



Università degli Studi di Firenze



Azienda Ospedaliero Universitaria Careggi

Postgraduate School in Sports Medicine - University of Florence  
Chief: Prof. Giorgio Galanti



# 4<sup>th</sup> European Meeting on Sports Medicine and Exercise

*“what to know and  
how to do it”*

**22<sup>nd</sup> - 23<sup>rd</sup> March 2013**

**Florence**  
*Palagio di Parte Guelfa*

Patronage



# 22<sup>nd</sup> MARCH

**08.30 - 09.30** Registration

## **1<sup>st</sup> SESSION**

Chairs: *F. Ferretti, S. Fiorini*

**09.30** Premier League experience: first aid on the pitch  
*E. Carneiro*

**09.50 - 11.05** New trends in soccer training  
*E. Marra, C. Savoia, F. Tafani*

**11.05** News on PRP therapy  
*P. Biosca*

**11.30** Coffee Break

## **2<sup>nd</sup> SESSION**

Chairs: *L. Liverani, M. Gulisano*

**12.00** Hydration and cognitive function  
*L. Stefani*

**12.15** Nutrition in young athlete  
*G. Buti, I. Scacciati*

**12.30** Food intolerance : mith or facts?  
*O. Rossi*

**12.45** Nutrition in the day match  
*F. Marzatico*

## **Controversies in Sports Medicine: the supplementation**

**13.00** Is supplementation necessary? Yes  
*F. Angelini*

# 22<sup>nd</sup> - 23<sup>rd</sup> March 2013

**13.20** Is supplementation necessary? No  
*M. Giampietro*

**13.40** Discussion

**14.00** Light Lunch

## **3<sup>rd</sup> SESSION**

*Chairs: N. Armentano, C. Rostagno*

**15.00** Over and bad training: clinical aspects  
*G. Galanti*

**15.20** News in diagnostic methods  
*G. Monetti*

**15.40** Ethics and sports  
*P. Cattorini*

## **4<sup>th</sup> SESSION**

*Chairs: N. Mochi, A. Pizzi*

**16.00** Psychological profile can help in soccer?  
*L. Belloni, L. Amoroso*

**16.15** Hamstring strain injuries, strategies for prevention and rehabilitation  
*M. Bertoni*

**16.30** Pulmonary edema and marathon  
*M. Pistolesi*

**16.45** Discussion

**17.00** Coffee Break

## 5<sup>th</sup> SESSION

*Chairs: S. Favilli, S. Mininni*

- 17.15** Youngs and sports medical emergencies  
*V. Di Tante, V. Vergine, L. Pengue*
- 17.30** Injuries in young athletes  
*M. Fioriti*
- 17.45** Pharmacological and strumental therapy in soccers  
*P. Manetti*
- 18.00** Discussion
- 18.30** Opening Cerimony and Cocktail

**23<sup>rd</sup> MARCH**

## 6<sup>th</sup> SESSION

*Chairs: P. Pasquetti, C. Rigo*

- 09.00** The use of GPS for football players  
*A. Alteribba*
- 09.20** The importance of the genetic component in injury  
*R. Pruna, R. Artells*
- 10.00** Supplementation in athletes: strength and weakness  
*J. Ribas*
- 10.20** Injury prevention: the role of Team Doctor  
*A. Causarano*
- 10.40** Muscular lesions and soccer  
*L. Stefanini*
- 11.00** Discussion
- 11.30** Coffee Break

## 7<sup>th</sup> SESSION

*Chairs: L. Felli, G. Serni*

### Return to competition after:

- |              |   |
|--------------|---|
| <b>12.00</b> | Meniscal injury<br><i>G. Guido</i>                  |
| <b>12.20</b> | ACL injury<br><i>G. Zanon, F. Combi</i>             |
| <b>12.40</b> | Severe muscle injury<br><i>G. Cerulli</i>           |
| <b>13.00</b> | Extensor tendon injury<br><i>C. Bait</i>            |
| <b>13.20</b> | Cartilage fracture<br><i>F. Giron</i>               |
| <b>13.40</b> | Conclusion<br><i>M. Innocenti</i>                   |
| <b>14.00</b> | Light lunch   |
| <b>14.45</b> | Round Table<br>Soccer to-day<br><i>E. Bucchioni</i> |



# General Information

## Congress Venue

Palagio di Parte Guelfa  
Piazza Di Parte Guelfa 1  
50123 Florence

Palagio di Parte Guelfa is located in the centre of Florence, in the pedestrian precinct. It is recommended to park at the paying underground car park at Santa Maria Novella railway station.

## For italian participants

E.C.M Regionale  
N. accreditamento 9032012035761

La regione toscana ha attribuito 7 crediti formativi valevoli su territorio nazionale e riconosciuti dal Ministero della Salute.

L'attestato con i crediti formativi sarà successivamente inviato ai partecipanti avente diritto a cura della U.O. Formazione dell'Azienda Ospedaliera Universitaria di Careggi.

## Faculty

Albert Alteriba, *Barcelona-SP*  
Luca Amoroso, *Florence*  
Fabrizio Angelini, *Empoli-Fi*  
Nicola Armentano, *Florence*  
Rosa Artells, *Barcelona-SP*  
Corrado Bait, *Milan*  
Laura Belloni, *Florence*  
Maurizio Bertoni, *Florence*  
Paco Biosca, *London-UK*  
Enzo Bucchioni, *Florence*  
Gabriella Buti, *Florence*  
Eva Carneiro, *London-UK*  
Paolo Cattorini, *Varese*  
Andrea Causarano, *Siena*  
Giuliano Cerulli, *Perugia*  
Franco Combi, *Milan*  
Valentina Di Tante, *Florence*  
Silvia Favilli, *Florence*  
Lamberto Felli, *Genoa*  
Ferretto Ferretti, *Milan*  
Stefano Fiorini, *Florence*  
Massimo Fioriti, *Florence*  
Giorgio Galanti, *Florence*  
Michelangelo Giampietro, *Rome*  
Francesco Giron, *Florence*  
Giulio Guido, *Pisa*

Massimo Gulisano, *Florence*  
Massimo Innocenti, *Florence*  
Lorenzo Liverani, *Florence*  
Paolo Manetti, *Florence*  
Emanuele Marra, *Florence*  
Fulvio Marzatico, *Pavia*  
Simone Mininni, *Florence*  
Nicola Mochi, *Pistoia*  
Giuseppe Monetti, *Florence*  
Pietro Pasquetti, *Florence*  
Luca Pengue, *Florence*  
Massimo Pistolesi, *Florence*  
Angelo Pizzi, *Viareggio-Lu*  
Ricard Pruna, *Barcelona-SP*  
Jordi Ribas, *Barcelona-SP*  
Claudio Rigo, *Udine*  
Oliviero Rossi, *Florence*  
Carlo Rostagno, *Florence*  
Cristian Savoia, *Florence*  
Irene Scacciati, *Florence*  
Giovanni Serni, *Florence*  
Laura Stefani, *Florence*  
Luca Stefanini, *Turin*  
Fabrizio Tafani, *Florence*  
Vincenzo Vergine, *Florence*  
Giacomo Zanon, *Pavia*

## Chair Persons

Sandro Mencucci  
*ACF Fiorentina CEO*

Gianfranco Gensini  
*Faculty Medicine's Dean*

Valtere Giovannini  
*General Manager AOU Careggi*

## Scientific Committee

Giorgio Galanti  
Ricard Pruna  
Loira Toncelli  
Roberta Vono

## Organizing Secretariat

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## Presented by



ENTE  
CASSA DI RISPARMIO  
DI FIRENZE

**e**saote



**ROTTAPHARM**

**ULIVETO**