

PERFORMANCE RECOVERY IN ELITE TEAM SPORTS

MEDICAL STADIUM RECOVERY COURSE – THURSDAY 1 FRIDAY JUNE 2ND AND 3RD 2022 Program day 1

08:30-08:45	Welcome to Medical Stadium	Sonia Baudot-Cappellazzo Manager Medical Stadium
SESSION 1 – RECOVERY AS A GLOBAL STRATEGY		
08:45-09:15	Recovery course @Medical Stadium; Increasing our knowledge while expanding our professional community.	Dr. C. Baudot (Chief Medical Doctor first football Team) & Pat Viroux (Sport Physical Therapist)
09:15:09:45	Non-functional overreaching and recovery; finding the balance.	Dr. L. Buyse (Belgium) Sports physician at Vrije Universiteit Brussel. Team member of MFYS, Human Physiology and Sports Physiotherapy, conducting research in the domain 'Exercise and the Brain in Health & Disease'.
09:45:10:15	Recovery in team sports	Prof. Dr. Julio Calleja-Gonzalez (Spain) Professor in Sport Training at The University of the Basque Country
10:15-10:45	Nutrition Strategies to Support Recovery in Elite Team Sports	Dr Laurent Bannock (UK)

		Founder and Director - Institute of Performance Nutrition
10:45-11:00	COFFEE BREAK	
11:00-11:30	Sleep and Exercise: A reciprocal issue?	Pierrick Arnal, Ph.D. (France) Chief Science Officer at Dreem
11:30-12:00	Mental fatigue: a challenge for all of us who work with elite athletes	Prof. Samuele Marcora (Italy) Professor of Sport Science at Alma Mater Studiorum – Università di Bologna
12:00-12:30	GROUP DISCUSSION WITH PANEL Chairman Julien Louis Dr. C. Baudot – Dr. L. Buyse - Laurent Bannock — Pierrick Arnal – Prof. Samuele Marcora – Pat Viroux	
12:30-13-30	LUNCH	
SESSION 2 – THE RECOVERY LANDSCAPE		
13:30-14:15	The sport medical team and recovery; finding the balance with the performance staff.	Dr. C. Baudot (France) Chief Medical Doctor first football Team
14:15-15:00	Small effect sizes and non-response: Why there is a need to individualize recovery?	Dr. Tim Meyer (Germany) Institute of Sports and Preventive Medicine, Saarland University Team doctor German National Football Team
15:00-15:30	Neuromuscular fatigue in football.	Nicola A. Maffiuletti PhD (Italy) Head of the Human Performance Lab Schulthess Clinic Zurich
15:30-15-45	COFFEE BREAK	
15:45-16:30	Monitoring Fatigue Status in Elite Team-Sport Athletes: Implications for Practice.	Robin Thorpe PhD (UK)

		Sports Science and S&C – Red Bull'
SESSION 3 - RECOVERY AND THE SPORTMEDICAL DEPARTMENT		
16:30-17:15	Rehabilitation as a specific recovery process.	Andreas Schlumberger PhD (Germany) Head of Recovery and Performance Liverpool FC
17:15-17:45	Reducing infection incidence in team sports. Case – Recovery of a football player	Laurent Bannock PhD (UK) Founder and Director - Institute of Performance Nutrition
17:45-18:15	GROUP DISCUSSION WITH PANEL Chairman Dr. C. Baudot Dr. T. Meyer – Nicola Maffiuletti – Robin Thorpe – Lee Taylor	
18:30-20:00	FUTSAL COMPETITION – THE MEDICAL STADIUM CUP	
20:00-20:30	WHOLE-BODY CRYO RECOVERY SESSION	
21:00-...	DINNER	

MEDICAL STADIUM RECOVERY COURSE – THURSDAY 1 FRIDAY JUNE 2ND AND 3RD 2022 Program day 2
SESSION 3 – MUSCLE RECOVERY, COOLING OR HEATING?

08:30-09:15	Mechanism of cooling and heating on muscle recovery.	Mohammed Ishan PhD (Singapore) Research and Scientific Support, Aspetar Orthopaedic and Sports Medicine Hospital, Doha, Qatar
09:15-10:00	Post-exercise Recovery Cooling and Heating, a Periodized Approach	Robin Thorpe PhD (UK) Sports Science and S&C – Red Bull'
10:00-10:15	COFFEE BREAK	
10:15-11:00	Infrared Thermography: a new approach to identify fatigue and personalized post-exercise recovery.	Ismael Fernandez PhD (Spain) Sport scientist, lecturer and researcher in the field of IRT. Founder of ThermoHuman. injury prevention consultant in different disciplines and high-performance teams.
11:15-12:00	Adaptations to Post-exercise Cold Water Immersion: Friend, Foe, or Futile?	Mohammed Ishan (Singapore) Research and Scientific Support, Aspetar Orthopaedic and Sports Medicine Hospital, Doha, Qatar
12:00-12.30	GROUP DISCUSSION WITH PANEL Chairman: Nicola Maffiuletti Mohammed Ishan– Robin Thorpe – Julien Louis – Pat Viroux	
12:30-13:15	LUNCH	
SESSION 5 - RECOVERY IN PRACTICE		
13:15-13:45	Active recovery	Prof. Dr. Julio Calleja-Gonzalez (Spain) Professor in Sport Training at The University of the Basque Country
13:45-14:15	What you should know when considering the integration of a recovery modality?	Pat Viroux (Belgium) Sports physical therapist and recovery and cryo expert. Founder of ProCcare

14:15-14:45	Electrical stimulation for post-exercise recovery (+workshop)	Nicola A. Maffiuletti PhD (Italy) Head of the Human Performance Lab Schulthess Clinic Zurich
14:45-15:30	Whole-body cryo as a recovery modality	Julien Louis PhD (France) Faculty of Science, Sport and Exercise Sciences, Liverpool John Moores University Associate Researcher at the French Institute of Sport, Expertise and Performance (INSEP, Paris),
15:30-16:00	Cold-Hot Water Immersion in practice	Lance Walker (US) <i>Global Director of Performance at Michael Johnson Performance, US</i>
16:00-16:30	Practical application on monitoring recovery of your competitive and injured player.	Gregori Ortanobas Founder of MDM (Medical Data Management) Systems
16:30-17:00	GROUP DISCUSSION WITH ALL SPEAKERS Bringing it all together.	
17:00	LEAVE TO LYON OR BACK HOME	

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Organisers :	Medical Stadium Mérignac & ProCcare
Place :	Medical Stadium Mérignac, France
When :	June 2 nd and 3 rd 2022 (just before Football Medicine Conference in Lyon France)
Abstract :	<p>It is evident from the significant increase in scientific publications during the last decade that recovery is a trending topic in sports science, and even more so in elite sports. Teams strive to find an edge during competitions. Various protocols describe the specific recovery methods that can be utilized to enhance the recovery process, including foam rolling, massage, compression garments, stretching, nutrition, active recovery, sleep, water immersion, and others. Even though 'recovery' to optimize performance is a hot topic in elite sports nowadays, it has many unanswered questions. There is also a growing demand for a better understanding of the integration and practical application. The detailed program and the fact that only recognized specialists in this field will be presenting will offer a lot of clarification on how an optimal recovery strategy can be developed and applied.</p> <p>The emphasis during these two days will be on the interaction with the attendees, which will result in many questions being answered in combination with several guidelines being provided while facilitating your clinical decision in your performance recovery strategy.</p>
Speakers :	There might be some 'minor' changes to the program and/or some additional speakers.

Link for your registration: <https://forms.office.com/r/ZG6fkijLtg>

Program-fee is 750€ for both days, lunch and dinner included.