

06th Edition of International Conference and Expo on Sports Medicine and Physiotherapy

April 07–08, 2026 | Barcelona, Spain

DAY 1 – April 07, 2026

Theme: Innovation, Performance & Injury Prevention

Time	Session	Topic / Activity
08:00 – 09:00	Registration & Welcome Refreshments	-
09:00 – 09:30	Opening Ceremony	Welcome Address & Conference Overview
09:30 – 10:30	Keynote Session	1. Future of Sports Medicine: AI & Wearables 2. Elite Athlete Longevity & Injury Prevention
10:30 – 10:45	Refreshments	-
10:45 – 12:30	General Session I	3. Advanced Biomechanics for Performance Optimization 4. Load Management in Professional Sports 5. Muscle Injury Risk Profiling 6. Sports Nutrition & Recovery 7. Return-to-Play Decision Making
12:30 – 13:30	Lunch	-
13:30 – 15:00	Workshop Session I	8. Functional Movement Screening (FMS) 9. Myofascial Release Techniques 10. Blood Flow Restriction Training 11. Taping & Bracing Techniques
15:00 – 15:15	Refreshments	-
15:15 – 16:30	Poster Presentation I	12. ACL Rehabilitation 13. Injury Surveillance in Youth Athletes 14. Psychological Readiness After Injury 15. Gender-Specific Injury Prevention
16:30 – 17:45	General Session II	16. Sports Cardiology Screening 17. Tendinopathy Management

Time	Session	Topic / Activity
		18. Hamstring & Groin Injury Rehab 19. Concussion Management
17:45 – 18:15	Highlight Talk	20. Ethics & Athlete-Centered Care
18:15 – 18:45	Award Ceremony	Best Oral & Poster Presentations, Young Researcher Award

DAY 2 – April 08, 2026

Theme: Rehabilitation, Technology & Clinical Excellence

Time	Session	Topic / Activity
08:30 – 09:00	Morning Refreshments	-
09:00 – 10:00	Keynote Session	1. Regenerative Medicine in Sports Injuries 2. Integrating Physiotherapy in Multidisciplinary Teams
10:00 – 10:15	Refreshments	-
10:15 – 12:00	General Session III	3. Digital Rehab & Tele-Physiotherapy 4. Overuse Injuries in Endurance Athletes 5. Spine Health in Athletes 6. Sports Medicine in Extreme Sports 7. Foot & Ankle Injuries
12:00 – 13:00	Lunch	-
13:00 – 14:30	Workshop Session II	8. Shoulder Rehab in Overhead Athletes 9. Neuromuscular Training for Injury Prevention 10. Gait Analysis Using Wearables 11. Meniscus & Cartilage Repair Rehab
14:30 – 14:45	Refreshments	-
14:45 – 16:00	Poster Presentation II	12. Cryotherapy & Thermotherapy Innovations 13. Recovery Monitoring with HRV & Sleep Metrics 14. Pediatric Sports Injuries 15. Psychological Interventions in Rehab 16. Osteoarthritis Prevention
16:00 – 17:15	General Session IV	17. Adaptive Sports Medicine 18. Emergency & On-Field Care 19. Manual Therapy Techniques
17:15 –	Closing Keynote	20. Redefining Excellence in Sports Medicine &

Time	Session	Topic / Activity
17:45		Physiotherapy
17:45 – 18:30	Final Award Ceremony	Best Clinical Innovation, Best Workshop, Lifetime Achievement, Conference Excellence Awards
18:30	Networking Reception	-