



3rd ISSEMCON

Indian Society of Sports and Exercise Medicine

In Collaboration with:

Indian Federation of Sports Medicine (IFSM)

FROM SIDELINE TO SPOTLIGHT:

EVIDENCE, INNOVATION AND EXCELLENCE IN SPORTS MEDICINE

11th-12th April, 2026 | Pre-conference Workshop on 10th April 2026

Pre Conference Venue:

♀ Sports Injury Centre, VMMC & Safdarjung Hospital

Conference Venue:

♀ NDMC convention centre

Registration starts at 8:00 AM onwards at the 8th Floor Seminar Hall

12:30 to 01:30 PM - Inauguration

01:30 PM to 02:00 PM ICMR lecture by ICMR Expert

02:00 to 03:00 PM - Lunch (8th Floor Seminar Hall)

Biomechanics Workshop

🕒 9 AM TO 5 PM (Full Day)

♀ Biomechanical Lab, SIC

Learning Objectives

- Gait analysis
- Posture analysis
- Vertical jump profiling
- Foot posture analysis

Sideline Emergency and on Field Care

🕒 1:30 PM TO 5 PM (POST-LUNCH)

♀ 8th Floor, Seminar Hall, SIC

Learning Objectives

Familiarisation to lead or assist medical staff with an airway issue utilising available equipment and manual manoeuvres. -Performs effective CPR 30:2 and safe application of AED with a team of learners understanding the team effort required to perform effective CPR. -Understands the application of the A-E approach (recognition and central pulse check). -Equipment familiarisation of extrication devices and the ability to perform MILS and a log roll under guidance. -Equipment familiarisation of splint devices and the ability to assist medical staff/ambulance crew with application. -Has an understanding of Cardiac Arrest and the Chain of Survival

Return to Sports Workshop

🕒 9 AM TO 12:30 PM (PRE-LUNCH)

♀ 9th Floor, Performance Lab, SIC

Learning Objectives

- Post op Shoulder (Bankart repair, rotator cuff repair)
- Post op knee (ACL Reconstruction, PCL reconstruction, Meniscus repair, multiligament reconstruction)

Musculoskeletal Ultrasound Workshop

🕒 1:30 PM TO 5 PM (POST-LUNCH)

♀ 8th Floor, Dry Lab

Learning Objectives

- Shoulder (rotator cuff scanning, biceps tendon assessment, SASD bursa evaluation, labral tear evaluation)
- Knee (quadriceps, patellar tendon pathology, ACL, MCL, LCL visualization, prepatellar bursitis & fat pad assessment) Foot & Ankle (Achilles tendon structure and tendinopathy, peroneal tendon and dynamic subluxation, planter fascia thickness and pathology)
- Make Foot and Ankle
- Hip & Gluteal Region Scanning

Cracking the Concussion Code: A Hands-On Workshop for Post-Concussion Evaluation

🕒 9 AM TO 12:30 PM (PRE-LUNCH)

♀ 8th Floor, Seminar Hall

Learning Objectives

A comprehensive case-based and practical workshop focusing on sports-related concussion designed to bridge the gap between theory, on-field decision-making and safe return-to-play protocols. This workshop integrates sports medicine and sports psychology perspectives making it highly relevant for clinicians working with athletes at all levels.

Clinical Exercise Physiology: From Disease Centred to Health Orientated Practice

🕒 9 AM TO 5 PM (Full Day)

♀ Conference Room, 8th floor

Learning Objectives

- Physical Activity Guidelines, Position Statements and Clinical Guidelines
- Exercise Testing Protocols and Equipment
- Patient Reported Outcome Measures
- Cardiopulmonary Exercise Testing and Its Practical Application
- Motivational Interviewing and Clinical Engagement
- Principles of Exercise Prescription – General Populations
- Principles of Exercise Prescription – Clinical Populations
- Case Study Practical Session
- Clinical Exercise Physiologist - Standards, Scope of Practice and International Examples
- Revision of Key Learnings

SCAN TO REGISTER

