SPORTS DOCTORS NETWORK

Player first!



THE MEDICINE BEHIND OPTIMIZATION

XV SPORTS MEDICINE GLOBAL SUMMIT

THE BERNABEU, MADRID, SPAIN

Thursday, November 5th, 2026

Special appearance

DENZEL DUMFRIES

8:00am – 8:30am

ATTENDEES REGISTRATION

8:30am – 9:30am

OPENING & WELCOME

TOPICS

- Welcome
- Brief Introduction to Sports Doctors Network
- Sports Medicine: Promoting Exercise and a Healthy Lifestyle – Keynote from the Mayor

SPEAKERS

- Dr. Niko Mihic — CMO Real Madrid CF
- José Luis Martinez Almeida — Alcalde de Madrid
- Emilio Butragueño — Director of Institutional Relations Real Madrid CF
- Talia Lazarus — Presenter & Broadcaster

PANEL 1 (9:30AM - 10:15AM)

PLAYER FIRST!

TOPICS

- Injury prevention and predictive medicine; availability vs performance
- Keeping elite athletes healthy without holding them back; TBI and mental health
- Technology, data and AI; medical independence vs competitive pressures

MODERATOR

- Talia Lazarus — Presenter & Broadcaster

PANELISTS

- Dr. Allen Sills — CMO NFL
- Dr. Niko Mihic — CMO Real Madrid CF
- Dr. Jim Ellis — CMO of College Football Playoff and NFL Medical Director for International Series Games

PANEL 2 (10:15AM – 11:00AM)

WOMEN IN SPORTS MEDICINE: CLOSING THE EVIDENCE & CARE GAP

TOPICS

- ACL injury prevention; menstrual cycle and performance; hormonal contraception
- Pregnancy and postpartum athletes; pelvic and breast health; bone health
- Female-specific concussion considerations and rehabilitation · Correcting historic male-centered evidence gaps

INTRODUCTION

- Sonia Cea — City Councilor of Sports

MODERATOR

- Dr. Lucia Costafreda — Head Doctor Academy Atlético de Madrid CF

PANELISTS

- Dr. Maryia Roshchyn — Head Doctor Real Madrid Women First Team
- Dr. Cinzia Zehnder — Internal Medicine, Former player Bayer Munich, Swiss National Team
- Dr. Ivana Maric — Pokazi Srce

11:00am – 11:15am

COFFEE BREAK/ SPONSORS VISIT

PANEL 3 (11:15AM – 12:30PM)

TRAUMATIC BRAIN INJURY: DIAGNOSIS, TREATMENT & FOLLOW-UP CARE

TOPICS

- Latest concussion diagnosis and management; head-impact monitoring
- Acute assessment vs long-term brain health; return-to-play and return-to-learn
- Recurrent concussion; cervical spine considerations
- Biomarkers and advanced neuroimaging

MODERATOR

- Dr. Javier Cardenas — Chair NFL Head, Neck and Spine, Chair WVU Rockefeller Neuroscience Institute

PANELISTS

- Dr. Andy Russel — CMO Williamson Health, NFL consultant
- Dr. Bret Betz — Head Doctor Cincinnati Bengals
- Matt Adams — CEO, BrainScope
- Dr. Florent Aziri — CMO Swiss AFP, University of Zurich

PANEL 4 (12:30PM – 1:15PM)

THE NEXT ERA OF SPORTS MEDICINE: FROM TREATMENT TO PREVENTION

TOPICS

- Reactive to predictive medicine; advances in injury prevention
- Can workload, biomechanics and individual athlete data predict injury?
- Translating research into the training room; lessons for community and youth sport
- One thing sports medicine should stop doing / one thing it should start doing

MODERATOR

- Dr. Prabath Lodewijks — CMO FC Utrecht

PANELISTS

- Julie Kruessel — Atlanta Falcons, Athletic Trainer
- Dr. Jose Maria Villalon — CMO Atlético de Madrid
- Dr. Ben Cowin — Clinical Director Nice Recovery
- Dr. David Porter — CMO Opus · Former CMO Chelsea
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1:15pm – 1:45pm

LUNCH BREAK & SPONSORS VISIT

PANEL 5 (1:45PM – 2:30PM)

FUELING PERFORMANCE: NUTRITION, RECOVERY & METABOLIC HEALTH

TOPICS

- Personalized sports nutrition; protein / carbohydrate / hydration / electrolytes / strategies
- Relative energy deficiency in sport; supplements — what actually works?
- Gut health and performance; body composition without compromising health
- Nutrition during injury rehabilitation
- Are we optimizing athletes for performance — or accidentally for injury?

MODERATOR

- Rachel Clarkson —The DNA Dietitian, London UK

PANELISTS

- Dr. Javier Suela — Geneticist Hospital de Sanitas
- Dr. Andreas Kasper — Nutritionist Newcastle Football Club
- Dr. Alberto de Lorenzo — Nephrologist HM Hospital Group

PANEL 6 (2:30PM – 3:15PM)

FROM THE TRAINING ROOM TO THE OPERATING ROOM: ADVANCES IN MSK CARE & RETURN TO PLAY

TOPICS

- Advanced surgical reconstruction
- Tendon injuries; minimally invasive surgery; robotics
- Personalized rehabilitation; objective return-to-play testing; preventing the second injury
- When is the athlete medically ready — and who gets to decide?

MODERATOR

- Dr. Pieter D´Hooghe — CMO Fortius Clinic

PANELISTS

- Dr Paula Perez — Medical Advisor, INDIBA
- Dr Zafar Iqbal — Consultant in Sports Medicine at Cleveland Clinic
- Dr. Philipp Ehrenstein — First Team doctor Bayer Leverkusen
- Lieven Maesschalk — Physical Therapist, Move to Cure

3:15pm – 3:30pm

COFFEE BREAK/ SPONSORS VISIT

PANEL 7 (3:30PM – 4:15PM)

THE ATHLETE MIND: MENTAL HEALTH, RESILIENCE & PERFORMANCE

TOPICS

- Depression and anxiety in elite athletes; mental health during injury; burnout
- Performance anxiety; sleep; substance use; transition out of professional sport
- Building psychologically safe teams; athlete identity
- When does performance psychology become mental healthcare?

INTRODUCTION

Alberto Tomé — Director General of Sports of the Community of Madrid

MODERATOR

- Dr. Jason Wersland — Founder Therabody

PANELISTS

- Soraja Bajat — Director Mental health unit Sanitas Hospitals
- Dr. Alen Juginovic — Harvard Medical School Sleep Researcher
- Paula Ordovas — Entrepreneur, digital content creator
- Abdulaziz Alrashed — Founder Revive

PANEL 8 (4:15PM – 5:00PM)

AI, WEARABLES & THE DIGITAL ATHLETE: TRANSFORMING MEDICAL DECISION-MAKING

TOPICS

- AI and predictive analytics; wearable sensors and continuous monitoring
- Digital twins / the "digital athlete"
- Computer remote monitoring; can algorithms outperform clinicals?
- Privacy, data ownership and athlete consent
- Will the future team physician have a dashboard before they have a patient?

MODERATOR

- Juan Manuel de Remedios — Partner White & Case LLP WHITE & CASE

PANELISTS

- Pablo Crespo — General Secretary Fenin
- Dr. Carl-Henrik Heldin — Nobel Prize Chairmen Emeritus
- Professor Efrem Kamen — CEO ARQ, New York, NY ARQ

5:00pm – 5:15pm

CLOSING REMARKS

- Dr. Niko Mihic — CMO Real Madrid CF

TEAMS REPRESENTED

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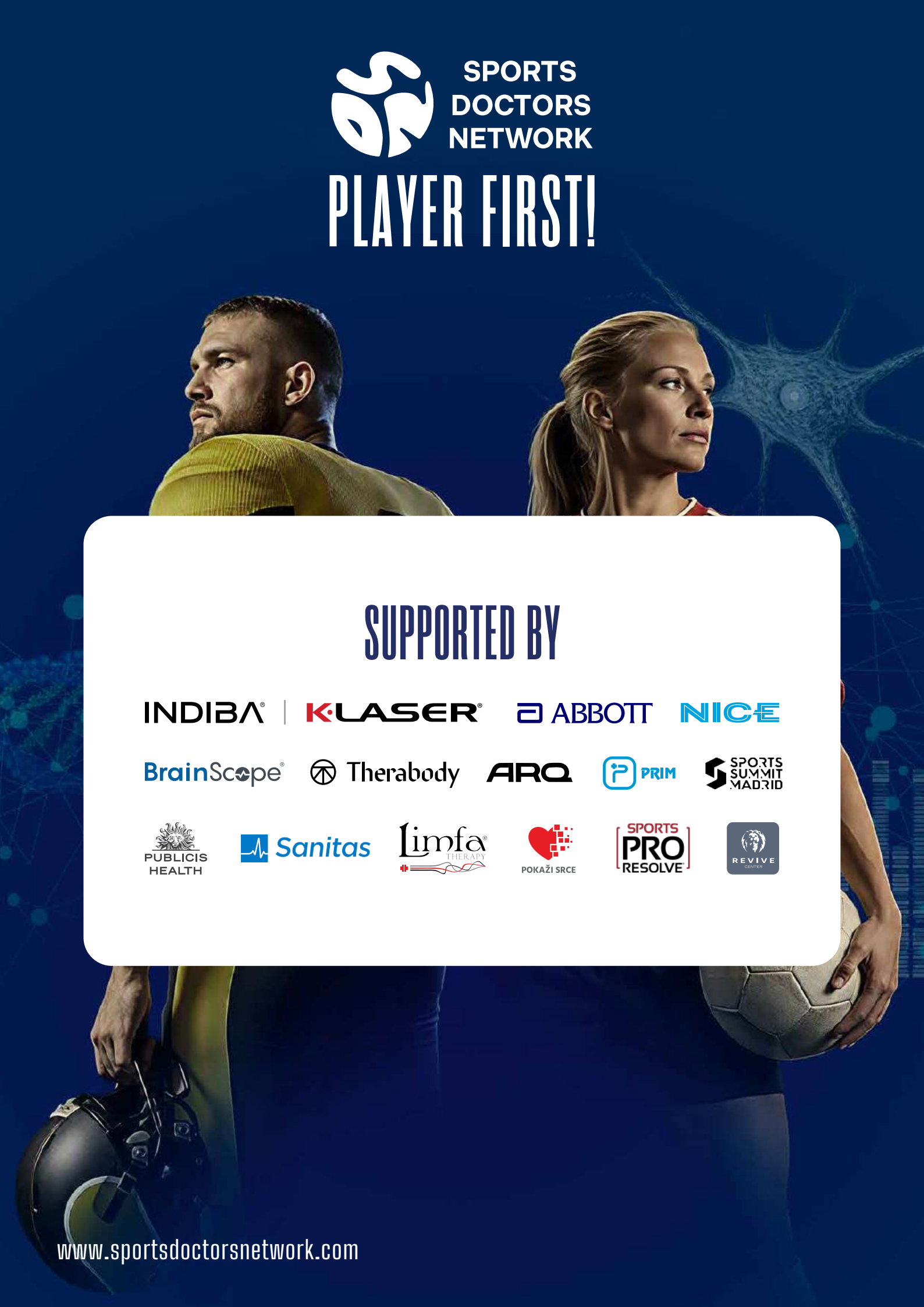

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