



## 12 December 2020

09h30 **OPENING**

**Carla Stecco (Italy)** - From Anatomical knowledge to Sport: how different movements can affect different aspects of fasciae (Lecture)

**Antonio Stecco (Italy)** - Fascia in Sport Injury Prevention - Role of Retinacula in Movement (Lecture)

**Karin Gurtner** - Slings Myofascial Training (Practical Section)

**Bernardo N. Ide (Brazil)** - Myofascial Release a Vertical Jump Potentiation (Lecture)

**Jan Wilke (Germany)** - Force Transmission in Myofascial Tissue (Lecture)

**Johannes Freiberg (Brazil)** - Aging active stretching (Practical Section)

**Adamantios Arampatzis (Greece)** - Specific tendon training reduces pain prevalence in adolescent athletes (Lecture)

**Mette Hansen (Denmark)** - Influence of the menstrual cycle on muscle strength and injury risk (Lecture)

**Laurice Nemetz (USA)** - Fascia and Dynamic Body - Spatial Use and Coordination (Practical Section)

14h15 **DAY CLOSURE + OPENING OF THE EXHIBITION OF FASCIA PLASTINATION BY GARY CARTER**

## 13 December 2020

09h30 **OPENING**

**Sérgio Fonseca (Brazil)** - Haptic perception: the role of fascia in the structuring of movement (Lecture)

**Robert Schleip (Germany)** - The role of fasciae in human movement orchestration (Lecture)

**Anna Maria Vitali (Italy)** - Role of Fascia in Breathing (Practical Section)

**Jan Paul van Wingerden (Holand)** - Breathing: more than just in - and out. Abdominal compensation behavior and diaphragm position (Lecture)

**James Earls (Ireland)** - Understanding human gait from a fascial perspective (Lecture)

**Divo Muller (Germany)** - Pelvic Floor Training (Practical Section)

**Andrzej Pilat (Spain)** - Fascia and the interceptive load. Understanding human bodies in motion (Lecture)

**Keith Baar (USA)** - Nutrition and loading to improve fascia function (Lecture)

**John Sharkey (Ireland)** - Tuning the fascia net (Practical Section)

14h15 **EVENT CLOSURE WITH PRESENTERS**