



www.connect-ulm2013.com

Congress program

THURSDAY, April 11th 2013

Pre-symposium workshops - include ultrasound, myofascial release therapy, and running dynamic courses

Full-day program; workshop language English!

- 09:00 – 17:30 Brad Fullerton & Antonio Stecco
Fascial injury in Sports: Anatomy & Ultrasonography
- 09:00 – 17:30 Julie Ann Day
Fascial Manipulation® Method
- 09:00 – 17:30 Eyal Lederman
Therapeutic stretching: a functional approach
- 09:00 – 17:30 Adjo Zorn
Elastic Walking

Half-day program; workshop language English or German as indicated!

- | | | |
|---------------|---|---------|
| 09:00 - 12:30 | Christian Stein
<i>Fascial Distortion Model (FDM)</i> | GERMAN |
| 14:00 - 17:30 | Christian Stein
<i>Fascial Distortion Model (FDM)</i> | ENGLISH |
| 09:00 - 12:30 | Divo Müller & Edo Hemar
<i>Healthy Tonicity</i> | ENGLISH |
| 14:00 - 17:30 | Divo Müller & Edo Hemar
<i>Healthy Tonicity</i> | GERMAN |
| 09:00 - 12:30 | Ulrike Aussem & Dennis Kraus
<i>Taping care of connective tissue</i> | ENGLISH |
| 14:00 - 17:30 | Ulrike Aussem & Dennis Kraus
<i>Taping care of connective tissue</i> | GERMAN |
| 09:00 - 12:30 | Eberhard Jörg
<i>Myoreflextherapy</i> | GERMAN |
| 14:00 - 17:30 | Eberhard Jörg
<i>Myoreflextherapy</i> | ENGLISH |
| 09:00 - 12:30 | Wilbour Kelsick & Robert Esmie
<i>Teach me to run ...</i> | ENGLISH |
| 14:00 - 17:30 | Wilbour Kelsick & Robert Esmie
<i>Teach me to run ...</i> | ENGLISH |



www.connect-uhl2013.com

Congress program

FRIDAY, April 12th 2013

08:30 Welcome & Overview

Connective tissue matters: bridging basic science and clinical experience

Moderation: Robert Schleip
Fascia Research Group, Division of Neurophysiology, University Ulm, Germany
& Holger Schmitt
ATOS Clinic, Heidelberg, Germany

09:00 Andry Vleeming
Department of Rehabilitation Sciences & Physiotherapy, University of Ghent, Belgium
Connective tissues as an important force transmitter and a source of injuries: a study of force transfer through the thoracolumbar fascia

09:30 Holger Schmitt
ATOS Clinic, Heidelberg, Germany
Injuries and the orthopedic surgeon: from micro to macro trauma?

10:00 Klaus Eder
Institute of Sports Science, University of Regensburg, Germany
How to treat a soccer player- injuries, pitfalls, and issues

10:30 Coffee break

11:00 Gregor Antoniadis
Department of Neurosurgery, University Hospital Ulm, Germany
Endoscopic procedure in the peripheral nerve surgery – Entrapment neuropathy of the suprascapular nerve in Volleyball players

11:30 Paul Hodges
Human Neuroscience Unit, University of Queensland, Australia
Neuromotor control and fascial interactions in sport: Science to rehabilitation'

12:00 Robert Schleip
Fascia Research Group, Division of Neurophysiology, University Ulm, Germany
Session summary and new perspectives

12:15 PANEL DISCUSSION
Andry Vleeming, Klaus Eder, Gregor Antoniadis, Paul Hodges, and Robert Schleip
Chaired by Holger Schmitt

12:45 Lunch break

Opportunity to visit technical exhibition companies

14:00 SPONSORED WORKSHOPS:
Taping, Fascial Fitness, Pilates, Physiolates, Facial Fazer, Ultrasound-Elastography, Outdoor Fitness

15:30 Coffee break



www.connect-ulm2013.com

Congress program

Load induced remodeling of collagen & matrix

- 15:45 Michael Kjaer
Institute of Sports Medicine, University of Copenhagen, Denmark
Introduction
- 16:15 Adamantios Arampatzis
Department of Sports Science, Humboldt University, Berlin, Germany
Mechanical loading and functional adaptation of tendons: Implication in human performance
- 16:45 Boris Hinz
Faculty of Medicine, University of Toronto, Canada
Connective tissue repair: a matter of stress
- 17:15 Andry Vleeming
Department of Rehabilitation Sciences & Physiotherapy, University of Ghent, Belgium
Backpain – a sign of disturbed forth transmission?
- 17:45 Michael Kjaer
Institute of Sports Medicine, University of Copenhagen, Denmark
Session summary and perspectives
- 18:00 **End of scientific program, day one**



www.connect-uhl2013.com

Congress program

SATURDAY, April 13th 2013

Inflammatory dynamics of skeletal muscle

- 09:00 Jürgen Steinacker
Division of Sports and Rehabilitation Medicine, University Hospital Ulm, Germany
Introduction and overview
- 09:30 Jonathan Peake
Queensland University of Technology, Brisbane, Australia
Cytokine signaling in skeletal muscle
- 10:00 James Tidball
Department of Integrative Biology and Physiology, UCLA, Los Angeles, USA
Inflammatory processes that drive muscle injury and regeneration
- 10:30 Coffee break
- 11:00 Poster session with mini presentations from the authors
- 11:45 Jürgen Steinacker
Division of Sports and Rehabilitation Medicine, University Hospital Ulm, Germany
Session summary
- 12:00 Lunch break
- Opportunity to visit technical exhibition companies
- 13:30 SPONSORED WORKSHOPS:
Taping, Fascial Fitness, Pilates, Physiolates, Facial Fazer, Ultrasound-Elastography, Outdoor Fitness
- 15:00 Coffee break

Kinetic storage of tendons and aponeuroses

- 15:15 Yasuo Kawakami
Waseda University, Tokyo, Japan
Introduction and overview
- 15:45 Constantinos Maganaris
Manchester Metropolitan University, Manchester, United Kingdom
In vivo human tendon adaptability to chronic use and disuse
- 16:15 Benno Nigg
Human Performance Laboratory, University of Calgary, Canada
Energy aspects during running - barefoot and with shoe
- 16:45 Yasuo Kawakami
Waseda University, Tokyo, Japan
Session summary and perspectives



www.connect-ulm2013.com

Congress program

17:00 End of scientific program, day two

SUNDAY, April 14th 2013

Stretching in sports and rehabilitation

- 09:00 Peter Magnusson
Institute of Sports Medicine, University of Copenhagen, Denmark
Introduction and overview
- 09:30 Jürgen Freiwald
Center for Human Performance Diagnostics, Bergische University Wuppertal, Germany
Stretching in sports, prevention and rehabilitation
- 10:00 Sarah Corey
Osher Center for Integrative Medicine, UCSF, San Francisco, USA
Stretching of the Back Improves Gait, Mechanical Sensitivity and Connective Tissue Inflammation in a Rodent Model
- 10:30 **Coffee break**
- 11:00 Poster session with mini presentations from the authors
- 11:45 Peter Magnusson
Institute of Sports Medicine, University of Copenhagen, Denmark
Session summary and perspectives
- 12:00 **Lunch break**
- Opportunity to visit technical exhibition companies

Translational Medicine

- 13:15 Werner Klingler
Fascia Research Group, Division of Neurophysiology, University Ulm, Germany
Introduction and overview
- 13:45 Andrew Franklyn-Miller
Sports Medicine Department, Sports Surgery Clinic, Dublin, Ireland
Therapeutic applications in sports medicine
- 14:15 Thomas Findley
Medical Center East Orange, Newark, New Jersey, USA
Recent advances in fascia research: Implications for sports medicine
- 14:45 **Coffee break**
- 15:00 Werner Klingler
Fascia Research Group, Division of Neurophysiology, University Ulm, Germany
Session summary and perspectives



www.connect-ulm2013.com

Congress program

Closing ceremony

- | | |
|-------|--|
| 15:15 | Poster award and closing words by Robert Schleip and Jürgen Steinacker |
| 15:30 | End of congress 'CONNECT 2013' |

Particular workshops are subject to change or cancellation when the necessary number of attendees is not reached. In this case paid fees are refunded or another workshop is offered. When a particular workshop is cancelled, there is no right for refund for other registration fees as for the conference or other workshops and there is also no right for refund for all other costs. The organizers provide facilities and organization with their best expertise but have no liability for any circumstances which lay out of their responsibility which may have an impact on the program as cancellations of speakers and workshop presenters, or risk of travel. The organizers strive to organize the best possible circumstances for all participants and presenters and disclaim liability for all other reasons. All agreements have to be in written form. There is no liability for any risks and circumstances occurring out of participating in workshops or and the conference.

The organizers wish all participants a safe journey, and an interesting and stimulating meeting in Ulm, southern Germany's attractive town near the Alps Mountains.



www.connect-ulm2013.com

Congress program

Host:
University of Ulm, Germany

Division of Sports and Rehabilitation Medicine
University hospital Ulm
Prof. Dr. med. Jürgen M. Steinacker

Fascia Research Group,
Division of Neurophysiology,
Dr. hum biol. Robert Schleip

Organisation Committee:

Dr. Heike Jäger
Dr. Werner Klingler
Dr. Uwe Schumann
Dr. Martina Velders

Scientific Committee:

Dr. Andrew Franklyn-Miller
Dr. Heike Jäger
Dr. Werner Klingler
Prof. Dr. Kai Röcker
Dr. Robert Schleip
Prof. Dr. Jürgen Steinacker
Dr. Martina Velders
Prof. Andry Vleeming

Contact and Congress Secretary:

Gesine Niedobitek
Telefon: +49 (0)731 / 500 – 45301
Telefax: +49 (0)731 / 500 – 45303
[gesine.niedobitek\(at\)uni-ulm.de](mailto:gesine.niedobitek(at)uni-ulm.de)