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!

**Registration**

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

**Congress + Workshop Fee**

<table>
<thead>
<tr>
<th>Event</th>
<th>Scientific Conference</th>
<th>Early Bird</th>
<th>after Feb 1, 2017</th>
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<td>Clinicians</td>
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**Workshops**

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<td>Half Day</td>
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**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:

- Stefanie Eckardt, M.A.
- Mail: stefanie.eckardt@uniklinik-ulm.de
- Phone: +49 731 500 45310
- Fax: +49 731 500 45303

- Call for Abstracts of Short Presentations -
  **Deadline: December 1, 2016**
  www.connect-ulm2017.com
Thursday, March 16th

Pre-Conference Workshops

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

Wolfgang Bauernfeind | 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

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

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

Divo Müller | A specific Connective Tissue Training for Lumbodorsial Fascia

Freddy Sichting | 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 – inner 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

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 ReleaaZer®

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