



## 7<sup>th</sup> International Patellofemoral Research Retreat

Bologna, Italy  
6-8 June 2023

6-Jun-23		Location	Moderator
7:45-8:15	Group walk from hotel to Rizzoli (optional)	Hotel Roma	
8:00-8:4	Registration, tea & coffee	Marchetti conference hall	
8:40-9:0	Welcome	Marchetti conference hall	
Local welcome: Claudio Belvedere, Lisa Berti; Dr. Milena Fini, Director of the Rizzoli Scientific Department (15' )			
IPFRN welcome: iPFRN Executive Board (5')			
	Keynote Address	Marchetti conference hall	David Bazett-Jones
9:00-10:00	<b>Prof Stefano Zaffagnini &amp; Prof Maria Grazia Benedetti</b>		
10:00-10:2	Discussion & question		
10:20-10:5	Networking break	Marchetti conference hall	
Session 1	8-minute Orals - PF Cartilage and Post-Surgical Impact	Marchetti conference hall	TBD
10:50-12:00	Claudio Belvedere	Fiber Elongation in Surgically-Treated Patellar Instability. Comparison between Assessments based on Conventional and Weight-Bearing Computed Tomography	
	Rudi Hansen	Do patients with patellofemoral pain have increased subchondral metabolic activity?	
	Joshua Stefanik	Anterior Knee Pain is Associated with 2-year Compartment Specific Patellofemoral Cartilage Worsening : The MOST Stud	
	Christopher Powers	Patellofemoral Joint Stress in Persons Who Have Undergone ACL Reconstruction	
	Michelle Boling	Is Patellofemoral Joint Loading during Gait Associated with Articular Cartilage Compositional Changes at the Patellofemoral Joint following ACL Reconstruction?	
	Harvi Hart	Does Knee Flexion Moment Differ Between Females and Males with Patellofemoral Osteoarthritis, And Is It Associated with Patellofemoral Joint Related Symptoms?	
	Kay Crossley	Associations of Surrogate Measures of Knee Load With Symptoms and Function, and the Effect of Patellofemoral Osteoarthritis Disease Severit	
12:00-13:0	Lunch	Marchetti conference hall	
Session 2	8-min Orals - Biomechanics	Marchetti conference hall	TBD
13:00-13.1	Welcome from Alberto Leardini (ISB)		
13:10-14:10	Lori Bolgia	Is Patella Position or Knee Kinematics Associated with Inflammatory Biomarkers in Females with Patellofemoral Pain	
	Lisa Hoglund	Males with Patellofemoral Pain Have Decreased Knee Adduction Angles During Weight-Bearing Task	
	Brian Noehren	Where do people with Patellofemoral Pain experience pain during squatting?	
	Neal Glaviano	Vertical Ground Reaction Forces are Not Associated with Physical Activity Level in Individuals with and without Patellofemoral Pain	
	Danilo De Oliveira Silva	A Comparison of Movement Patterns of Normal and Overweight People with Patellofemoral Pain during a Step-Down Task	
	Natanael Batista	Clinical- and Laboratory-Based Measures of Postural Control in Individuals with and without Patellofemoral Pain	
14:10-14:40	Networking break		
Session 3	8-min Orals - Systematic Reviews	Marchetti conference hall	
14:40-15:40	Gamze Arin Bal	Novel Assessment Technologies in Patellofemoral Pain Patients: A Scoping Review	
	Sungwan Kim	Physical Activity Levels in Individuals with Patellofemoral Pain: A Systematic Review and Meta-Analysis	
	Natanael Batista	Postural Control in People with Patellofemoral Pain: A Systematic Review with Meta-analysis	
	David Bazett-Jones	Biomechanics during Weight-Bearing Knee Flexion Tasks in People with Patellofemoral Pain: A Systematic Review with Meta-Analysis	
	Marina Waiteman	Is Posterolateral Hip Strength Testing with Portable Dynamometers Reliable and Valid? A Systematic Review with Meta-analysis	
	Saleh Alsaleh	The effects of interventions on local neuromuscular characteristics in patellofemoral pain: a systematic review with meta-analysis	
15:40-16:00	Stretch Break		
16:00-17:00	Group session 1 - Evidence & Gap Map	Marchetti conference hall, Sala de Federalismo, LABMOV Meeting Room	
16.00-16.10	Consensus exercises in patellofemoral pain - Karim Khan (on behalf of Paul Blazey)		
16.10-16.20	Explanation of transition from consensus to E&G map - Marienke van Middelkoop		
16.20-17.00	Discussion, Q&A		
17:00-18:30	Welcome Drinks	TBD	

7-Jun-23		Location	Moderator
7:00-7:30	Group walk from hotel to Rizzoli (optional)	Hotel Roma	
7:30-8:00	Tea & coffee	Marchetti conference hall	
Session 4		8-min Orals - Clinical Outcomes	Marchetti conference hall
8:00-9:00	Manuela Besomi	Outcome Measures as Indicators of Health-related Domains measured in People with Patellofemoral Pain: A Preliminary Report of a Scoping Review	TBD
	Danilo De Oliveira Silva	Are There Clinical Differences Between People with Unilateral and Bilateral Patellofemoral Pain?	
	Timothy Gilgallon	Physical Activity Levels are Moderately Associated with Pain Self-Efficacy in Individuals with Patellofemoral Pain	
	Ronaldo Briani	Is Self-Reported Symptom Duration in Individuals with Patellofemoral Pain an Accurate Measure?	
	Danilo De Oliveira Silva	Knee Crepitus is Related to Patellofemoral Symptoms in Runners with a History of Knee Surgery	
	Henrik Riel	Development of a clinical support tool for better Management of Adolescent knee Pain (The MAP-Knee Tool)	
9:00-9:15	Stretch break	Marchetti conference hall	
Session 5		8-min Orals - Patient Experience and Psychological Outcomes	Marchetti conference hall
9:15-10:05	Lilium Priore	Perspectives about the first knee pain experience. A qualitative longitudinal study	
	David Bazett-Jones	Relationships of Pressure Pain Thresholds, Kinesiophobia, and Quadriceps Strength with Sagittal Plane Knee Biomechanics During Squatting in People with Patellofemoral Pain	
	Brian Eckenrode	Change in Behavioral and Psychological Traits and Their Relationship to Pain Sensitivity in Females with Chronic Patellofemoral Pain	
	Ronaldo Briani	Do Physical and Psychological Outcomes of Patellofemoral Pain Change Over 15+ Months in Those Whose Pain Does Not? A Prospective, Natural History Investigation	
	Harvi Hart	Sex-Related Differences in Fear of Movement and Knee Confidence and Their Associations with Pain, Function and Quality of Life in Patellofemoral Osteoarthritis	
10:05 - 10:20	Stretch break	Marchetti conference hall	
10:20-12:20	Group session 2 - Break-out sessions, E&G exercise	Marchetti conference hall, Sala de Federalismo, LABMOV Meeting Room	
12:20-13:30	Lunch	Marchetti conference hall	
	Keynote Address	Marchetti conference hall	Erin Macri
1:30-2:30	<b>Dr. Mel Holden &amp; Dr. Adele Higginbottom</b>		
2:30-2:50	Discussion & questions		
2:50-3:00	Halfway point - review plans for afternoon/ evening	Marchetti conference hall	Claudio Belvedere
15:00	(Free Time - Bologna tour/walk) - TBA		
19:00	Dinner Banquet		

8-Jun-23		Location	Moderator
7:00-7:30	Group walk from hotel to Rizzoli (optional)	Hotel Roma	
7:30-8:00	Tea & coffee	Marchetti conference hall	
Session 6	8-min Orals - Adolescents	Marchetti conference hall	TBD
8:00-9:10	Rosemarijn van Paassen	Semi-automatic segmentation of the knee on MR images of 13-year old children	
	Guido van Leeuwen	The Incidence and Management of Patellofemoral Pain in Children and Adolescents in Dutch General Practice	
	Chris Djurtoft	How do we explain Patellofemoral Pain and other non-traumatic knee conditions to adolescents? A multiple-method study to develop credible explanations.	
	Sinead Holden	Exploring the pain and disability continuum in adolescents with patellofemoral pain: A mediation analysis using individual participant data of prospective studies.	
	Michael Skovdal Rathleff	From adolescence to adulthood: 10-year follow-up of patellofemoral and other types of knee pain – a prospective cohort study	
	Natalie Mazzella	The immediate effects of a flat, flexible school shoe on patellofemoral joint loads and pain during walking and running in adolescents with patellofemoral pain	
	Michael Skovdal Rathleff	Good short-term effect of self-management rehabilitation is associated with a long-term successful outcome in adolescents with Patellofemoral Pain and Osgood-Schlatter	
9:10-9:20	Stretch Break	Marchetti conference hall	
Session 7	8-min Orals - Neuromuscular Outcomes	Marchetti conference hall	TBD
9:20-10:10	Saleh Alsaleh	Building, and reliability testing, a local neuromuscular deficits-detection protocol from meta-analysis: a proposed method	
	Natanael Batista	Altered neuromuscular function of the quadriceps and gluteal musculature in individuals with patellofemoral pain	
	David Selkowitz	Comparison of Electromyographic Activity between the Gluteal Muscles and Tensor Fascia Lata in Persons with Patellofemoral Pain: Evaluation of Selected, Hip-Focused Exercises Using Indwelling Fine-Wire Electrodes	
	Miguel Farraj	Hip Abductors Strength and Endurance in Individuals with Recent and Long-standing Patellofemoral Pain	
	Sungwan Kim	MRI Analysis of Superficial and Deep Lower Extremity Muscle Volume in Women with Unilateral or Bilateral Patellofemoral Pain	
10:10-10:30	Networking break	Marchetti conference hall	
10:30-12:30	Group session 3 - Reconvene, share and develop group E&G map protocols	Marchetti conference hall, Sala de Federalismo, LABMOV Meeting Room	
12:30-13:30	Lunch	Marchetti conference hall	
Session 8	8-min Orals - Best Pandemic Paper Prize	Marchetti conference hall	Karim Khan
13:30-14:00	Ronaldo Briani		
	Bradley Neal		
	Award announced		
14:00-15:00	Group session 4 - Visioning for the future	Marchetti conference hall, Sala de Federalismo, LABMOV Meeting Room	
15:00-15:30	Networking break	Marchetti conference hall	
Session 9	8-min Orals - Management/Interventions	Marchetti conference hall	TBD
15:30-16:30	Bradley Neal	A best practice guide for patellofemoral pain: synthesising systematic review with meta-analysis, the patient voice, and expert clinical reasoning	
	Chan Yoon	Multidisciplinary Digital Therapeutics for Patellofemoral Pain Syndrome Versus Usual Care: a randomized controlled study	
	Natalie Mazzella	A randomised, assessor-blinded, parallel group feasibility trial of flat, flexible school shoes for adolescents with patellofemoral pain.	
	Jenevieve Roper	An Examination of Predicted Running Performance After Gait Retraining in Runners With Patellofemoral Pain	
	Brian Eckenrode	Effects of High Frequency Strengthening on Pain Sensitivity and Function in Female Runners with Chronic Patellofemoral Pain	
	Rudi Hansen	Quadriceps or Hip Exercises for Patellofemoral Pain? A Randomized Controlled Equivalence Trial	
16:30-16:45	Conference Closing Comments		iPFRN Executive Board & Local Planning Committee