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XXIV National Congress S.I.A.

Milan
24th – 26th October 2019

Arthroscopy & Sport

“Surgical procedures and therapeutic perspectives”

President

Piero Volpi

Scientific Committee

Enrico Arnaldi

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RATIONALE

Sporting activities have long been an essential part of everyone's life, children, adults, the elderly, men and female. Popular and traditional sports have been joined by new kinds of sports, increasing the number of choices available to participants. More and more sporting facilities, gyms, natural areas (jogging tracks, ski slopes, golf courses, etc.) are being created or renovated, offering concrete opportunities for everyone to indulge in their favourite sport. This progressive approach to physical exercise has led to the need for many scholars in the sector to classify, learn, and therefore, treat the multiple traumas caused by the different sporting practices. Various research applications have gained momentum: knowledge of sports, study of athletic gesture, learning of the training methods, in-depth analysis of biomechanics, regulations, and equipment of each sport. Studies on traumatic epidemiology, preventive aspects, diagnostic, evaluation, therapeutic and rehabilitation options relating to specific sports populations have also appeared in literature. In this context, the consolidation of arthroscopic methods over the last twenty years has led many surgeons to concentrate their efforts on improving and implementing restorative and reconstructive surgical procedures in the frequent joint injuries, particularly meniscal, cartilage and ligament injuries. Advancements in surgery combined with better understanding of the anatomy and biomechanics have highlighted the importance of aspects such as the type of surgical procedure to choose and the surgical materials to use.

President

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