



## Call for workshop proposals

**Deadline: December 1st 2012**

## Call for abstracts/short presentations

**Deadline: January 31st 2013**

Myofascial connective tissues are vulnerable to sports related overuse injuries. Conventional exercise training has mainly emphasized the classical triad of muscle training, cardiovascular fitness and sensorimotor coordination, without sufficiently recognizing the adaptive capacities of collagen tissues.

This symposium seeks to advance our understanding of how myofascial 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 myofascial tissue adaptation and regeneration will be part of the scientific programme and discussion.

Additionally, the inflammatory response and regulation of skeletal muscle to altered loading regimes will be explored. Pre-symposium workshops offer training in new imaging methods and assessment technologies useful for in vivo examination of joint capsules, muscular fasciae, aponeuroses, tendons, ligaments, retinaculae as well as intramuscular connective tissues.

The aim of this interdisciplinary symposium is to inspire a 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 interconnecting field.

## Registration

[www.connect-ulm2013.com](http://www.connect-ulm2013.com)

		Register by 31.01.2013	Register by 31.03.2013
<b>Scientific Conference</b>	Clinicians	300,- €	350,- €
	Therapists	240,- €	290,- €
	Students	100,- €	120,- €
<b>Workshops</b>	Full day	125,- €	175,- €
	Half day	65,- €	100,- €

## Contact

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## Scientific committee

Dr. Heike Jäger, Dr. Martina Velders, Prof. Dr. Jürgen Steinacker,  
Dr. Robert Schleip, Dr. Werner Klingler

**Department of Sports Medicine,**  
University Hospital Ulm

**Fascia Research Group,**  
Division of Neurophysiology, University Hospital Ulm  
In association with the Sports Medicine Association Württemberg

[www.uni-ulm.de/sportmedizin](http://www.uni-ulm.de/sportmedizin)



**Department of Sports  
Medicine  
University of Ulm**  
Prof. Dr. Jürgen Steinacker

**Fascia Research Group  
Division of Neurophysiology  
University of Ulm**  
Dr. Robert Schleip

# CONNECT 2013

## CONNECTIVE TISSUES IN SPORTS MEDICINE

**University of Ulm - Germany**  
**April 12-14 - 2013**



**Thursday, April 11th**  
**Pre-conference workshops**

**Friday, April 12th**  
**Connective tissue matters:  
bridging basic science and clinical experience**

**Panel discussion**

Klaus Eder  
Institute of Sports Science, University of Regensburg

Holger Schmitt  
Centre for Orthopedic Surgery, University of Heidelberg

Robert Schleip  
Fascia Research Group, Department of Neurophysiology, University Hospital Ulm

Gregor Antoniadis  
Department of Neurosurgery, University Hospital Ulm

Paul Hodges  
Human Neuroscience Unit, University of Queensland

**Load induced remodelling of collagen & matrix**

**Introduction & summary**

Michael Kjaer  
Institute of Sports Medicine, University of Copenhagen

**'Mechanical loading and functional adaptation of tendons: Implication in human performance'**

Adamantios Arampatzis  
Department of Sports Science, Humboldt University, Berlin

**'Connective tissue repair: a matter of stress'**

Boris Hinz  
Faculty of Medicine, University of Toronto

**Saturday, April 13th**  
**Inflammatory dynamics of skeletal muscle**

**Introduction & summary**

Jürgen Steinacker  
Department of Sports Medicine, University of Ulm

**'Cytokine signaling in skeletal muscle'**

Jonathan Peake  
Queensland University of Technology, Brisbane

**'Inflammatory processes that drive muscle injury and regeneration'**

James Tidball  
Department of Integrative Biology and Physiology, UCLA, Los Angeles

**Kinetic storage of tendons and aponeuroses**

**Introduction & summary**

Yasuo Kawakami  
Waseda University, Tokyo

**'In Vivo Human tendon adaptability to chronic use and disuse'**

Constantinos Maganaris  
Manchester Metropolitan University

**'Energy aspects during running – barefoot and with shoe'**

Benno Nigg  
Human Performance Laboratory, University of Calgary

**Sunday, April 14th**  
**Stretching in sports and rehabilitation**

**Introduction & summary**

Peter Magnusson  
Institute of Sports Medicine, University of Copenhagen

**'Mechanical loading and functional adaptation of tendons: Implication in human performance'**

Jürgen Freiwald  
Center for Human Performance Diagnostics, Bergische Universität Wuppertal, University of Wuppertal

**'Stretching of the Back Improves Gait, Mechanical Sensitivity and Connective Tissue Inflammation in a Rodent Model'**

Sarah Corey  
Osher Center for Integrative Medicine, UCSF, San Francisco

**Therapeutic applications in sports medicine**

**Introduction & summary**

Andry Vleeming  
Department of Rehabilitation Sciences & Physiotherapy, University of Ghent

**'Therapeutic applications in sports medicine'**

Andrew Franklyn-Miller  
Sports Medicine Department, Sports Surgery Clinic, Dublin

**'Recent advances in fascia research: Implications for sports medicine'**

Thomas Findley  
Medical Center East Orange, Newark, New Jersey

