



4th I.S.Mu.L.T. Congress

Italian Society of Muscles, Ligaments & Tendons

Advances in Muscles Ligaments and Tendons

*Research
and clinical practice*

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**Hotel Sheraton Golf Parco de' Medici
Conference Center Building 1, Rome
December 5th – 6th, 2014**

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 M.C. Vulpiani Roma (ITA)
 M. Wierwioski Basel (SUI)
 R. Zini Milano (ITA)

8:00 Registration

SESSION 1 MAINLECTURESChairmen: **N. Maffulli, C. Foti**

08.30 Neuronal regulation of tendon homeostasis

P. Ackermann Stockholm (SWE)

09.00 Measuring outcome in research and clinical practice

F. Franchignoni Novara (ITA)**SESSION 2 ADVANCES IN KNEE INSTABILITY AND REHABILITATION**Chairmen: **A. Ferretti; S. Rossetti, A. Tucciarone**

09.30 ACL reconstruction failure

M. Spoliti Roma (ITA)

09.38 ACL reconstruction with biomimetic ligaments a valid procedure?

M. M. Tei Perugia (ITA)

09.46 Anatomic ACL reconstruction

L. Pederzini Sassuolo (ITA)

09.54 ACL transcondylar pin fixation in anatomical reconstruction

E. Adriani Roma (ITA)

10.02 ACL all-inside reconstruction

E. Lalla Napoli (ITA)

10.10 Postero-lateral knee instability

F. Castoldi Torino (ITA)

10.18 Patellar instability and MPFL reconstruction

N. Maffulli Salerno (ITA)

10.26 Antero-medial knee instability

A. Ferretti Roma (ITA)

10.34 Sport related ACL outcome

M. A. Servadei Bologna (ITA)

10.42 KACLIR Test in Knee instability: what's new?

C. Foti Roma (ITA)

10.50 Discussion

SESSION 3 AC JOINT DISLOCATION: AN UNSOLVED DILEMMA?Chairmen: **F. Franceschi, F. Franchignoni, M. Spoliti**

11.10 Why AC joint is difficult to stabilize: biomechanical assessments?

B. Innocenti Bruxelles (BEL)

11.18 Conservative treatment of AC joint dislocation

G. Merolla Cattolica (ITA)

11.26 All arthroscopic repair for acute AC joint Dislocation

M. De Cupis Roma (ITA)

11.34 Open AC joint repair with allograft

U. Mariotti Torino (ITA)

11.42 Chronic AC Dislocation three cortical button fixation

V. Campagna Roma (ITA)

11.50 Chronic AC dislocation arthroscopic repair

G. Tsikouris Athen (GRE)

11.58 Discussion

12.30 **Welcome from the Authorities**13.00 **LUNCH**13.00 **WORKSHOP STORZ – ESWT in musculoskeletal disorders**Chairmen: **M.C. D'Agostino, C. Servodio Iammarrone**

CONTINUING EDUCATION CREDITS NOT APPLICABLE

Physics and technology of ESW devices

D. Caputo Roma (ITA)

Indications and contraindications ESWT

E. Amelio Verona (ITA)

Clinical Experience of ESW in orthopaedics and traumatology

S. Russo Napoli (ITA)

ESWT effects on human tenocytes

V. Visco Roma (ITA)

New fields of application of ESWT

M.C. Vulpiani Roma (ITA)

SESSION 4 TENDON AUGMENTATIONChairmen: **E.Ippolito, F. Oliva, E.Reverchon**

- 14.00 Biomimetic scaffolds for soft tissue augmentation: basic teachings
G. Della Porta Salerno (ITA)
- 14.08 Polyurethane-urea scaffolds' versatility in chronic ligaments and tendons tears
M. Spoliti Roma (ITA)
- 14.16 Achilles tendon augmentation with hyaluronic acid scaffold
N. Heybeli Turchia (TUR)
- 14.24 Arthroscopic rotator cuff augmentation
C. Chillemi Roma (ITA)
- 14.32 Imaging after tendon augmentation
O. Kyritsi London (UK)
- 14.40 Discussion

SESSION 5 ADVANCES IN MUSCLE INJURIES TREATMENTChairmen: **C. Ramponi, S. Masiero, V. Testa**

- 15.00 Update on muscle healing process
T. Järvinen Oulu (FIN)
- 15.08 Rehabilitative focus on I.S.Mu.L.T. muscles injuries Guidelines
C. Ramponi Vittorio Veneto (ITA)
- 15.16 Functional evaluation in muscle performance
C. Foti Roma (ITA)
- 15.24 Treatment in early 2 phases post injury
M. Cattaneo Alessandria (ITA)
- 15.32 Therapeutic exercises and sport correlation
L. Di Filippo Alessandria (ITA)
- 15.40 Discussion

SESSION 6 ADVANCES IN TENDONS TEARSChairmen: **G. Lisitano, N. Maffulli, A. Frizziero**

- 16.00 Anatomy and imaging of Achilles tendon paratenon
C. Stecco Padova (ITA)
- 16.08 Hormones & Tendons
F. Oliva Roma (ITA)

- 16.16 Children patellar tendon reinsertion
V. Anania Roma (ITA)
- 16.24 Tendons in several cerebral palsy: are they different?
N. Portinaro Milano (ITA)
- 16.32 PRP in rotator cuff partial tears
L. Osti Modena (ITA)
- 16.40 Patellar tendon reconstruction with hamstring tendon graft
A. Del Buono Como (ITA)
- 16.48 Epithelial mesenchymal stem cell transplantation in natural occurring tendinopathy in horses: ultrasonographic and histological comparison
A. Muttini Teramo (ITA)
- 16.56 Discussion

SESSION 7 BASIC SCIENCE AND REGENERATIVE MEDICINEChairmen: **A.C. Berardi, M.C. D'Agostino, M. Fini, L. Pierelli, U. Tarantino**

- 17.16 Muscles and tendons: new therapeutic approaches
D. Tiso Bologna (ITA)
- 17.36 Where are we?
I. Andia Barakaldo (ESP)
- 17.44 Knee osteoarthritis and PRP
R. Leone, A. De Rosa Roma (ITA)
- 17.52 The exciting challenge of stem cell therapy in rotator cuff repair
M. B. Mc Carthy Farmington (USA)
- 18.00 Tissue engineering for tendon and muscle and the potential role of umbilical cord mesenchymal stem cells.
A. Marmotti Torino (ITA)
- 18.08 Systemic effects of PRP injections for tendons diseases
M. Vetrano Roma (ITA)
- 18.16 PRP vs Hyaluronic acid in gonarthrosis: a prospective randomized study
F. Cerza Roma (ITA)
- 18.24 Ultrasound guided infiltration using latest generation of hyaluronic acid in chondral diseases
S. Giannini Roma (ITA)
- 18.32 Comparison of different molecular knee weight hyaluronic acid preparation INVO.A.
A. Frizziero Padova (ITA)
- 18.40 Skeletal muscle death through apoptosis, autophagy end necrosis: from the disease to the lab
E. Falcieri Urbino (ITA)
- 18.48 Discussion

SESSION 8 MAINLECTUREChairman: **C. Foti**

- 08.00 Ultrasound imaging for musculoskeletal injuries:
A must-stop in the diagnostic algorithm
L. Ozcakar Ankara (TUR)

SESSION 9 ADVANCES IN KINESIOLOGYChairmen: **J. Padulo, E. Falcieri, F. Iellamo, G. Francavilla**

- 08.30 Running with or without shoes: Why?
J. Padulo Como (ITA)
- 08.38 Comparison of three reconditioning methods on ankle stability
L. Russo L'Aquila (ITA)
- 08.46 Biomechanics and functional effects of a progressive re-education program following ACL tears
A. Dello Iacono Rishon Le Zion (ISR)
- 08.54 Longitudinal study on proprioceptive rehabilitation in sportsmen
R. Di Vico Caserta (ITA)
- 09.02 Resisting exercise: implications for sport rehabilitation
A. Chaouachi Tunisia (TUN)
- 09.10 Decrease damage the inter-vertebral discs in artistic gymnastics through specific training programs
M. Damian Costanta (ROU)
- 09.18 Discussion

SESSION 10 MAINLECTUREChairman: **X. Michail**

- 09.40 Chronic non-specific pain: improving outcomes
G. De Sena Napoli (ITA)

10.10 BREAK**SESSION 11 COMPETITION FITNESS**Chairmen: **R. Saggini, P. Brancaccio**

- 10.30 Autonomic Adaptation in Endurance Athletes
F. Iellamo Roma (ITA)
- 10.38 Postural Analysis
R. Saggini Chieti (ITA)
- 10.46 Prevention in gymnastics
L. Di Lorenzo Benevento (ITA)
- 10.54 Sport Re-education techniques
A. Forte Salerno (ITA)
- 11.02 Metabolic adaptation exercises
P. Brancaccio Napoli (ITA)
- 11.10 Viscosupplementation with Hylan GF 20 in knee OA: choosing according to EBM
A. Migliore Roma (ITA)
- 11.18 Discussion

SESSION 12 ROUND TABLE: SPORT MEDICINE HOW I MANAGE MY TEAM!Chairmen: **M. Brozzi, N. Maffulli, G. Nanni, M. Spoliti**

- 11.40 **R. Argento** (Palermo), **A. Belli** (Milano), **R. Canal** (Barcelona), **G. Coletta** (Roma), **S. Cotti** (Roma), **A. De Nicola** (Napoli), **C. Francavilla** (Palermo), **G. Nanni** (Bologna), **V. Scala** (Roma), **G.B. Sisca** (Roma), **S. Salvatori** (Roma)

SESSION 13 ADVANCES IN ANKLE SURGERYChairmen: **S. Giannini, F. Treia**

- 12.40 Epidemiology of calcaneus spurs
A. Gai Roma (ITA)
- 12.48 Advanced Imaging of osteochondral talus lesions
M. Wierwioski Basel (SUI)
- 12.56 Ankle posterior endoscopy
N. Maffulli Salerno (ITA)
- 13.04 Mesenchymal stem cells in osteochondral lesions of the talus
R. Buda Bologna (ITA)

- 13.12 CAI repair with arthroscopic tenodesis
F. Allegra Roma (ITA)
- 13.20 Total ankle arthroplasty
G. Polce, S. Luziatelli Roma (ITA)
- 13.28 Discussion

13.50 **LUNCH**

- 13.50 **WORKSHOP LABOREST – Supplements for cartilage and tendons**
Pharmacological supplements on Muscle Ligament tendon disabilities
CONTINUING EDUCATION CREDITS NOT APPLICABLE

Analgesic adjuvant therapy for the treatment of rotator cuff tendinopathy and postoperative pain after arthroscopic rotator cuff repair

G. Merolla Cattolica (ITA)

Rehabilitation after arthroscopic rotator cuff repair

A. Foglia Milano (ITA)

Nutritional supplements in prevention and recovery in elite soccer players' tendinopathies

G. Corradini Verona (ITA)

Potential synergism between nutritional supplementation and extracorporeal shock wave therapy for the treatment of tendinopathies

M. Vetrano Roma (ITA)

Panel Discussion

- 14.50 **FINANCIAL ADVISORY - FAMILY ISSUES**
Heritage protection versus occupational and fiscal hazards;
SER.P.I.CO., Italian super tax register, new elements for tax assessment
R. Giusti Arezzo (ITA)
CONTINUING EDUCATION CREDITS NOT APPLICABLE

SESSION 14 ADVANCES IN HIP ARTHROSCOPY

Chairmen: **M. V. Oransky**, **C. Costantino**, **F. Pallotta**, **R. Zini**

- 15.10 Conservative treatment of FAI
A. Mahmoud Egypt (EGY)
- 15.18 Hip arthroscopy: indications, surgical approaches and future perspectives
A. Fontana Como (ITA)
- 15.26 Arthroscopy and early osteoarthritis of the hip
A. Costantini Viterbo (ITA)
- 15.34 Arthroscopy of the femoral head ligament
C. Gebhart Wien (AUT)
- 15.42 Mini-open procedure for FAI
M. Arduini Roma (ITA)
- 15.50 Endoscopic approach for hamstring tendons repair
F. Bataillie Herentals (BEL)
- 15.58 Arthroscopic management of the ilio-psoas tendon
M. Panasci Milano (ITA)
- 16.06 Rehabilitation of the Arthroscopy of the hip
C. Costantino Parma (ITA)
- 16.14 Discussion

SESSION 15 ADVANCE IN SHOULDER SURGERYChairmen: **D. Creta, V. De Cupis, G.E. Paribelli, M. Spoliti**

- 16.34 Early gleno-humeral arthritis in young people
G. Porcellini Rimini (ITA)
- 16.42 Acute dislocation and contact sports
V. Campagna Roma (ITA)
- 16.50 Arthroscopic Latarjet
R. Castricini Fermo (ITA)
- 16.58 Management of postero-superior lesions
A. Vitullo Roma (ITA)
- 17.06 Irreparable rotator cuff lesion
A. Grasso Roma (ITA)
- 17.14 Arthroscopic latissimus dorsi transfer
E. Gervasi Latisana (ITA)
- 17.22 Irreparable tear of sub scapularis tendon: the pectoralis transfer
D. Petriccioli Brescia (ITA)
- 17.30 Calcific tendinopathy the active role of radiology
M. Mastantuono Roma (ITA)
- 17.38 Reverse shoulder arthroplasty
M. Susanna Bordeaux (FRA)
- 17.54 Return to sport after shoulder arthroplasty: is it possible?
D. Creta Bologna (ITA)
- 18.02 Discussion

SESSION 16 I.S.MU.L.T. GUIDELINES**18.20 for the management of Rotator Cuff Tears**Chairmen: **N. Maffulli**

P. Brancaccio, A. Castagna, D. Creta, A. Del Buono, R. Garofalo, F. Franceschi, A. Frizziero, C. Foti, A. Gai Via, A. Mahmoud, G. Merolla, S. Nicoletti, F. Oliva, L. Osti, J. Padulo, E. Piccirilli, G. Porcellini, N. Portinaro, M. Spoliti, U. Tarantino, A. Scialdoni, G. Tajana

19.30 CLOSING REMARKS**19.30 Test ECM on line****INFORMATION TO THE FACULTY**

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ABSTRACT PUBLICATION ON M.L.T.J.**MUSCLES, LIGAMENTS AND TENDON JOURNAL**

Abstract submission deadline December 5th.

On-line tool available only on <http://ismult.com/submission.php>.

**EVENT N. 2382-106198**

19 CME CREDITS available for **Physician:** rehabilitation medicine specialists, sports physicians, rheumatologists, orthopedics and traumatology specialists, radiologists and general practitioner; **Physiotherapists.**

PARTICIPANTS GUIDELINES

CME online test will be available on www.balestracongressi.com from **December 7th** to **December 14th**. Access credentials will be delivered on-site at check-in, 100% educational activities attendance is required. Participants can carry out the online test only once and cannot repeat it.

CONGRESS VENUE

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OFFICIAL LANGUAGE

Italian. Italian/English and vice versa simultaneous translation will be provided.

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I.S.Mu.L.T. Member Euro 130,00 Non Member Euro 250,00

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SOCIAL EVENT

Dinner Euro 55,00

It will take place on **Friday December 5th** at SHERATON GOLF PARCO DE' MEDICI HOTEL & RESORT CLUB HOUSE in Viale Salvatore Rebecchini, 39 - Rome
 Booking deadline **November 25th**

I.S.Mu.L.T. ANNUAL MEMBERSHIP

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