

# ASPETAR WORLD CONFERENCE 2025

09<sup>th</sup> - 11<sup>th</sup> October 2025, Aspire Zone

ASPETAR  
أسبیتار

## AGENDA

### THE INJURED ATHLETE: MULTIDISCIPLINARY SUPPORT TO ACCELERATE RETURN TO PLAY

8 October 2025

#Aspetarcon25



**Target Audience:** Allied Health Practitioners, Physicians, Others (healthcare students)

**Activity code:** HGI-03-P178

**Venue:** Aspetar, ESSD meeting room

**Time:** 8:00 - 16:00

**Please note that this activity is offered as a part of the Aspetar World Conference 2025, therefore, you must be registered for the conference to be able to sign up for this workshop.**

**Overall Learning Objectives:**

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

1. Show the sports sciences services provided at Aspetar within the multidisciplinary RTP (Return to Play) framework.
2. Demonstrate through real case examples how sport science interventions accelerate recovery and optimize return to performance.
3. Examine and evaluate best practices and integrated approaches used in multidisciplinary RTP programs.

**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 of 6.5 hours.**

Time	Topic	Session Learning Objectives By the end of this session, participants will be able to:	Speaker/ Facilitator
8:00 -08:15	Registration		
8:15 -08:30	Introduction of learning objectives		Ms Shaima Al Khaldi
8:30 -09:00	Psychosocial Responses to ACL Injury & Athletes' Mental Readiness to Return to Play (RTP)	<ul style="list-style-type: none"> <li>• Discuss psychosocial responses to athletes' ACL injury across the surgical and rehabilitation continuum, including emotional, cognitive, and behavioral reactions influencing athletes' recovery and RTP.</li> <li>• Identify key psychosocial factors impacting mental readiness to return to play, including fear of re-injury, self-confidence, and motivation.</li> <li>• Apply practical tools and strategies to assess psychological readiness and effectively support recovery within a multidisciplinary team.</li> </ul>	Dr. Karim Kalladi
9:00 -09:15	Interactive activity		

09:15 -09:45	When the Body Breaks, the Mind Hurts Too	<ul style="list-style-type: none"> <li>Identify how injury can lead to or worsen mental health issues</li> <li>List warning signs and screening strategies</li> <li>Apply practical management and referral approaches</li> </ul>	Dr. Sofiane Souissi
09:45 -10:00	Interactive activity		
10:00 -10:20	Coffee break		
10:20 -10:40	Fuel, Heal, Perform: The Science of Nutrition & Injury Recovery	<ul style="list-style-type: none"> <li>Discuss how nutrition supports tissue repair and functional recovery.</li> <li>Identify the Aspetar way in Sports Nutrition and rehabilitation.</li> <li>Build and adapt a nutritional strategy across different rehabilitation phases supported by evidence-based sports supplements.</li> </ul>	Nelda Nader Shaikha Mahmoud Abdulla Amna Hamad Al Sulaiti
10:40 - 11:10	Sports Nutrition Interactive Activity 1	<ul style="list-style-type: none"> <li>Apply theory to practice by designing a nutrition plan tailored to different phases post-surgery, led by the Aspetar protocol.</li> </ul>	Nelda Nader Shaikha Mahmoud Abdulla Amna Hamad Al Sulaiti Mirna Anadani Bedour Abbas Al Mousawi
11:10 - 11:40	Sports Nutrition Interactive Activity 2	<ul style="list-style-type: none"> <li>Critically assess and select safe, evidence-based supplements to support different recovery phases.</li> </ul>	Nelda Nader Shaikha Mahmoud Abdulla Amna Hamad Al Sulaiti Mirna Anadani

			Bedour Abbas Al Mousawi
11:40 - 12:00	Sports Nutrition Wrap Up & Visit	<ul style="list-style-type: none"> <li>Discuss applications from theory to practice. Question &amp; Answer and Nutrition Corner Visit.</li> </ul>	Nelda Nader Shaikha Mahmoud Abdulla Amna Hamad Al Sulaiti
12:00 - 12:45	Lunch break		
12:45 -13:05	Background of Resting Metabolic Rate Assessments of athletes in rehabilitation	<ul style="list-style-type: none"> <li>Discuss key parameters of resting metabolic rate assessments.</li> <li>How does injury, rehabilitation, and recovery status affect RMR parameters (e.g., REE, TEE, Stress Factors, RQ, substrate utilization)?</li> <li>Apply knowledge of resting metabolic rate assessment parameters to optimize exercise and nutrition interventions.</li> </ul>	Mark Willems Bedour Almousawi
13:05 -13:30	Physiology Interactive Activity 1	<ul style="list-style-type: none"> <li>Demonstrate how to perform a resting metabolic rate assessment on a live volunteer, applying appropriate measurement techniques.</li> </ul>	Mark Willems Bedour Almousawi
13:30 -13:50	Sub-max Lactate Testing in Rehabilitation	<ul style="list-style-type: none"> <li>How are locomotor profiling techniques used to categorize athletes into speed, endurance, and hybrid profiles?</li> </ul>	Mark Willems Bedour Almousawi

		<ul style="list-style-type: none"> <li>• How is lactate testing used in locomotor profiling in athletes? Why lactate testing?</li> <li>• How are lactate test results used for exercise prescription? How are HIIT protocols personalized to the athlete?</li> </ul>	
13:50 -14:05	Physiology Interactive Activity 2	<ul style="list-style-type: none"> <li>• Show how a lactate threshold test is performed on a live volunteer.</li> </ul>	Mark Willems Bedour Almousawi
14:05 - 14:15	Physiology Wrap-Up	Final Comments and Question & Answer	Mark Willems Bedour Almousawi
14:15 - 14:30	Coffee break		
14:30 -15:00	The Role of Podiatry: Intervention for ACL injuries	<ul style="list-style-type: none"> <li>• Discuss the importance of collaboration between podiatrists and other healthcare professionals to provide comprehensive patient care.</li> <li>• Analyze insight into how podiatric practices contribute to the prevention, management, and rehabilitation of anterior cruciate ligament (ACL) injuries.</li> </ul>	Miguel Angel Parra Gonzalez Fahad Salim Mubarak Al-Shamsi
15:00 -15:15	Quiz Session	<ul style="list-style-type: none"> <li>• Test and consolidate knowledge acquired during the lecture through a short, engaging quiz.</li> </ul>	Miguel Angel Parra Gonzalez Fahad Salim Mubarak Al-Shamsi



15:15 - 15:50	Podiatry Interactive session	<ul style="list-style-type: none"> <li>Outline the fundamental principles of gait and biomechanical assessment to identify functional abnormalities and guide treatment plans.</li> <li>Identify different types of podiatric treatments, with a focus on how custom orthotics are designed and created.</li> </ul>	Miguel Angel Parra Gonzalez Fahad Salim Mubarak Al-Shamsi
15:50 - 16:00	Podiatry wrap-up / Question & Answer	<ul style="list-style-type: none"> <li>Discuss key points.</li> </ul>	Miguel Angel Parra Gonzalez Fahad Salim Mubarak Al-Shamsi

#### **Scientific Planning Committee:**

Shaima Al Khaldi (Chair), Marco Cardinale (Co-Chair), Anna Kochergina, Mohammad Mousa Mustafa, Stephen Targett, Enda King, Shaikha Mahmoud Abdulla, Fahad Salim Mubarak Al Shamsi, Sofiane Souissi, Mark Willems.

**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: 480 min; lecture: 400 min; interactive: 150 min (31%)