



3RD BIOMECHANICS IN SPORT AND AGEING SYMPOSIUM

INJURY PREVENTION
AND REHABILITATION

BUDAPEST, 13-14 OCTOBER 2025

Hungarian University of Sports Science
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SCIENTIFIC PROGRAMME

Day 1 - Monday, 13 October 2025

- 08:00 Registration (*K1 building, level 0*)
- 09:00 **OPEN KEYNOTE PRESENTATION 1** (45 minutes) - **Anthony Blazevich** (Edith Cowan University, Australia): Eccentrics, muscle geometry, and Nordics: Is our current model of muscle injury correct? (*Athens lecture hall, K1 building, level -1*)
- 09:45 Q&A
- 10:00 **OPEN KEYNOTE PRESENTATION 2** (45 minutes) - **Jason Franz** (University of North Carolina Chapel Hill and North Carolina State University, USA): The ageing Achilles tendon: a neuromechanical catalyst for declines in locomotor performance and economy (*Athens lecture hall, K1 building, level -1*)
- 10:45 Q&A
- 11:15 Social programme: Castle walking tour / exercise at the Dr. Koltai Jenő Sports Center
- 12:30 Lunch (on your own)
- 13:15 Opening
- 13:30 **SESSION 1 - MUSCLE WASTING AND ITS PREVENTION IN AGEING** (3 x 20 minutes presentations + discussion) (*Athens lecture hall, K1 building, level -1*)
Martino Franchi (University of Padova, Italy): Structural and functional mechanistic bases of neuromuscular alterations in ageing
Urs Granacher (University of Freiburg, Germany): Resistance training: a key strategy against dynapenia and sarcopenia
Uroš Marušič (Science and Research Centre of Koper, Slovenia): Brain-muscle crosstalk and preservation of muscle strength and mass in accelerated ageing
- 14:50 Coffee break
- 15:20 **SESSION 2 - LIFE-LONG PHYSICAL ACTIVITY AND MASTER ATHLETES** (3 x 20 minutes presentations + discussion) (*Athens lecture hall, K1 building, level -1*)
Lauri Stenroth (University of Eastern Finland): Do we accelerate joint ageing by being physically active?



Jessica Piasecki (Nottingham Trent University, UK): Peak performance across the lifespan and the implications for bone health

Gaspar Epro (London South Bank University, UK): Muscle-tendon adaptations in master athletes

16:40-16:50 Info session

17:00-18:00 **POSTERS 1** (Aula, K1 building, level -1)

19:30 Speakers dinner / social event organised by students (bar tour)

Day 2 - Tuesday, 14 October 2025

08:00 Registration

09:00 **SESSION 3 - HAMSTRING INJURIES: INTEGRATING CUTTING-EDGE SCIENCE INTO PRACTICE** (3 x 20 minutes presentations + discussion) (Athens lecture hall, K1 building, level -1)

Patricio Pincheira (University of Southern Queensland, Australia): Hamstrings in action: injury mechanisms and neuromechanical adaptations

Gaël Guilhem (INSEP Paris, France): Hamstring muscle properties: a role in injury risk exposure?

Johan Lahti (R5 Athletics & Health, Finland): Sprint-related hamstring injury risk reduction in high-level athletes: screening and exercise selection

10:20 Coffee break

10:50 **SESSION 4 - ACHILLES TENDON INJURIES: MODERN APPROACHES** (3 x 20 minutes presentations + discussion) (Athens lecture hall, K1 building, level -1)

Toni Arndt (The Swedish School of Sport and Health Sciences, Sweden) - Internal structural organization of the human Achilles tendon; what has happened to sub-tendons?

Taija Finni (University of Jyväskylä, Finland) - Structure and function of the impaired Achilles tendon: old problem in new perspectives

Benedicte Vanwanssele (KU Leuven, Belgium) - Exercise selection in the rehabilitation after Achilles tendinopathy

12:10 Info session

12:15 Lunch (organized) + coffee served

13:45-15:15 **POSTERS 2** (Aula, K1 building, level -1)

15:30 **WORKSHOP 1: USING WEARABLES TO ESTIMATE TISSUE-LEVEL LOADING** - presented by **Bas van Hooren** (Maastricht University, The Netherlands)

WORKSHOP 2: REAL-TIME FEEDBACK FROM MARKERLESS MOTION CAPTURE TO REDUCE INJURY RISK IN ATHLETIC MOVEMENTS - presented by **Simi Reality Motion Systems GmbH**, Germany

WORKSHOP 3: ASSESSING MUSCLE MECHANICAL AND NEUROMUSCULAR FUNCTION IN AGEING - presented by **András Hegyi, Alberto Botter, Giacinto Luigi Cerone** (HUSS, Hungary & LISiN Laboratory, Italy)

WORKSHOP 4: TBA

All workshops: *Dr. Koltai Jenő Sports Center, Csörsz str. 2-8.*

19:00 Closing dinner (*Dr. Koltai Jenő Sports Center, Csörsz str. 2-8.*)