

7th Transalpine Congress of Pediatric Sports Medicine

Sport prevention in children and adolescent and return to sport after injuries

Thursday 24th & Friday 25th September 2026

SPARK playground & Beausobre Theater - Morges - Switzerland

Day 1 – Workshops - SPARK playground 2 pm to 6:30 pm

Choose your 3 out of 4 workshop **and bring sportswear!**

- Workshop I Functional / clinical testing & interpretation (pre return to sport)
(Suzanne Gard - Valentin Sarrasin - Marco Diritto - Nicolas Bremond)
- Workshop II Physical training and PHV (Peak Height Velocity) : some adaptations to consider
(Aurélie Delacroix Tarenne - Paolo Chiello)
- Workshop III The role of nutrition to prevent sports issues
(Simone Reber – Maaïke Kruseman)
- Workshop IV Psychological management of severe injury and return to sport & Sport abuse and harassment prevention concept
(Anne Rita Bertschy - Laurence Chappuis)

5 :15 → Urban Sports initiations

6 :30 →End of Day 1

Day 2 Beausobre Theatre (8 am to 4 pm)

8 am **Welcome:** Mikael De Rahm EHC CEO + Stéphane Tercier/Benjamin Tschopp

FIRST SESSION Chairs: Marco Bigoni, Suzanne Gard

8:20 **Benjamin Tschopp, Stéphane Tercier:** ACL tears: the new epidemic of the 21st century for youth

8:35 **Evert Verhagen:** UEFA strategies for preventing ACL injuries in youth

8:50 **Nev Davies:** Advancing injury prevention in youth sports: lessons from the UK & future directions

9:05 **Francesca Moller:** Prevention programs and bone health in South America: where do we stand?

9:20 **Q&A - with the 4 speakers**

SECOND SESSION Chairs: Mario Bizzini and Nicolas Bremond

9:40 **Suzanne Gard:** Clinical itinerary after ACL rupture : the GO2 approach to prevent the reinjury

9:55 **Davide Tosoni:** Role of isokinetic strength evaluation in post-operative programme

10:10 **Justin Carrard:** Metabolism Matters: Preventing Injury and Supporting Return to Sport in Young Athletes

10:25 **Marcello Pirovano:** Role for hydrokinesitherapy in rehabilitation protocol

10:40 **Q&A - with the 4 speakers**

BREAK **11:00 → 11:40**

THIRD SESSION Chairs: Benjamin Tschopp and Fabio Esposito

11:40 **Nicolas Theumann:** Value of MRI for young athletes after injury before returning to sport

11:55 **Laurence Chappuis:** Role of mental well-being in injury prevention & support for returning to sport

12:10 **Marco Turati:** Physical activity and sports in rare bone conditions

12:25 **Q&A - with the 3 speakers**

LUNCH **12:45 → 13:45**

FOURTH SESSION Chairs: Marco Turati and Stéphane Tercier

- 13:45 **Mario Bizzini:** Injury prevention should start early: what about the 11+ kids program?
- 14:00 **Boris Gojanovic:** Health for Performance: how to protect the young athlete whilst promoting performance
- 14:15 **Nathalie Wenger:** Specific aspects of young female athletes
- 14:30 **Fabio Esposito:** Prehabilitation Strategies
- 14:45 **Q&A - with the 4 speakers**

FIFTH SESSION Chairs: Nicolas Bremond and Nathalie Wenger

- 15:05 **Artiom Antonsen & Caroline De Pestere:** Trends in prevention among young athletes
- 15:30 **Silvia Bonfanti:** Sport Medical Network
- 15:45 **Congress conclusions** - Benjamin, Marco & Stéphane
- 16 pm End of day 2 - closing of the conferences & farewells