



SPORTS DOCTORS NETWORK CONFERENCE

KUWAIT 2026



JANUARY 29, 2026

THEME

FOOTBALL INJURIES — FROM PITCH TO RECOVERY



AL-SHAHEED PARK, VENUE PHASE 2



11:00AM - 7:00PM

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10:30am - 11:00am

Registration

11:00am - 11:15am

Opening Ceremony & Welcome Remarks

- Conference Chair

11:15am - 12:15pm

SESSION 1 - Player Safety & Injury Risk Prevention

12:30pm - 2:10pm

SESSION 2 - Orthopaedic Injuries In Football:
From Groin To Ankle

3:40pm - 5:05pm

SESSION 3 - ACL & Meniscus Tears: From Injury
To The Pitch

5:20pm - 6:50pm

SESSION 4 - Field Medicine

6:50pm - 7:00pm

Closing Remarks

SESSION 1

(11:15am - 12:15pm)

PLAYER SAFETY & INJURY RISK PREVENTION

11:15am - 11:30am

Cardiac Screening & Sudden Cardiac Death Prevention in Football

(Dr. David Porter - Former Head Of Sports Medicine, Chelsea FC)



11:30am - 11:45am

Calf Muscle Sprain Injury: Rehabilitation in Football

(Dr. Quentin Vincent - Chief Medical 1st Team PSG)



11:45am - 12:00pm

Concussion in Football: Diagnosis, Protocols, and RTP Decisions

(Dr. Niko Mihić - Director Of Health, Real Madrid CF)



12:00pm - 12:15pm

Managing Spine Injuries in Sports

(Dr Abdulaziz Almutair - Orthopedic Surgery & Spine Surgery Consultant)

12:15pm - 12:30pm

Coffee Break

SESSION 2

(12:30pm - 2:10pm)

ORTHOPAEDIC INJURIES IN FOOTBALL: FROM GROIN TO ANKLE

12:30pm - 12:45pm

Groin pain: Is it sports hernia?

(Dr. Lieven Maesschalck - Doctor Of Physiotherapy )

12:45pm - 1:00pm

Hamstring injuries: How common is it?

(Dr. Nasser Alnusif - Shoulder, Elbow & Sports Orthopedic Senior Specialist)

1:00pm - 1:15pm

High-Ankle Sprains & Syndesmotic Injuries: When to Operate?

(Dr. Manfred Thomas - European Foot & Ankle Society President )

1:15pm - 1:30pm

Role of Radiology in Sports Medicine

(Dr. Hatem Sallam MD - Consultant Radiologist, ARKAN Clinic )

Panel Discussion:

1:30pm - 2:10pm

“Rehabilitation to Match Readiness — The Team Approach”

Panelists:

- Dr. Niko Mihić - Director Of Health, Real Madrid CF
- Dr. David Porter - Former Head Of Sports Medicine, Chelsea FC
- Dr. Abdulaziz Abass - Orthopedic And Sports Medicine And Arthroscopy Senior Specialist
- Dr. Leivan Maesschalck - Doctor Of Physiotherapy

2:10pm - 3:40pm

Break

SESSION 3

(3:40pm - 5:05pm)

ACL & MENISCUS TEARS: FROM INJURY TO THE PITCH

3:40pm - 3:55pm

ACL Injuries in Elite Footballers: Current Surgical Trends
(Kuwait)

(Dr. Mohammad Jawad, Orthopedic And Sports Medicine And Arthroscopy Consultant)

3:55pm - 4:10pm

Managing Complex Meniscal Tears in the Professional
Athlete

*(Dr. Salamah Ayyad - Senior Orthopedic Surgery Specialist - Lower Limb Arthroplasty
And Sports Surgery)*

4:10pm - 4:25pm

Return to Play: Timing after ACL reconstruction/Meniscus
Surgeries in Footballers

(Andrea Luppi - Return To Play Specialist  *)*

Panel Discussion:

4:25pm - 5:05pm

“ACL & Meniscus Surgeries — Timing, Surgical
considerations”

Panelists:

- Dr. Nasser Alnusif - Shoulder, Elbow & Sports Orthopedic Senior Specialist
- Dr. Anwar Ali - Orthopedic Surgeon Consultant, Sports Medicine & Joint Replacement
- Dr. Quentin Vincent - Chief Medical 1st Team PSG
- Andrea Luppi - Return To Play Specialist

5:05pm - 5:20pm

Break

SESSION 4

(5:20pm - 7:00pm)

FIELD MEDICINE

5:20pm - 5:35pm

Sideline Assessment & Acute Injury Management :
Medical Emergencies on the Field: Real Case Scenarios

(Dr. Niko Mihić - Director Of Health, Real Madrid CF )

5:35pm - 5:50pm

Instability around the shoulder in athletes

(Dr. Abdulaziz Khurshid - Orthopaedic Sports Medicine, Shoulder & Elbow Surgery)

5:50pm - 6:05pm

PRP / Biologics when is it needed

(Dr. Mansour Sadeqi - Orthopedic Surgeon)

Panel Discussion:

6:10pm - 6:50pm

PRP/Biologics: Is there scientific evidence?

Panelists:

- Dr. David Porter - Former Head Of Sports Medicine, Chelsea FC
- Dr. Manfred Thomas - European Foot & Ankle Society President
- Dr. Mansour Sadeqi - Orthopedic Surgeon
- Dr. Abdulaziz Khurshid - Orthopaedic Sports Medicine, Shoulder & Elbow Surgery.

6:50pm - 7:00pm

Closing Remarks