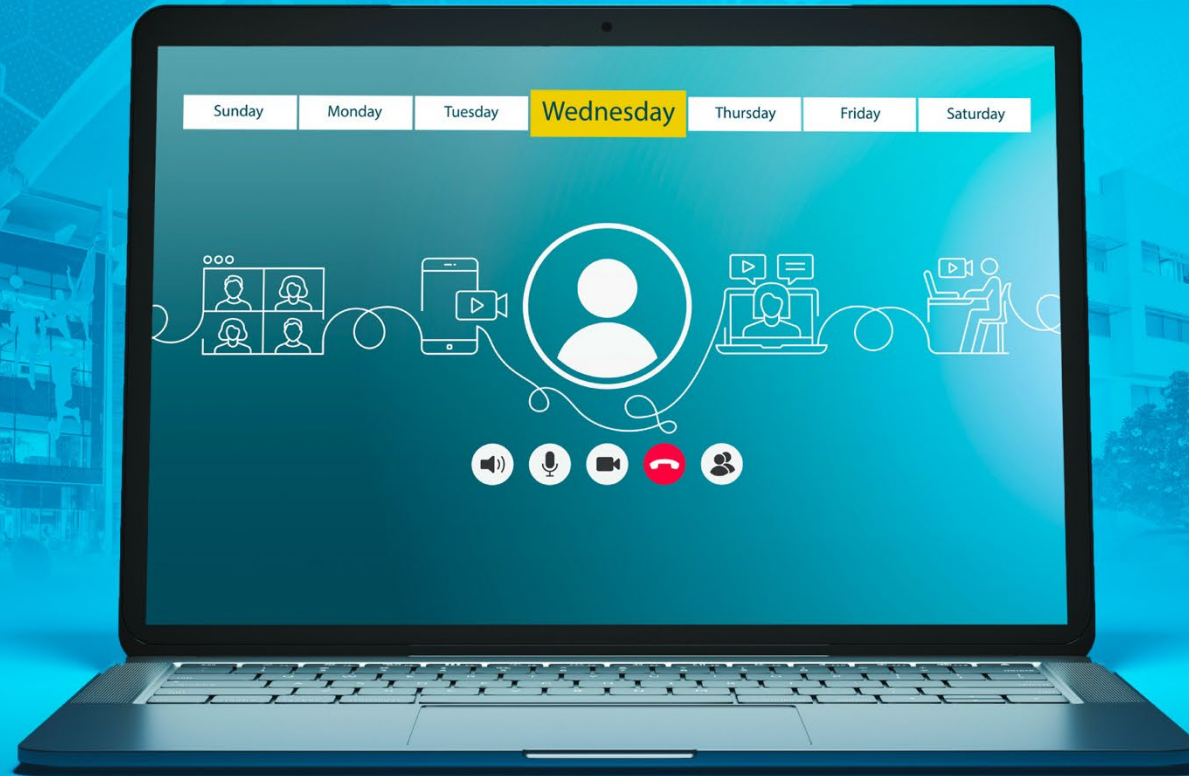




ASPETAR WEDNESDAY WEBINAR SERIES

*'Cutting edge sports medicine
and science to your doorstep'*

Agenda
Aspetar Wednesday Webinar Series
15 May 2026 – 15 May 2027 (3rd year)

Target Audience: Physicians, Allied Healthcare Practitioners, Nurses, Dentists, Pharmacists, Others (researchers and sport scientists)

Venue: Online (Microsoft Teams)

Activity code: HGI-03-P135

Overall learning objectives:

On completion of this activity, participants will be able to:

1. Apply best evidence in the diagnosis, treatment and prevention of common injuries and musculoskeletal conditions in athletes.
2. Develop a management plan for muscle injuries in athletes.
3. Discuss principles of coping with heat to improve training and performance and the use of heat therapy in athletes.
4. Define 'Modern Games'.
5. Describe the key principles of 'Extreme Sports Medicine'.
6. Discuss the importance of artificial intelligence in sports medicine and science.

This activity is an Accredited Group Learning Activity (Category 1) as defined by the Ministry of Public Health's Department of Healthcare Professions - Accreditation Section and is approved for a maximum 1.50 credit hours

	Date and time	Topic	Session Learning Objectives By the end of this session the participants will be able to:	Speaker/s
1.	16 September 2026 4.30 PM - 6.00 PM (GMT+3)	Podiatry in Football: Boots, Orthotics, Injury Prevention & Future Practice	1. Analyze how football boot design and playing surfaces influence lower limb biomechanics and injury risk in athletes. 2. Apply principles of podiatric assessment to select appropriate orthotics and preventive strategies for common football-related foot and ankle conditions.	Liam McManus Athol Thomson Ken van Alsenoy
2.	21 October 2026 4.30 PM - 6.00 PM (GMT+3)	From Recovery to Readiness: Off-Field Conditioning Following Lower-Limb Injury	1. Apply and build an off-field return-to-performance framework following lower-limb injury 2. Describe and design phase-by-phase conditioning progressions based on testing, monitoring, and athlete needs 3. Analyze load, response, and readiness data to guide progression and support decision-making	Martin Buchheit Evlampia Sidiropoulou Laurent Lasalle Bader Belfekih Eider Balda Gergely Kis
3.	18 November 2026 4.30 PM - 6.00 PM (GMT+3)	From Readiness to Performance: On-Field Conditioning Following Lower-Limb Injury	1. Define entry criteria and on-field progression principles following lower-limb injury 2. Design phase-by-phase on-field conditioning strategies to restore football-specific readiness and performance 3. Analyze load, response, discharge criteria, and club collaboration processes to support a safe and effective return to performance	Martin Buchheit Archie Ogden Thomas Carruthers Theodosia Palli Andres Sagarra

4.	16 December 2026 4.30 PM - 6.00 PM (GMT+3)	TBD		
5.	20 January 2027 4.30 PM - 6.00 PM (GMT+3)	TBD		
6.	17 March 2027 4.30 PM - 6.00 PM (GMT+3)	Sports Psychology	TBD	Sofiane Souissi Karim Khalladi
7.	21 April 2027 4.30 PM - 6.00 PM (GMT+3)	TBD		

Scientific Planning Committee:

Paul Dijkstra (Chair), Sofie Nelis (Co-Chair), Mariem Labidi, Faten Smiley, Dorothy Lechicki, Celeste Geertsema, Raouf Rekik, Dania Almasri, Konstantinos Epameinontidis, Zainab Al Sarraf, Sean McCrudden and Marco Cardinale.

The Scientific Planning Committee has reviewed all disclosed financial relationships of speakers, moderators, facilitators and/or authors in advance of the CPD activity and has implemented procedures to manage any potential or real conflicts of interest.

Overall time: 90 min | Lecture: 60 min | Interactive session: 30 min