



**7<sup>th</sup> International Patellofemoral Research Retreat**  
**June 6 – 9, 2023**  
**Aula Marchetti - Istituto Ortopedico Rizzoli, Bologna**

The mission of this international congress, held with an innovative formula, is to bring together scientists from around the world whose research aims to understand the proximal, distal and local factors related to the development and treatment of anterior knee pain. In an entirely original way, the congress will consist of a three-day section, called retreat, devoted to research in the field and a day, called "Clinical Day," devoted to the most relevant clinical aspects, also providing for practical applications. Much space will be given to the most recent results concerning diagnostic and rehabilitative methods, as well as to research in the biomechanical field, with regard to problems affecting the knee with particular emphasis on the patellofemoral joint. The program will include keynote lectures by the world's leading experts in the field of rehabilitation on risk factors related to patellofemoral pain and possible treatments, as well as podium and poster presentations. In order to involve all participants as much as possible, as was done in previous congress editions, they will be invited to contribute to the development of guidelines, via "consensus" on the various congress topics, to be published in international journals. It is expected that there will be wide international participation in the congress as a whole and, in particular, in the Clinical day, as this one being focused on practical clinical sessions and accredited CME will attract a large number of physicians, physical therapists and orthopedic technicians

**Research Retreat - June 6<sup>th</sup>-8<sup>th</sup>, 2023**

**June 6<sup>th</sup>, 2023**

Session 1 - Biomechanics 1/2

Session 2 – Imaging

Session 3 - Motor Control 1/2

Session 4 - Biomechanics 2/2

Session 5 - Motor Control 2/2

Poster Session

Retraining Consensus

Keynote: shared talk on patello-femoral surgical and rehabilitation treatments

Maria Grazia Benedetti and Stefano Zaffagnini, University of Bologna and IRCCS Istituto Ortopedico Rizzoli, Bologna

**June 7<sup>th</sup>, 2023**

Session 6 - Clinical Assessment

Session 7 – Interventions

Session 8 - Psychosocial aspects 1/2

Reporting Guidelines Consensus

Poster Session

Keynote: talk on patient perspectives and engaging patients in research

Melanie Holden and Adele Higginbottom, Keele University, UK



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**June 8<sup>th</sup>, 2023**

Session 9 – Pain 1/2

Session 10 - Psychosocial aspects 2/2

Session 11 - Pain 2/2

Poster Session

Final Consensus

Keynote: talk on “Where we are in patella-femoral pain”

iPFRR executive board: Erin Macri, Erasmus MC University Medical Center Rotterdam-NL; David Bazett-Jones, University of Toledo, Toledo, OH, USA; Marienke van Middelkoop, Erasmus MC University Medical Center Rotterdam-NL; Michael Skovdal Rathleff, Aalborg University, Aalborg, DK; Natalie Collins, University of Queensland, Brisbane, Queensland, Australia

**Clinical Day - June 9<sup>th</sup>, 2023**

8.00-8.30 Registration

**Session 1 Welcome & Status report on PFP**

8.30-8.40 Welcome

8.40-8.55 Epidemiology: Causes, Risk factors, Prevention

8.55-9.15 Historical overview, Passive and Active approaches

9.15-9.35 Biomechanical influences on the PF joint

9.35-9.55 Gait retraining in PFP patients

9.55-10.15 Pain, psychosocial aspects and quality of life in PFP

10.15-10.35 Evidence and Gap Map in PFP

10.35-11.00 Panel Discussion & questions

Claudio Belvedere-Lisa Berti, Rizzoli Orthop. Inst., Bologna, IT

Maria Grazia Benedetti, Rizzoli Orthop. Inst., Bologna, IT

Christopher Powers, USC, Los Angeles, CA-USA

David M Bazett-Jones, University of Toledo, OH-USA

Irene Davis, Univ. of S. Florida, Tampa, FL-USA

Volga Bayrakci Tunay, Hacettepe University, Ankara, TR

Marienke van Middelkoop, Erasmus MC Univ., Rotterdam, NL

11.00-11.20 Morning Break

**Session 2 - Evaluation**

11.20-11.35 PFP incidence in sport

Francesco Della Villa, Isokinetic Med. Center, Bologna, IT

11.35-11.50 Clinical and functional evaluation in PFP: Subjective Examination, Objective Examination, Outcome Measures

Lisa Berti, Rizzoli Orthop. Inst., Bologna, IT

11.50-12.05 Panel Discussion & questions

12.20-13.30 Lunch



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**Session 3 – Treatment**

13.30-13.45 Muscular strengthening for PFP	Luciana Labanca, Rizzoli Ortho. Inst., Bologna, IT
13.45-14.00 Physical therapy	Clizia Guerrini, Rizzoli Ortho. Inst., Bologna, IT
14.00-14.15 Orthoses and external devices for PFP Orthopaedic Technician	Lucia Calbucci, Rizzoli Ortho. Inst., Bologna, IT
14.15-14.30 Regenerative Medicine	Luca Andriolo, Rizzoli Ortho. Inst., Bologna, IT
14.30-14.45 Surgery: traditional surgery and innovative procedures	Alberto Grassi-Stefano Zaffagnini, Rizzoli Ortho. Inst., Bologna, IT
14.45-15.00 Panel Discussion & questions	

*15.00-15.15 Afternoon break*

**Session 4 – Clinical Cases**

15.15-17.05 Interactive session on the presentation of clinical cases based on real patients with primary, sports and postoperative interventions, as well as presentation of data from clinical archives.  
Local and international clinicians and PTs, including past and current iPFRR board members

**Session 5 - Panel discussion & Concluding remarks**

17.00-17.20 What is most important in managing PFP patients & from the patient perspective? Viewpoints from clinical experts  
Local clinicians/PT; iPFRR Board

17.20-17.30 ECM and closing

**Local Planning Team:**

Claudio Belvedere, IRCCS Istituto Ortopedico Rizzoli, Bologna, IT  
Lisa Berti, University of Bologna & IRCCS Istituto Ortopedico Rizzoli, Bologna, IT  
Alberto Leardini, IRCCS Istituto Ortopedico Rizzoli, Bologna, IT  
Volga Bayrakçı Tunay, Hacettepe University, Ankara, Turkey

**iPFRR executive board:**

Erin Macri, Erasmus MC University Medical Center Rotterdam-NL  
David Bazett-Jones, University of Toledo, Toledo, OH, USA  
Marienke van Middelkoop, Erasmus MC University Medical Center Rotterdam-NL  
Michael Skovdal Rathleff, Aalborg University, Aalborg, DK  
Natalie Collins, University of Queensland, Brisbane, Queensland, Australia



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Sponsorship (without charge):



**SIMFER**

SOCIETÀ ITALIANA DI MEDICINA  
FISICA E RIABILITATIVA  
The Italian Society of Physical and  
Rehabilitation Medicine

You can proceed with the registration and payment at Research Retreat and at Clinical Day by website [www.korilu.it](http://www.korilu.it) to the page dedicated to the Course <https://www.korilu.it/wp/en/ipfrr-2023-en/> where you will find all the information as well as to the page <http://ipfrn.org/conference2023/>

Registration fees:

Research Retreat	
Professional EARLY	€ 550,00
Professional Regular	€ 600,00
Student EARLY	€ 390,00
Student Regular	€ 439,00
Clinical Symposium	
professional EARLY	€ 250,00
Professional Regular	€ 300,00
Student EARLY	€ 90,00
Student Regular	€ 140,00
Both	
professional EARLY	€ 700,00
Professional Regular	€ 800,00
Student EARLY	€ 430,00
Student Regular	€ 479,00

**EARLY:** before April 1<sup>st</sup> 2023