



1st Congress I.S.Mu.L.T. Italian Society of Muscles, Ligaments & Tendons

Advances in Muscles, Ligaments and Tendons *Research and Clinical Practice*

Rome, November 26-27, 2011

Campus X Tor Vergata
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Centro Italiano Congressi C.I.C.

C.M.E. Accreditation

The congress falls under the regulations of the CME council. **9 C.M.E. credits have been assigned.** The Congress refers to **Surgeons** specializing in Rehabilitation, Sports Medicine, Orthopaedics and Traumatology and also for **Physiotherapists**. Credits will be assigned only if the participant has attended the entire Course and completed and signed the self-evaluation questionnaire

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Saturday, November 26th

8.00 Registration
8.30 Welcome by authorities

9.00 **Main Lecture**
Chairman: N. Maffulli
When, where, how Tendon research started
E. Ippolito

I SESSION: THE ROLE OF RESEARCH

Chairmen: N. Maffulli, V. Denaro

- 9.20 Matching structural design to function of human skeletal muscle
M.V. Narici
- 9.30 Biochemical markers of muscular damage
P. Brancaccio
- 9.40 Role of oxidative stress and changes in growth factors in sarcopenia
A. Musarò
- 9.50 Osteoporosis and muscle changes. The connection?
U. Tarantino
- 10.00 Genes and sport
D. Barisani
- 10.10 Acute and cumulative effects of focused high-frequency vibrations on the endocrine system and muscle strength
R. Saggini
- 10.20 Discussion

II SESSION: WHAT ABOUT MUSCLE?

Chairmen: G.L. Melegati, P. Volpi

- 11.00 Epidemiology of muscle strain in soccer
P. Volpi
- 11.10 Clinical approaches for muscles injuries
G. Nanni
- 11.20 Ultrasound and magnetic resonance imaging in sports-related muscles injury
S. Galletti
- 11.30 New therapeutic approaches for management of sports-induced muscle strains
G.L. Melegati
- 11.40 Autologous platelet rich plasma: a devolution in soft tissue sport injury management?
I. Andia, M. Sánchez
- 11.50 From muscle research to clinical applications: do NMDA antagonists aid muscle recovery?
M. Albani
- 12.00 Percutaneous fibrolysis in muscles injury
V. Testa
- 12.10 Discussion

12.20 WORKSHOP

Research and Innovation: Diamagnetic Application for Shock Wave
Chairmen: N. Maffulli, J.P. Furia, J. Rompe

- Shock Wave therapy without pain: Space and temporary focalization
C. La Gatta
- Interaction of magnetic field at high intensity pulses on living tissue for shock wave therapy
A. La Gatta
- Which traumatic conditions we can treat by Shock wave with diamagnetic technology?
S. Rossi
- Calcific tendinopathy of the shoulder. Results with DSW18
V. De Luna

III SESSION: MISCELLANEOUS TENDINOPATHY

Chairmen: P. Aspenberg, E. Falcieri

- 14.30 Tendinopathy: not a localized problem
U.G. Longo
- 14.40 Tendon crimps and peritendinous tissues responding to tensional forces
M. Franchi
- 14.50 Effects of exercise on rat myotendinous junction ultrastructure
E. Falcieri
- 15.00 Distal triceps tendon rupture: Case series
G. Giannicola
- 15.10 Mechanical stimulation of tendon healing: dose-response and gene expression in rats
P. Aspenberg
- 15.20 Peroneal Dislocation. Superior peroneal retinaculum reconstruction with absorbable anchors
F. Oliva
- 15.30 Discussion

IV SESSION: BASIC SCIENCE

Chairmen: M.G. Benedetti, S. Respizzi

- 15.40 Effect of training and sudden detraining on the patellar tendon and its enthesis
A. Frizziero
- 15.50 Scaffolds in tendon and ligament repair: a critical review
A. Gigante
- 16.00 The role of mesenchymal stem cells
L. Ruzzini
- 16.10 Amniotic ovine stem-like cells for treatment of spontaneous tendinopathies in the horse
M. Abate
- 16.20 Sarcopenia: characteristics, mechanisms and functional significance
M.V. Narici
- 16.30 Discussion

V SESSION: WHAT IS NEW AND WHAT IS TRUE!

Chairmen: N. Maffulli, S. Giannini

- 17.00 Anatomy of posterior complex of the knee
C. Fabbriani
- 17.10 Synthetic ligaments: a justified revival?
G. Cerulli
- 17.20 Revision ACL reconstruction with hamstrings
A. Ferretti
- 17.30 Surgical treatments in ankle instability
S. Giannini
- 17.40 Achilles tendinopathy. Recent advances in surgical procedures
N. Maffulli
- 17.50 Discussion

VI SESSION: SHOULDER LIGAMENTS AND TENDONS

Chairmen: L. Osti, G. Porcellini

- 18.00 Preclinical studies on an acellular allogenic collagenous membrane in view of the clinical application for rotator cuff tendon regeneration
M. Fini
- 18.10 Massive rotator cuff tears. Strategies of treatment
G. Porcellini
- 18.20 New perspectives in rotator cuff tendon regeneration: review of tissue engineered therapies
R. Rotini
- 18.30 Posterior humeral avulsion of the glenohumeral ligament
R. Garofalo
- 18.40 Arthroscopic Latarjet for shoulder instability. Difficulty of the learning curve and true indications
A. Grasso
- 18.50 Subscapularis arthroscopic repair. An update
A. Vitullo
- 19.00 S.L.A.P. lesions: to treat or not to treat. This is the question
L. Osti
- 19.10 Rehabilitation strategy for shoulder ligaments instability
D. Creta
- 19.20 Discussion

Sunday, November 27th

VII SESSION: NEW ADVANCES IN PHYSICAL THERAPY

Chairman: J.P. Furia, M. Vulpiani

- 8.30 ESWT for heel pain
J. Rompe
- 8.40 ESWT as a treatment for patella tendinopathy
J.P. Furia
- 8.50 ESWT for greater trochanter pain syndrome
J. Rompe
- 9.00 Soft tissue injuries. Future innovations in the electromedical field
A. La Gatta

- 9.10 Shockwave therapy for chronic proximal hamstring tendinopathy in elite athletes
V. Santilli
- 9.20 Mechanical vibration and mio-capsulo-ligament unit
C. Foti
- 9.30 Discussion

9.40 WORKSHOP

Tendinopathy: state of the art and perspectives
Introduction to "Tendinopathy Guidelines"
N. Maffulli
Tendons: anatomy and physiopathology
F. Oliva
Rehabilitative approaches to tendinopathy
A. Frizziero
Nitric oxide and tendinopathy
D. Tiso
RSWT and nitric oxide to treat shoulder calcific tendinopathy
M. Scarselli

VIII SESSION: ENTHESOPATHY AND RHEUMATIC DISEASE

Chairmen: L. Frizziero, G. Gimigliano, A. Migliore

- 11.00 Pathogenesis of enthesopathies in rheumatic diseases
A. Lonigro
- 11.10 Clinical aspects of rheumatic enthesitis
L. Frizziero
- 11.20 Ultrasonography in the diagnosis of rheumatic enthesitis
O. Epis
- 11.30 Diagnosis and treatment of overload enthesopathies
M. Conforti
- 11.40 Rehabilitative treatment of patients affected by rheumatic enthesitis
S. Masiero
- 11.50 Discussion

IX SESSION: KNEE LIGAMENTS

Chairmen: U. Tarantino, S. Zaffagnini

- 12.00 Single or double bundle in ACL reconstruction. What is the true?
N. Maffulli
- 12.10 Anterior cruciate ligament reconstruction with a quadrupled semitendinosus tendon
F. di Feo
- 12.20 Suspensory fixation of grafts in anterior cruciate ligament reconstruction
F. Treia
- 12.30 New perspectives in biomechanical ligaments lesions of the knee
S. Zaffagnini
- 12.40 Medial patellofemoral ligament reconstruction for recurrent patellar dislocation. Surgical procedures review
M. Ronga
- 12.50 Discussion
- 13.00 C.M.E. Self Evaluation questionnaire and closing