

ASPETAR INTERNATIONAL REHABILITATION CONFERENCE

“The Complete Guide to
Thigh Muscle Injuries”

16th - 17th November 2024

AGENDA

#AspetarIRC24



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Agenda

Aspetar International Rehabilitation Conference – The Complete Guide to Thigh Muscle Injuries

16th and 17th November 2024

Target Audience: Allied Health Professionals (Physiotherapists only), Physicians, Others (Strength & Conditioning Coaches, Sports Scientists)

Activity code: HGI-03-P136

Venue: Khalifa International Stadium, Aspire Zone, Doha, Qatar

Overall Learning Objectives:

On completion of this activity, participants will be able to:

- Outline the factors that positively and negatively affect muscle repair in thigh muscle injuries, including the role of inflammation and cellular signalling pathways.
- Analyse the biomechanics of running, focusing on hamstring function and injury risk, to optimise performance and reduce the likelihood of injury.
- Appraise rehabilitation protocols for field athletes following thigh muscle injuries, considering running mechanics, agility, and sport-specific demands.
- Identify return-to-running pathways for athletes recovering from thigh muscle injuries, including progressive loading strategies and criteria for safe return to sport.
- Evaluate kicking mechanics and volume management after thigh muscle injuries, with a focus on optimising technique and reducing re-injury risk.

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- Explore the use of running and game metrics in monitoring thigh muscle injuries and guiding rehabilitation and prevention strategies, emphasising data-driven decision-making. Understand the anatomical structure and functional roles of thigh muscles, with a focus on the hamstrings and rectus femoris.
- Identify the various mechanisms that lead to thigh muscle injuries in field sports and their implications for injury prevention strategies.
- Identify the unique challenges and considerations in managing apophyseal thigh muscle injuries among adolescent athletes.
- Explore the role of nutrition in optimising recovery from thigh muscle injuries and its impact on rehabilitation outcomes.
- Elaborate into key clinical markers and diagnostic techniques for assessing thigh muscle injuries, including MRI and ultrasound findings.
- Evaluate the role of MRI in making return-to-play decisions for athletes recovering from thigh muscle injuries.
- Examine surgical perspectives on managing thigh muscle injuries, specifically addressing tendon involvement in both hamstring and rectus femoris injuries.

This activity is an Accredited Group Learning Activity (Category 1) as defined by the Ministry of Public Health's Department of Healthcare Professions - Accreditation Section and is approved for a maximum of 14.5 hours.

Time	Topic	Session Learning Objectives By the end of this session, participants will be able to:	Speaker
DAY 1			
07.00 - 08.00	Registration and Reception		
08.00 - 08.20	Welcome Speech		CEO, CMO
SESSION 1: The Fundamentals			
08.20 - 08.40	Anatomy and Function of Thigh Muscles	<ul style="list-style-type: none"> Outline the important anatomical features of the thigh muscles and their impact on movement function 	David Opar (AUS)

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08.40 – 09.00	Mechanisms of Thigh Injury in Field Sports	<ul style="list-style-type: none">Analyse the mechanisms of thigh injury in field sports	Phil Glasgow (UK)
09.00 – 09.20	Apophyseal Muscle Injuries in Field Sports	<ul style="list-style-type: none">Define and explain the various types of apophyseal muscle injuries in field sports	Daniel Silvan (ASPIRE)
09.20 – 09.40	Nutritional Requirements to Optimise Thigh Muscle Injury Recovery	<ul style="list-style-type: none">Discuss the nutritional requirements necessary for optimising thigh muscle injury recovery	Nelda Nader (ASPETAR)
09.40 – 10.10	Q & A - Discussion (Interactive)	<ul style="list-style-type: none">Participate actively in a panel discussion to appraise and synthesise key takeaways	David Opar (AUS) Phil Glasgow (UK) Daniel Silvan (ASPIRE) Nelda Nader (ASPETAR)
10.10 – 10.40	Coffee Break		
SESSION 2: Diagnostics			
10.40 – 11.05	Key Clinical Markers and their Implication	<ul style="list-style-type: none">Examine key clinical markers and assess their implications in diagnosing thigh muscle injuries	Noel Pollock (UK)
11.05 – 11.20	Key MRI Findings in Thigh Muscle Injury	<ul style="list-style-type: none">Summarise the important features of thigh muscle injuries as they present in the MRI scans	Marcelo Bordalo (ASP)
11.20 – 11.35	Key Ultrasound Findings in Thigh Muscle injury	<ul style="list-style-type: none">Summarise the important features of thigh muscle injuries as they present in the ultrasound scans	Inigo Posse (ESP)
11.35 – 11.50	Role of MRI in RTP Decision Making in Thigh Muscle Injury	<ul style="list-style-type: none">Appraise non-muscular sources of thigh pain and their effect on the clinical picture of patients	Sandra Mecho (ESP)

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11.50 - 12.20	Q & A - Discussion (Interactive)	<ul style="list-style-type: none">Engage critically in a panel discussion to integrate diagnostic perspectives	Noel Pollock (UK) Marcelo Bordalo (ASP) Inigo Posse (ESP) Sandra Mecho (ESP)
12.20 - 13.30	Lunch Break		
KEYNOTE 1			
13.30 - 14.15	Rehabilitation of Acute Hamstring Injury - The Aspetar Way	<ul style="list-style-type: none">Synthesise insights into the rehabilitation of acute hamstring injuries, focusing on the Aspetar approach	Rod Whiteley (Aspetar)
DEBATE 1: Management of Thigh muscle injury with tendon involvement			
14.15 - 14.30	The Surgical Perspective - Hamstrings	<ul style="list-style-type: none">Discuss the surgeon's contribution and the surgical decision-making process in the management of hamstring muscle injuries	Lasse Lampainen (FIN)
14.30 - 14.45	The Surgical Perspective - Rectus Femoris	<ul style="list-style-type: none">Discuss the surgeon's contribution and the surgical decision-making process in the management of rectus femoris muscle injuries	Emmanouil Papakostas (ASPETAR)
14.45 - 15.00	The Rehabilitation Perspective - Hamstrings	<ul style="list-style-type: none">Outline the components and challenges of the rehabilitation programs designed for the management of hamstring injuries	Fearghal Kerin (UK)
15:00 - 15.15	The Rehabilitation Perspective - Rectus Femoris	<ul style="list-style-type: none">Outline the components and challenges of the rehabilitation programs designed for the management of rectus femoris injuries	Andrew Wallis (AUS)

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15.15 - 15:40	Q & A - Discussion (Interactive)	<ul style="list-style-type: none">Engage critically in a panel discussion to integrate surgical and rehabilitation perspectives	Lasse Lampainen (FIN) Emmanouil Papakostas (ASPETAR) Fearghal Kerin (UK) Andrew Wallis (AUS)
15.40 - 16.00	Coffee Break		
SESSION 3: Strength Training			
16.00 - 16.20	Importance of Early Loading	<ul style="list-style-type: none">Elaborate on the significance of early loading in strength training for thigh muscle injuries	Monika Beyer (DEN)
16.20 - 16.40	Non-thigh Muscle Strength Training During a Thigh Muscle Injury Period	<ul style="list-style-type: none">Analyse the benefits of maintaining and improving the strength capacity of the whole body, while treated for a thigh muscle injury	Evi Sidiropoulou (ASPETAR)
16.40 - 17.00	Key Hamstring Strength Exercise Considerations (Interactive)	<ul style="list-style-type: none">Critically appraise key considerations for hamstring strength exercises	Anthony Schache (AUS)
17.00 - 17.20	Key Rectus Femoris/Quadriceps Strength Exercise Considerations (Interactive)	<ul style="list-style-type: none">Outline and discuss key features of strength exercises that target the thigh muscle group, and the impact of these features in the decision-making process	Dermot Simpson (ASPETAR)
17.20 - 17.45	Q & A - Discussion (Interactive)	<ul style="list-style-type: none">Engage in a high-level discussion during a panel session to assess and discuss strength training strategies.	Monika Beyer (DEN) Evi Sidiropoulou (ASPETAR) Anthony Schache (AUS) Dermot Simpson (ASPETAR)
17.45	Closing Day 1		

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Time	Topic	Session Learning Objectives By the end of this session, participants will be able to:	Speaker
DAY 2			
KEYNOTE 2			
08.00 - 08.25	Rehabilitation of the Acute Rec Fem Injury - The Aspetar Way	<ul style="list-style-type: none">Synthesise information about the rehabilitation of acute rectus femoris injuries using the Aspetar approach	Simon Wallace (ASPETAR)
SESSION 4: Maximising The Healing Response			
08.25 - 08.55	Factors That Positively and Negatively Affect Muscle Repair	<ul style="list-style-type: none">Define all the factors that are identified as promoting or inhibiting the muscle repair process	Michael Kjaer (DEN)
08.55 - 09.15	Thigh Contusion Management	<ul style="list-style-type: none">Summarise the medical management approaches to thigh contusions	Mathieu Saily (CH)
09.15 - 09.35	Q & A - Discussion (Interactive)	<ul style="list-style-type: none">Participate actively in a panel discussion on maximising the healing response of the muscle tissues	Michael Kjaer (DEN) Mathieu Saily (CH)
09.35 - 10.05	Coffee Break		
SESSION 5: Biomechanics			
10.05 - 10.25	Running Mechanics Hamstring Function and Injury Risk (interactive)	<ul style="list-style-type: none">Define the unique mechanical function of hamstring muscle group during running, and discuss its impact on hamstring injury risk	Bryan Heiderscheit (USA)

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10.25 - 10.45	Hamstring Activation During Sprinting and Influence of the Injury	<ul style="list-style-type: none">Analyse the factors influencing hamstring activation and the influence of hamstring injury those factors	Ayako Higashihara (JPN)
10.45- 11.05	Force/Velocity Profiling and Horizontal Force in Hamstring Injury and Rehabilitation	<ul style="list-style-type: none">Explain how to carry out force/velocity profiling during acceleration and what are the key variables in relation to hamstring injury and rehabilitation	Johan Lahti (FIN)
11.05 - 11.25	Running Mechanics Rehabilitation for Field Athletes After Thigh Muscle Injury	<ul style="list-style-type: none">Summarise the key exercise selection and coaching considerations during hamstring rehabilitation	Jonas Dadoo (UK)
11.25 - 11.45	Q & A - Discussion (Interactive)	<ul style="list-style-type: none">Participate actively in a panel discussion to synthesise biomechanical perspectives	Bryan Heiderscheit (USA) Ayako Higashihara (JPN) Johan Lahti (FIN) Jonas Dadoo (UK)
KEYNOTE 3			
11.45 - 12.10	Breaking Down the Recurrent/Chronic Thigh Muscle Injury - The Aspetar Way (interactive)	<ul style="list-style-type: none">Evaluate insights into breaking down recurrent/chronic thigh muscle injuries	Enda King (Aspetar)
12.10 - 13.25	Lunch Break		
Session 6: Sport-Specific			
13.25 - 13.45	Return to Running Pathways	<ul style="list-style-type: none">Overview the key components that influence successful return to running programs after thigh muscle injury	Simon Harries (AUS)

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13.45 - 14.05	Kicking Mechanics and Volume After Thigh Muscle Injury	<ul style="list-style-type: none">Discuss the key biomechanical factors for consideration in return to kicking after thigh injury and how to re-introduce kicking volume and intensity during rehabilitation	Chris Morgan (UK)
14.05 - 14.25	Running/Game Metrics and Thigh Muscle Injuries - Factors for Consideration in Rehabilitation and Prevention	<ul style="list-style-type: none">Analyse the key sports specific game metrics that should be considered when rehabilitating and athlete back from thigh muscle injury	Jo Clubb (UK)
14.25 - 14.50	Q & A - Discussion (Interactive)	<ul style="list-style-type: none">Participate actively in a panel discussion to synthesise return to sports specific training	Simon Harries (AUS) Chris Morgan (UK) Jo Clubb (UK)
14.50 - 15.10	Coffee Break		
SESSION 7: Case Series (Interactive)			
15.10 - 15.30	Rehabilitation of Hamstrings after ACLR	<ul style="list-style-type: none">Discuss the key factors for consideration in rehabilitation of hamstring muscles after ACLR with hamstring graft	Brendan Butler (ASPETAR)
15.30 - 15.50	Rehabilitation Case study in Elite Sport – Hamstring	<ul style="list-style-type: none">Evaluate rehabilitation case study in elite sport for hamstring injury	Alicia Tang (UK)
15.50 - 16.10	Rehabilitation Case study in Elite Sport – Rectus Femoris	<ul style="list-style-type: none">Evaluate rehabilitation case study in elite sport for rectus femoris injury	Chris Morgan (UK)
16.10 - 16.30	Things that make you go hmmm: the role of trunk muscles as a risk factor and preventative strategy for thigh muscle strains	<ul style="list-style-type: none">Discuss the role of trunk strength and function in thigh muscle injury	Peter Blanch (AUS)

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16.30 - 17.00	Q & A - Discussion (Interactive)	<ul style="list-style-type: none"> Take part in a panel discussion to conclude the conference with insights from case studies 	Brendan Butler (ASPETAR) Alicia Tang (UK) Chris Morgan (UK) Peter Blanch (AUS)
17.00 - 17.10	Closing Remarks		Enda King (ASPETAR)

Scientific Planning Committee:

Enda King (Chair), Konstantinos Epameinontidis (Co-Chair), Rodney Whiteley, Dermot Simpson, Toni Snoxell, Simon Wallace, Marco Cardinale, Emmanouil Papakostas, Marcelo Bordalo, Paul Dijkstra, Faten Smiley, Joanne Lambert, Heloisa Jorge, Dorothy Lechicki, Stephen Targett

The Scientific Planning Committee has reviewed all disclosed financial relationships of speakers, moderators, facilitators and/or authors in advance of the CPD activity and has implemented procedures to manage any potential or real conflicts of interest.

Overall time: 860 min

Lectures: 570 min

Interactive: 290 min (34%)