



PATRONAGE
**MILAN
LAB**

REDEFINING ATHLETE LONGEVITY

Sports Doctors Network invites you to

INTERNATIONAL SUMMIT ON SPORTS AND LONGEVITY

MILAN - MAY 25, 2026 | I.R.C.C.S. OSPEDALE GALEAZZI - SANT'AMBROGIO
AUDITORIUM - VIA CRISTINA BELGIOIOSO, 173



I.R.C.C.S. Ospedale
Galeazzi - Sant' Ambrogio

Gruppo San Donato



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SESSION

SPEAKERS / ORGANIZATION

9:00 AM MEDIA STATEMENT

**9:30 AM
INSTITUTIONAL GREETINGS
WELCOME & OPENING**

Avv. Attilio Fontana - President of the Lombardy Region
Dr. Alvise Biffi - President Assolombarda
Dr. Niko Mihic - President SDN
Dr. Roberto Crugnola - CEO
I.R.C.C.S. Ospedale Galeazzi -Sant'Ambrogio
Prof. Giuseppe Banfi - Scientific Director
I.R.C.C.S. Ospedale Galeazzi-Sant'Ambrogio
Dr. ssa Elisa Zambito Marsala - Intesa Sanpaolo

10:00 AM



**THE VOICE OF
A CHAMPION:
LUKA MODRIĆ**
AC MILAN MIDFIELDER

“ *Discipline, passion
and longevity:
the journey
of a champion.* ”

**10:10 AM
EVOLUTION OF SPORTS MEDICINE AND LONGEVITY**



Dr. Niko Mihic
Medical Director, Real Madrid CF
President, SDN

**10:30 AM
LONGEVITY IN ELITE SOCCER:
•Managing athletes' careers beyond their prime
•Data-driven medical decision-making
•Balancing performance and preservation**



Dr. Stefano Mazzoni
Medical Director AC Milan - Milan Lab Director

**10:50 AM
BEYOND PERFORMANCE: FINANCIAL LONGEVITY AND POST-
CAREER WEALTH MANAGEMENT**



Dr. Mauro Massironi
CEO TNB Project Azimut Italia

**11:10 AM
CORONARY ATHEROSCLEROSIS IN MASTER ATHLETES**



Prof. Daniele Andreini
I.R.C.C.S. Ospedale Galeazzi - Sant'Ambrogio

**11:30 AM
THERMOREGULATION AND PERFORMANCE OPTIMIZATION**



Dr. Ben Cowin
Indiana State University

11:50 AM
 *Coffee break and network*

**12:10 AM
METABOLIC MARKERS IN SPORTS MEDICINE**



Prof. Giuseppe Banfi
I.R.C.C.S. Ospedale Galeazzi Sant'Ambrogio

**12:30 AM
TRAUMATIC BRAIN INJURY AND AGING**



Dr. Javier Cárdenas
National Football League

**12:50 PM
ADVANCES IN REGENERATIVE SPORTS MEDICINE**



Dr. David Porter
Chelsea FC

**13:10 PM
ROUNDTABLE DISCUSSION
INJURY PREVENTION STRATEGIES TO EXTEND
ATHLETIC CAREERS:
-Prevention of anterior cruciate ligament (ACL)
and tendon injuries
-Eriodizations models
-Development of youngathletes for long-term sustainability**



Dr. R. Sobejano De Pablo
MD Global Expert in Emergency Medicine - Spain
Dr. S. Mazzoni
Medical Director AC Milan - Milan Lab Director
Prof. L.M. Sconfienza
I.R.C.C.S. Ospedale Galeazzi Sant'Ambrogio



Prof. G. Peretti
I.R.C.C.S. Ospedale Galeazzi Sant'Ambrogio
Dr. R. Pozzoni
I.R.C.C.S. Ospedale Galeazzi Sant'Ambrogio

13:40 PM
 *Lunch break*



I.R.C.C.S. Ospedale
Galeazzi - Sant'Ambrogio

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14:40 PM

**NUTRITION IN ACL REHABILITATION IN A FOOTBALL
PLAYER, AN INTERDISCIPLINARY APPROACH**



Dr. Juan Morillas
Paris Saint Germain

15:00 PM



**INTERVIEW
JACOPO RAMÓN**
FOOTBALL PLAYER COMO

“ *The journey,
the lessons,
the future.* ”



Dr. Niko Mihic
Medical Director, Real Madrid CF
President, SDN

15:20 PM

HOW CAN AN ATHLETE RECOVER OPTIMALLY IN 24 HRS

Dr. Paul Biondich
CEO, President pHastr System

15:40 PM

 **Coffee break and network**

16:00

REGENERATIVE SCIENCE IN SPORTS MEDICINE



Dr.ssa Laura De Girolamo
I.R.C.C.S. Ospedale Galeazzi Sant'Ambrogio

16:20 PM

MY DUAL CAREER IN MEDICINE AND FOOTBALL



Dr.ssa Cinzia Zehnder
FC Bayern München

16:40 PM

**MEDICAL EVALUATION OF AN ELITE FOOTBALL PLAYER,
BEFORE DURING AND AFTER COMPETITION**



Dr.ssa Lucia Costafreda
Atlético de Madrid

17:00 PM

**Final discussion
Questions and Answers, Concluding Remarks**

FACULTY

NIKO MIHIC	MD, CFPC, Medical DIRECTOR Real Madrid CF - President, Sports Doctors Network
DANIELE ANDREINI	Head of Cardiology and Cardiac Imaging, University of Milan - I.R.C.C.S. Ospedale Galeazzi - Sant'Ambrogio
GIUSEPPE BANFI	Scientific Director - I.R.C.C.S. Ospedale Galeazzi - Sant'Ambrogio
BEN COWIN	Faculty Member, Indiana State University - Specialist in Thermoregulation, Human Performance & Environmental Physiology
ALVISE BIFFI	President Assolombarda
PAUL BIONDICH	CEO, President Phastr
JAVIER CARDENAS	Chair West Virginia University School of Medicine Department of Neurology, Vice Chair of the NFL Head, Neck & Spine Committee, Traumatic Brain Injury and Aging
LUCIA COSTAFREDA	Sport Psychologist & Expert in Athlete Mental Longevity
ROBERTO CRUGNOLA	Chief Executive Officer - I.R.C.C.S. Ospedale Galeazzi - Sant'Ambrogio
LAURA DE GIROLAMO	Director of Orthopaedic Biotechnology Laboratory and RE.GA.IN Institute - I.R.C.C.S. Ospedale Galeazzi - Sant'Ambrogio
MAURO MASSIRONI	Chief Executive Officer Business - TNB Project Azimut Italia
STEFANO MAZZONI	Medical Director AC Milan - Milan Lab Director
GIUSEPPE PERETTI	Head of University Team of Regenerative Orthopedics (EUORR) - I.R.C.C.S. Ospedale Galeazzi - Sant'Ambrogio
DAVID PORTER	Head of Medical Services, Chelsea FC
ROBERTO POZZONI	Head of Sports Traumatology & Arthroscopic Surgery Unit - I.R.C.C.S. Ospedale Galeazzi - Sant'Ambrogio
LUCA MARIA SCONFIENZA	Head of Diagnostic and Interventional Radiology - I.R.C.C.S. Ospedale Galeazzi - Sant'Ambrogio
ROCIO SOBEJANO DE PABLO	Global Expert in Emergency Medicine & Health Systems España - Medical Director
ELISA ZAMBITO MARSALA	Head of Education Ecosystem and Global Value Programs - Intesa Sanpaolo
CINZIA ZEHNDER	MD and former player for FC Bayern Munich and Swiss National Team



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PARTNERS



I.R.C.C.S. Ospedale
Galeazzi - Sant'Ambrogio
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EXCELSIOR
HOTEL GALLIA
MILAN



QUALITY
SPORT & REHAB



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