



دائرة الطب وعلوم الرياضة  
MEDICINE AND SPORTS SCIENCE  
DEPARTMENT



وزارة الصحة  
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المديرية العامة للرعاية والتطوير الرياضي

# SPORTS SCIENCE FORUM

Saturday & Sunday | 28-29 september 2024

Day 1: Saturday - September 28, 2024

Timing	Subjects	Speaker
8:20 - 8:00	Registration	
8:25 - 8:20	Opening	
8:50 - 8:25	How will you make the final decision for the ACL reconstruction.	Dr.Ahmed Al-Mandhari Khoula Hospital
9:15 - 8:50	Physiotherapy guidelines after ACLR rehabilitation.	Hasan Soltani Aspetar Hospital
9:40 - 9:15	Podiatry input for ACL injuries	Fahad Alshamsi Aspetar Hospital
10:05 - 9:40	Navigating pre-operative challenges: biopsychosocial factors in sports injury management	Dr. Karim Khalladi Aspetar Hospital
10:25 - 10:05	Discussion	
10:55 - 10:25	Break	
11:20 - 10:55	Will my protein shake heal me?	Nelda Nader Aspetar Hospital
11:45 - 11:20	Which is the best choice of ACL graft for reconstruction- surgeon's view	Dr. Bruno Olory Aspetar Hospital
12:10 - 11:45	Pre-Rehabilitation program	Said Alyarobi Nizwa Hospital
12:30 - 12:10	Discussion	
13:15 - 12:30	Break	
13:40 - 13:15	Strength testing after ACLR	Vasileios Aspetar Hospital
14:05 - 13:40	Principles of the first stage ACLR Rehab	Mazin Alarfi Khoula Hospital
14:30 - 14:05	Discussion	

Timing	Subjects	Speaker
8:20 - 8:15	Opening	
8:45 - 8:20	New Technologies in neuromuscular assessment after ACLR	Vasileios Aspetar Hospital
9:10 - 8:45	What are the risk factors of delaying the surgery	Dr. Bruno Olory Aspetar Hospital
9:35 - 9:10	The rehabilitation program stages based on clinical assessment and time	Dr. Ahmed Alhabeeb Alnilin University
10:00 - 9:35	Company Presentation	Sponsor Speaker
10:20 - 10:00	Discussion	
10:50 - 10:20	Break	
11:15 - 10:50	Post – surgical recovery in athletes: integrating biopsychosocial approaches for optimal rehabilitation and return to sport	Dr. Karim Khalladi Aspetar Hospital
11:40 - 11:15	Nutritional management of athletes post- ACLR repair	Nelda Nader Aspetar Hospital
12:00 - 11:40	Is ACL repair a good option? What is the evidence?	Dr. Mohammed Almatani SQUH
12:20 - 12:00	When we should do meniscus repair	Dr. Ahmed Abdulsatar Alhayat International Hospital
12:35 - 12:20	Discussion	
13:20 - 12:35	Break	
13:40 - 13:20	Nutrition in injury prevention and rehabilitation: bridging science and practice for optimal recovery	Layla Hasan Sport Nutritionist
13:55 - 13:40	Company Presentation	Sponsor Speaker
14:10 - 13:55	Sport Specific Rehab in football	Hasan Soltani Aspetar Hospital
14:25 - 14:10	Discussion	
14:40- 14:25	Closing	