



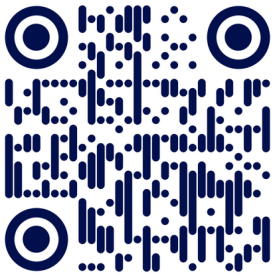
# IASMCN

## 2026

Indian Association of  
Sports Medicine  
Conference

WHERE SCIENCE  
MEETS SWEAT

SCIENCE  
PRACTICE



REGISTER NOW



5 – 6 SEPTEMBER 2026  
CONFERENCE



4 SEPTEMBER 2026  
HANDS-ON WORKSHOP



HOTEL TRIDENT,  
HYDERABAD



MAX VELOCITY  
9.8 M/S



FORCE ANALYSIS  
742 N



JOINT LOAD  
3.6 x  
BODY WEIGHT



CME ACCREDITED



RE-LIVE  
SURGICAL  
DEMOS



HANDS-ON WORKSHOP

RENOWNED FACULTY

# DAY 1 HALL -A

## Knee – ACL · 9:00 AM – 12:00 PM

| Time            | Topic                                                                        |
|-----------------|------------------------------------------------------------------------------|
| 9:00-9:15       | Biomechanics of ACL Tear                                                     |
| 9:15-9:30       | Prevention of ACL Injuries                                                   |
| 09:30-09:45     | Return to performance after ACL reconstruction: Is it possible               |
| 09:45-10        | Nutrition during ACL recovery phase                                          |
| 10am-10:15      | ACL- lateral stabilization techniques: when and why                          |
| 10:15-10:30     | Partial ACL tear/ACL Strain: Long term evidence of knee function             |
| 10:30-10:45     | Protective Vs Accelerated rehab after ACL surgery: Evidence and retear rates |
| 10:45-11:00     | Neuroplasticity after ACL: Why the brain matters as much as knee             |
| <i>11-11:15</i> | <i>Tea break</i>                                                             |
| 11:15-11:30     | Relive Surgery: ACL reconstruction types All Inside, BTB, Synthetic          |
| 11:30-12:00     | ACL Retares: Why our RTS programmes are failing us                           |
| 12:00-12:15     | ACL tear in Elite Athletes: How I treat them                                 |
| 12:15-12:30     | Plyometric Progression: Rehab to Performance                                 |
| 12:30-1         | Panel discussion: multiligament injuries, Multidisciplinary                  |
| 1:00-1:20       | IASM President Oration                                                       |

***Lunch · 1:20 PM – 2:00 PM***



# DAY 1 HALL -A

## Sports Nutrition · 2:00 – 5:00 pm

| Time      | Topic                                                 |
|-----------|-------------------------------------------------------|
| 2-2.10    | ENERGY BALANCE : UNDERSTANDING REDS                   |
| 2.10-2.20 | Energy Availability, REDS & Clinical Consequences     |
| 2.20-2.30 | Screening for REDS in Athletes                        |
| 2.30-2.40 | Nutrition & Multidisciplinary management in REDS      |
| 2.40-2.50 | NUTRITION PERIODISATION IN SPORTS                     |
| 2.50-3    | Individualised nutrient strategies across sports      |
| 3-3.10    | Hydration, Electrolytes & Thermoregulation            |
| 3.10-3.20 | Evidence based supplements & Ergogenic aids in Sports |
| 3.20-3.30 | Q & A                                                 |
| 3.30-3.40 | TEA BTREAK                                            |

## PRECISION SPORTS NUTRITION

|           |                                                                                    |
|-----------|------------------------------------------------------------------------------------|
| 3.40-3.50 | Gut- Exercise Axis: Microbiome, Nutrition, Performance                             |
| 3.50-4    | Genotype to Phenotype: Mapping individual variability in sports                    |
| 4-4.10    | Intergrating Biomarkers, Multi Omics & AI into personalised nutrition and training |
| 4.10-4.20 | Pre -Practice daily nutrition Essentials                                           |
| 4.20-4.30 | Post match Nutrition requirements                                                  |
| 4.30-4.45 | Q & A                                                                              |

6.30 pm · General Body Meeting

# DAY 1 HALL -B

## Knee · 9:00 AM – 12:00 PM

| Time            | Topic                                                                                          |
|-----------------|------------------------------------------------------------------------------------------------|
| 9:00-9:15       | Patellofemoral pain: Biomechanics behind the pathology                                         |
| 9:15-9:30       | Acute patellar dislocation- management on field and in the immediate aftermath                 |
| 09:30-09:45     | Imaging for patellar problems: getting the right answer                                        |
| 09:45-10        | MPFL reconstruction-Relive Surgery                                                             |
| 10am-10:15      | Indications of osteotomy in patellofemoral instability                                         |
| 10:15-10:30     | Principles of rehabilitation after patellar stabilizing surgery                                |
| 10:30-10:45     | Chondromalacea Patella: Treatment modalities                                                   |
| 10:45-11:00     | Managing Osgood-Schlatter and Sinding-Larsen-Johansson diseases in young competitive athletes. |
| <i>11-11:15</i> | <i>Tea break</i>                                                                               |
| 11:15-11:30     | Jumpers knee: management principles                                                            |
| 11:30-11.45     | Shin splints in runners: treatment strategies                                                  |
| 11.45-12        | Runners & Gait analysis: Utmost Importance                                                     |

## Hamstring · 12:00 PM – 1:15 PM

| Time        | Topic                                                             |
|-------------|-------------------------------------------------------------------|
| 12:00-12:15 | Hamstring injuries in athletes- clinical assessment and diagnosis |
| 12:15-12:30 | Risk management plans to prevent hamstring injuries               |
| 12:45-1     | The Calf Injury: Patterns & Management                            |
| 1:00-1:15   | Panel Discussion: CBD on Muscle injuries                          |

**Lunch · 1:15 PM – 2:00 PM**



# DAY 1 HALL -B

## Regenerative / Cartilage · 2:00 – 4:00 pm

| Time      | Topic                                                                               |
|-----------|-------------------------------------------------------------------------------------|
| 2:00-2:15 | Clinical efficacy of customized Platelet-Rich Plasma (PRP) matrices                 |
| 2:15-2:30 | Evaluating bone marrow aspirate concentrate (BMAC)                                  |
| 2:30-2:45 | Adipose tissue MSCs - new kid on the block?                                         |
| 2:45-3:00 | Role of MRI in assessing cartilage lesions and response to therapy                  |
| 3:00-3:15 | PRP in tendinopathies: The evidence so far                                          |
| 3:15-3:30 | Role of osteochondral grafts in athletes and their outcomes                         |
| 3:30-3:45 | Why the Cartilage fails: The absolute necessity of correcting Alignment & Stability |

*Tea break · 3:45 – 4:00 pm*

## Exercise Physiology · 4:00 – 5:30 PM

| Time      | Topic                                                           |
|-----------|-----------------------------------------------------------------|
| 4-4.10    | Recent advances in Cardiorespiratory response to exercise       |
| 4.10-4.20 | Metabolic response to Acute & Chronic exercise                  |
| 4.20-4.30 | Recovery, Supercompensation & Adaptation                        |
| 4.30-4.40 | Sleep, Circadian Rhythm & Performance                           |
| 4.40-4.50 | Physiological testing & performance Assessment: Emerging trends |
| 4.50-5    | Wearable technology: AI in real time Athlete monitoring         |
| 5-5.10    | Performance analysis in sports: From data to Decision making    |
| 5.10-5.30 | Q & A                                                           |

# DAY 2 HALL -A

## Rehab · 9:00 am – 12:00 pm

| Time        | Topic                                                        |
|-------------|--------------------------------------------------------------|
| 9-9.15      | Restoring Tissue Capacity: Evidence based Loading Strategies |
| 9.15-9.30   | Use of Tech and AI in fitness evaluation                     |
| 9.30-9.45   | ACL+PCL Recunstruction: RELIVE surgery                       |
| 9.45-10     | Genetics & Injury Susceptibility                             |
| 10-10.15    | Tendon mechnology: Cellular level changes during loading     |
| 10.15-10.30 | Isometrics in rehab: When & how to dose them                 |
| 10.30-10.45 | Badminton in sports: common Injuries                         |
| 10.45-11    | Return to Play & Return to performance: How they differ      |
| 11-11.15 am | TEA BREAK                                                    |
| 11.15-11.30 | Fatigue monitoring: Subjective & Objective markers           |
| 11.30-11.45 | Eccentric Loading: Why & How it works                        |
| 11.30-11.45 | Isokinetics : the practical usage in sports rehab            |
| 11.45-12    | Hydropool therapy in rehab                                   |

## Doping in Sports · 12:00 pm – 1:00 pm

| Time        | Topic                                                              |
|-------------|--------------------------------------------------------------------|
| 12-12.15    | The Medical Consequences of Performance-Enhancing Drugs (PEDs)     |
| 12.15-12.30 | The "Grey Zone": Nootropics, Peptides, and Unregulated Supplements |
| 12.30-12.45 | Gene Doping and CRISPR-Cas9: Detecting the Invisible               |
| 12.45-1     | WADA guidelines update 2026                                        |
| 1-1.15      | Travelling as Team physio: How to be prepared                      |

**Lunch · 1:15 – 2:00 pm**



# DAY 2 HALL -A

Ankle · 2:00 – 4:30 pm

| Time      | Topic                                                                     |
|-----------|---------------------------------------------------------------------------|
| 2-2.15    | Ankle instability- anatomy, assessment & Management                       |
| 2.15-2.30 | Ankle Impingement: Diagnosis and Management                               |
| 2.30-2.45 | Achilles Mid-Tendon Vs Insertional Tendinopathy: Physiotherapy Modalities |
| 2.45-3    | Evidence behind Achilles tendon injections                                |
| 3-3.15    | <i>Tea Break</i>                                                          |
| 3.15-3.30 | Maximizing RTP after Achilles tendon surgery                              |
| 3.30-3.45 | Plantar fasciitis – Whats new Evidence based                              |
| 3.45-4    | Flexible & Rigid Flatfoot in adolescents: Management principles           |
| 4-4.4.15  | Running Shoes and Podiatry support: Taking care of Endurance Athlete      |
| 4-4.4.15  | Panel Discussion                                                          |

# DAY 2 HALL -B

## The Shoulder · 9:00 am – 1:00 pm

| Time        | Topic                                                                                                                        |
|-------------|------------------------------------------------------------------------------------------------------------------------------|
| 9-9.15 am   | The Vulnerable shoulder: Mapping the complex relationship between mobility, stability, and force transfer in sports persons. |
| 9.15-9.30   | Glenohumeral Internal Rotation Deficit (GIRD) and other problems in overhead athletes                                        |
| 9.30-9.45   | On-Field Management of Acute Dislocations                                                                                    |
| 9.45-10 am  | Managing the Multidirectional Instability                                                                                    |
| 10-10.15 am | Arthroscopic bankarts repair - Relive Surgery                                                                                |
| 10.15-10.30 | Scapulothoracic abnormal mobility and its management                                                                         |
| 10.30-10.45 | Internal impingement of shoulder in overhead athlete                                                                         |
| 10.45-11 am | Rotator cuff repair: Relive surgery                                                                                          |
| 11-11.15    | TEA BREAK                                                                                                                    |
| 11.15-12 pm | Partial cuff tears in athletes- management principles                                                                        |
| 12.15-12.30 | Rehabilitating after Rotator cuff repair                                                                                     |
| 12.30-1 pm  | Panel Discussion: CBD                                                                                                        |

**Lunch · 1:00 PM – 2:00 PM**



## DAY 2 HALL -B

### Elbow & Hip · 2:00 pm – 4:00 pm

| Time      | Topic                                            |  |
|-----------|--------------------------------------------------|--|
| 2:00-2:15 | Tennis elbow- biomechanics and management        |  |
| 2:15-2:30 | Medial epicondylitis- principles of management   |  |
| 2:30-2:45 | UCL insufficiency in non baseball players        |  |
| 2:45-3:00 | Distal biceps tendon ruptures- how to manage     |  |
| 3:00-3:15 | Valgus extension overload injuries of elbow      |  |
| 3:15-3:30 | Traumatic elbow dislocation: on field management |  |
| 3.30-3-45 | <i>Tea Break</i>                                 |  |
| 3:45-4 pm | Femoro Acetabular Impingement & Labrum tears     |  |
| 4-4.15    | Osteitis Pubis: Treatment strategies             |  |
| 4.15-4.30 | Groin pull/Strain: Return to play                |  |

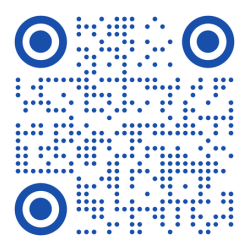
# REGISTRATION TARIFF

| Category                                     | Early Bird<br>Till Aug 15th,<br>2026 | Standard<br>Aug 16th -<br>Sep 4th | Spot registration<br>On-site |
|----------------------------------------------|--------------------------------------|-----------------------------------|------------------------------|
| Consultants /<br>Practitioners<br>Member     | 3500                                 | 4000                              | 5000                         |
| Consultants /<br>Practitioners<br>Non-Member | 4000                                 | 4500                              | 5000                         |
| Residents /<br>Students                      | 3000                                 | 3500                              | 4000                         |

- For residential package bookings and discounted accommodation, please contact: +91 79933 13915.
- Pre-Conference Hands-on Workshop on September 4 will be notified soon. Please contact "+91 9866467677" for workshop bookings.

## IMPORTANT NOTES

- An additional 18% GST will be charged as per Government of India regulations.
- Conference Registration is mandatory for all attendees and accompanying persons.
- GST invoice will be issued upon request and only for payments made through official conference accounts.
- Conference registration includes access to the 2-day Scientific Programme and lunch on September 5 & September 6.



**SCAN TO REGISTER**