

# MOTUM

HUMAN · PERFORMANCE · INSTITUTE

&  Z W

PHYSIOZENTRUM · FÜR · WEITERBILDUNG

P R E S E N T

## RETURN SPORT SUMMIT

### BE PART OF IT!

LIVE and ONLINE via Live Stream

Workshops, Expert-Sessions and Discussion Panels



REGISTRATION  
HERE



#### Exciting Outline

covering injuries of the upper and lower extremities with examples from e.g. Football and Skiing

1. Why are we here – what is the problem?
2. Where are we now?
3. Where will we go in the future – Virtual Reality?

SATURDAY

17.2.2024 09<sup>00</sup>-17<sup>00</sup>

STEINBOCKALLEE 31

6063 RUM

### OUR SPEAKERS & MODERATORS

Prof. **ROBERT CSAPO** AUT

Prof. **WOLFGANG POTTHAST** GER

Dr. **FRANCESCO DELLA VILLA** MD IT

Prof. **JÖRG SPÖRRI** CH

Dr. **ALLI GOKELER** GER

Prof. **DUSTIN GROOMS** PhD USA

Dr. **GREG MEYERS**, MS, PhD USA

Prof. Dr. **SEPP BRAUN** AUT

Univ. Prof. Dr. **Christian Fink** AUT

Prof. Dr. **Sepp Braun** AUT

Dr. **Gerda Strutzenberger** AUT

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## 1st MOTUM Return to Sport Summit, Innsbruck Austria



**Date:** Saturday, 17.2.2024  
**Location:** Physiofortbildungszentrum, Steinbockallee 31, 6063 Rum  
 MOTUM; Steinbockallee 31, 6063 Rum  
**Host:** MOTUM, Gelenkpunkt, Sporttherapie Huber & Mair, OSMI

Saturday, 17.02.2024		
8:00-9:00	Registration	
<b>Block 1   9:00 - 9:50</b> Why are we here - what is the problem?		
10 min	Welcome	PT Martin Metz, Physiozentrum, AT Univ. Prof.Dr. Christian Fink & Prof. Dr. Sepp Braun Gelenkpunkt - Sport and joint surgery, AT
15 min	Numbers, Data, Facts - Rerupturrate ACL	Prof. Robert Csapo University of Vienna, AT
15 min	Injury mechanisms of the muscle-tendon complex and prevention concepts in team sports	Prof. Wolfgang Potthast German Sport University Cologne, Institute of Biomechanics and Orthopaedics, GER
10 min	Wrap Up	Dr. Gerda Strutzenberger MOTUM - Human Performance Institute, AT
9:50-10:20	Coffee break	
<b>Block 2   9:50 - 11:45</b> Where are we now ?		
15 min	Injury patterns in professional soccer and preventive strategies	Dr. Francesco Della Villa Isokinetic Medical Group, FIFA Medical Centre of Excellence, IT
15 min	Return-to-sport in competitive snowsports	Prof. Jörg Spörri Balgrist University Hospital, Department of Orthopaedics, University of Zurich, CH
15 min	How to reduce recurrency rates in shoulder instability. A surgical and functional testing approach.	Prof. Dr. Sepp Braun, Gelenkpunkt - Sport and joint surgery PT Franziska Donner, Sporttherapy Huber & Mair, AT
40 min	Open Discussion	Univ. Prof.Dr. Christian Fink, Prof. Dr. Sepp Braun Gelenkpunkt - Sport and joint surgery, AT
11:45-12:45	Lunch	
<b>Block 3   12:45-14:10</b> Where do we go in the future - Virtual Reality		
15 min	Neurocognition the missing link in injury prevention and return to sports	Dr. Alli Gokeler University of Paderborn, Institute of Sports Medicine, Department of Applied Neuroscience in Sports and Exercise, Paderborn, D
15 min	Enhance Recovery by Leveraging Neuroplasticity after Musculoskeletal Injury	Prof. Dustin Grooms Ohio University, College of Health Sciences and Professions, Ohio Musculoskeletal and Neurological Institute (OMNI), OH, USA
15 min	Train with the Brain for Optimized ACL injury Prevention: What you KNEEd to Know	Dr. Greg Myer Emory Univeristy, Department of Orthopaedics, School of Medicine, Atlanta, USA
40 min	Open Discussion	Dr. Gerda Strutzenberger Motum, AT
14:10-14:40	Coffee break	
<b>Block 4   14:40-16:50</b> Workshops + Disussion		
Workshops		Alyve Medical, Rezzil, Euleria, Velamed and MOTUM,
10 min	Wrap Up and Farewell	PT Martin Metz, Physiozentrum, AT Univ. Prof.Dr. Christian Fink & Prof. Dr. Sepp Braun Gelenkpunkt - Sport and joint surgery, AT

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