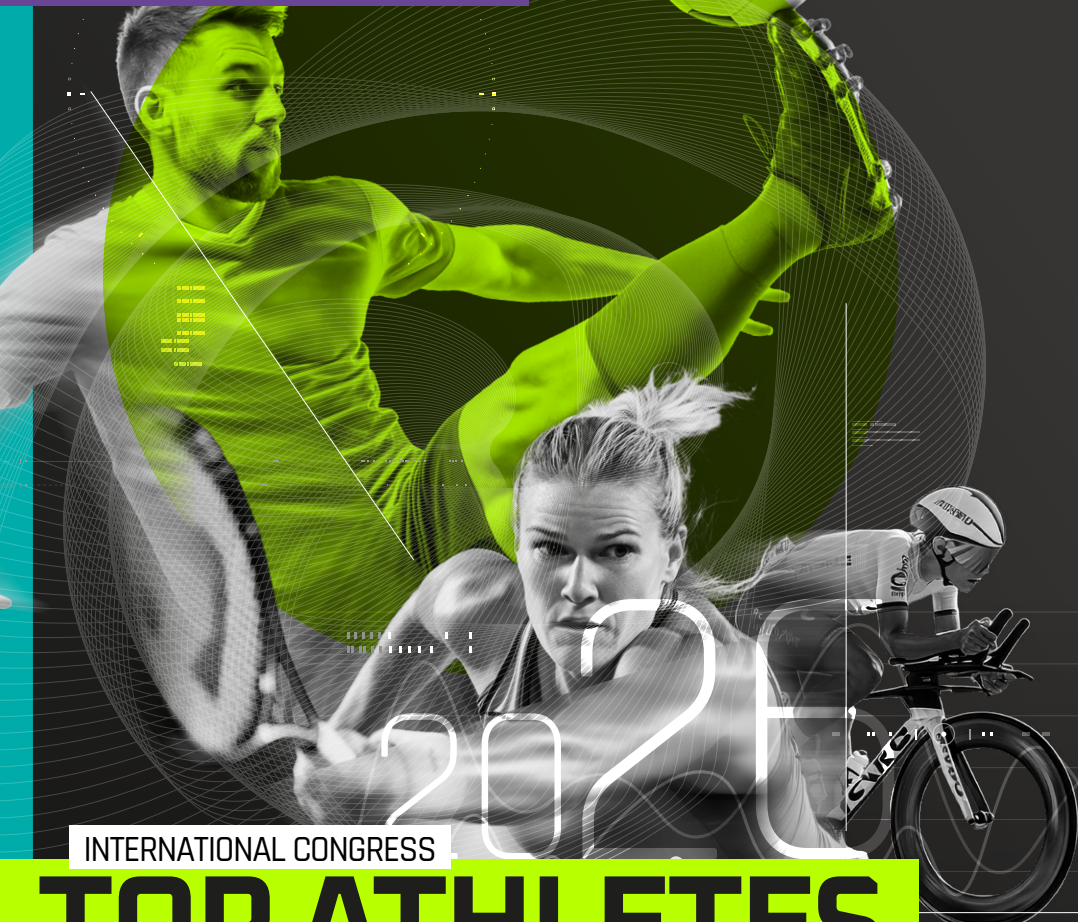


SCIENTIFIC PROGRAMME



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.

Conference chair
L. Stefanini

Scientific director
M. Magistrali

PROGRAMME

OCTOBER 2026

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

11.10

THE IMPORTANCE OF RECOVERING
MUSCULAR STRENGTH FOR BALLISTIC PERFORMANCE

L. Maestroni

11.30

STRENGTH TRAINING FOR INJURY PREVENTION

M. Bizzini

11.50

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

N. Maffioletti, P. Samozino, 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

BEYOND STRENGTH:
HOW TECHNOLOGY IS CHANGING STRENGTH TRAINING

M. Massarini

15.00

MAKING RETURN-TO-SPORT DECISIONS
AFTER ANKLE INJURY:
AN EVIDENCE-BASED FUNCTIONAL FRAMEWORK

R. Lopes

15.15

DISCUSSION

15.30

**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: 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

19.00

TAKE-HOME MESSAGES DAY 1

19.15

END OF DAY 1



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 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

ARE WE REALLY TRAINING THE TENDON? WHAT ADAPTATION SCIENCE SAYS ABOUT ATHLETE REHAB <i>P. Malliaras</i>	14.30
THE TROUBLED RELATIONSHIP BETWEEN IMAGING AND TENDINOPATHIES <i>G. Gamberro</i>	15.00
ADJUNCT THERAPIES IN TENDINOPATHIES: PRINCIPLES AND MODALITIES IN THE PRO ATHLETE <i>M. Freschi</i>	15.15
INSIDE THE OPERATING ROOM: SURGICAL TREATMENT OF INSERTIONAL ACHILLES TENDINOPATHY <i>M. Guelfi</i>	15.30
TRANSLATING LESSONS LEARNED FROM PROFESSIONAL ATHLETES INTO CLINICAL PRACTICE <i>A SELECTION OF CLINICAL CASES</i> <i>P. Malliaras, G. Gamberro, M. Freschi, M. Guelfi</i>	15.45
DISCUSSION	16.15
TAKE-HOME MESSAGES DAY 2	16.45
CONGRESS CLOSING	17.00



FACULTY



ANGELINI
Fabrizio



BIZZINI
Mario



BOCCIA
Gennaro



BORRI
Fabrizio



BRISTOT
Federico



BRUSCAGIN
Carlo



BUCHHEIT
Martin



BURGESS
Darren



CARDINALE
Marco



CONNOLLY
Darragh



CONTRO
Diego



CORSINI
Alessandro



EIRALE
Cristiano



FERRARI BRAVO
Duccio



FRANCESCHI
Alberto



FRESCHI
Marco



GAMERRO
Giulia



GATTA
Alessandro



GUELFI
Matteo



KING
Endo



LOPES
Ronny



MAESTRONI
Luca



MAFFIOLETTI
Nicola



MAGISTRALI
Massimo



MALLIARAS
Peter



MANCIN
Laura



MARCHINI
Andrea



MARGAGLIA
Luca



MASSARINI
Massimo



MINETTO
Marco Alessandro



MODINA
Francesca



NUTARELLI
Sebastiano



PEGOLI
Loris



PERTICARINI
Loris



SAMOZINO
Pierre



SEMPERBONI
Luca



STEFANINI
Luca



STERGIOU
Maria



SURACI
Stefano



THIEBAT
Gabriele



VIGNATI
Chiara



ZANELLA
Claudio

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BRISTOT Federico

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BRUSCAGIN Carlo

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High-Performance Specialist
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CARDINALE Marco

Director of Research
Aspetar, Qatar

CONNOLLY Darragh

Head of Academy Performance
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Chief of Sports Medicine
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Next Gen Sport Scientist
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Juventus, Italy

ZANELLA Claudio

MD, Head of Rehabilitation
Jlmedical, Italy

REGISTRATION OPTIONS

	STUDENTS*	REGULAR (UNTIL 6th SEPT 26)	REGULAR (AFTER 6th SEPT 26)
2-DAY FULL CONGRESS AT THE ALLIANZ STADIUM¹ 3,9 ECM CREDITS	179€	249€	349€
2-DAY FULL CONGRESS AT THE ALLIANZ STADIUM + ONE-DAY TENDINOPATHY WORKSHOP AT JIMEDICAL² 13,9 ECM CREDITS		629€	
2-DAY FULL CONGRESS AT THE ALLIANZ STADIUM + ONE-DAY RETURN-TO-PLAY WORKSHOP AT JUVENTUS FACILITY TBC² 15,2 ECM CREDITS		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/>



INTERNATIONAL CONGRESS

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TREATMENT, PERFORMANCE, PREVENTION





TO REGISTER FOR THE CONFERENCE:

go to link or use the QR Code

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



REGISTRAZIONE E ACCESSO

Da effettuarsi prima o contestualmente all'inizio del corso ECM (la mancata iscrizione al corso prima dell'inizio dello stesso comprometterà la possibilità di compilazione dei questionari)

Collegarsi all'indirizzo: <https://res.summeet.it>

In caso di primo accesso: creare l'account personale, cliccando su "REGISTRAZIONE"

- In caso di utente già registrato a corsi FAD (Formazione a Distanza); potrà utilizzare le stesse credenziali che utilizza per l'accesso a fad.summeet.it

Trovare il corso attraverso la funzione cerca, inserendo codice ECM 488457

Inserire la seguente chiave di accesso per iscriversi al corso: 044926

Sarà possibile compilare il questionario di gradimento entro 3 giorni dal termine del corso (il test si riterrà superato con almeno il 75% di risposte corrette)

HELPDESK

Per eventuali problematiche di accesso, potrà contattare l'help desk via mail alla casella attiva: helpdesk@summeet.it

MAXIMUM NUMBER OF PARTICIPANTS:

350

JImedical

Via Druento 153/56
10151 Torino, It

PROVIDER STANDARD

ID: 604

SUMMEET

Summeet S.r.l.

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21100 Varese

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ECM (Educazione Continua in Medicina) CODICE ECM: 604-488457 - Summeet Srl (Provider standard n° 604) ha inserito nel programma formativo 2026 l'evento "Top Athletes" assegnando n° 3,9 crediti formativi. L'evento formativo è destinato a n° 350 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)

Share the conference on our social channels
using the hashtag **#TopAthletesCongress**



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Jmedical Torino

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