Research on Hamstring Injuries: From scientific evidence to clinical practice

Provisional agenda for the 6th Muscle Tech Network Workshop 13th and 14th October 2014

#MTN14
Monday 13

9:00/9:30
Technical office registration

9:30/9:50
Institutional opening speeches

Jordi Monés, FCB
Eusebi Cima, LEITAT Technical Centre
Hakim Chalabi, Aspetar, Qatar Orthopaedic and Sports Medicine Hospital
Xavier Gasó, Egarsat
Ivan Tibau, Catalonia's Sports Secretariat at the Generalitat de Catalunya

9:50/10:00
Welcome. MuscleTech Network, moving forward

Gil Rodas
Scientific Director of MuscleTech Network, Senior Researcher and Sports Medicine Specialist at the Medical Services Futbol Club Barcelona.

Meritxell de la Varga
Manager of MuscleTech Network, Senior Researcher and Medicinal Chemistry specialist at LEITAT Technical Centre.

10:00/11:00
Session 1: Epidemiology
Chairman: Gil Rodas

Jan Ekstrand
Professor of Sports Medicine, Football Research Group, Linköping University, Sweden and 1st vice Chairman of the UEFA Medical Committee.
- Epidemiology of hamstring injuries in football

Lluis Til
Senior Researcher and Sports Medicine & Orthopedics - FC Barcelona; Olympic Training Center (CAR); Consorci Sanitari de Terrassa (CST).
- Epidemiology of hamstring injuries in FCB

Cristiano Eirale
Sport Medicine Physician, Aspetar, Qatar Orthopaedic and Sports Medicine Hospital, Doha, Qatar.
- Epidemiology of hamstring injuries in Asian football: differences and similarities with Europe

11:00/11:30
Coffee break and poster session

Bryan Heiderscheit
Professor, Department of Orthopedics and Rehabilitation, Department of Biomedical Engineering, Director, UW Runners' Clinic, Director, Badger Athletic Performance Research, Co-director, UW Neuromuscular Biomechanics Lab, University of Wisconsin-Madison, Madison, WI, USA.
- Hamstrings are most susceptible to injury during the late swing phase of sprinting

John Orchard
Adjunct Associate Professor, Sydney Medical School, University of Sydney.
- Hamstrings are most susceptible to injury during the late stance phase of sprinting
Erik Witvrouw
Lead research and Education Sports Physiotherapist, Aspetar, Qatar Orthopaedic and Sports Medicine Hospital, Doha, Qatar / Professor Rehabilitation Science and Physiotherapy, Ghent University, Belgium.
- Isokinetic and neuromuscular evaluation as potential risk factors for hamstring injuries

Nicola A. Maffiuletti
Director, Neuromuscular Research Laboratory, Schulthess Clinic, Zurich, Switzerland.
- Assessment of hamstring muscle function: where are we going?

Jurdan Mendiguchia
Physical therapy expert, Director of Zentrum, Consultant for different elite football teams, Department of Physical Therapy and Performance Center, Barañain, Navarre, Spain.
- Changes in fMRI after eccentric exercises

Anthony Shield
Senior lecturer, School of Exercise and Nutrition Science Institute of Health and Biomedical Innovation Queensland University of Technology, Brisbane, Australia.
- Is neuromuscular inhibition a risk factor for hamstring strain?

12:30/13:00
Roundtable

13:00/13:30
Poster session

13:30/14:30
Lunch & poster session

14:30/16:50
Session 3: Risk factors

Chairman: Xavier Valle

Tania Pizzari
Lecturer, La Trobe University, Melbourne, Australia.
- A systematic review and meta-analysis of risk factors for hamstring injury

Anders Hauge Engebretsen
Former researcher at the Oslo Sports Trauma Research Center. Resident at the Oslo University Hospital, Rikshospitalet/ Ullevål, Department of pediatric surgery.
- The Oslo Sports Trauma Research Center and hamstring injuries

José Antonio Gutiérrez
Sports Medicine Specialist at the Medical Services Futbol Club Barcelona.
- Risk factors never talked

Assessment

Carl Askling
Researcher and lecturer at Swedish School of Sport and Health Sciences and Department of Molecular Medicine and Surgery, Karolinska Institutet, Stockholm, Sweden.
- Sprinting-type vs stretching-type of acute hamstring injuries

16:50/17:10
Roundtable

17:10/17:40
Coffee break & visit to poster presentation
17:40/18:40
Session 4: Intervention studies
Chairman: Johannes Tol

Per Hölmich
Head of Aspetar Sports Groin Pain Center, Aspetar Orthopedic and Sports Medicine Hospital, Doha, Qatar & Associate Professor, Sports Orthopedic Research Center - Copenhagen (SORC-C), Arthroscopic Center Amager, Copenhagen University Hospital, Denmark.
- Nordic Hamstring for prevention in football - what did we learn?

Mario Bizzini
Research Associate, F-MARC, Zürich, Switzerland.
- The FIFA 11+ warm up programme and it’s role in hamstring injury prevention

Xavier Yanguas
Sports Medicine Specialist at the Medical Services Futbol Club Barcelona.
- Preventing programs in Football Club Barcelona

18:40/19:00
Roundtable

19:00
Visit FCB Museum

Tuesday 14

8:30/9:00
Technical office

9:00/11:10
Session 5: Architecture
Chairman: Cristiano Eirale

Bryan Heiderscheit
Professor, Department of Orthopedics and Rehabilitation, Department of Biomedical Engineering, Director, UW Runners’ Clinic, Director, Badger Athletic Performance Research, Co-director, UW Neuromuscular Biomechanics Lab, University of Wisconsin-Madison, Madison, WI, USA.
- MRI findings regarding hamstring strain injury and recovery

Diagnostic/Classification

Bruce Hamilton
Sports medicine physician, High Performance Center, Oakland, New Zealand.
- Classification and Grading of Muscle Injuries: A Review of the Literature

Bryan English
- Terminology and classification of muscle injuries in sport: a Munich consensus statement

Otto Chan
Consultant Radiologist - London Independent and Royal Free Hospital.
- Acute muscle strain injuries: a proposed new classification system, 2012
Xavier Valle
Sports Medicine Specialist at the Medical Services Futbol Club Barcelona.
- Aspetar and FCB classification of muscle injuries

Arnlaug Wangensteen
Post Graduate Researcher, Aspetar, Qatar Orthopaedic and Sports Medicine Hospital, Doha, Qatar.
- Time course of MRI changes after acute hamstring injuries: background and preliminary results

11:10/11:25
Roundtable

11:25/11:55
Coffee break

11:55/13:15
Session 6: Treatment I
Chairman: Stefano Della Villa

Carl Askling
Swedish School of Sport and Health Sciences and Department of Molecular Medicine and Surgery, Karolinska Institutet, Stockholm, Sweden.
- Lengthening type of exercises is effective!

Marc Sherry
Manager of Sports Rehabilitation at the University of Wisconsin Sports Medicine Center, Physical Therapist, Madison, Wisconsin, USA.
- Rehabilitation of Acute Hamstring Strains: Progressive Agility and Trunk Stabilization

Nikos Malliaropoulos
Director of the Athletics National Sports Medicine Centre Thessaloniki Greece. Consultant SEM Physician Barts and The London Clinical Senior Lecturer QMUL CSEM.
- The rehabilitation of Hamstring injuries - Can we be more injury specific?

13:15/13:30
Roundtable

13:30/14:00
Poster session

14:00/15:00
Lunch & poster session

15:00/16:45
Session 7: Treatment II
Chairman: Ricard Pruna

Johannes Tol
Sports medicine physician, Aspetar, Qatar Orthopaedic and Sports Medicine Hospital
- PRP for acute hamstring injuries: a 3-arm RCT in Qatar

Guus Reurink
Resident Sports Medicine / PhD candidate, Erasmus MC, Rotterdam, The Netherlands.
- Therapeutic interventions for acute hamstring injuries: a systematic review

Sakari Orava / Lasse Lempainen
Orthopaedic surgeon, Hospital NEO, Turku, Finland.
- Hamstring injuries: When is surgery indicated?
**Nicola Maffulli**
Department of Musculoskeletal Disorders, University of Salerno School of Medicine and Surgery, Salerno, Italy and Queen Mary University of London, Centre for Sports and Exercise Medicine, London, England.

- Surgical indications for muscle injuries

**Lluís Til / Jordi Puigdellivol**
Lluís Til is Senior Researcher and Sports Medicine & Orthopedics – FCBarcelona; Olympic Training Center (CAR); Consorci Sanitari de Terrassa (CST). Puigdellivol is Senior Researcher and Sports Medicine & Orthopedics – FCBarcelona.

- Hamstring injuries: our surgery indication experiences

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**Mark Sherry**
Manager of Sports Rehabilitation at the University of Wisconsin Sports Medicine Center, Physical Therapist, Madison, Wisconsin, USA.

- Return to Play Guidelines Following Acute Hamstring Strain

**Ricard Pruna / Dani Medina**
Senior Researcher and Sports Medicine Specialist at the Medical Services Futbol Club Barcelona

- Which is our Return To Play criteria?

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16:45/17:00
Roundtable

17:00/17:30
Coffee break

17:30/18:45
Session 8: Return to play
Chairman: Toni Tramullas

**Anthony Shield**
Senior lecturer, School of Exercise and Nutrition Science Institute of Health and Biomedical Innovation Queensland University of Technology, Brisbane, Australia.

- Does strength in the Nordic hamstring exercise predict hamstring injury?

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**Fabrizio Tencone**
Isokinetic Medical Group, Torino, Italy – Head Juventus Football Club Medical Department, Italy.

- From injury to return to sport: 25 years of experience in Italian football

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**Attendance:**
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Please, register online at:
http://www.muscletechnetwork.org

**For further details, please contact:**
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