



SPORT PREVENTION WELL-BEING

Trieste 4th May 2024

Salone degli incanti, Riva Nazario Sauro 1

SCIENTIFIC EDITOR

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HEALTH DIRECTOR TRIESTINA FOOTBALL CLUB 1918



UNIVERSITÀ
DEGLI STUDI
DI TRIESTE

CSU Comitato
per lo Sport
Universitario



TRIESTE
SPRING
RUN

IO SONO
FRIULI
VENEZIA
GIULIA



Morning

2nd TRIESTE CONFERENCE ON SPORTS MEDICINE FOR HEALTHCARE PROFESSIONALS (doctors, physiotherapists, nurses, biologists, pharmacists, sports scientists)

8:40 PARTICIPANT REGISTRATION

9:00 GREETINGS

SESSION 1

CARDIOLOGY - CHAIR Prof. A. Di Lenarda

(HEAD OF THE CARDIOVASCULAR SYSTEM AND SPORTS MEDICINE UNIT – MAGGIORE HOSPITAL TRIESTE)

9:20 PREVENTION OF HYPERTENSION AND DYSLIPIDEMIA – Dr.D. Bianchini

9:40 DIAGNOSIS OF HEART DISEASE AND ISCHEMIA – Dr. G. Faganello

10:00 DISCUSSION

SESSION 2

TRAUMATOLOGY – CHAIR Prof. L. Murena

(HEAD OF THE ORTHOPEDIC AND TRAUMATOLOGY UNIT – CATTINARA HOSPITAL TRIESTE)

10:20 TRAINING AND OVERLOAD: PHYSIOLOGY OF OVERUSE AND OVERLOAD INJURIES IN SPORT – Dr. A. Buoitte Stella

10:40 STRATEGIES FOR PREVENTION AND PHYSIOTHERAPY TREATMENT OF OVERUSE AND OVERLOAD INJURIES IN SPORT – Dr. E. Deodato

11:00 DISCUSSION and COFFEE BREAK

SESSION 3

**NUTRITION AND EXERCISE (ALSO OPEN TO TECHNICIANS/MANAGERS) – CHAIR Prof. G. Biolo
(HEAD OF THE CLINICAL MEDICINE UNIT – CATTINARA HOSPITAL TRIESTE)**

12:00 CORRECT NUTRITION AS A LIFESTYLE – Dr. G. Stupar

12:20 PRESCRIPTION OF PHYSICAL EXERCISE AS A FORM OF PREVENTION – Dr. L. Mengozzi

12:40 DISCUSSION

Afternoon

OPEN TO HEALTHCARE PROFESSIONALS, TECHNICIANS AND MANAGERS

SESSION 4

THE SPORT CERTIFICATE – CHAIR Dr. I. Tavcar

(MANAGER OF THE CARDIOVASCULAR SYSTEM PATHOLOGIES UNIT – CATTINARA HOSPITAL TRIESTE)

14:00 THE STATE OF THE ART OF COMPETITIVE AND NON-COMPETITIVE CERTIFICATES – Dr. M. Tence

14:20 THE IMPORTANCE OF MAXIMAL EXERCISE STRESS TESTS IN MASTER ATHLETES – Dr. E. Vecile

14:40 A LAWYER'S PERSPECTIVE ON SPORT FITNESS CERTIFICATES – P. Ruaro

15:00 DISCUSSION

15:20 LECTURE ON 'COSTITUION AND SPORT' – Prof. FRANCO DEL CAMPO

(WRITER AND FORMER OLYMPIC SWIMMER)

SESSION 5

**ACHILLES TENDINOPATHY IN RUNNERS: DIAGNOSIS, THERAPY AND PREVENTION – CHAIR Dr. P. Bergagna
(PRESIDENT OF THE SPORT MEDICINE ASSOCIATION OF TRIESTE)**

15:40 ACHILLES TENDINOPATHY IN RUNNERS – Dr. C. Ratti

16:00 CONSERVATIVE THERAPY IN ACHILLES TENDINOPATHY – Dr. E. Bukavec

16:20 ACHILLES TENDINOPATHY PREVENTION – Dr. F. Danelon

16:40 DISCUSSION

17:00 CONCLUSIONS

The future of well-being Through Sport

*The Trieste Spring Run goes beyond just a sports competition:
it is a collective commitment to well-being and health.*

Our seminar on 4th May, organised by the Sports Medical Association of Trieste, under the guidance of the Scientific Manager Dr. Marcello Tence, will reflect on the dedication we give to sport, and will seek to bring together healthcare professionals to communicate the important role physical exercise plays in the prevention of pathologies and injuries.

We will thoroughly discuss sports medicine, the indisputable link between exercise and cardiological health, the importance of prevention in managing running injuries, and explain the crucial role of proper nutrition and a healthy lifestyle. The perspective of lawyers and sports medicine specialists will shed light on the fundamental role of medical certification in the prevention of serious cardiovascular events.

The Trieste Spring Run embodies these principles: every step of our participants, every cheer of the spectators, every smile of the volunteers convey the message that sport is life, it is prevention and it is joy. It is this spirit that animates our event, which gathers the vibrant heritage of Bavisela, bringing together athletes, citizens and visitors in a sporting festival that celebrates the unique culture and beauty of Trieste and its territory.

We bring forth this race with faith and certainty that every kilometre run on our scenic streets is a step towards a happier and healthier future for all.

strade panoramiche sia un passo verso un futuro più sano e felice per tutti.

free
registration



<https://forms.gle/Gq8yGboT8Bwm2ka28>

TRIESTE
SPRING
RUN

