



Athens

5-7 October 2023

TOWARDS INTERNATIONAL GUIDELINES IN IA MANAGEMENT OF ATHLETES

GIOVANNI BONI
PRESIDENT OF THE UMBRIA REGION COMMITTEE
OF THE ITALIAN SPORTS MEDICINE FEDERATION



Athens

5-7 October 2023



THE ITALIAN SPORT MEDICINE FEDERATION IS A SPORTS FEDERATION RECOGNISED BY THE ITALIAN OLYMPIC COMMITTEE





Athens

5-7 October 2023



**THE AUDIENCE THAT WELCOMED
OVER 3,000 PARTICIPANTS, COMING
FROM ALL 5 CONTINENTS,
REPRESENTING THE 117 FIMS
MEMBER COUNTRIES, LAST JULY 2023
IN ROME**



7th
International
Symposium
Intra
Articular
Treatment



Athens

5-7 October 2023



**ACCORDING TO THE STATUTE IT HAS THE
FUNCTION TO ENSURE THE PROTECTION
OF THE HEALTH OF ATHLETES ALSO TO
GUARANTEE THE REGULAR AND CORRECT
CONDUCT OF THE COMPETITIONS AND
THE CHAMPIONSHIPS OF EVERY ORDER
AND DEGREE**

7th
International
Symposium
Intra
Articular
Treatment



Athens

5-7 October 2023



IN ITALY THERE ARE 5000 SPORTS DOCTORS

**WE TAKE CARE OF THE HEALTH OF THE ATHLETE
DURING IMPORTANT COMPETITIONS SUCH AS
THE OLYMPIC GAMES**



FMSI FEDERAZIONE MEDICO
SPORTIVA ITALIANA
COMITATO REGIONALE UMBRIA

7th



International
Symposium
Intra
Articular
Treatment



Athens

5-7 October 2023



FMSI FEDERAZIONE MEDICO
SPORTIVA ITALIANA
COMITATO REGIONALE UMBRIA

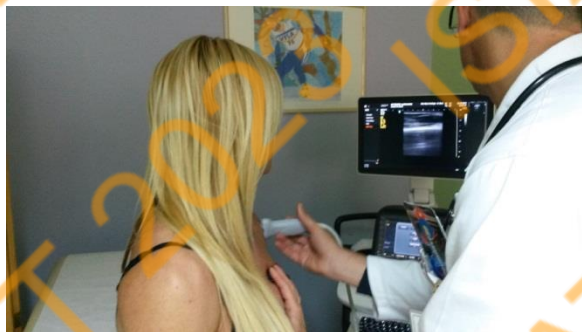
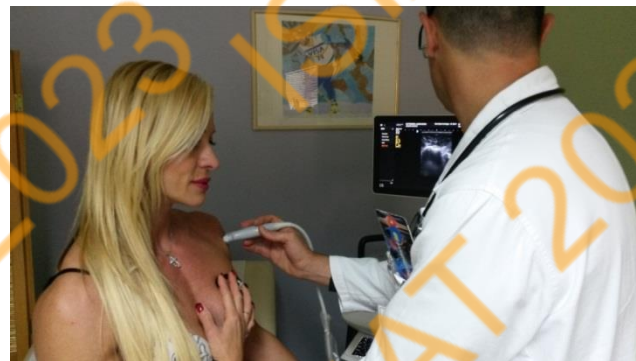
7th
International
Symposium
Intra
Articular
Treatment



Athens

5-7 October 2023

BODY BUILDER OF A HIGH AGONISTIC LEVEL

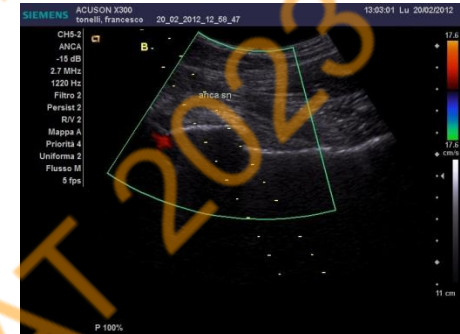
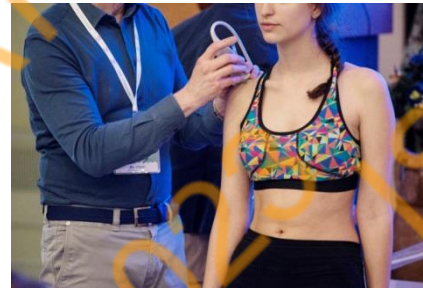




Athens

5-7 October 2023

**AN IMPORTANT ROLE OF SPORT
MEDICINE IS TRAINING IN THE FIELD OF:
CARDIOLOGY, TRAUMATOLOGY,
DIETOLOGY, PNEUMOLOGY, MUSCULAR
ECHOGRAPHY, INFILTRATIVE THERAPY
WITH ECHOGRAPHIC GUIDE**



7th



International
Symposium
Intra
Articular
Treatment



Athens

5-7 October 2023

MEDICINA DELLO SPORT

RIVISTA DELLA FEDERAZIONE MEDICO SPORTIVA ITALIANA

OFFICIAL JOURNAL OF THE EUROPEAN FEDERATION
OF SPORTS MEDICINE ASSOCIATIONS

VOLUME 73 - N. 3 - SETTEMBRE 2020



EDIZIONI MINERVA MEDICA



FMSI FEDERAZIONE MEDICO
SPORTIVA ITALIANA
COMITATO REGIONALE UMBRIA

Indirizzo
Intra Articolare
Intra Articolare
Intra Articolare
Intra Articolare

Medicina dello Sport 2020; Setteembre 73(3):473-503
DOI: 10.23750/MSJ-2020-20.03707-9

ORTHOPEDIC AREA

Recommendations by the experts of intra-articular therapy in athletes emerging from the FMSI Consensus Conference

Raccomandazioni degli esperti di terapia intra articolare negli
atleti emerse dalla Consensus Conference indetta dalla FMSI

Giovanni BONI^{1*}, Silvana GIANNINI², Gianfranco BELTRAMI³, Gastano IACHELLI⁴, Guido LA ROSA⁵,
Alfonso FRIZZIERO⁶, Gianluca VADALA⁷, Albano MIGLIORE⁸

¹Federazione Medico Sportiva Italiana (FMSI), Rome, Italy; ²Diagnostic Imaging Department, Villa Stuart Sport
Clinic-Nursing Home, Foro Italico University, Rome, Italy; ³University of Parma, Parma, Italy; ⁴Sports Medicine
Service, Ragusa, Italy; ⁵Villa Pia Pediatric Orthopedics Clinic, Rome, Italy; ⁶Department of Medicine and
Surgery, General Hospital, University of Parma, Parma, Italy; ⁷Unit of Orthopedics & Traumatology, Faculty
of Medicine and Surgery, Campus Bio-Medico University, Rome, Italy; ⁸Unit of Rheumatology, San Pietro
Falconara Hospital, Rome, Italy

*Corresponding author: Giovanni Boni, Federazione Medico Sportiva Italiana (FMSI), Rome, Italy.
Email: info@fmsiomboni.it

SUMMARY

Intra-articular therapy is commonly used in athletes. The Italian Sports Medicine Federation (FMSI) called a Consensus
to shed light on the indications and procedures of intra-articular therapy in athletes and subjects engaging in profession-
al or sport at non-agonistic level. Seventeen IA therapy experts from the FMSI representing multiple sporting disciplines
in addition to a rheumatologist expert in intra-articular therapy, a radiologist expert in interventional ultrasound and
pediatrics, made up the Consensus Board. Through two meetings and two Delphi rounds, and after a systematic liter-
ature search, the consensus proposed open questions and responses. Only 15 recommendations, only 10 of which agreed
that achieved an agreement of more than 66% were accepted. The systematic literature search produced 12 articles.
The consensus proposed 19 questions and their answers. Only the 15 recommendations, only 10 of which agreed
more than 66% were included in the consensus edition, the remaining four were not accepted. The intensity of the rec-
ommendation was level range between 7-9/10. At least 4 experts of outstanding qualification was shed (level 1).
[Cite this article as: Boni G, Giannini S, Beltrami G, Iacchelli G, La Rosa G, Frizziero A, et al. Recommendations by the
experts of intra-articular therapy in athletes emerging from the FMSI Consensus Conference. Med Sport 2020;73:473-
503. DOI: 10.23750/MSJ-2020-20.03707-9]

KEY WORDS: Chondrolytic intra-articular injections; Viscosupplementation; Hyaluronic acid; Consensus.

RIASSUNTO

La terapia intra articolare è comunemente usata nel trattamento degli atleti. La Federazione Medico Sportiva Italiana
(FMSI) ha indetto una Consensus Conference per fare luce sulle indicazioni e le procedure della terapia intra artico-
lare negli atleti nei soggetti che conducono attività sportiva agonistica professionale o amatoriale. Diecisette esperti
di maggior età della FMSI rappresentativi di molteplici discipline sportive (cinque a un neopatologo esperto di terapia
intra articolare), un radiologo esperto di ecografia interventistica e un pediatra hanno costituito il Board del consensus.
Attraverso due incontri e due round Delphi, e dopo una accurata ricerca sistematica della letteratura, è consensus
indirettamente i quesiti aperti e le relative raccomandazioni. Solo le raccomandazioni che hanno raggiunto oltre il 66%
dell'accordo sono state accettate. La ricerca sistematica della letteratura ha prodotto 12 articoli. Il consensus ha elaborato
19 quesiti con le relative risposte. Solo le 15 raccomandazioni che hanno raggiunto oltre il 66% dell'accordo e
sono state incluse nel consenso edizione. Le rimanenti quattro non sono state accettate. L'intensità della rec-
ommendazione è risultata ampia (range tra 7,97-9,00). È stata anche reclata una ricerca di grande di questi ematici.
[Cite this article as: Boni G, Giannini S, Beltrami G, Iacchelli G, La Rosa G, Frizziero A, et al. Recommendations by the
experts of intra-articular therapy in athletes emerging from the FMSI Consensus Conference. Med Sport 2020;73:473-
503. DOI: 10.23750/MSJ-2020-20.03707-9]

PAROLE CHIAVI: Artro; Iniezioni intra articolari; Viscosupplementazione; Acido ialuronico; Consensus.

Intra-articular therapy (IA) is frequently used
in the treatment of certain athlete pathologies.
Studies and recommendations of specialist sci-

La terapia intra articolare (IA) è frequentemente
usata nel trattamento di alcune patologie degli
atleti. Sono conosciuti studi e raccomandazioni di

ORTHOPEDIC AREA

Recommendations by the experts of intra-articular therapy in athletes emerging from the FMSI Consensus Conference

Raccomandazioni degli esperti di terapia intra articolare negli
atleti emerse dalla Consensus Conference indetta dalla FMSI

Giovanni BONI¹*, Silvana GIANNINI², Gianfranco BELTRAMI³, Gaetano IACHELLI⁴, Guido LA ROSA⁵,
Antonio FRIZZIERO⁶, Gianluca VADALÀ⁷, Alberto MIGLIORE⁸

¹Federazione Medico Sportiva Italiana (FMSI), Rome, Italy; ²Diagnostic Imaging Department, Villa Stuart Sport Clinic Nursing home, Foro Italico University, Rome, Italy; ³University of Parma, Parma, Italy; ⁴Sports Medicine Service, Ragusa, Italy; ⁵Villa Pia Podiatric Orthopedics Clinic, Rome, Italy; ⁶Department of Medicine and Surgery, General Hospital, University of Parma, Parma, Italy; ⁷Unit of Orthopedics e Traumatology, Faculty of Medicine and Surgery, Campus Bio-Medico University, Rome, Italy; ⁸Unit of Rheumatology, San Pietro Fatebenefratelli Hospital, Rome, Italy

*Corresponding author: Giovanni Boni, Federazione Medico Sportiva Italiana (FMSI), Rome, Italy.
Email: info@fmsi.it

SUMMARY

Intra-articular therapy is commonly used in athletes. The Italian Sports Medicine Federation (FMSI) called a Consensus to shed light on the indications and procedures of intra-articular therapy in athletes and subjects engaging in professional or sport at non-agonistic level. Seventeen IA therapy experts from the FMSI representing multiple sporting disciplines in addition to a rheumatologist expert in intra-articular therapy, a radiological expert in interventional ultrasound and a pediatrician, made up the Consensus Board. Through two readings and two Delphi rounds, and after a systematic literature search, the consensus pinpointed open questions and respective recommendations. Only those recommendations that achieved an agreement of more than 66% were accepted. The systematic literature search produced 12 articles. The consensus processed 19 questions and their answers. Only the 15 recommendations that reached agreement of more than 66% were included in the recommendations; the remaining four were not accepted. The intensity of the recommendation was broad (range between 7.97-9.00). A research agenda of outstanding questions was also drawn up.

(Cite this article as: Boni G, Giannini S, Beltrami G, Iacelli G, La Rosa G, Frizziero A, et al. Recommendations by the experts of intra-articular therapy in athletes emerging from the FMSI Consensus Conference. Med Sport 2020;73:473-502. DOI: 10.23736/S0025-7876.20.03767-9)

KEY WORDS: Osteoarthritis; Intra-articular injections; Viscosupplementation; Hyaluronic acid; Consensus.

RIASSUNTO

La terapia intra-articolare è comunemente usata nel trattamento degli atleti. La Federazione Medico Sportiva Italiana (FMSI) ha indetto una Conferenza Consenso per fare luce sulle indicazioni e le procedure della terapia intra-articolare negli atleti e nei soggetti che conducono attività sportiva agonistica professionale o amatoriale. Dieassette esperti di terapia IA della FMSI rappresentanti di molteplici discipline sportive insieme a un reumatologo esperto di terapia intra-articolare, un radiologo esperto di ecografia interventionalistica e un pediatra hanno costituito il Board del consenso. Abbiamo due reading e due Delphi rounds, dopo una accurata ricerca sistematica della letteratura, il consenso ha individuato i quesiti aperti e le relative raccomandazioni. Solo le raccomandazioni che hanno raggiunto oltre il 66% dell'accordo sono state accettate. La ricerca sistematica della letteratura ha prodotto 12 articoli. Il consenso ha elaborato 19 quesiti con le relative risposte. Solo le 15 raccomandazioni che hanno raggiunto oltre il 66% dell'accordo e sono state inserite nell'ambito delle raccomandazioni. Le restanti quattro non sono state accettate. L'intensità delle raccomandazioni è valutata ampia (range tra 7,97-9,00). È stata anche redatta una research agenda dei quesiti insoluti.

PAROLE CHIAVE: Artrosi; Iniezioni intra-articolari; Viscosupplementazione; Acido ialuronico; Consensus.

Intra-articular therapy (IA) is frequently used
in the treatment of certain athlete pathologies.
Studies and recommendations of specialist sci-

entists are frequently used in the management of
certain athlete pathologies. Studies and
recommendations of specialist sci-

Athens

5-7 October 2023





Athens

5-7 October 2023

THE PROJECT OF THE ITALIAN SPORTS MEDICINE FEDERATION IS TO UPDATE THE GUIDELINES EVERY FOUR YEARS





Athens

5-7 October 2023

AT THE END OF EVERY FOUR-YEAR OLYMPIC PERIOD, INTRA-ARTICULAR THERAPY EXPERTS FROM ALL OVER THE WORLD GET TOGETHER

TO SHARE THEIR KNOWLEDGE ON NEW PRODUCTS, DRUGS AND MEDICAL DEVICES, NEW INFILTRATION TECHNIQUES





Athens

5-7 October 2023

**THE AIM OF OUR WORK HAS
BEEN TO IDENTIFY
PHARMACEUTICAL DRUGS AND
MEDICAL DEVICES**

**THAT CAN BE USED IN THE
INFILTRATIVE THERAPY OF
ATHLETES AND THE SAFETY
PROFILE**





Athens

5-7 October 2023

OVERARCHING PRINCIPLES

FAST-MEDIUM AND LONG TERM PATIENTS SAFETY HAS TO BE THE MAIN OBJECTIVE OF EVERY INTRA-ARTICULAR TREATMENT, ON THE TOP OF ALL OTHERS PURPOSES



**HEALTH
& SAFETY
IN SPORTS**



THE OBJECTIVE OF
INTRA-ARTICULAR
THERAPY IS THE
TREATMENT OF
INJURY/DISEASE

AND THE RETURN TO THE
BEST PERFORMANCE ON
THE SHORT TERM,

WITHIN THE
FRAMEWORK (OR THE
RESPECT) OF AN OPTIMAL
AND LONG GENERAL
HEALTH





Athens

5-7 October 2023

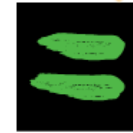
THE SUBSTANCES USED FOR IA THERAPY MUST COMPLY WITH ETHICAL AND SPORTING PRINCIPLES





Athens

5-7 October 2023



**WORLD
ANTI-DOPING
AGENCY**
play true

THE LEGAL MEDICAL ASPECTS IN ACCORDANCE WITH THE LAWS OF WADA

This List shall come into effect on 1 January 2023.

WORLD ANTI-DOPING CODE
INTERNATIONAL STANDARD

PROHIBITED LIST

2023





Athens

5-7 October 2023



**WORLD
ANTI-DOPING
AGENCY**
play true



**THE WORLD ANTI-DOPING CODE
THE 2023 PROHIBITED LIST INTERNATIONAL STANDARD**

**THE OFFICIAL TEXT OF THE *PROHIBITED LIST* IS
MAINTAINED BY WADA AND
IS PUBLISHED IN ENGLISH AND FRENCH**

This List shall come into effect on 1 January 2023.

WORLD ANTI-DOPING CODE
INTERNATIONAL STANDARD
**PROHIBITED
LIST**
2023



FMSI FEDERAZIONE MEDICO
SPORTIVA ITALIANA
COMITATO REGIONALE UMBRIA



Athens

5-7 October 2023



**WORLD
ANTI-DOPING
AGENCY**
play true



**ATHLETES ARE RESPONSIBLE FOR
ANY PROHIBITED SUBSTANCE OR
ITS METABOLITES OR MARKERS
FOUND TO BE PRESENT IN THEIR
SAMPLES.**

This List shall come into effect on 1 January 2023.



FMSI FEDERAZIONE MEDICO
SPORTIVA ITALIANA
COMITATO REGIONALE UMBRIA



Athens

5-7 October 2023



IA THERAPY EXPERTS FROM THE FMSI REPRESENTING MULTIPLE SPORTING DISCIPLINES IN ADDITION TO A RHEUMATOLOGIST EXPERT IN INTRA-ARTICULAR THERAPY, A RADIOLOGIST EXPERT IN INTERVENTIONAL ULTRASOUND AND A PEDIATRICIAN, MADE UP THE CONSENSUS BOARD.





Athens

5-7 October 2023

STEERING COMMITTEE

CASASCO

MAURIZIO

PIGOZZI

FABIO

BELTRAMI

GIANFRANCO

MIGLIORE

ALBERTO

GIANNINI

SILVANA

IACHELLI

GAETANO

| COUNTRY | NOME | EMAIL | INVITO | RISPOSTA | AFFILIAZIONE |
|-----------------|-------------------------|---|--|-------------|--|
| ARGENTINA | Luciano A Rossi | luciano.rossi@hospitalitaliano.org.ar | Inviato 7-set; reminder 15-set | Sì (22-set) | Orthopedics and Traumatology, Hospital Italiano de Buenos Aires, Argentina |
| BELGIO | Jean Francois KAUX | jfkaux@chuliege.be | Inviato 6-set; reminder 15-set | Sì (19-set) | Head of Physical Medicine and Sport Traumatology Dep. and Coordinator of Sports; Member of the Commission of the Belgian Olympic Committee |
| BRASILE | Paulo Hamdan | paulohamdan@yahoo.com.br | Inviato 6-set; reminder 15-set | | Universidade Federal do Rio de Janeiro (UFRJ), Rio de Janeiro, RJ, Brazil |
| CINA | Jinlong Zhao | | | | Traditional Chinese Medicine Guangzhou, China |
| COREA | Chris Hyunchul Jo (TBV) | chrisjo@snu.ac.kr | Inviato 15-set | | Department of Orthopedic Surgery, Seoul, South Korea |
| CROAZIA | Saša Janković | sasa.jankovic@kif.unizg.hr | Inviato 6-set; reminder 15-set | Sì (7-set) | University Sveti Duh, Knee Surgery & Sports Traumatology; Member of Health Committee of Croatian Olympic Committee |
| EGITTO | | | | | |
| FRANCIA | Fabrice Michel | fmichel@chu-besancon.fr | Inviato 6-set; reminder 15-set | | President of the Association Football Club Doctors Monitoring of Professional Football |
| FRANCIA | Guillaume Gerbaud | medisport@polyclinique-limoges.fr | Inviato 15-set | | Team Doctor of French Cycling Team & Limoges Basketball Team |
| GERMANIA | Meinolf Goertzen | goertzen@med-com.org | Inviato 6-set; reminder 15-set | Sì (6-set) | Director of Centrum of Orthopaedics, Chirotherapy and Sport traumatology, Department of Orthopedics, University Medical Center, Rostock, Germany |
| GIAPPONE | Taniguchi Yu | | | | Department of Orthopedic Surgery, Tsukuba, Japan |
| ISRAELE | Lior Laver | | | | Department of Orthopaedics, Hillel Yaffe |
| MALESIA | Mohamad Shariff A Hamid | shariff@ummc.edu.my | Inviato 6-set; reminder 15-set | Sì (15-set) | Sports Medicine Unit, University of Malaya, Kuala Lumpur |
| OLANDA | Sita Bierma-Zeinstra | | | | Department of Orthopaedics and Sports Medicine, Erasmus MC University Medical Center, Rotterdam |
| POLONIA | Marcin Domzalski | marcindomzalski@yahoo.com | Inviato 6-set; reminder 15-set | Sì (18-set) | Department of Orthopedics University of Lodz, SPORTO Clinic |
| PORTOGALLO | João Espregueira-Mendes | | | | Clinica Do Dragão, Espregueira-Mendes Sports Centre - FIFA Medical Centre of Excellence, Porto, Portugal |
| REPUBBLICA CECA | Lubos Hrazdira | lubos.hrazdira@gmail.com ; lhrzdira@volny.cz | Inviato 6-set; reminder 15-set | Sì (13-set) | Sport Doctor Vice President Czech Society for Sonography in Medicine |
| SPAGNA | Guillermo Alvarez | galvarez@hotmail.com | Inviato 6-set; reminder 15-set | Sì (6-set) | Medical Director at AMS - medical exercise Center Malaga; Co-founder of Sonosurgery (MSK-Ultrasound Guide Unit) |
| SVIZZERA | Matteo Rossetto | matteo.rossetto@hirslanden.ch | Inviato 6-set; reminder 15-set | | Sportklinik Basel Hirslanden Klinik Birshof, Münchenstein |
| SVIZZERA | André Leumann | andre.leumann@orthodornach.ch | Inviato 7-set; reminder 15-set | | FMH Orthopädische Chirurgie und Traumatologie Basel |
| THAILANDIA | Kanchanatawan W, Lersin | wichanmd@yahoo.com | Inviato 15-set | | Orthopedics department General Hospital, Bangkok |
| TURCHIA | Diraçoğlu Demirhan | demirhan1@yahoo.com | Inviato 6-set; reminder 15-set | Sì (15-set) | Department of Physical Medicine and Rehabilitation, Istanbul University and Istanbul Faculty of Medicine, Istanbul |
| UNGHERIA | Lehel Bálint | drbalintlehel@gmail.com | Inviato 6-set; reminder 15-set | Sì (7-set) | Sport Medicine Hospital |
| USA | Thomas Trojjan | thomas.trojjan@drexelmed.edu | Inviato 7-set - Non recapitabile, non trovo altri indirizzi online | | Department of Family Medicine, WellSpan Health, York, Pennsylvania, USA |



Athens

5-7 October 2023

THE FIRST STEP WAS THE
SYSTEMATIC LITERATURE SEARCH



7th



International
Symposium
Intra
Articular
Treatment



Athens

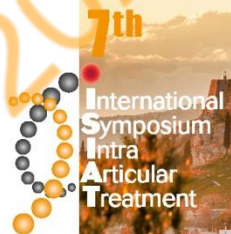
5-7 October 2023

SEARCH STRATEGIES
MEDLINE (PUBMED)

LIGHT ATHLETICS, BASEBALL, BODYBUILDING, FOOTBALL,
ROWING, CYCLING, DANCE, HORSE RIDING, GOLF, HOCKEY,
JUDO, KARATE, SWIMMING, SYNCHRONIZED SWIMMING,
PADDLE, BASKETBALL, VOLLEYBALL, SKIING SURFING,
TENNIS, SIGN SHOT, DIVING, TRAINING, COMPETITION,
ATHLETE,



FMSI FEDERAZIONE MEDICO
SPORTIVA ITALIANA
COMITATO REGIONALE UMBRIA



7th

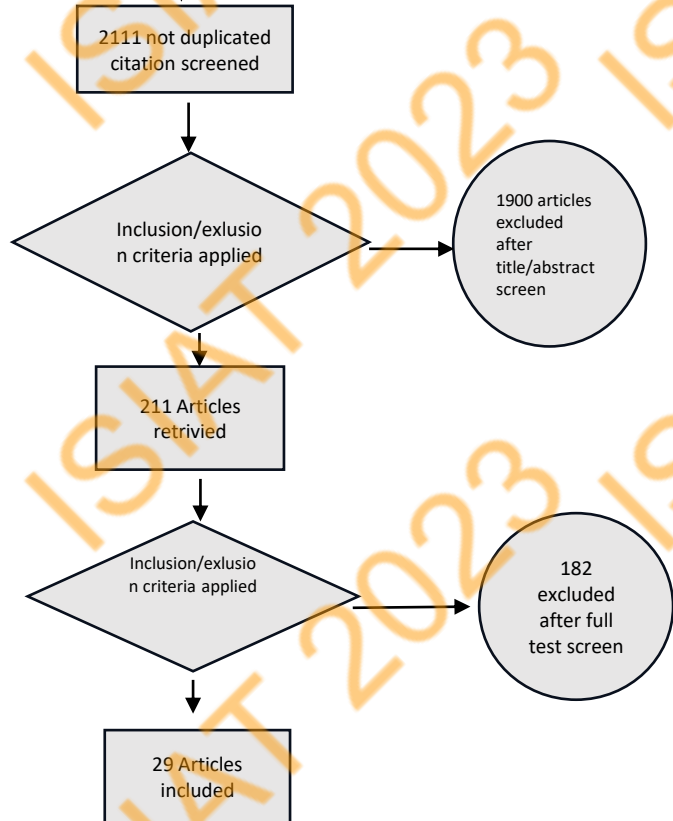
International Symposium
Intra Articular Treatment

Embase-Medline
Marc 2023
2117

Athens

5-7 October 2023

FLOW CHART





Athens

5-7 October 2023

| | USED | PERCENTAGE |
|-----------------------------------|------|------------|
| Tendinopathy/Ligaments treatments | 17 | 58.6% |
| Articular treatment | 6 | 20.6% |
| Bone | 1 | 3.5% |
| PRP | 22 | 75.8% |
| Hyalunoric acid | 5 | 17.2% |
| Ultrasound guide | 12 | 41.4% |
| CS injections | 5 | 17.2% |
| Outcome measure (VAS, VISA) | 10 | 34.5% |

RESULTS (12+17 articles)



Athens

5-7 October 2023

| Diagnostic tool (12+17) | Used | Percentage |
|-------------------------|------|------------|
| MRI | 2 | 7% |
| US | 6 | 20.7% |
| Not Defined Imaging | 1 | 3.5% |
| RX | 1 | 3.5% |





Athens

5-7 October 2023



shutterstock.com · 1959279658

THE SYSTEMATIC LITERATURE SEARCH
PRODUCED 17 ARTICLES. THE CONSENSUS
PROCESSES 26 QUESTIONS: ONLY THE
RECOMMENDATIONS THAT WE'LL REACH
AGREEMENT OF MORE THAN 66% WE'LL BE
INCLUDED IN THE RECOMMENDATIONS;



7th

International
Symposium
Intra
Articular
Treatment



Athens

5-7 October 2023

**ONLY RECOMMENDATIONS THAT
ACHIEVE A CONSENSUS OF OVER
66% WILL BE ACCEPTED**



shutterstock.com · 541106776



FMSI FEDERAZIONE MEDICO
SPORTIVA ITALIANA
COMITATO REGIONALE UMBRIA



Athens

5-7 October 2023



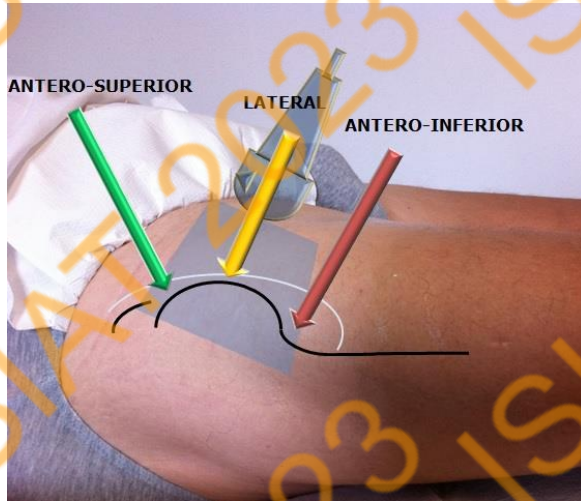
**THROUGH TWO MEETINGS AND TWO DELPHI
ROUNDS, AND AFTER A SYSTEMATIC
LITERATURE SEARCH, THE CONSENSUS WILL
INDICATE OPEN QUESTIONS AND RESPECTIVE
RECOMMENDATIONS.**





Athens

5-7 October 2023



A RESEARCH AGENDA OF
OUTSTANDING QUESTIONS WILL
ALSO DRAWN UP.



Athens

5-7 October 2023

THE COMMISSION WILL EXAMINE THE DOCUMENTATION PREPARED BY THE STEERING COMMITTEE AND THE VERIFICATION AND DISCUSSION OF THE QUESTIONS AND RECOMMENDATIONS

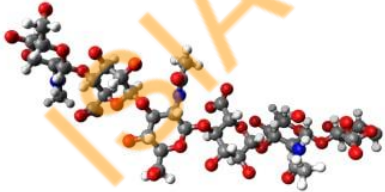
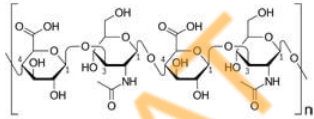


FMSI FEDERAZIONE MEDICO
SPORTIVA ITALIANA
COMITATO REGIONALE UMBRIA

1. WHAT VOLUMES OF HA SHOULD BE USED IN THE IA ATHLETES TREATMENT?
2. WHAT VOLUMES OF HYALURONIC ACID SHOULD BE USED IN AN ATHLETE'S INTRA-ARTICULAR THERAPY?
3. IN ATHLETES, IS IT BETTER TO CHOOSE PRODUCTS REQUIRING REPEATED INJECTIONS OR ONESHOT PROCEDURE?
4. HOW TO CHOOSE THE MOST SUITABLE HYALURONIC ACID IN ATHLETE INTRA-ARTICULAR THERAPY?
5. WHICH TYPE OF PRP IS MOST USEFUL TO USE IN INTRA-ARTICULAR THERAPY IN ATHLETES?
6. WHEN IS IT NECESSARY AND WHEN IS IT USEFUL TO USE THE ULTRASOUND GUIDE?
7. WHEN PERFORMING IA THERAPY WHAT PRECAUTIONS ARE MANDATORY TO ENSURE AN ASEPTIC PROCEDURE?
8. WHAT IS THE APPROPRIATE SETTING FOR IA THERAPY?
9. IS IT NECESSARY TO PERFORM AN IMAGING INVESTIGATION BEFORE IA INJECTION?
10. WHICH CLINICAL, LABORATORY PARAMETERS ARE NECESSARY TO EVALUATE BEFORE INDICATING VS?



SECTION INTRA-ARTICULAR INJECTION





11. WHICH CLINICAL, LABORATORY PARAMETERS ARE NECESSARY TO EVALUATE BEFORE INDICATING PRP?
12. WHAT ARE THE INDICATIONS TO THE USE OF OZONE IN THE IA THERAPY OF THE ATHLETES?
13. WHAT ARE THE INDICATIONS TO THE USE OF COLLAGEN IN THE IA THERAPY OF THE ATHLETES?
14. WHAT ARE THE INDICATIONS TO THE USE OF POLYNUCLEOTIDES IN THE IA THERAPY OF THE ATHLETES?
15. WHAT ARE THE INDICATIONS TO THE USE OF PROLOTHERPY IN THE IA THERAPY OF THE ATHLETES?
16. WHAT ARE THE INDICATIONS OF THE COMBINATION OF HA PLUS ONE OR MORE PRODUCTS?
17. HOW MANY TIME AFTER INTRA-ARTICULAR TREATMENT, IS IT ADVISABLE FOR THE ATHLETES TO RETURN TO PACTICE ACTIVITY?
18. IS IT ADVISABLE FOR THE ATHLETES TO PRACTICE COMPETITIVE ACTIVITY IMMEDIATELY AFTER INTRA-ARTICULAR TREATMENT?
19. INTRA-ARTICULAR THERAPY IN MINORS: INDICATIONS AND PRECAUTIONS.

SECTION

INTRA-ARTICULAR INJECTION





Athens

5-7 October 2023

SECTION

OF PERITENDINOUS INJECTION



1. WHICH TYPE OF PRP IS MOST USEFUL TO USE IN PERI-TENDON THERAPY IN ATHLETES?
2. WHICH TYPE OF HA IS MOST USEFUL TO USE IN PERI-TENDON THERAPY IN ATHLETES?
3. A USE OF PERI-ARTICULAR, PERI-TENDINOUS HYALURONIC ACID: INDICATIONS AND MODALITIES
4. ARE THERE ANY EBM ON THE USE OF INTRA- AND PERI-ARTICULAR COLLAGEN?





Athens

5-7 October 2023

SECTION OUT OF COMPETITION AND NON PROFESSIONAL ATHLETES



1. WHICH INTRA-ARTICULAR CORTICOSTEROID IS RECOMMENDED IN NON AGONISTIC ATHLETES?
2. WHAT IS THE BEST IA DOSE OF CS TO USE IN NON AGONISTIC ATHLETES?
3. IS THE REGENERATIVE CELL THERAPY OPTION CONTEMPLATED IN NON AGONISTIC ATHLETES?



7th
International
Symposium
Intra
Articular
Treatment



Athens

5-7 October 2023



SECTION OF INTRA-ARTICULAR INJECTION

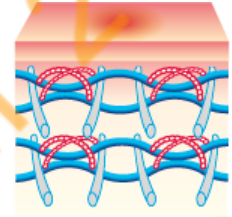
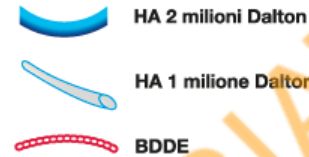




Athens

5-7 October 2023

**WHAT TYPE OF HYALURONIC ACID?
(HEAVY/LIGHT MOLECULAR WEIGHT,
CONCENTRATION? VOLUME/JOINT?)**



**HOW TO CHOOSE THE MOST SUITABLE
HA IN THE INTRA-ARTICULAR THERAPY
OF THE ATHLETE?**





Athens

5-7 October 2023

HOW MUCH HYALURONIC ACID? (VOLUME PER ARTICULATION)





Athens

5-7 October 2023

**WHAT ARE THE VOLUMES OF
HYALURONIC ACID TO BE USED IN THE
ATHLETE'S INTRA-ARTICULAR THERAPY?**





Athens

5-7 October 2023

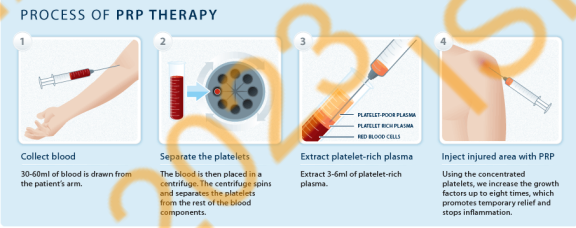
**IS IT MORE ADVANTAGEOUS DOING
REPEATED INJECTIONS OR ONE SHOT IN
ATHLETES?**



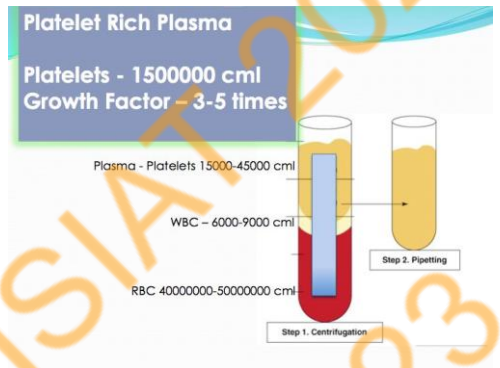


Athens

5-7 October 2023



PRP TYPE, VOLUME/JOINT, BEFORE OR AFTER COMPETITION?

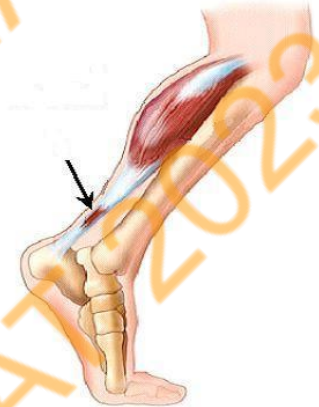
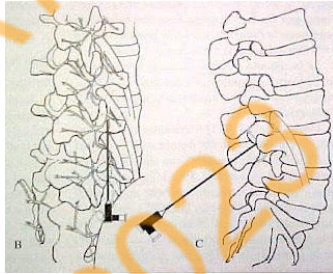




Athens

5-7 October 2023

WHAT TYPE OF PRP IS MOST USEFUL TO USE IN INTRA-ARTICULAR, INTRA- AND PERITENDINEAL THERAPY OF THE ATHLETE?





Athens

5-7 October 2023

WHAT ARE THE INDICATIONS TO THE
USE OF OZONE IN THE IA THERAPY OF
THE ATHLETES?

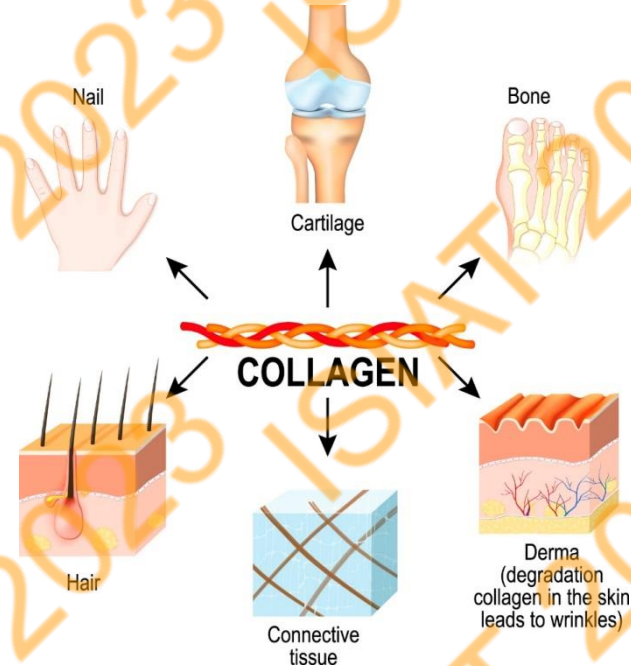




Athens

5-7 October 2023

WHAT ARE THE INDICATIONS TO THE USE OF COLLAGEN IN THE IA THERAPY OF THE ATHLETES?





Athens

5-7 October 2023

WHAT ARE THE INDICATIONS TO THE USE OF POLYNUCLEOTIDES IN THE IA THERAPY OF THE ATHLETES?

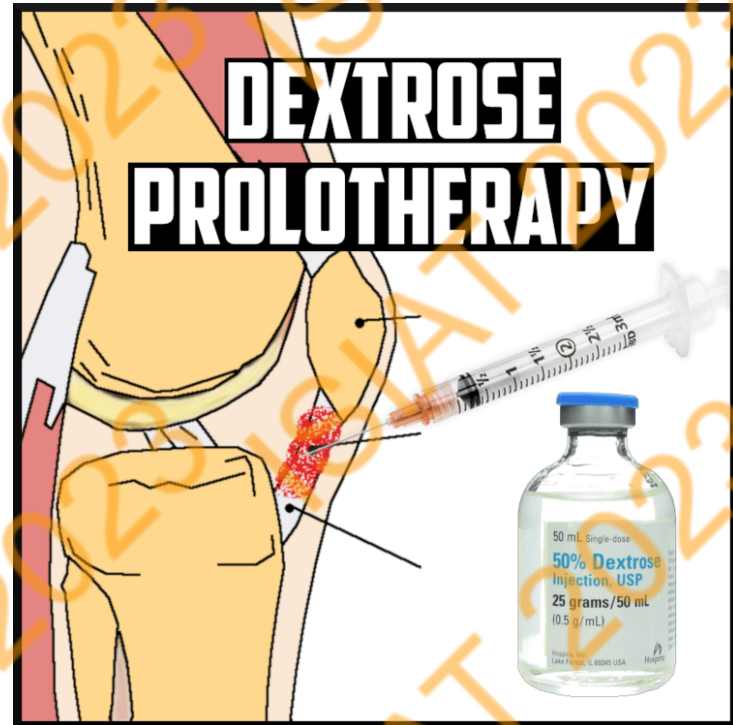




Athens

5-7 October 2023

WHAT ARE THE INDICATIONS TO THE USE OF PROLOTHERAPY IN THE IA THERAPY OF THE ATHLETES?

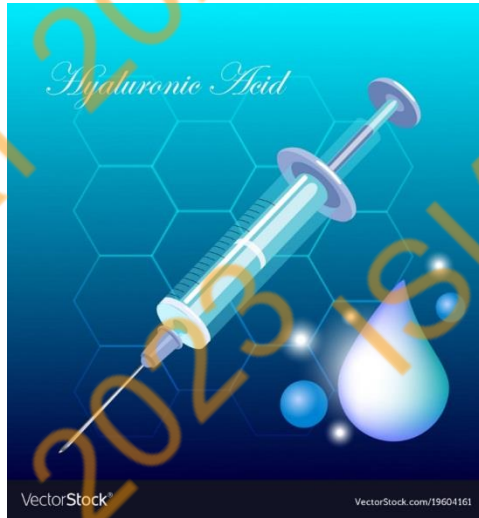




Athens

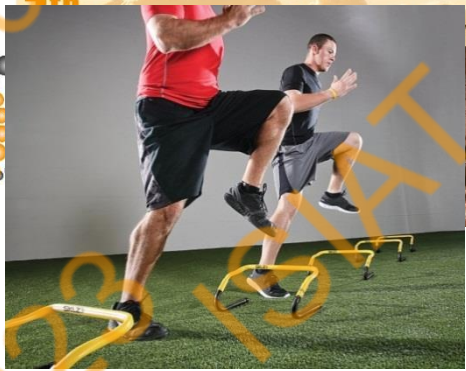
5-7 October 2023

WHAT ARE THE INDICATIONS OF THE COMBINATION OF HA PLUS ONE OR MORE PRODUCTS?



Athens

5-7 October 2023



**WHEN CAN SPORTING ACTIVITY
BE TAKEN UP AFTER
INFILTRATION?**





Athens

5-7 October 2023

WHEN PERFORMING IA THERAPY WHAT PRECAUTIONS ARE MANDATORY TO ENSURE AN ASEPTIC PROCEDURE?



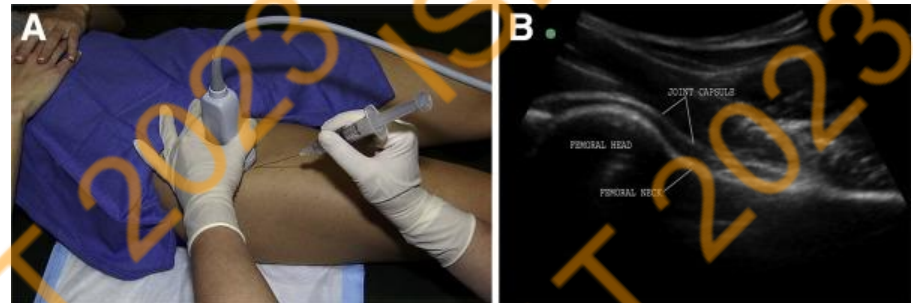


Athens

5-7 October 2023



WHEN IS IT USEFUL AND WHEN IS IT ESSENTIAL TO USE THE ECHOGRAPHIC GUIDE?



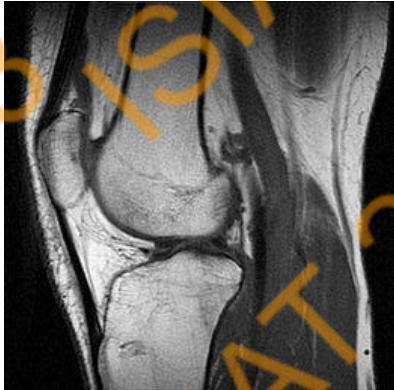


Athens

5-7 October 2023



WHEN IS IT USEFUL TO CARRY OUT A DIAGNOSTIC EXAMINATION BEFORE INFILTRATION?





7th

International
Symposium
Intra
Articular
Treatment



Athens

5-7 October 2023



**WHAT CLINICAL LABORATORY
PARAMETERS ARE USEFUL TO ASSESS
BEFORE DECIDING ON
VISCOSUPPLEMENTATION?**



FMSI FEDERAZIONE MEDICO
SPORTIVA ITALIANA
COMITATO REGIONALE UMBRIA



Athens

5-7 October 2023



**ARE THERE PREDICTIVE FACTORS
OF THE RESULT OF
VISCOSUPPLEMENTATION?**



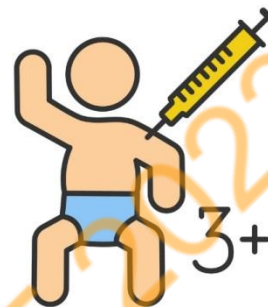
FMSI FEDERAZIONE MEDICO
SPORTIVA ITALIANA
COMITATO REGIONALE UMBRIA

7th
International
Symposium
Intra
Articular
Treatment



Athens

5-7 October 2023



INTRA-ARTICULAR THERAPY IN MINORS: INDICATIONS AND PRECAUTIONS

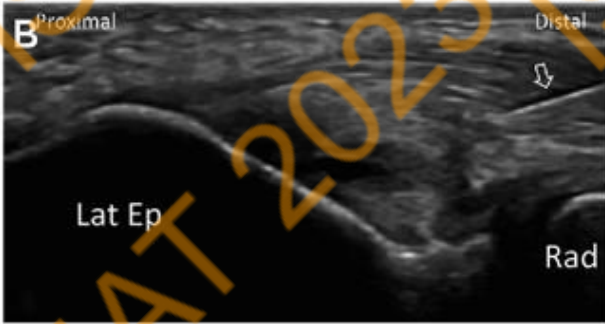


7th
International
Symposium
Intra
Articular
Treatment



Athens

5-7 October 2023



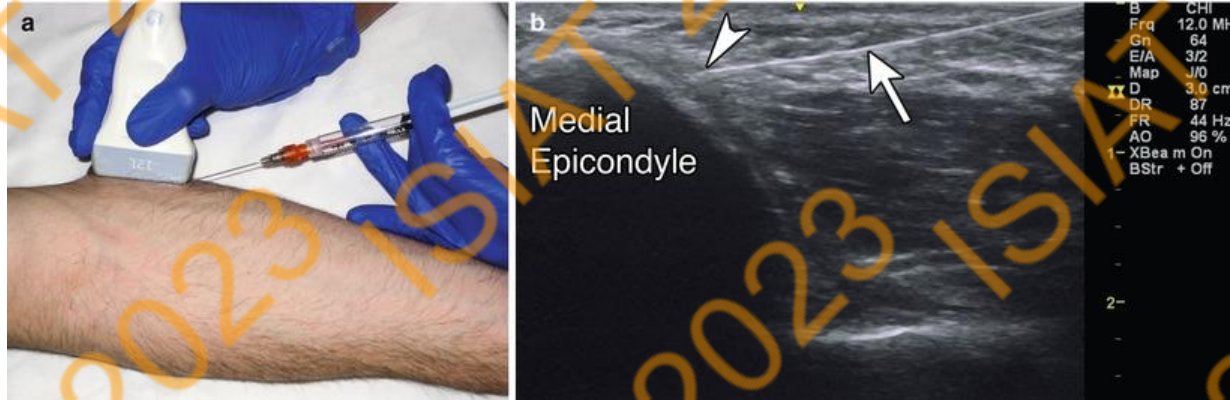
SECTION OF PERITENDINOUS INJECTION



Athens

5-7 October 2023

**WHICH TYPE OF PRP IS MOST USEFUL TO USE
IN PERI-TENDON THERAPY IN ATHLETES?**





Athens

5-7 October 2023



A USE OF PERI-ARTICULAR, PERI-TENDINOUS HYALURONIC ACID: INDICATIONS AND MODALITIES

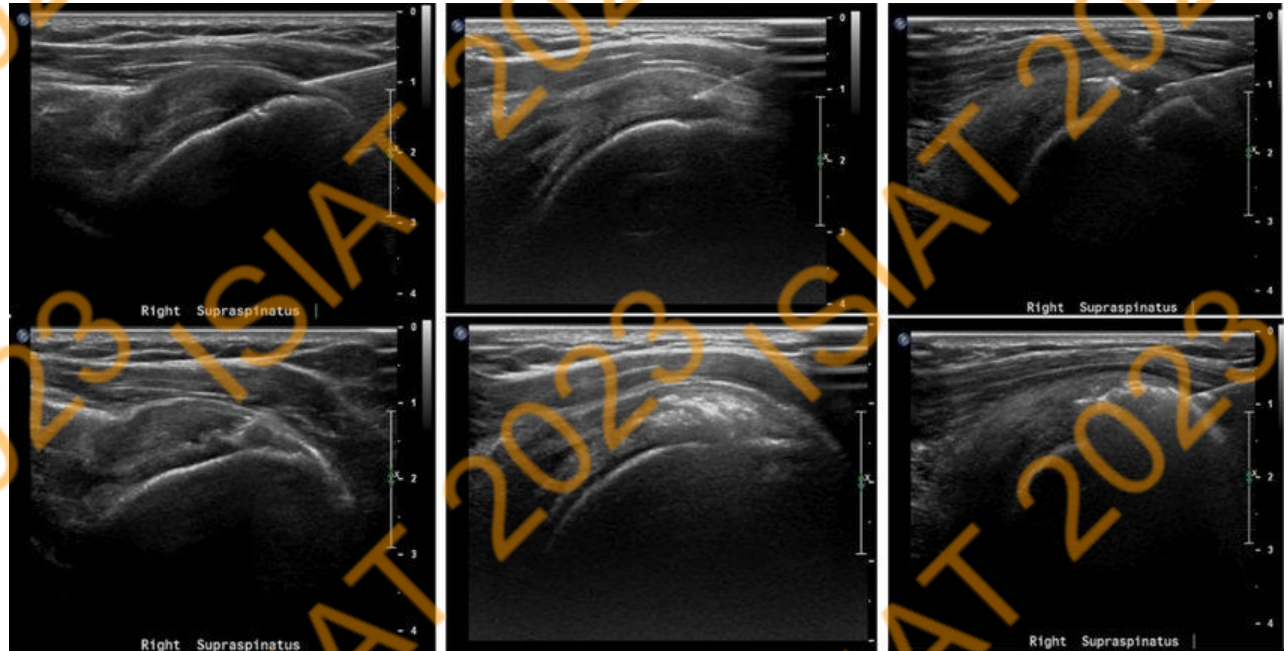




Athens

5-7 October 2023

ARE THERE ANY EBM ON THE USE OF INTRA- AND PERI-ARTICULAR COLLAGEN?





Athens

5-7 October 2023

SECTION OUT OF COMPETITION/NON PROFESSIONAL ATHLETES





Athens

5-7 October 2023

WHICH INTRA-ARTICULAR CORTICOSTEROID IS RECOMMENDED IN NON AGONISTIC ATHLETES?



7th

International
Symposium
Intra
Articular
Treatment



Athens

5-7 October 2023

My personal trainer



Pristol-Myers Squibb

3 Flaconcini da 1 ml

KENACORT 40 mg/ml sospensione iniettabile

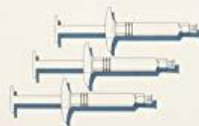
Triamcinolone acetoneide

Per uso intramuscolare e intra-articolare



Hyalubrix®

Acido ialuronico sale sodico 1,5%,
soluzione per iniezione intrarticolare



3 siringhe preempite da 30 mg/2 ml



**IS IT POSSIBLE TO COMBINE
HYALURONIC ACID AND
CORTICOSTEROID?
WHAT ARE THE INDICATIONS?**

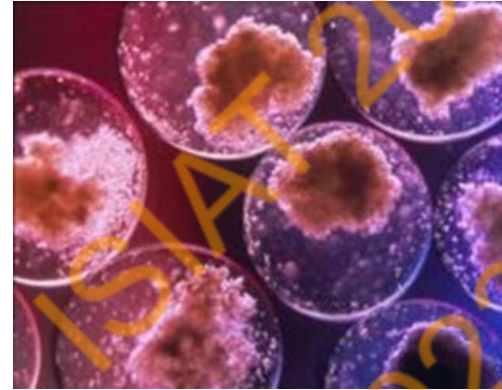
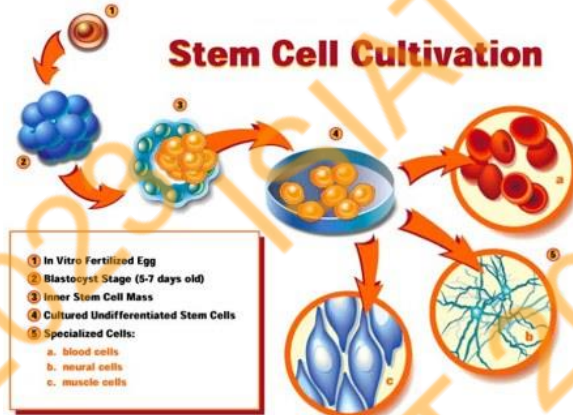




Athens

5-7 October 2023

IS THE REGENERATIVE CELL THERAPY OPTION CONTEMPLATED IN NON AGONISTIC ATHLETES?





Athens

5-7 October 2023

THIS PAPER WILL BE AN ATTEMPT TO PRODUCE UPDATES EVERY FOUR YEARS ABOUT IA THERAPY GUIDELINES IN SPORTS MEDICINE.



© CanStockPhoto.com - csp56213876

THE INITIATIVE WILL CLARIFY AND REVIEW EBM AS IT PERTAINS TO PROBLEMS RELATED TO INFILTRATION THERAPY IN THE CLINICAL PRACTICE OF SPORTS MEDICINE





Athens

5-7 October 2023

THE PHYSICIANS CHOSEN SHOULD IDEALLY INCLUDE A WIDE RANGE OF EXPERIENCE RELEVANT TO THE QUESTION BEING ADDRESSED.



"All those in favor say 'Aye.'"
"Aye."
"Aye."
"Aye."
"Aye."
"Aye."





Athens

5-7 October 2023

IN PRACTICE, SPECIFIC IA THERAPY RECOMMENDATIONS UPDATED EVERY FOUR YEARS FOR SPORTS MEDICINE CAN SUPPORT AND GUIDE CLINICIANS IN THE TREATMENT OF COMPETITIVE AND NON-COMPETITIVE ATHLETES.





Athens

5-7 October 2023

IN ADDITION, IT WILL BE IMPORTANT TO STIMULATE RESEARCH ON NEW PROMISING PRODUCTS FOR IA USE ALSO IN A SPORTS MEDICINE CONTEXT, SUCH AS POLYNUCLEOTIDES, COLLAGEN AND REGENERATIVE MEDICINE PRODUCTS.

IN THIS REGARD, THIS CONSENSUS CONFERENCE SUGGESTS A RESEARCH AGENDA



ATHLETIC TRAINING RESEARCH AGENDA

The purpose of the Athletic Training Research Agenda is to identify research priorities and unify research with clinical practice to improve patient care and advance the profession. The inter-association task force used a mixed-method research approach. Through focus groups, content analysis, expert review and the survey of athletic trainers, the research priorities were identified.

| HEALTH CARE COMPETENCY | HEALTH CARE ECONOMICS |
|---|---|
| <ul style="list-style-type: none"> Applying evidence-innovative (e.g., rehabilitation, nutrition, psychology) Establishing evidence to support patient-to-athlete care decisions Preventing musculoskeletal injuries Recognizing and addressing patients with behavioral and mental health conditions Reducing public health risks posed by athletes (e.g., sickle cell, concussion, osteoarthritis) | <ul style="list-style-type: none"> Demonstrating return on investment, cost effectiveness and business generation associated with improving athletic careers Establishing appropriate patient-provider ratios to ensure patient safety and high-quality care Evaluating the ability to monitor health outcomes for patients and the long-term sustainability of patient care across the lifespan |

