

## 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](mailto:petrarca@hotelpetrarca.it) and [ugo.carraro@unipd.it](mailto: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	<b>Session III: Body weight control to rejuvenate octogenarians, Stephen Anton, Maria Chiara Maccarone, Chairs</b>
05:00 pm	To Be Announced, <b>Stephen Anton</b> , 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, <b>Maria Chiara Maccarone</b> , Padova Neuroscience Center, Department of Neuroscience, University of Padua, Italy
06:30 pm	<b>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 &amp; C M-C Foundation, Padua, (3) Padova Neuroscience Center, Department of Neuroscience, University of Padua, Italy</b>
07:20 pm	A glass of <i>Prosecco</i> before dinner
08:00 pm	Dinner

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

### WEDNESDAY March 4, 2026

08:00	Courtesy bus to <i>Prato della Valle</i> , Padua, Italy <b>Conference Hall of Santa GiustinaHO, BN—U742WGGGa Basilica, Padua, Italy</b>
09:00 am	<b>Session IV: Pathogenesis and managements of genetic muscle diseases, H Lee Sweeney and Piera Smeriglio, Chairs</b>
09:00 am	<b>Lecture of H Lee Sweeney:</b> To Be Announced, University of Florida, Gainesville, FL, USA
09:40 am	<b>The role of FAPs in muscle regeneration, Elisabeth Barton,</b> University of Florida, Gainesville, FL, USA
10:00 am	<b>Proteomic profiling of the biofluid marker signature of dystrophinopathies, Kay Ohlendieck,</b> Department of Biology, Maynooth University, Maynooth, Co. Kildare, Ireland
10:20 am	<b>To Be Announced,</b> Sorbonne Muscle Group, Paris, France
10:40 am	<b>To Be Announced,</b> Sorbonne Muscle Group, Paris, France
11:00 am	<b>To Be Announced,</b> Sorbonne Muscle Group, Paris, France
11:20 am	Open Coffee
11:20 am	<b>Targeting FibroAdipogenic progenitors to treat Duchenne Muscular Dystrophy, Edoardo Malfatti,</b> University Paris Est Créteil, Inserm, U955, IMRB, Créteil, France
11:40 am	<b>Modelling Satellite Cell dysfunction to understand pathogenesis of Neuromuscular disorders, Massimo Ganassi,</b> Institute of Neurology, University College London, UK
12:00 am	<b>Session V-a: Science for Bed Rest: Gender Differences in the Physiological and Pathophysiological Responses to Inactivity and Rehabilitation in Humans, Marco Narici,</b> To Be Announced, Chairs
12:00 am	<b>To Be Announced</b>
12:20 am	<b>To Be Announced</b>
12:40 am	<b>To Be Announced</b>
01:00 pm	Standing Lunch at the <i>Ristorante Veganda</i> , Via Cavazzana, Prato della Valle 1, Padova

02:00 pm	<b>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</b>
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	<b>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</b>
04:20 pm	ToBeAnnounced
04:40 pm	ToBeAnnounced
05:00 pm	ToBeAnnounced
05.20 pm	ToBeAnnounced
05.40 pm	ToBeAnnounced
06:00 pm	ToBeAnnounced
06:20 pm	ToBeAnnounced
06:40 pm	<b>Walking tour of the Galileo Galilei monument in <i>Prato della Valle</i> (For first-time visitors to Padua. But everyone is welcome).</b>
07:00 pm	Courtesy bus to <i>HOTEL PETRARCA, Città di Montegrotto Terme</i> (Padua), Italy
08:00 pm	Dinner

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

### 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 Ca<sup>2+</sup> 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 Champssi,** 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 el.** 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

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

**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](mailto:sholpan-adiljan@mail.ru), Kazakhstan
- 10:40 am** To Be Announced, **Natalia Chaurskaya**, mail: [natmo@mail.ru](mailto: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 Weigl<sup>1</sup>, Bibiane Steinecker-Frohnwieser<sup>2</sup>,** (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 Climatotherapy (FEMTEC), Elena Ivanova, Sergio Giancesini, Chairs**
- 04:20 pm** **Lecture of Sergio Giancesini: 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 Grischechkina<sup>1</sup>, Maxim Yu. Yakovlev<sup>1,2</sup>,** (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. Barashkov<sup>1</sup>, Irina A. Grischechkina<sup>1</sup>, Maxim Yu. Yakovlev<sup>1,2</sup>, Larisa A. Marchenkova<sup>1</sup>, Natalia N. Zubareva<sup>1</sup>,** (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. Kuzukova, 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. Krasnopeyeva,** 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-Ponomareva<sup>1</sup>, Maxim Yu. Yakovlev<sup>1,2</sup>,** (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<sup>1,2</sup>, Galina A. Selyanina<sup>1,2</sup>, Evgeniia V. Davydova<sup>1,2</sup>, Artur R. Sabiryanov<sup>1,2</sup>,** (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



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

**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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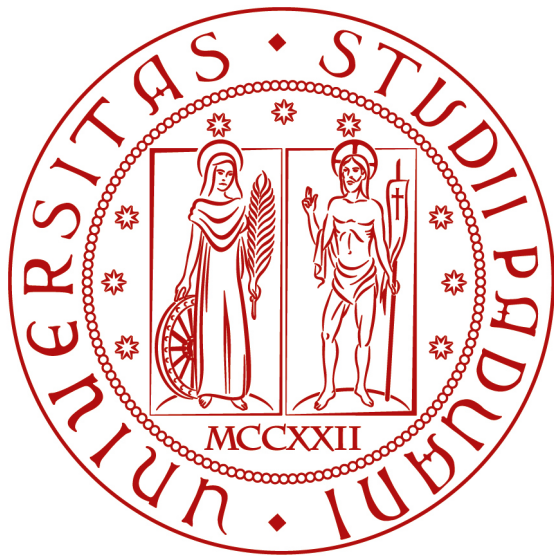
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