

HIGH-PERFORMANCE SKIING

17 JAN
2026

PROTECTING THE ATHLETE THROUGH
PREVENTION AND CARE



MILANO

AUDITORIUM
OSPEDALE GALEAZZI
SANT'AMBROGIO

MIND
MILANO INNOVATION DISTRICT

UNDER THE PATRONAGE OF



SCIENTIFIC RATIONALE

Elite alpine skiing is a delicate balance of power, precision, speed – and resilience. Behind every high-level performance lies a team of professionals working toward a shared goal: protecting the athlete – not only through treatment, but through anticipation and prevention.

This is the vision that inspired the congress “High-Performance Skiing – Protecting the athlete through prevention and care.” Held just a few weeks before the Winter Olympics, this multidisciplinary meeting brings together orthopedic surgeons, physiotherapists, researchers, trainers, and healthcare professionals from the skiing world to exchange insights, expertise and best practices.

The programme covers the full trajectory of ski injuries: from biomechanical risk factors and injury mechanisms to surgical care, rehabilitation, and safe return-to-sport – with special emphasis on evidence-based prevention strategies and the holistic well-being of the athlete. This day is an invitation to collaborate across specialties, because prevention isn't just about avoiding injury – it's about preserving talent, passion, and the future of sport.

Join us – we look forward to sharing this experience with you.

SCIENTIFIC COMMITTEE

Giuseppe Banfi

Scientific Director of Galeazzi Sant'Ambrogio Hospital, Milan- Italy
Scientific Ambassador of MIND (Milano Innovation District)

Laura de Girolamo

Director of Orthopaedic Biotechnology Lab, Galeazzi Sant'Ambrogio Hospital, Milan- Italy
Vice-Educational Secretary of ESSKA

Andrea Panzeri

Head of Sports Traumatology & Research Center, San Siro Clinical Institute, Milan - Italy
President of FISl (Italian Winter Sport Federation) Medical Commission

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President of ESSKA-ESMA

Robert Prill

Center of Orthopaedics and Traumatology, University Hospital
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Chairman of ESSKA Rehabilitation Committee

Gabriele Thiebat

Sports Traumatology & Research Center, San Siro Clinical Institute, Milan - Italy
Member of FISl (Italian Winter Sport Federation) Medical Commission



FACULTY

Riccardo Accetta

Orthopaedic Surgeon, Galeazzi Hospital, Galeazzi Sant'Ambrogio Hospital, Milan-Italy

Matteo Artina

Physiotherapist and Athletic Trainer;
Strength Coach for S. Goggia; Università degli Studi di Milano, Milan - Italy

Berte Boe

Head of the Arthroscopy Unit Division of Orthopaedic Surgery Oslo
University Hospital, Oslo- Norway
2nd Vice President of ESSKA

Federico Bristot

Head of Elite and Performance Rehabilitation at J Medical Center, Turin -Italy
Physiotherapist for F. Brignone

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Director of Center for Sports Traumatology and Arthroscopic
Surgery Koelliker Hospital, Turin-Italy

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University Vita-Salute San Raffaele, Milan - Italy

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Head of Scientific Activities at the IOC, Oslo - Norway
Former President of ESSKA

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Juventus F.C. First Team Doctor, Turin - Italy

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University of Gothenburg, Gothenburg - Sweden

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Koen Carl Lagae

Head of the Knee Department and Head of Orthopaedic Department
Monica Campus Antwerp, Antwerp- Belgium

Alberto Lazzerini

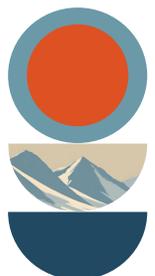
Director of Hand Surgery Unit Galeazzi Sant'Ambrogio Hospital, Milan -Italy

Roberto Manzoni

Federal Athletic Training Coordinator at FISL, Asti -Italy

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Chief Medical Officer for the Olympic Team, Rome - Italy



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Service of Orthopaedics & Traumatology,
Department of Surgery, Lugano -Switzerland

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Sale Sharks Women's Team (Rugby Union), Manchester- UK

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Universita degli Studi di Milano
Galeazzi Sant'Ambrogio Hospital, Milan- Italy

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University of Pavia , Pavia -Italy

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Re-Hability Center and Istituto Auxologico Italiano, Milan - Italy

Mario Ronga

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Jorge Spörri

Department of Orthopaedics, Balgrist University Hospital,
University of Zurich, Zurich- Switzerland

Giuseppe Vercelli

Head of Psychology at FISl and Juventus FC, Turin-Italy

GENERAL INFORMATION

VENUE:

Auditorium
IRCCS Galeazzi-Sant'Ambrogio Hospital,
Via Cristina Belgioioso 173
20157 - Milan, Italy



OFFICIAL LANGUAGE: English
Italian-English and English-Italian
translation available

ECM (only for italian attendees):

Il congresso è accreditato

per le seguenti figure professionali:

Biologo; Fisioterapista; Medico Chirurgo (medicina dello sport, igiene, epidemiologia e sanità pubblica, medicina fisica e riabilitazione, ortopedia e traumatologia),
Psicologo (psicologo, psicoterapeuta); Tecnico Ortopedico

Informiamo che i questionari di apprendimento e di valutazione del Corso saranno disponibili online al termine del corso.

La Segreteria Organizzativa, dopo aver verificato la presenza al 90% del corso, comunicherà, tramite e-mail, il link per accedere ai test. Una volta compilati e, previo superamento del quiz ECM, si potrà scaricare il proprio attestato, il quale certifica l'acquisizione dei crediti ECM previsti.

La Segreteria non risponde di eventuali e-mail non ricevute.

REGISTRATION FEES

DELEGATE: € 115,00 (VAT INCLUDED)
RESIDENT*: € 95,00 (VAT INCLUDED)
ESSKA FISISIAGASCOT MEMBER**: € 100,00 (VAT INCLUDED)

* upon presentation of the certificate of the medical school

** upon presentation of membership certificate

You can register via this link: <https://ems.mzevents.it/start/2462/eng>

The registration fee will include:

Access to the Scientific Sessions

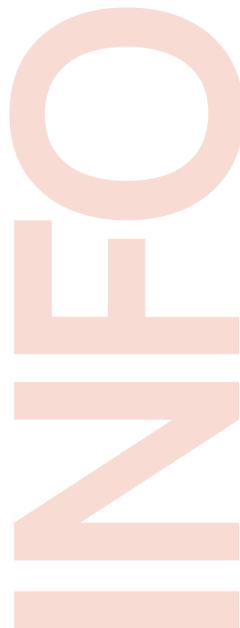
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Coffee break

Lunch

Congress Kit

Certificate of Attendance



PROGRAMME

- 09.00–09.10 Welcome And Opening Remarks**
Introduction To The Conference, Objectives, And Overview Of The Day's Program
G. Banfi, J.C. Monllau, G. Massazza, A. Panzeri
- 09.10– 09.40 Opening Lecture: Skiing And Knee Injuries – Where Do We Come From?**
L. Engebretsen
- 09:40 – 11.10 Session 1: Injuries In Alpine Skiing**
Moderators: B. Boe, M. Freschi, M.Ronga
- 09.40 - 09.55 Biomechanic Of Alpine Ski
T. Krosshaug
- 09.55 – 10.10 Beyond Mechanisms: Injury Surveillance and Practical Takeaways for Elite Skiers
G. Thiebat
- 10.10 – 10.25 Confounding Factors Of Ski Injuries In Competition
J. Menetrey
- 10.25 - 10.40 Concussion: Mechanisms & Management
C. Di Resta, V. Re
- 10.40 – 11.05 Discussion
- 11.05 - 11.30 Coffee Break**
- 11.30 – 12.50 Session 2: The Surgical Management Of Knee Injuries In Elite Alpine Skiers**
Moderators: J. Menetrey, R. Pozzoni
- 11.30 - 11.45 ACL Injuries
A. Panzeri
- 11.45 - 12.00 Multiligament Injuries
K.C. Lagae
- 12.00 - 12.15 Fractures
R. Accetta
- 12.15 – 12.30 Hand & Wrist's Fractures
A. Lazzerini
- 12.30 – 12 .50 Discussion
- 12.50 - 13.50 Lunch & Networking**

13.50- 15.10 Session 3: Rehabilitation And Return To Sport For Injuries
Moderators: G. Peretti, R. Prill

- 13.50 – 14.05 Return-To-Sport After Injuries: Physio Pov
F. Bristot
- 14.05 - 14.20 Rehabilitation Protocols For Ligament Injuries In Skiers
A.Okell
- 14.20 – 14.35 Return-To-Sport After Injuries: Physiological Aspects
S. Porcelli
- 14.35 – 14.50 Return-To-Sport After Injuries: Psychological Aspects And Criteria
G. Vercelli
- 14.50 – 15.10 Discussion

**15.10 – 15.50 Session 4: Round Table – Return-To-Sport After Injuries:
 Integrating Surgical, Rehabilitative And Medical Approaches**
Moderators: R. Manzoni, J. Menetrey, J.C. Monllau, T. Patt

Panelists: M. Artina, L. Engebretsen, F. Bristot, E. Hamrin, G. Massazza,
 G. Melegati, S. Nutarelli, A. Okell, S. Porcelli, R. Prill

15.50 – 17:10 Session 5: Knee Injury Prevention In Elite Alpine Ski
Moderators: G. Canata, S. Negrini, A. Panzeri

- 15.50 – 16.05 Knee Injury Prevention In Skiing: Training And Conditioning
Approaches For Injury-Free Performance
J. Spörri
- 16.05 – 16.20 Equipment, Ski Setup And Slope Conditions: Their Role
In Preventing Injuries
G. Thiebat
- 16.20 -16.35 Primary Prevention Of Knee Injuries: Risk Profiling And Targeted
Strategies
T. Patt
- 16.35 -16.50 Prevention Of Overuse Pathologies In Elite Alpine Skiing
M. Freschi
- 16.50 – 17.10 Discussion

17.10 - 17:30 Concluding Remarks And Acknowledgements
 G. Banfi, G. Massazza, A. Panzeri, T. Patt

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