

# 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

### **Thomas Patt**

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### **Robert Prill**

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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**

Head of Traumatology Unit, Galeazzi Sant'Ambrogio Hospital, Milan-Italy

## **Berte Boe**

Head of the Arthroscopy Unit Division of Orthopaedic Surgery Oslo University Hospital, Oslo- Norway  
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## **Federico Bristot**

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

## **Gian Luigi Canata**

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Past-President of SIAGASCOT

## **Tron Krosshaug**

Oslo Sports Trauma Research Center and the Department of Sports Medicine at the Norwegian School of Sport Sciences, Oslo - Norway

## **Koen Carl Lagae**

Head of Knee Department Monica Hospital Campus, Antwerp - Belgium

## **Alberto Lazzzerini**

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

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Federal Athletic Training Coordinator at FISL, Asti -Italy

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## **Gianluca Melegati**

Member of FISL Medical Committee, Milan-Italy

## **Jaques Menetrey**

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## **Stefano Negrini**

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Program Chair Isakos 2027 Sydney

**Valentina Re**

Re-Hability Center and Istituto Auxologico  
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**Luca Maria Sconfienza**

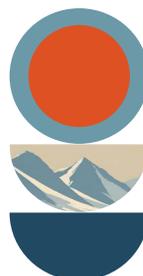
Head of the Diagnostic and Interventional  
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**Jörg Spörri**

Department of Orthopaedics, Balgrist  
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**Giuseppe Vercelli**

Head of Psychology at FISJ 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, psicoerapeuta); Tecnico Ortopedico.

**I crediti erogati sono 6.**

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*:	€ 75,00 (VAT INCLUDED)
ESSKA FISI SIAGASCOT 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:

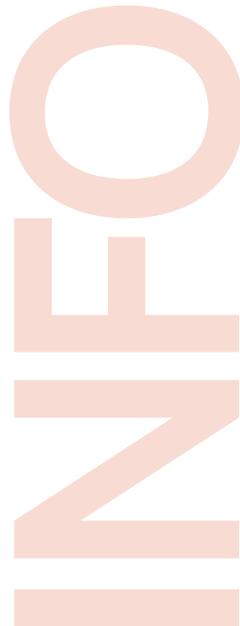
Access to the Scientific Sessions

Coffee break

Lunch

Congress Kit

Certificate of Attendance



# PROGRAMME

**08.30-09.00 Registrations**

**09.00-09.15 Welcome and Opening Remarks**

Introduction to the Conference, Objectives,  
and Overview of the Day's Programme

G. Banfi, G. Massazza, J.C. Monllau, A. Panzeri, L.M. Sconfienza

**Education in Sports Traumatology**

SLOT Official Greetings

P. Randelli

**09.15- 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, E.Kon**

09.40 - 09.55 Biomechanics 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 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. Lazzarini

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 Radiological Approaches**  
**Moderators: R. Manzoni, J. Menetrey, J.C. Monllau,  
 L.M. Sconfienza, T. Patt**

Panelists: L. Engebretsen, F. Bristot, E. Hamrin, G. Massazza,  
 G. Melegati, S. Nutarelli, A. Okell, 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  
 S. Nutarelli

16.50 – 17.15 Discussion

**17.15- 17:30 Concluding Remarks and Acknowledgements**  
 G. Banfi, G. Massazza, A. Panzeri, T. Patt

WITH THE UNCONDITIONAL SUPPORT OF



Geistlich



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