



**HAVE  
MOVEMENT  
HAVE  
HEALTH  
HAVE FIDIA**

# The Future of Football Medicine

Camp Nou, Barcelona • 13<sup>th</sup> – 15<sup>th</sup> May, 2017

## Workshop FIDIA

# WE HAVE IT

**A UNIQUE, INNOVATIVE SOLUTION  
FOR HIGH-DEMAND OA PATIENTS**

**13 May 2017**

Camp Nou, Barcelona

**Press Room, 13:00 - 14:30**

13.00 **INTRODUCTION | Working to HAVE what OA patients need**

*Chairpersons:*

*F. Benazzo, Italy and D. Medina, Spain*

13.10 **OVERVIEW | Ordinary diseases in extraordinary soccer players**

*J. M. Villalón, Spain*

13.30 **SPECIFIC CASE | IAHA tailored treatment for elite  
basketball players**

*M. Bigoni, Italy*

13.50 **CLINICAL EXPERIENCE | The medical answer to chondropathy  
and sprains with a focus on C.H.A.M.P.S. study**

*F. Benazzo, Italy*

14.10 **DISCUSSION | We HAVE it: Hymovis!**

*F. Benazzo and D. Medina*

**HAVE MOVEMENT  
HAVE HEALTH  
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**PROGRAM**



## INTRODUCTION

Working to HAVE what OA patients need



**F. Benazzo**

*Fondazione IRCCS Policlinico San Matteo,  
Clinica Ortopedica e Traumatologica, Pavia, Italy*



**D. Medina**

*Médicos de los servicios médicos del FC, Barcelona, Spain*

## ORDINARY DISEASES IN EXTRAORDINARY SOCCER PLAYERS



**J. M. Villalón**

*Jefe de los Servicios Médicos del Club Atlético de Madrid  
Especialista en Cirugía Ortopédica y Traumatología,  
Clínica Universidad de Navarra en Madrid, Spain*

The elite players are subject to great physiological demands. Football is a sport of movements and contacts, which can lead to osteoarticular injuries by direct trauma and/or repetitive micro-trauma. The muscular and tendinous pathology have by the high incidence and prevalence.

The goals of sports medicine are to minimize the risk of injury, through

The goals of sports medicine are to minimize the risk of injury, through knowledge, assessment and control of sports practice. Preventive methods of injury can be designed by the existing team around the player (coach, physical trainer, doctor, physiotherapist, nutritionist, biomechanic, nurse, podiatrist, psychologist, ...).

## IAHA TAILORED TREATMENT FOR ELITE BASKETBALL PLAYERS



**M. Bigoni**

*Clinica Ortopedica Università Milano-Bicocca,  
Ospedale San Gerardo, Monza, Italy*

Hyaluronic Acid (HA) has been widely used to improve knee function and pain relief. High performance professional athletes often complain with knee pain, and high percentage of day off is due to knee pain, especially in sports with repetitive jumps like basketball. This problem could also influence and tends to reduce muscle strength in a vicious cycle.

HA is a good choice in prevention and treatment of this clinical condition.

We present a case series of 10 professional basketball players with knee pain that underwent programmed injections with Hymovis (Fidia Farmaceutici, Abano Terme, Italy).

We report pain score (Visual Analogue Scale: VAS) and knee function at isokinetic test.

All sportmen were investigated clinically and with Magnetic Resonance Imaging, after the first injection we performed the second about 2-3 weeks, and then one injection every month till the end of the season.

Initial mean pain, obtained from VAS evaluation, was 6.6/10 (range from 5 to 8), after two months reduction of pain was 42% in the group.

At the end of the season the mean reduction of pain was 58% and knee function was 30% higher.

We supposed that Hymovis was effective reducing knee pain and helped the basketball players in improving performance.

## THE MEDICAL ANSWER TO CHONDROPATHY AND SPRAINS WITH A FOCUS ON C.H.A.M.P.S. STUDY



**F. Benazzo**

*Fondazione IRCCS Policlinico San Matteo,  
Clinica Ortopedica e Traumatologica, Pavia, Italy*

Most of professional athletes practicing physically demanding sports, including the world's most popular sport, soccer, are subjects to knee joints and chondral injuries. Articular cartilage lesions are difficult and complex to manage and treat, due to the fact professional athletes must return as soon as possible to competition. Muscle strains (37%), ligament sprains (19%) and contusions (13%) are the most common types of injury and thigh (23%), ankle (17%) and knee (17%), are the most common sites of lesions of professional soccer players.

The objective of the treatment of the ankle and knee sprain and of the cartilage lesions are to stop or to slow the joint degeneration.

HYADD4-G (HYMOVIS), is a hydrogel based on a hyaluronic acid derivative containing a low number of C16 side-chains per polysaccharide backbone. It shows higher viscoelastic properties than the native HA with preservation

of hyaluronan biocompatibility.

HYMOVIS is indicated for the treatment of pain in osteoarthritic joints and for the improvement of joint mobility through the enhancement of synovial fluid viscoelasticity. Now a new product, Hymovis One 32 mg in 4 ml, is available. The primary endpoint of CHAMPS study (Cohort study Hymovis one Administration Pain relief on Soccer players) is to evaluate the efficacy of Hymovis One infiltration in reducing pain, optimising the rehabilitation process and reducing days of absence from the sport after knee or ankle sprain and in known ankle and knee cartilage damage during a competition season in professional football and basketball players.