PROGRAMMA

ISTITUTO AUXOLOGICO ITALIANO
Istituto di ricovero e cura a carattere scientific

con il patrocinio di

SIMFER
SOCIETÀ ITALIANA DI MEDICINA FISICA E RIABILITATIVA
The Italian Society of Physical and Rehabilitation Medicine

WHOLE-BODY CRYOSTIMULATION

AN UPDATE ON THE LATEST RESEARCH AND CLINICAL USE

Milan, 2nd december 2022

Sala Convegni, 8° piano
Ospedale San Luca, piazz.le Brescia 20

BioMedia
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WHOLE-BODY CRYOSTIMULATION
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INTRODUCTION

The current use of Whole-Body Cryostimulation (WBC) is mostly limited to sport-related injuries and rheumatologic conditions. In this conference, a panel of international leading experts in the field will review the state-of-the-art of the molecular and clinical effects of WBC and will provide recommendations for its use in different medical conditions (sports-related, rheumatologic, post/long-Covid symptoms, fibromyalgia, obesity and diabetes, psychiatric, sleep, multiple sclerosis, Parkinson disease). Despite growing scientific evidence of its effectiveness, WBC remains at present a novel approach in the clinical setting. The lectures will present cutting-edge research studies, provide the latest indications for safe use of WBC in different medical conditions and address both clinicians and researchers/postgraduate students.

SCIENTIFIC DIRECTOR:

Prof. Paolo Capodaglio - Medicina Fisica e Riabilitazione - Università degli Studi di Torino

SPEAKERS:

Roman Bouzigon, Besançon, France

Raffaella Cancello, Milan, Italy

Paolo Capodaglio, Milan, Italy

Saverio Cinti, Ancona, Italy

Riccardo Cremascoli, Turin, Italy

Benoit Dugué, Poiters, France

Giovanni Lombardi, Milan, Italy

Daniela Lucini, Milan, Italy

Elzbieta Miller, Warsaw, Poland

Ewa Ziemann, Poznań, Poland

PROGRAM

I SESSION
Chairs: R. Cancello, B. Dugué

11.00 **What do we talk about when we talk about Whole-Body cryostimulation**
B. Dugué

11.45 **Cellular cold perception: receptors and pathways**
R. Cancello

12.00 **Perspectives in the treatment of obesity and diabetes**
S. Cinti

12.30-13.00 Questions & Answers

13.00 Light Lunch

II SESSION
Chairs: P. Capodaglio, G. Lombardi

14.00 **Evidence-based clinical effects**
G. Lombardi

14.30 **The polish experience**
E. Ziemann

15.00 **WBC in neurological conditions**
E. Miller

15.30 **WBC: a booster for rehabilitation of frail patients?**
P. Capodaglio, R. Cremascoli, D. Lucini

16.30 **The potential benefits of repeated Whole-body cryostimulation exposures in sport related tendinopathies – A scientific study protocol proposal**
R. Bouzigon

17.00 **Round Table**
Cutting-edge research and protocols definition

17.30-18.00 Questions & Answers

18.00 Closing remarks

GENERAL INFORMATION

MEETING VENUE

Sala Convegni (8° Floor)
Ospedale Auxologico San Luca
Piazzale Brescia 20 - Milano
How to reach the venue: https://www.auxologico.it/sedi/auxologico-san-luca

REGISTRATION FEES

Free participation

The fee includes:
- access to the Scientific Sessions
- certificate of attendance

Official language of the Course: ENGLISH; Simultaneous translation will be not provided

HOW TO GET REGISTERED

On the website: www.biomedia.net

Once registrations will be over, the online registration form will be replaced by the message: no more registrations available and no waiting list.
Online registration is the only possible way to get registered; requests by phone, fax or email will not be accepted.

CERTIFICATE OF ATTENDANCE

An online certificate of attendance will be available online after the meeting.

CONTINUING MEDICAL EDUCATION (ECM only for Italian participants)

Professional Category:
Biologo, Dietista, Fisioterapista, Infermiere, Medico Chirurgo, Psicologo, Tecnico della Fisiopatologia Cardiocircolatoria e Perfusione Cardiovascolare, Tecnico della Riabilitazione Psichiatrica, Tecnico di Neurofisiopatologia

Disciplines:
Endocrinologia, Igiene degli alimenti e della nutrizione, Malattie metaboliche e diabetologia, Medicina fisica e riabilitazione, Medicina interna, Medicina dello sport, Neurologia, Ortopedia e traumatologia, Patologia clinica (Laboratorio di analisi chimico-cliniche e microbiologia) Psicoterapia, Reumatologia, Scienza dell'alimentazione e dietetica

In order to obtain credits, participants must attend the full educational programme (90% of the meeting) and pass the final learning test available on line on the site www.biomedia.net.

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