

1st ACTION SPORTS & EXERCISE MEDICINE CONGRESS

Friday, July 12th

8:00 REGISTRATION

8:45 THE ACTION SPORTS WORLD

Presentation of the congress
The role of bioengineering in action sports medicine
Vision and development of the kite-foil discipline for the Olympic program
Skateboarding: A new Olympic sport
Free Flight Safety
Foiling, the third mode of sailing
Diving and hyperbaric medicine

ICAR: the world-wide platform for mountain rescue
GISPT and action sports

10:30 WILDERNESS & ADVENTURE MEDICINE

Extreme education: The Tasmanian experience from Antarctica and Everest to space and beyond
How to live on the edge without falling over it – Constructing pre-expedition medical planning documents
Infectious diseases and venomous animals in sport practice in remote locations. The Trilha Transcarioca
Emergency Medicine in Mountain Sports

Towards a more personalized evaluation endpoint for decompression stress research

13:25 KITE SPORTS

Injuries in kitesurfing, snowkiting and kitebuggying: dynamics, diagnosis, treatment and prevention
Overuse injuries in kitesurfing; a prospective study

13:55 SNOW SPORTS

Injuries and prevention in competitive alpine skiing
The sport, disciplines. Injuries by anatomical area; common injury treatment and injury prevention case studies

14:55 EXTREME WHEELS

Mountain Biking: disciplines, equipment, injury and fatality rates; specific injuries: diagnosis, treatments and prevention; clinical cases
Motocross: is it a safe family sport?

Accidents and risks related behaviours in downhill MTB in regard to trail choice

Pediatric and adolescent injuries in skateboarding

16:25 AERIAL SPORTS

Incidents & injuries in foot-launched flying sports
Injuries and fatalities in BASE jumping

17:30 ULTRA ENDURANCE

Ultramarathons. Predictor variables for success, physiology, pathophysiological effects, skeletal muscle and heart damage, the immune system problems of the locomotor system, runner's knee and tendon injuries, lumbar pain, pelvic pain, thigh pain
The effect of mental fatigue in endurance sports
The Dynamic Magnetic Resonance Imaging in Action Sports

19:00 DRINKS AND APPETIZERS IN PALAZZO DEI CAPITANI BY OASIBAR

Feletti F – Politecnico di Milano

Aliverti A – Politecnico di Milano

Babini M – International Kiteboarding Association

Basilico L – Skate World

Saccani R – FIVL, EHPU, CEN

Rizzotti L – Foiling Week

Balestra C – European Underwater and Baromedical Society

Elsensohn F – ICAR

Bertini P – GISPT

Albert E – University of Tasmania

McLeary N – Kings College London

Pereira Igreja R – Universidade Federal do Rio de Janeiro

Elsensohn F – International Commission for Mountain Emergency Medicine

Balestra C – Université Libre de Bruxelles

Feletti F – Politecnico di Milano

Paiano R – University of Siena

Barbato A, Panzeri A – F.I.S.I.

Chlábková D – Brno University of Technology

Fiore D – University of Nevada

Gobbi A – O.A.S.I. Bioresearch Foundation
Gobbi Onlus, University of California, San Diego

Frühaufer A – University of Innsbruck

Feletti F – Politecnico di Milano

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Brodmann Maeder M – Bern University

Saini G – S. Maria delle Croci Hospital

Filipas L – University of Milan

Monetti G – Ospedali Privati Riuniti, di Bologna, Garofalo Health Care

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Saturday, July 13th

8:00 PSYCHOLOGY

Understanding extreme sports

Brymer E – Leeds Beckett University

9:00 ROCK & ICE CLIMBING

Assessment of the ultimate actual strength of rock-climbing protection devices: extraction tests in the field

Manes A – Politecnico di Milano

The human capability to predict ultimate strength of rock-climbing protection devices placed in the field

Cadini F – Politecnico di Milano

The sport, injury and fatality risk, equipment, specific training, normal musculoskeletal adaptations in the climber's body. Injuries: clinical examination, diagnostics and treatment.

Lutter C. F. – Alexander Universität

Overuse syndromes in ice climbing. Sports ability test and medical supervision of junior, high-level, rock-climbing athletes

Lutter C. F. – Alexander Universität

10:30 IRONMAN – KIMEYA SPORT

How to manage medical assistance for an Ironman competition

Saini G – S. Maria delle Croci Hospital,
Ravenna

A project to monitor Ironman athletes

Verdi F – Kimeya Sport

From theory to practice of high intensity interval training

Bonato M – University of Milan

Smart clothing to action sports

Scataglini S – Belgian Royal Military
Academy

11:35 THERAPY & REHABILITATION

Knee rehabilitation in Extreme Sports

Nyland J – Spalding University

Shoulder rehabilitation in Extreme Sports

Nyland J – Spalding University

Vestibular rehabilitation after concussion in action sports

Mucci V – University Hospital of Zurich

Injuries and therapies in Moto GP – The experience of Clinica Mobile

Paraskevopoulos A – Clinica Mobile;
University of Brescia

Fascia in extreme sports: The forgotten structure

Casadei S – Fascial Manipulation
Institute by Stecco, Kimeya Sport

14:05 ENGINEERING & MEDICINE

Session introduction

Tarabini M – Politecnico di Milano

An ecological dynamics framework for the acquisition of perceptual-motor skills in extreme sports

Seifert L – Université de Rouen

Acclimatization and chronic hypoxia at extreme altitude

Marzorati M – Porcelli S CNR

Challenges in extreme sports aerodynamics – Wind tunnel

Giappino S – Politecnico di Milano

Use of wearable systems to assess the fluency of movement in parkour

Bracco C, Molisso MT – Politecnico di
Milano

Towards a non-invasive device for real time monitoring of vital signals in sport

Malagoli A – University of Modena and
Reggio Emilia, VST

Efficiency of handlebar mounts in the reduction of shocks and vibration in motocross

Tarabini M – Politecnico di Milano

16:55 – 17:10 CONCLUSION OF WORKS AND PRESENTATION OF FUTURE EVENTS

SEE YOU IN 2021!