



CONNECT 2017 CONNECTIVE TISSUES IN SPORTS MEDICINE

University of Ulm – Germany
March 16-19, 2017

Musculoskeletal connective tissue is vulnerable to sports-related overuse injuries. Conventional physical exercise has primarily emphasized the classical triad of muscle training, cardiovascular fitness and sensorimotor coordination, without sufficiently recognizing the adaptive capacity of collagen tissue.

CONNECT 2017 aims to advance our understanding of how musculoskeletal connective tissues participate in muscular force transmission and respond to different types of mechanical load. The effects of gender, genetic factors and hormonal differences on musculoskeletal tissue adaptation and regeneration will be covered in this scientific program and related discussions.

Additionally, the inflammatory response and regulation of skeletal muscle tone for differing loading regimes will be explored. Workshops before and after the congress offer training in new imaging methods and assessment technologies useful for in vivo examination of joint capsules, muscular fasciae, aponeuroses, tendons, ligaments and retinaculae as well as intramuscular connective tissues.

The aim of this interdisciplinary congress is to inspire a productive dialogue between professional sports coaches, scientists, sports physicians and exercise physiologists, leading to improved training and treatment methods as well as to novel research initiatives in this new and highly interconnected field.

We look forward to a great CONNECT congress in 2017 with cutting edge science and high quality workshops.
Welcome to Ulm!

**- Call for Abstracts of Short Presentations -
Deadline: December 1, 2016**

www.connect-ulm2017.com

Registration

Starts in Autumn 2016. Please visit our congress website
www.connect-ulm2017.com

Congress + Workshop Fee

Scientific Conference Early Bird after Feb 1, 2017

Clinicians	300 €	350 €
Therapists	240 €	290 €
Students	100 €	120 €

Workshops

Full Day	125 €	175 €
Half Day	65 €	100 €

Scientific Committee:

Prof. Dr. Jürgen M. Steinacker
Prof. Dr. Wilhelm Bloch
Prof. Dr. Werner Klingler
Dr. Martina Zügel
Dr. Robert Schleip



Organization Partners:

Department of Sports &
Rehabilitation Medicine,
University Hospital Ulm
Fascia Research Group,
Ulm University



Contact

Please address the abstract of your Short
Presentation and further contact to:

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CONNECT 2017

CONNECTIVE TISSUES IN SPORTS MEDICINE

**2nd International Congress
University of Ulm – Germany
March 16-19, 2017**

**Congress Language English =
Deutschsprachige Simultanübersetzung**

Thursday, March 16th

Pre-Conference Workshops

Thomas Myers | Anatomy Trains: Assessing In-Series Myofascial Tensioning in Sports Training and Rehabilitation [*Full-Day-Workshop*]

Wolfgang Bauermeister | Ultrasound-Elastography: Assessment of the Elastic Properties of Fascia and Muscle in Sports Injuries with Prolonged Pain and Dysfunction

Robert Heiduk | Blood Flow Moderation Training in Rehabilitation and Recovery

Wilbour Kelsick | Teach me to Run: The Running Posture & Technique Workshop

Divo Müller | A specific Connective Tissue Training for Lumbodorsal Fascia

Freddy Sichtung | Measuring Stiffness Properties of Connective Tissue in vivo

Antonio Stecco | Fascial Manipulation®

Schumann U, Zügel M, Schneider M, Steinacker JM | Molecular Diagnostics of Muscle & Systemic Inflammation in Sports Medicine

Friday, March 17th

Panel A | Treatment and Prevention of Connective Tissue Injuries in High Performance Sports

Moderation:

Bastian Schmidtbleicher | German Sports University Cologne

Klaus Eder | University of Regensburg

Sue Falsone | A.T. Still University (ATSU), Missouri

Kurt Mosetter | Team physician of US National Soccer Team, Konstanz

Holger Schmitt | ATOS Clinic Heidelberg

Andry Vleeming | University of Ghent

Clinical Lecture | Molecular Diagnostics of Inflammation in Muscle Injury and Overtraining

Jürgen M. Steinacker | University of Ulm

Panel B | Load-induced Remodeling of Collagen & Matrix

Introduction

Andry Vleeming | University of Ghent

Exercise affects the Uniformity of Muscle and Tendon Adaptation

Adamantios Arampatzis | Humboldt University Berlin

Myofibroblasts just love the Stress

Boris Hinz | University of Toronto

The Functional Coupling of the deep Abdominal and Paraspinal Muscles | Session Summary

Andry Vleeming | University of Ghent

Saturday, March 18th

Panel C | Biochemical and Hormonal Regulation of Connective Tissues

Introduction

Michael Kjaer | University of Copenhagen

Effect of Female Hormones on Connective Tissue at Rest and in Response to Exercise

Mette Hansen | Aarhus University

The regulation of Connective Tissue Function through Exercise and Nutrition

Keith Baar | University of California Davis

Exercise mediated extracellular matrix processing – Role for Structure and Function of Skeletal Muscle

Wilhelm Bloch | German Sport University Cologne

Loading and Unloading of Connective Tissue – inert or biochemically active? | Session Summary

Michael Kjaer | University of Copenhagen

Panel D | Myofascial Force Transmission

Introduction

Benno Nigg | University of Copenhagen

Neuromotor Control & Fascial Interactions in Sport

Paul Hodges | University of Queensland

[continued Panel D: Myofascial Force Transmission]

Muscle, Tendon and Joint Mechanics in Cerebral Palsy

Constantinos Maganaris | Liverpool John Moores University

Force Transmission and Epimuscular Interaction through Fascia: some Evidence from in vivo Observations

Yasuo Kawakami | Waseda University Tokorozawa

Soft Tissue Biomechanics in Sports Injury – Is it time to listen to the Tissue?

Scott Wearing | Queensland University of Technology

Mechanical Force Transmission along Myofascial Chains: Fact or Fiction?

Jan Wilke | Goethe University of Frankfurt

Running Injuries – Functional Groups, Preferred Movement Path and Comfort Filter – a Paradigm Shift | Session Summary

Benno Nigg | University of Calgary

Sunday, March 19th

Post-Conference Workshops

Eyal Lederman | The Training Conditions for Connective Tissue Adaptation [*Full-Day-Workshop*]

Sue Falsone | Vacuum Therapy (Cupping): Soft Tissue & Movement Considerations for Orthopedic & Sports Clinicians

Christopher Gordon | Interdisciplinary Fascia-Self-Therapy (IFT®) with the Fascia ReleaZer®

Sue Hitzmann | Sports Medicine and the MELT Method®

Marie José-Blom | Teach and Treat Access to the Inner Works of Fitness - Liberate Connective Tissue for Performance Enhancement

PJ O'Clair & Meredith Stevens | Mindfulness, Interoception and the Relevance to Sports Performance

Christian Stein | Tensegrity Concept – Complex Regional Pain Management

Jan Wilke | Self-myofascial Release: Treatment of Connective Tissue with Foam Rollers and other Handheld Tools