

SYMPOSIUM KINESPORT

14TH AND 15TH, JANUARY 2019

PARIS 2019

LE 14 JANVIER 2019

8h30 – 9h00	Accueil des participants	
9h00 – 9h15	Ouverture	Mr Bruchard Arnaud Pr Dine Gerard
9h15 – 9h30	Epidémiologie et prédiction	Dr Bermon Stéphane

Partie 1 – Anatomie descriptive et imagerie

9h30 – 10h00	Anatomie myo-conjonctive et classifications des lésions musculaires : exemple du triceps sural	Mr Bruchard Arnaud
10h00 – 10h30	Actualité et innovation en imagerie des lésions musculaires	Dr Sans Nicolas
10h30 – 11h00	Echoanatomie adducteurs/abdominaux Questions/Réponses Pause	Dr Silvestre Alain
11h25 – 11h55	Echoanatomie et tractographie des ischio-jambiers /Quadriceps/Fessiers	Dr Renoux Jérôme
11h55 – 12h25	Anatomie du tendon conjoint des ischio-jambiers et chirurgie Questions/Réponses	Dr Sonnery-Cottet Bertrand
12h30 – 13h45	Déjeuner	

Partie 2 – Biologie et Génomie

13h45 – 14h10	Traitement biologique des lésions musculaires	Dr Silvestre Alain
14h10 – 14h35	Cicatrisation et EPI (en anglais) Questions/Réponses	Dr Sanchez Jose Manuel
14h40 – 15h05	Cicatrisation et régénération cellulaire	Dr Chazaud Bénédicte
15h05 – 15h30	Génomie et performance musculaire : profil génotypique et polymorphisme Questions/Réponses Pause	Pr Dine Gerard

Partie 3 – Pathomécanisme/Biomécanique et Prévention

15h55 – 16h20	Fragilité anatomique et interrelations pathomécaniques	Mr Bruchard Arnaud
16h20 – 16h45	Détermination des profils à risque : analyse vidéo et observables pathomécaniques (Méthodologie 11Leader)	Mr Sanie Germain
16h45 – 17h10	Revue d'études et expériences en prévention des lésions musculaires (en anglais) Questions/Réponses	Intervenant ECOSEP

Partie 4 – Nutrition

17h15 – 17h40	Fragilité anatomique et interrelations pathomécaniques	Mr Bruchard Arnaud
17h40 – 18h05	Suivi de joueurs de football professionnel en nutrition (11 Leader) Questions/Réponses	Mme Saban Anne-Claire
18h10	Mot de la fin	

8h30 – 9h00 Accueil des participants

9h00 – 9h10 **Ouverture**

Partie 5 – Traitement Physiothérapique

9h10 – 9h50 **Traitement des lésions musculaires : guidelines 11 Leader** **Mr Bruchard Arnaud**
Mr Visery Gregory
Mr Martin Anthony

9h50 – 10h20 **Timing is everything – when do we start eccentric strengthening after hamstring injury** (en anglais) **Mr Van Dyk Nicol**

10h20 – 10h50 **Apport du Blood Flow Restriction dans le traitement des lésions musculaires** (en anglais) **Mr Novo Mario**
Questions/Réponses
Pause

Partie 6 – Techniques Invasives

11h15 – 11h40 **Dry Needling et lésions musculaires** (en anglais) **Pr Fernandezde las Penas Cesar**

11h40 – 12h05 **EPI et lésions musculaires** (en anglais) **Mr Navarro Solaz Pablo**

12h05 – 12h30 **Réactivation musculaire post-lésionnelle par voie invasive** **Mr Rahou Youssef**
Questions/Réponses

12h35 – 13h50 **Déjeuner**

Partie 7 – Réhabilitation/RTP/Critères de reprise

13h50 – 14h05 **Raisonnement du RTP** **Mr Bruchard Arnaud**

14h05 – 14h45 **RTS et RTP après lésion IJ : importance de la mécanique du sprint dans le processus individuel** **Mr Morin Jean-Benoit**

14h45 – 15h25 **RTS et RTP après lésion IJ : importance de la mécanique du sprint dans le processus individuel** (en anglais) **Mr Mendiguchia Jurdan**
Questions/Réponses

15h30 – 16h10 **Cas pratique de RTP et expériences dans le football de haut niveau** **Dr Baudot Christophe**

16h10 – 16h25 **Critères de reprise** **Dr Silbert Hervé**
Questions/Réponses
Pause **Mr Bruchard Arnaud**

Partie 8 – Cas Spécifiques et Expériences

16h50 – 17h10 **Expérience au sein de l'Atlético Madrid** (en anglais) **Dr Villalon José Maria**

17h10 – 17h20 **Neuromodulation/Technique neuroméningée et des lésions musculaires** **Mr Brandt Erwin**
Mr Rahou Youssef

17h20 – 17h30 **Cohérence gestuelle et neuroplasticité** **Mr Sanie Germain**
Questions/Réponses

Partie 9 – Conclusion

17h35 – 17h45 **Evaluation**

17h45 – 17h50 **Clôture Symposium** **Mr Bruchard Arnaud**
Pr Dine Gérard

SPEAKERS

SYMPOSIUM KINESPORT - **PARIS 2019**



Bruchard Arnaud

Sport Physiotherapist
Head performance manager 11 Leader
Sport Scientist
Kinesport Director



Dr. Stéphane Berman

Common Room Member at Green Templeton College.
Director of the Health and Science Department at the International Association of Athletics Federations (IAAF).
Sports Physician (MD) and Exercise Physiologist (PhD) at the Monaco Institute of Sports Medicine and Surgery.
Specialised Master in Health Engineering (Ecole Centrale de Paris).
Medical advisor International Federations (UIM, IBSF) and Anti-Doping Organisations.
Author and co-author of more than 50 books or peer-reviewed scientific publications.



Dr. Jérôme Renoux

Osteo-articular radiologist specialized in sports imaging.
Director of the the Medical Imaging Center in INSEP and Head of the Institute of Sports Imaging.
Associate member at the American Hospital of Paris.



Dr Alain Silvestre

Physician Specialist Imaging of the Musculoskeletal System and Interventional Radiology and Regenerative Medicine of the Musculoskeletal System
Research associate at Inserm (U 1034) - Research theme: Autologous cell therapies in the treatment of osteoarthritis.



Nicol Van Dyk

Sport physiotherapist and reasearcher at the Aspetar Orthopaedic and Sports Medicine Hospital in Doha (Qatar).
BSc in Physiotherapy from Stellenbosch University (2005).
MSc in Orthopaedic Manipulative Therapy (2010).
PhD at Ghent University, Belgium (2018).
Sports physiotherapist at the Sport Science Institute (South Africa – 2013).
Editorial board member of British journal of sports medicine (BJSM).



Dr Bertrand Sonnery-Cottet

Orthopedic Surgeon - Santy Orthopedic Center in Lyon since 2003.
FIFA Medical Center of Excellence since 2012.

International publications (118 of which 75 on LCA) indexed in PubMed

Member of the scientific reading committees (AJSM, OJSM, KSSTA, OTSR).

AANA Richard O'Connor Award 2017 (Anterolateral Ligament Reconstruction Is Associated With Significantly Reduced ACL Graft Rate at a Minimum Follow-up of 2 Years: A Prospective Comparative Study of 502 Patients From the SANTI Study Group. Am J Sports Med 2017 Sonnery -Cottet B, Saithna A, Cavalier M, Kajetanek C, EF Temponi, Daggett M, Helito CP, Thauinat M).

Affiliation with the SFA, SOFCOT, ESSKA, ISAKOS.

Member of the arthroscopy committee of ESSKA.

Member of the board of the French Society of Arthroscopy.

Regular football correspondent for : OL, OGC Nice, ASSE, Real Madrid, FC Barcelona, Juventus Turin, AC Milan, Tottenham Hotspur, Arsenal, West Albion Bromwich, but also for different French Handball, Rugby and Basketball team.



Dr Baudot Christophe

Head Physician in Olympique Lyonnais (men's team)

Former Medical Director in Olympic de Marseille (10 years).

Former Medical Director in Bègles-Bordeaux rugby and FFR physician (15 de France traumatology and -21 years old France team physician).

Former Strength and Conditioning in Bègles -Bordeaux (5 years).

Former Medical Director in Sport Clinical Bordeaux-Mérignac (12 years).



Pr Sans Nicolas

Head of the Department of Radiology and Imaging - University Hospital Purpan - Toulouse

PUPH (University Professor - 1st Class Hospital Practitioner) in radiodiagnostics and medical imaging.

General Secretary of SIMS (Musculoskeletal Imaging Society).

Graduate of medical pedagogy

University teacher at the faculty of Toulouse.

Creator of the Musculoskeletal Imaging IUD with the Faculty of Montpellier

Creator of «Online»Musculoskeletal Imaging IUD



Pr Clarys Peter

Full professor at the Faculty of Physical Education and Physiotherapy of the Vrije Universiteit Brussel.

Coordinator of the Master Program Physical Activity, Fitness and Health.

Research in nutrition and physical activity.



Morin Jean-Benoit

Professor at the Faculty of Sport Sciences, and assistant Director of the Laboratoire Motricité Humaine Expertise Sport Santé (LAMHESS) in the University of Nice.

PhD in Human Motricity in 2004 at the University of Saint-Etienne, co-supervised with the University of Udine in Italy.

Leading and conducting research on the evaluation of the biomechanical determinants of performance and risk of injury related to sprint and jump movements.



Dr Villalon José Maria, ES

Sport Traumatologist
Head of the Medical Services of the Atlético de Madrid Club, SAD
Medical specialist in physical and sport education medicine and sport traumatology.



Pr Dine Gérard

Associate Professor in Biotechnology at Ecole Centrale de Paris
President of the Biotechnological Institute of Troyes
Research Associate at the Imagine Institute of the René Descartes University of Paris
President of the Scientific Council of the Kinesport Institute
Representative of the Ministry of Higher Education and Research at the Scientific Council of IRMES (Institute for Biomedical Research and Epidemiology of Sport)
Member of the Scientific Council of the Paris School of Biotechnology (SupBiotech)



Pr Fernandez De Las Penas Cesar

hysiotherapist, Spanish Athletics Federation (Since 2000).
Physiotherapist, Clinic for the treatment of Chronic Pain (2000-2006).
Professor of Physiotherapy, Rey Juan Carlos University, Spain (Since 2001).
Physiotherapist, Department of Neurology, Hospital Alcorcón (Since 2004).
Author of more than 300 scientific publications, particularly on Dry Needling.



Dr Mario Novo

DPT,PT – Strength and conditioning
Medical Director Smart Tools Plus
Sport physiotherapist and physical trainer
Focused on new advancements in muscle hypertrophy periodization



Dr Sanchez-Ibanez José Manuel

Creator of the EPI® technique
Director of CEREDÉ Sports Rehabilitation, Barcelona.
Expert Consultant Newcastle United FC



Dr Silbert Hervé

Orthopedic surgeon.
Specialist for knee and foot surgery.
Member of the Sport Medicine Society of Languedoc-Roussillon
Member of the European Society of Sports Knee Surgery and Arthroscopy



Dr Chazaud Bénédicte

Master in Cell Biology and Physiology (Université en Sciences de la vie).
PhD in Cell Biology at Paris Descartes University.
Research at NeuroMyoGene Institute (University Claude Bernard Lyon 1, INSERM, CNRS).
Environment of muscle stem cells research.
Applications in the context of muscular physiology and muscular injuries.



Saniel Germain

Sports physiotherapist
Performance Manager 11 Leader since 2015 (professional football)
Specialist in biomechanics of sport.
Sports physiotherapy trainer since 2014 (Kinesport company).
Sports physiotherapist for the GF 38 from 2009 to 2011 (French Ligue 1 / Ligue 2).
ECOSEP 2017 conference speaker in Dubai (Video analysis in professional soccer player - a tool for prevention and performance).



Visery Gregory

Sports physiotherapist
Mastery STAPS MPSI
Coordinator - Performance Trainer for the company 11 Leader since 2016
Trainer Writer for Kinesport since 2016.
Physiotherapist of the professional team Evian Thonon Gaillard FC
(Ligue 1, Ligue 2): 2011-2016



Erwin Brandt

Sports physiotherapist, specialized in manual therapy and in the neurodynamic approach of musculoskeletal disorders.
Performance coach 11 Leader (since 2017).
Kinesport Trainer (since 2017)
University Diploma in Orthopedic Manual Therapy (in progress, University Lille 2).



Saban Anne-Claire

Sports physiotherapist
Trainer at Kinesport since 2017
Performance coach since 2017 (11 Leader).
Responsible for nutrition at 11 Leader.
Physiotherapist training center CSBJ (2014-2017)



Martin Anthony

Sports physiotherapist
Performance coach since 2016 (11 Leader).
Osteopath since 2012.
Trainer at Kinesport since 2016.
Scientific Manager Manual Therapy at Kinesport.



Rahou Youssef

Physiotherapist
Liberal physiotherapist
PhD student in Physiotherapy
University Specialist in Invasive Physiotherapy and Interventional Ultrasound
Master teacher at Rey Juan Carlos University and Complutense University of Madrid
Attached to the Department of Research and Teaching in Physiotherapy
Manual Therapy and Dry Puncture of Rey Juan Carlos University
Official trainer of the EPI technique
Speaker Expert Sports Physiotherapy Training (Kinesport)



Navarro Solaz Pablo

Physiotherapist-Osteopath (Miguel Hernandez University / School of Osteopathy of Madrid)
Master in Clinical Medicine Research at (Miguel Hernández University)
Master's degree in Percutaneous Functional Neuromodulation (McMaster University).
Expert in invasive physiotherapy
Expert in musculoskeletal and neural ultrasound, manual therapy, regenerative medicine and sports rehabilitation.
Currently working at Traumadepor Clinic (Alicante)
11Leader Consultant
Kinesport trainer



Jurdan Mendiguchia

Founding partner of Athletes Performance S.L, trade name ZENTRUM (since 2010).
Head of the Rehabilitation and Rehabilitation Department of Athletic Club Bilbao (2009 - 2010).
Head of physiotherapy at CEIM, Center for Studies and Research and Sports Medicine. (2003-2009).
San Antonio Handball Consultant (2005-2009)
Consultant FC Barcelona (pre-season 2008-2009) Benfica (2008-2009), Osasuna (2005-2009) and Athletic Club Bilbao (2007-2009).