



INTERNATIONAL CONGRESS

TOP ATHLETES

→ **Date and Venue:**

2/3 october 2026

Allianz Stadium

Corso Gaetano Scirea, 50, 10151 Torino TO

→ **Scientific Coordinator:**

Massimo Magistrali

→ **Scientific Secretariat:**

J|Medical

→ **Type:**

Residential

→ **Focus:**

To explore how evidence-based principles can be effectively translated into high- and low-performance environments in Sports Medicine. A central focus is the optimization of injury prevention, rehabilitation and return-to-performance strategies in elite athletes and how it can affect everyday activities for Sports Medicine practitioners.

→ **Recipients:**

250 Participants

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; Cardiochirurgia; 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; Privato di

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Codice SDI: M5UXCR1

REA di Varese 323150

Capitale Sociale I.V. 11.000,00 €

Società con Socio Unico



AZIENDA CERTIFICATA UNI EN ISO 9001
CERTIFICATO NO. 102354Q



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**

➔ **Duration:**

13 hours – 3.9 CME credits

Scientific Rationale

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.

Scientific Program

Day 1 – Friday 2nd October 2026

8.30 Opening of the secretariat and registration of participants

9.40 Greetings from the Authorities and opening of the Congress

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

10.00 May the force be with you - Understanding muscle strength to enhance training and rehabilitation practices

Nicola Maffiuletti

10.30 Functional assessment of muscle strength

Pierre Samozino

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- 10.50 Muscle strength and sports performance, including return to performance
Gennaro Boccia
- 11.10 Coffee break
HANDGRIP STRENGTH CONTEST
- 11.15 The importance of recovering muscular strength for ballistic performance
Luca Maestroni
- 11.35 Strength training for injury prevention
Mario Bizzini
- 11.55 "Translating lessons learned from professional athletes into clinical practice" - A selection of clinical cases
N. Maffiuletti, P. Samozino, G. Boccia, I. Maestroni, M. Bizzini
- 12.15 Discussion
N. Maffiuletti, P. Samozino, G. Boccia, I. Maestroni, M. Bizzini
- 12.30 Light Lunch

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
Sebastiano Nutarelli
- 14.15 In-season management and monitoring of ATP and WTA tennis players
C. Bruscajin, Andrea Marchini
- 14.30 Nutritional support strategies in the elite tennis player
Fabrizio Angelini
- 14.45 Regenerative therapies: a pragmatic approach to the scientific evidence
A. Corsini
- 15.00 TBD
TBD
- 15.15 Translating lessons learned from professional athletes into clinical practice"- A selection of clinical cases
S. Nutarelli, A. Marchini, F. Angelini, TBD
- 15.40 Discussion
- 16.00 *Coffee Break*



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: R. Rossi, S. Suraci

- 16.30 Rehabilitation of a complex multiligament knee injury in a high-performance football player
Marco Freschi, Franco Borri
- 16.50 Road to the Olympics: pathway and challenges in the rehabilitation of a World-class skier
Luca Stefanini, Federico Bristot
- 17.10 Competing in the Olympic Games without ACL: the story of a coping athlete in a high-demand specialty
Gabriele Thiebat
- 17.30 Defending the title: rehabilitation pathway adaptations in a World Champion endurance athlete
Massimo Magistrali, Francesca Modina
- 17.50 Rehabilitating a World-record powerlifter: is strength actually the issue?
Claudio Zanella
- 18.10 Discussion
- 18.30 Roundtable I
Professional Athletes and Healthcare Professionals
- 19.00 Take Home Messages
- 19.15 End of day one

Scientific Program – Day 2 – Friday 3rd October 2026

- 8.30 Opening of the secretariat and registration of participants

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: Andrea Marchini, Massimo Magistrali

- 9.00 Hamstring injuries: the comfort of a wrong diagnosis
Cristiano Eirale
- 9.20 Key components and common deficits in hamstring rehabilitation
Enda King
- 9.40 Accelerating muscle healing: time to ditch the ice baths?
Marco Cardinale



- 10.00 Hamstring injuries in elite football: what we can do with speed exposure and weekly periodization – and what limits us
Martin Buchheit
- 10.20 Translating lessons learned from professional athletes into clinical practice - A selection of clinical cases
C.Eirale, E. King, M. Cardinale, M. Buchheit
- 10.40 Discussion
- 10.55 *coffee break*

SESSIONE 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: Luca Stefanini, D. Ferrari Bravo

- 11.25 'The big rocks' – The most important factors in the effective functioning of a High Performance Department
Darren Burgess
- 11.45 Three key lessons from professional women's football
Chiara Vignati
- 12.00 Load management in a pro team: principles and practical applications in rehabilitation
Declan Connolly
- 12.15 Physical therapies in support of the professional athlete
Maria Stergiou
- 12.30 Team nutritional monitoring: the Juventus First Team experience
Laura Mancin
- 12.45 Discussion
- 13.00 *Light Lunch*

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

- 14.30 Are we really training the tendon? What adaptation science says about athlete rehab
Peter Malliaras
- 15.00 The troubled relationship between imaging and tendinopathies
Giulia Gambero



- 15.15 Adjunct therapies in tendinopathies: principles and modalities in the pro athlete
M. Freschi
- 15.30 Inside the operating room: surgical treatment of inserional achilles tendinopathy
M. Guelfi
- 15.45 Translating lessons learned from professional athletes into clinical practice" - A selection of clinical cases
P. Malliaras, G. Gamberro, M. Freschi, M. Guelfi
- 16.15 Discussion
- 17.00 Take-home messages
- 17.20 Congress closing