



SPORTS
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LONDON SPORTS MEDICINE SUMMIT

THE SCIENCE BEHIND OPTIMUM PERFORMANCE

 Friday, October 9th, 2026

 The Royal Institution, London, UK

8:15am – 9:00am
ATTENDEES REGISTRATION

9:00am – 9:30am
WELCOME SPEECH

Imperial College
London

Prof James Calder



Dr Allen Sills

SESSION 1 (9:00AM – 10:30AM)

INTRODUCTION & NEW TECHNOLOGIES TRANSFORMING SPORTS MEDICINE

9:30am

NEW TECHNOLOGIES TRANSFORMING SPORTS MEDICINE

TOPICS

- Immersive technologies in elite sport
- Advances in diagnostics – AI, imaging and wearable technology (including mouthguards)
- Interactive technologies and athlete communication, engagement and rehabilitation

HOST

- Ana Blanquart or James Calder

PANELISTS

- NVIDIA 
- Prof Sir Leszek Borysiewicz – University of Cambridge 
- Dr Niko Mihic – Real Madrid 
- Athlete (TBD)

10:30am – 11:00am

COFFEE BREAK / VISIT OF SPONSORS

SESSION 2 (11:00AM – 12:30PM)

WOMEN'S HEALTH IN SPORT

11:00am

WOMEN'S HEALTH IN SPORT

TOPICS

- The athlete's perspective
- Hormonal health and performance
- Pelvic health
- Bone health, RED-S and injury prevention
- SRV testing
- Translating knowledge to grassroots sport

HOST

- Charlotte Cowie – British Olympic Association



PANELISTS

- Dr Cinzia Ziener – FC Bayern Munich 
- Dr Kate Hutchings – UK Sports Institute 
- Dr Suzanne Scott – King's College London 
- Gráinne Donnelly – University of Ulster 

12:30pm – 1:15pm

LUNCH / VISIT OF SPONSORS

SESSION 3 (1:15PM – 2:00PM)

CUTTING EDGE NUTRITION & DIAGNOSTICS

1:15pm

CUTTING EDGE OPTIMISATION OF NUTRITION & DIAGNOSTIC SUPPORT

TOPICS

- Precision nutrition and metabolic profiling
- Nutrition to support recovery, sleep and performance
- Supplements: evidence versus hype
- The role of AI and continuous monitoring in athlete nutrition
- Nutrition across the female athlete lifecycle

HOST

- TBD

PANELISTS

- Nikolina Lauc – Glycanage 
- Rachel Clarkson- The DNA Dietitian 
- Andreas Kasper – FSI Training 
- Efrém Kamen – Columbia University 

SESSION 4 (2:00PM – 3:00PM)

TRAUMATIC BRAIN INJURY (TBI) IN SPORT

2:00pm

TRAUMATIC BRAIN INJURY (TBI) IN SPORT

TOPICS

- Blood and saliva biomarkers
- Specific issues of TBI in women
- Coachable prevention of TBI in football
- Acute management and return to play
- Long-term brain health, neuroprotection and research frontiers

HOST

- Dr Allen Sills – NFL 

PANELISTS

- Doctor TBD – Abbott  **Abbott**
- Matt Adams – Brainscope  **BrainScope**
- Dr Richard Sylvester – ISEH London  **ISEH** INSTITUTE OF SPORT EXERCISE & HEALTH
- Dr Ian Varley – The Football Association 

3:00pm – 3:15pm

TEA / COFFEE

SESSION 5 (3:15PM – 4:15PM)

REHABILITATION & RETURN TO PERFORMANCE

3:15pm

REHABILITATION & RETURN TO PERFORMANCE

TOPICS

- Technology-assisted rehabilitation
- Sleep as a rehabilitation tool
- The future of return-to-play monitoring

HOST

- Dr Stefano Mazzoni – AC Milan 

PANELISTS

- NVIDIA 
- Dr Florent Aziri – Swiss Association of Football Players 
- Dr Enda King – Aspetar 
- Alen Juginovic – Harvard Medical School 

SESSION 6 (4:15PM – 5:15PM)

MUSCLE & BONE STRESS INJURIES

4:15pm

MUSCLE & BONE STRESS INJURIES

TOPICS

- Innovation in the diagnosis and management of muscle injuries
- Coaching and prevention of stress fractures
- Treatment controversies (e.g. indications for teriparatide/Forteo)

HOST

- Dr Jo Larkin – Fortius Clinic 

PANELISTS

- Dr Justin Lee – Fortius Clinic 
- Dr Kris Jones – Los Angeles Lakers 
- Dr Peter Allway – England and Wales Cricket Board 
- Dr Noell Pollock – Institute of Sport, Exercise and Health 

5:15pm – 5:45pm

AUDIENCE Q&A AND TAKEAWAYS FOR CLINICAL PRACTICE

TEAMS REPRESENTED



FIFA



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