



13h30 – 19h00 CET (ROME)

12h30 – 18h00 GMT (LONDON)

7h30 – 13h00 EST (NEW YORK)

20h30 – 2h00 SGT (SINGAPORE)

9h30 – 13h00 BZT (SÃO PAULO)

. Access to the live streaming can be done anytime the event has started. The user has the option to continue following the live broadcast or to start watching the event from the beginning. The event will remain available for all the users until February 2020

#### 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)

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



## 13 December 2020

### 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 rom 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)

### EVENT CLOSURE WITH PRESENTERS