

2026(Pd3m) Padua Days on Muscle and Mobility Medicine

March 3 to March 6, 2026 - Thermae of Euganean Hills, Padua (Italy)

Hotel Petrarca, Piazza Roma 23, Montegrotto of Euganean Thermae, Padua 35122 - Italy

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Organizers: Stephen Anton, Elena Barbieri, Elisabeth Barton, Bert Blaauw, Ines Bersch, Ugo Carraro, Dario Coletti, Paolo Gargiulo, Vincent Grote, David Hood, Elena P. Ivanova, Lars Larsson, Christiaan Leeuwenburgh, Maria Chiara Maccarone, Stefano Masiero, Marco V. Narici, Philippe Perrin, Riccardo Rosati, Piera Smeriglio, H. Lee Sweeney, Gerd Volk, Sandra Zampieri

REGISTRATION FEES: € 300 - One-Day REGISTRATION FEES: € 150 - Young Attendees: Exempt

Send Registration and Accommodation Forms to: petrarca@hotelpetrarca.it and ugo.carraro@unipd.it

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PROGRAM UPDATED ON DECEMBER 4, 2025

2026 Padua days on muscle and mobility medicine (2026Pd3m)

TUESDAY March 3, 2026

Conference Hall Paradise, Hotel Petrarca, Euganean Thermae (Padua) Italy

09:00 am **Session I: Translational Digital Data Science in Mobility Medicine, Lars Larsson, Paolo Gargiulo, Chairs**

09:00 am **Lecture of Richard L. Lieber (1,2,3) and Jan Fridén (4): Human muscles are not just big mouse muscles, (1) Northwestern University, Chicago; (2) Shirley Ryan AbilityLab, Chicago; (3) Hines VA Medical Center, Chicago IL, USA; (4) Swiss Paraplegic Center Nottwil, Switzerland.**

09:40 am **Muscle and brain dysfunction associated with modern (digital) critical care. Mechanisms and interventions. Lars Larsson, Dept. of Clinical Sciences, SLU, Uppsala, Sweden.**

10:20 am To Be Announced, **Paolo Gargiulo et al.** Reykjavik, Iceland

10:40 am To Be Announced, **Paolo Gargiulo et al.** Reykjavik, Iceland

11:00 am Coffee break

11:20 am To Be Announced, **Paolo Gargiulo et al.** Reykjavik, Iceland

11:40 am To Be Announced, **Paolo Gargiulo et al.** Reykjavik, Iceland

12:00 am **Intramuscular Electrostimulation Parameters of denervated Facial Muscles for a Bionic Smile, Johannes Krauß, et al., Jena University Hospital, Jena, Germany**

12:30 am Lunch

02:00 pm **Session II: FES in denervation and aging, Jonathan Jarvis, Ines Bersch, Chairs**

02:00 pm **Lecture of Jonathan Jarvis: FES in mice, rats and men: adaptation and recovery in aging rodent muscle, University of Liverpool, Liverpool, UK.**

02:40 pm To Be Announced, **Ines Bersch**, Notwill FES Center, Switzerland

03:10 pm **Home-based Functional Electrical Stimulation for Treatment of Patients with Facial Nerve Paralysis, Maren Geitner, et al., Jena University Hospital, Jena, Germany**

03:40 pm To Be Announced, **Simona Ferrante**, Nearlab, Politecnico di Milano, Italy

04:00 pm **Hybrid Exoskeleton Training with Neuromodulation Techniques after Spinal Cord Injury, Ashraf S. Gorgey, Richmond VA Medical Center, Richmond, VA, USA**

04:20 pm To Be Announced, **Gianluca Regazzo et al.**, Rehabilitation Unit, Padua University, Italy

04:40 pm Coffee break

05:00 pm	Session III: Body weight control to rejuvenate octogenarians, Stephen Anton, Maria Chiara Maccarone, Chairs
05:00 pm	To Be Announced, Stephen Anton , Department of Physiology and Aging, University of Florida, USA
05:30 pm	To Be Announced
05:50 pm	To Be Announced
06:10 pm	To Be Announced, Maria Chiara Maccarone , Padova Neuroscience Center, Department of Neuroscience, University of Padua, Italy
06:30 pm	Masterclass on Compete against yourself. Hyper oxygenate your blood adding isometric contractions during "full-body in-bed gym until volitional fatigue": a live demonstration, Ugo Carraro (1,2,) and Maria Chiara Maccarone (2,3), (1) Department of Biomedical Sciences, University of Padua, (2) A &C M-C Foundation, Padua, (3) Padova Neuroscience Center, Department of Neuroscience, University of Padua, Italy
07:20 pm	A glass of Prosecco before dinner
08:00 pm	Dinner

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WEDNESDAY March 4, 2026

08:00	Courtesy bus to <i>Prato della Valle</i> , Padua, Italy Conference Hall of Santa GiustinHO , BN—U742WGGA Basilica, Padua, Italy
09:00 am	Session IV: Pathogenesis and managements of genetic muscle diseases, H Lee Sweeney and Piera Smeriglio, Chairs
09:00 am	Lecture of H Lee Sweeney: To Be Announced, University of Florida, Gainesville, FL, USA
09:40 am	The role of FAPs in muscle regeneration, Elisabeth Barton, University of Florida, Gainesville, FL, USA
10:00 am	Proteomic profiling of the biofluid marker signature of dystrophinopathies, Kay Ohlendieck, Department of Biology, Maynooth University, Maynooth, Co. Kildare, Ireland
10:20 am	To Be Announced , Sorbonne Muscle Group, Paris, France
10:40 am	To Be Announced , Sorbonne Muscle Group, Paris, France
11:00 am	To Be Announced , Sorbonne Muscle Group, Paris, France
11:20 am	Open Coffee
11:20 am	Targeting FibroAdipogenic progenitors to treat Duchenne Muscular Dystrophy, Edoardo Malfatti, University Paris Est Créteil, Inserm, U955, IMRB, Créteil, France
11:40 am	Modelling Satellite Cell dysfunction to understand pathogenesis of Neuromuscular disorders, Massimo Ganassi, Institute of Neurology, University College London, UK
12:00 am	Session V-a: Science for Bed Rest: Gender Differences in the Physiological and Pathophysiological Responses to Inactivity and Rehabilitation in Humans, Marco Narici, To Be Announced, Chairs
12:00 am	To Be Announced
12:20 am	To Be Announced
12:40 am	To Be Announced
01:00 pm	Standing Lunch at the <i>Ristorante Veganda</i>, Via Cavazzana, Prato della Valle 1, Padova

02:00 pm	Session V-b: Science for Bed Rest: Gender Differences in the Physiological and Pathophysiological Responses to Inactivity and Rehabilitation in Humans, Marco Narici, To Be Announced, Chairs
02:00 pm	To Be Announced
02:20 pm	To Be Announced
02:40 pm	To Be Announced
03:00 pm	To Be Announced
03:20 pm	To Be Announced
03:40 pm	To Be Announced
04:00 pm	Coffee break
04:20 pm	Session V-c: Science for Bed Rest: Gender Differences in the Physiological and Pathophysiological Responses to Inactivity and Rehabilitation in Humans, Marco Narici, To Be Announced, Chairs
04:20 pm	To Be Announced
04:40 pm	To Be Announced
05:00 pm	To Be Announced
05:20 pm	To Be Announced
05:40 pm	To Be Announced
06:00 pm	To Be Announced
06:20 pm	To Be Announced
06:40 pm	Walking tour of the Galileo Galilei monument in <i>Prato della Valle</i> (For first-time visitors to Padua. But everyone is welcome).
07:00 pm	Courtesy bus to HOTEL PETRARCA, Città di Montegrotto Terme (Padua), Italy
08:00 pm	Dinner

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THURSDAY March 5, 2026

Conference Hall Paradise, Hotel Petrarca, Euganean Thermae (Padua) Italy

09:00 am **Session VI: Basics in aging, David Hood, Russel T. Hepple, Chairs**

09:00 am **ROS signaling during exercise in aging muscle, M. Jackson, Liverpool, UK**

09:20 am **Effect of geroprotector drugs and exercise on muscle with age, A. R. Konopka, Wisconsin, USA**

09:40 am **Impact of physical activity on physical function, mitochondrial energetics, ROS production, and Ca²⁺ handling across the adult lifespan, G. Gouspillou, Canada**

10:00 am **Lysosomes and training in aging muscle, Anastasiya Kuznyetsova, Toronto, Canada**

10:20 am **Activation of the integrated stress response with exercise in aged muscle, Victoria Sanfrancesco, Toronto, Canada**

10:40 am **Role of prohibitin isoforms in mitochondrial function with aging, Sabrina Champsi, Toronto, Canada**

11:00 am Open Coffee

THURSDAY March 5, 2026

Conference Hall Paradise, Hotel Petrarca, Euganean Thermae (Padua) Italy

11:00 am **Session VII: SOMMA, Mechanistic studies of muscle aging in humans, Russel T. Hepple, David Hood, Chairs**

11:00 pm **Skeletal muscle heterogeneity index as a histological indicator of aging muscle impact, Russell T. Hepple, University of Florida, Gainesville, FL, USA**

11:30 pm **Muscle size across the lifespan: D3cr muscle mass and MRI thigh muscle volume, Peggy Cawthon, Research Institute, California Pacific Medical Center, San Francisco, USA.**

12:00 pm **Mitochondrial DNA variation impacts cellular and physical function in older adults, Greg Tranah, California Pacific Medical Center Research Institute, San Francisco, CA, USA**

12:30 pm **Linking mitochondrial ETS gene expression to physical function in older adults, Bumsoo Ahn, Dept. of Applied Physiology and Kinesiology, University of Florida Gainesville, FL, USA**

01:00 am Lunch

THURSDAY March 5, 2026

Conference Hall Paradise, Hotel Petrarca, Euganean Thermae (Padua) Italy

02:00 pm Session VIII: ELSEVIER Workshop on Biology of Aging unpacked: Implications for Geroscience and Healthspan, Anna Picca, Marta González Freire, Christiaan Leeuwenburgh, Chairs

02:00 pm Mitochondrial signaling in age-related conditions, Anna Picca, Department of Medicine and Surgery, LUM University, Casamassima, Italy

02:20 pm The road ahead for health and lifespan interventions, Marta González Freire, Health Research Institute of the Balearic Islands (IdISBa), Palma de Mallorca, Spain

02:40 pm Ferroptosis and Sarcopenia in Low and High Functioning Older Adults, Christiaan Leeuwenburgh, University of Florida, Gainesville, USA

03:00 pm Upregulation of Sarcolemmal Hemichannels and Inflammatory Transcripts with Neuromuscular Junction Instability during Lower Limb Unloading in Humans, Giuseppe Sirago (not confirmed), Department of Biosciences, Bari, Italy

03:20 pm Extracellular Vesicles in Skeletal Muscle Aging, Samantha S. Ali, Ashley C. Amontree, College of Pharmacy, University of Florida, USA

03:40 pm Oxidised microRNAs – novel mechanism of muscle aging? Katarzyna Goljanek-Whysall et al., Department of Physiology, College of Medicine and Health Sciences, University of Galway, Galway, Ireland

04:00 pm Expression of the ERG1A Potassium Channel Affects Nanoscale Membrane Characteristics of Cultured Skeletal Muscle Cells, Amber L. Pond et al., School of Medicine, Southern Illinois University, Carbondale, USA

04:20 pm Conclusive Remarks, Christiaan Leeuwenburgh, Institute on Aging, Department of Medicine, Division of Geriatric Medicine, University of Florida, USA

04:40 pm Coffe Break

05:00 pm Session IX: Exerkines as mediators of health benefits induced by physical exercise, Daniela Tavian, Corrado Angelini, Chairs

05:00 pm Effects of a resistance training program on adiponectin plasmatic levels in healthy and well-trained young adults, Eleonora Martegani, et al., Catholic University of Milan, Italy

05:20 pm Superimposed electromyostimulation during cycling and Brain-Derived Neurotrophic Factor (BDNF) plasmatic levels: a preliminary investigation in healthy men, Ester Tommasini, et al. Catholic University of Milan, Italy

05:40 pm Effects of aerobic exercise with Adaptive Functional Electrical Stimulation (AFESK) on circulating Interleukin-6 (IL-6) in healthy men, Lorena Gullà, et al. Catholic University of Milan, Italy

06:00 pm Preliminary investigation on plasma 15-Prostaglandin Dehydrogenase (15-PGDH) levels after cycling with superimposed adaptive functional electrical stimulation in healthy men, Xhulijano Vukaj, et al., Catholic University of Milan, Italy

06:20 pm Lecture of James Carson: Sex hormones and skeletal muscle function with aging: The gonad-bone-muscle axis. Huffines Institute for Sports Medicine & Human Performance, Texas A&M University, USA

07:30 pm Dinner

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FRIDAY March 6, 2025

Conference Hall Paradise, Hotel Petrarca, Euganean Thermae, Padua, Italy

09:00 am **Session X: Thermal managements and rehabilitation in Mobility Medicine, Philippe Perrin, Stefano Masiero, Chairs**

09:00 am **Lecture of Philippe Perrin et al.: Interest of thermal therapy for adapted physical activity practice and sport trauma rehabilitation.** University of Lorraine and the University Hospital of Nancy, Vandoeuvre-lès-Nancy, France

09:40 am **Vestibular control of muscular tone and posture in labyrinth genetic disorders and beyond, Alessandro Martini et al.,** University of Padua, Italy

10:20 am To Be Announced, **Sholpan Bulekbayeva**, mail: sholpan-adiljan@mail.ru, Kazakhstan

10:40 am To Be Announced, **Natalia Chaurskaya**, mail: natmo@mail.ru, Russia

11:00 am Open Coffee

11:00 am To Be Announced

11:20 am To Be Announced , **Kirill Terentev, et al.**, Moscow, Russia

11:40 am To Be Announced, **Georgy Avakyan et al**, Moscow, Russia

12:00 am To Be Announced

12:20 am **Conclusive Remarks, Stefano Masiero,** Padua University, Italy

13:00 am Lunch

02:00 pm **Session XI: Ludwig Boltzmann Institute Workshop on Rehabilitation Assessments, Vincent Grote, Bibiane Steinecker-Frohnwieser, Chairs**

02:00 pm **Medical Outcome Quality in Rehabilitation: Linking Muscle Measures, Performance and Patient Reported Health, Spela Matko et al.,** Ludwig Boltzmann Institute for Rehabilitation Research, Vienna, Austria, Austria

02:20 pm **Measuring what matters: the significance of baseline, change and outcome in rehabilitation research, Ferdinand Prüfer et al.,** Ludwig Boltzmann Institute for Rehabilitation Research, Vienna, Austria

02:40 pm **Explorative Evidence on the Sensitivity and Specificity of Advanced Glycation Endproducts in Reflecting Functional Recovery During Multimodal Rehabilitation, Bettina Thauerer et al.,** Ludwig Boltzmann Institute for Arthritis and Rehabilitation, Vienna, Austria

03:00 pm **Mechanosensitive Transcription, Metabolism, and Signaling Cascades in Juvenile and Osteoarthritic Chondrocytes, B. Lohberger et al.,** Department of Orthopedics and Trauma, Medical University Graz, Austria

03:20 pm **Mechanical evaluation of single-joint maximal voluntary muscle actions in humans, Nejc Šarabon, et al.,** Department of Kinesiology, Faculty of Health Sciences, University of Primorska, Izola, Slovenia

03:40 pm **Ion Channel Dysregulation and Neuronal Sensitization as Drivers of OA Pain, Lukas Weig¹, Bibiane Steinecker-Frohnwieser²,** (1) Clinical Department of Special Anaesthesia and Paintherapy, Medical University of Vienna, Vienna, Austria, (2) Ludwig Boltzmann Institute for Arthritis and Rehabilitation, Saalfelden, Gröbming, Vienna, Austria

04:00 pm **Conclusive Remarks, Vincent Grote,** Ludwig Boltzmann Institute for Rehabilitation Research, Vienna, Austria

04:20 pm Open Coffee

04:20 pm Session XII: European Medical Thermalism and the World Federation of Hydrotherapy and Climatology (FEMTEC), Elena Ivanova, Sergio Ganesini, Chairs

04:20 pm Lecture of Sergio Ganesini: From Salus to Science Per Aquam in vein-lymphatic care, University of Ferrara, Italy

05:00 pm Thermal medicine in the treatment and prevention of chronic respiratory disease, Irina Grishechkina¹, Maxim Yu. Yakovlev^{1,2}, (1) Department for Studying the Mechanisms of Action of Physical Factors, National Medical Research Center for Rehabilitation and Balneology; (2) Department of General Hygiene, Sechenov University, Moscow, Russia

05:15 pm Hydrokinesiotherapy in the Treatment and Prevention of Chronic Respiratory Disease, Gleb N. Barashkov¹, Irina A. Grishechkina¹, Maxim Yu. Yakovlev^{1,2}, Larisa A. Marchenkova¹, Natalia N. Zubareva¹, (1) Department for Studying the Mechanisms of Action of Physical Factors, National Medical Research Center for Rehabilitation and Balneology; (2) Department of General Hygiene, Sechenov University. Moscow, Russia

05:30 pm Relationship between Changes in Movement Patterns and the Vascular Territory of Ischemic Stroke in Patients in the Early Recovery Period, Ya.G. Pekhova, L.A. Marchenkova, A.A. Kuzyukova, Y.A. Lykov, National Medical Research Center for Rehabilitation and Balneology, Moscow, Russia.

05:45 pm Simulation of Establishment of a Center for Traditional Medicine on the Premises of the National Medical Research Center for Rehabilitation and Balneology of the Ministry of Health of the Russian Federation, Natalia N. Zubareva, Larisa A. Marchenkova, National Medical Research Center for Rehabilitation and Balneology, Moscow, Russia.

06:00 pm The Effectiveness of Percutaneous Electrical Stimulation in Patients in the Early Period of Rehabilitation after Ischemic Stroke, Nikolay V. Mozolev, Tatiana V. Konchugova, Tatiana V. Apkhanova, National Medical Research Center for Rehabilitation and Balneology, Moscow, Russia.

06:15 pm The Efficacy of Magnetic Stimulation in Patients with Coxarthrosis, A.B. Berger, T.V. Konchugova, National Medical Research Center for Rehabilitation and Balneology, Moscow, Russia

06:30 pm Application of Point Electrostimulation Methods in Dorsopathy as a Therapy Course, Lev G. Agasarov, Svetlana I. Nareiko, Ekaterina L. Krasnopyeyeva, National Medical Research Center for Rehabilitation and Balneology, Professional Association of Reflexologists Non-Profit Partnership, Moscow, Russia

06:45 pm Hidden Energy Deficiency and Therapeutic Strategies for its Correction, Natalia F. Tumanova-Ponomareva¹, Maxim Yu. Yakovlev^{1,2}, (1) National Medical Research Center for Rehabilitation and Balneology; Moscow, (2) I.M. Sechenov First Moscow State Medical University, Moscow, Russia

07:00 pm The Effect of General Aero-Cryotherapy on the Ski Athletes Microcirculatory System, Nikolai V. Saenko^{1,2}, Galina A. Selyanina^{1,2}, Evgeniia V. Davydova^{1,2}, Artur R. Sabiryanov^{1,2}, (1) "Ural" Health Resort, Chelyabinsk, Russia, (2) South Ural State Medical University, Chelyabinsk, Russia

07:15 pm Conclusive Remarks, Elena Ivanova, Moscow, Russia

07:30 pm Dinner

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FRIDAY MARCH 6, 2025

Conference Hall Grazia, Hotel Petrarca, Euganean Thermae, Padua, Italy

09:00 am **Masterclass on Muscle Rehabilitation in Dentistry**

09:00 am **Session 1: Sleep and oral function, Claudia Dellavia, Riccardo Rosati, Chairs**

09:00 am **Lecture of Luca Imeri: Sleep disturbances as promoters of musculoskeletal disorders, Italy**

09:45 am **24H function measurements, Roberto Rongo, UniNa, Italy**

11:00 am Coffee break

11:15 am **Session 2: Function-guided oral rehabilitation, Elena Ivanova, Mariana Dimova-Gabrovski, Chairs**

11:15 am To Be Announced, **Elena Ivanova, Russia**

11:35 am To Be Announced, **Frank Saxler, Germany**

11:55 am **Muscle forces in patient with bruxism, Mariana Dimova-Gabrovski, Bulgaria**

12:15 am To Be Announced, **Igor Dogocki, Germany**

12:35 am **Logopedic therapy in oral rehabilitations, Claudia Ferreira, Italy**

01:00 pm Working Lunch

02:00 pm **Masterclass: ssEMG evaluation in dentistry**

From scientific research to dental practice, Roberto Rongo, UniPv, Italy, Chair

02:00 pm **Biomechanic of masticatory muscles measured with ssEMG, Dolaji Henin, Mila, Italy**

02:30 pm **ssEMG in TMD therapies, Massimiliano Vella, Milan, Italy**

03:00 pm **ssEMG. To Be Announced, UniNa2/AIG, Italy**

03:30 pm **ssEMG in orthodontic, To Be Announced**

04.00 pm **How obtain a good calibration in ssEMG protocol, Marian Turbatu, San Raffaele Hospital, Milan, Italy**

04:30 pm **Minimize unwanted proprioceptive inputs in oral rehabilitation, Federico Marin, Milan, Italy**

05:30 pm **General Discussion**

06:00 pm **Conclusive Remarks and Greetings, Riccardo Rosati, Milan, Italy**

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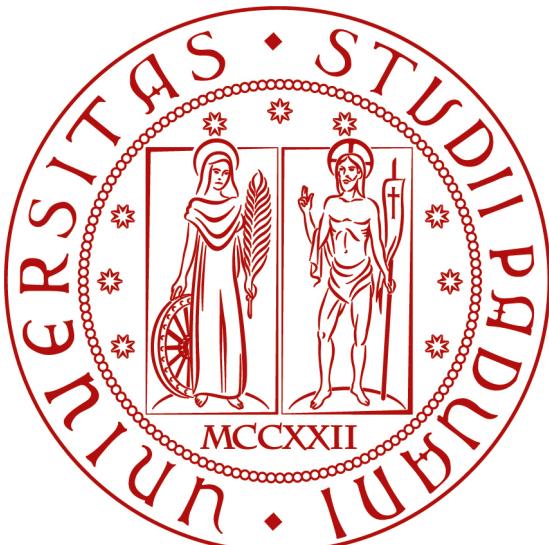
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