MEDICA

MEDICINE + SPORTS CONFERENCE

REGISTER AT
www.medica.de/mmsc2

Speakers include:

Dr. Matthias Maurer
Active Astronaut, European Space Agency ESA

Dr. med. Percy Marshall
Director of Medical & Performance, AFC Bournemouth Football Club

Dr. med. Jens Hinder
Chief Medical Officer of UCI World Team Lidl Trek

Prof. Dr. Dr. med. Christine Joisten
Head of Dept for Exercise and Health Promotion, German Sport University Cologne

Prof. Dr. med. Stefan Isenmann
Director, Hospital for Neurology and Clinical Neurophysiology, GFO Clinics

Prof. Dr. Yannis Pitsiladis
Head of Dept of Sport, Physical Education, and Health at Hong Kong Baptist University, Chair of FIMS

Prof. Dr. med. Mats Börjesson
Professor of Sports Physiology, Gothenburg University, Sweden

Dr. med. Lutz Graumann
Doctor for Sports and Performance Medicine, Chiropractic and Nutritional Medicine

Dr. med. Kerstin Holze
Vice President German Olympic Sports Confederation

and many more.

Meet
Health.
Future.
People.

MEDICA MEDICINE + SPORTS CONFERENCE
18 + 19 NOVEMBER, 2026

+ SPECIAL EVENT **INTERNATIONAL SPORTS PHARMACY SYMPOSIUM // 16 NOVEMBER, 2026**

Düsseldorf, Germany

Information and registration: medica.de/mmsc2

Messe Düsseldorf

14TH MEDICA MEDICINE + SPORTS CONFERENCE

18 + 19 NOVEMBER, 2026 // HALL 4 D.04

The MEDICA MEDICINE + SPORTS CONFERENCE ecosystem was founded in 2013 at MEDICA, the world`s largest medical trade show, with 78,000 visitors and 4,821 exhibitors.

The conference is the leading interdisciplinary exchange platform among international sports medicine and sports science experts, professional athletes, sports tech professionals, and representatives from the sporting goods and healthcare industries. The platform fosters new exchange formats, new sport medical therapies, and innovative products for performance medicine, prevention, recovery and population health management. Leading international experts present the latest findings and innovative approaches.

→ **Page 3 - 12**

Accredited with **10 CME** POINTS

The conference is accredited as a further education event with 10 CME points.

2-DAY TICKET – 189 EUR (excl. VAT) (18+19 November)
Entitles you to entry to all days of the fair plus MMSC conference

+ SPECIAL EVENT

6TH INTERNATIONAL SPORTS PHARMACY SYMPOSIUM

16 NOVEMBER, 2026 // HALL 4 D.04

One full day event focused on developments in pharmacological support for athletes and safe medication use in sports.

→ **Page 13 - 16** **www.medica.de/isps2**

TICKET – 129 EUR // ON SITE 150 EUR (excl. VAT)

MEDICA MASTERCLASSES

17 + 18 NOVEMBER, 2026 // HALL 1 ROOM 15A/15B

The Masterclasses give selected healthcare topics the time and space they deserve. It combines expert knowledge and practical insights with discussion and direct exchange.

→ **Page 17** **www.medica.de/mm2**

MEDICA SPORTS HUB

16 + 19 NOVEMBER, 2026 // HALL 4 G.18

Interactive activity area, where visitors can test innovative sports and health equipment for themselves and exchange ideas with international stakeholders and exhibitors from the field.

→ **Page 18** **www.medica.de/msh2**

Agenda Day 1 // 18 November 2026

13:00	**Conference Welcome**
13:15	**Opening Keynote: How astronauts train for space missions** **Dr. Matthias Maurer** – Active Astronaut, European Space Agency ESA
13:45	**Session 1: Brain health – Optimizing the cognitive dimension in elite sports and a healthier ageing of the brain** **Chair: Prof. Dr. Bettina Wollesen** **Prof. Dr. Thorben Hülsdünker** – Professor in Performance Neuroscience and Sport Neurophysiology, Deputy Head of Sport Department, Head of the Neurophysiology and Motor Control Research Area at LUNEX Luxembourg: **"Train your brain and make it fast – Using stroboscopic eyewear to accelerate visual perception and reaction speed in elite sports"** **Prof. Dr. Nadja Schott** – Chair of the Department of Sport Psychology & Human Movement Science, Institute for Sport & Movement Science, University of Stuttgart, Germany: **"Motor-cognitive performance as a window into brain health in older adults"** **Prof. Dr. med Stefan Isenmann** – Director of the Hospital for Neurology and Clinical Neurophysiology, GFO Clinics Upper Rhine, Head of Commission Stroke Prevention: **"Sports and exercise for the prevention of neurovascular and neurodegenerative diseases"**
15:15	**Session 2: Longevity boosters – Deep-diving into the world of nutrition and supplements** **Chair: Dr. med. Lutz Graumann** **Dr. med. Lutz Graumann** – Doctor for Sports and Performance Medicine, Chiropractic and Nutritional Medicine, Bestselling Author: **"What works, What doesn't – and Who paid for it? A clinician's filter for the supplement gold rush"** **Dr. Wolfgang Brysch** – CEO iuLabs GmbH: **"The role of natural compounds and mitochondrial function in sports performance and longevity"** **Juliane Kupfer** – Head of Performance Nutrition, MYOS Sport & Health GmbH, Professional Golfer: **"Blood doesn't bluff – What years of elite athletes testing reveal about supplements"** **Ashley Anderson** – Sports pharmacy and anti-doping expert, hospital pharmacist with +25 years expertise: **"Findings and summary of the 6th International Sports Pharmacy Symposium"**
16:45	**Networking Coffee Break**
17:00	**Session 3: Guided innovation tour WT Wearable Technologies Show (Hall 12 C31) and MEDICA SPORTS HUB (Hall 4, G18)**
17:45	**Get-Together (MEDICA SPORTS HUB, Hall 4, G18)**

Agenda Day 2 // 19 November 2026

10:25	Welcome Day 2 – MEDICA MEDICINE + SPORTS CONFERENCE
10:30	**Session 4: Exercise is Medicine – Implementing international best practice** **Chair: Prof. Dr. med. Jürgen Steinacker** **Prof. Dr. med. Mats Börjesson** – Professor of Sports Physiology, Institute of Medicine, Gothenburg University, Sweden; Specialist in Cardiology and Internal Medicine; Director of Center for Lifestyle Intervention, Sahlgrenska University Hospital: **"The Gothenburg physical activity on prescription study – experiences from a 5-year intervention"** **Prof. Dr. med. Dr. hc Jürgen Steinacker** – Professor of Medicine at Ulm University, CEO of the Institute for Rehabilitation Research at Ulm University and of the Institute for Post Acute Infectious Diseases Ulm; Specialist for Internal Medicine and Cardiology, Sports Medicine and Rehabilitation Medicine: **"The Global Alliance for the Promotion of Physical Activity – From individuals to populations"** **Dr. med. Kerstin Holze** – Vice President German Olympic Sports Confederation: **"Loneliness as a health risk – Club sports as a way out of loneliness"** **Prof. Dr. Yannis Pitsiladis** – Professor and Head of the Department of Sport, Physical Education, and Health at Hong Kong Baptist University, Member of the IOC Medical and Scientific Commission, Chair of FIMS: **"The role of technology to support prevention in individuals and in populations"**
12:05	**Session 5: The obesity epidemic – Understanding and addressing challenges** **Chair: Prof. Dr. Dr. med. Christine Joisten** **Prof. Dr. Dr. med. Christine Joisten** – Professor for Sports Medicine, Head of Dept for Exercise and Health Promotion, German Sport University Cologne, President German Sports Medicine Association: **"Preventing obesity – A public health challenge"** **Prof. Dr. Klara Brixius** – Professor of the Institute of Cardiovascular Research and Sports Medicine, German Sport University Cologne: **"Sarcopenic obesity – How to navigate weight loss by decreasing body fat mass and simultaneously increasing skeletal muscle mass"**
12:55	**Young Investigator Award 2026 Ceremony** **Chair: Prof. Dr. med. Jürgen Steinacker, German Journal of Sports Medicine**
13:10	Networking Lunch Break

Agenda Day 2 // 19 November 2026

14:00	**Session 6: Peak performance – Transforming performance monitoring and diagnostics of elite athletes with AI, technology and interdisciplinary approaches** **Moderator: Dr. Sonja Sulzmaier** **Dr. med. Percy Marshall** – Director of Medical & Performance, AFC Bournemouth Football Club "From data to decisions – Integrated performance medicine in premier league football" **Dr. med. Jens Hinder** – Chief Medical Officer of UCI World Team Lidl Trek: "Performance and sports medicine in professional cycling" **Dr. Torstein Dalen-Lorentzen** – Senior Research Scientist and Research Manager at SINTEF Digital: "More data, better decisions? Opportunities and pitfalls of wearables in sport and active living" **Dr. Michael Schwenk** – Lecturer in Sports Science at University of Constance, Sports Scientist, Subsequent GmbH: "Humans through the eyes of the computer – AI-based motion analysis from elite sports performance to preventive healthcare applications"
15:45	**Session 7: Game changers – New and upcoming solutions for sports and health** **Moderator: Anna Feyler** **Prof. Dr. Mike Kraus** – Founder & League Director, Soccer League for Overweight People (ÜFL) "Football for people with obesity – From grassroots league to health movement" **Kristin Stahl** – Founder & CEO, KS Institute for Human Biomechanics "Sport is not unisex: Sex-specific training devices meet sensor technology" **Mikkel Kristiansen** – CEO, VentriJect "VO2max in 3 minutes, no exercise – Rethinking cardiorespiratory fitness testing"
16:30	**Summary and Closing Remarks**

REGISTER AT
www.medica.de/mmsc2

Speakers & Expert Committee

Dr. Matthias Maurer — Keynote Speaker

Dr. Matthias Maurer is an ESA astronaut. After periods of study and research in several European countries, he earned his doctorate at RWTH Aachen University and worked in research, project management, and medical technology. In 2010, he joined the European Space Agency (ESA) as a Crew Support Engineer and Eurocom at the European Astronaut Centre (EAC) in Cologne. In 2015, he became a member of the European Astronaut Corps. Following extensive training, including NEEMO underwater training as well as spacecraft and spacewalk training, he launched to the ISS on the Cosmic Kiss mission in 2021. During his six-month spaceflight, he carried out numerous scientific experiments and technology demonstrations.

Prof. Dr. med. Rüdiger Reer — Scientific Head of Program & Expert Committee

Prof. Dr. med. Rüdiger Reer is the Secretary General of the German Sports Medicine Association DGSP, Head of Sports Medicine of Hamburg University, Vice President of EFSMA. He is member of the DGSP, American College of Sports Medicine, the European College of Sport Science and Hamburg Sports Medicine Association. Focus of his research is on spiroergometry of swimmers in performance diagnostics, exercise therapies for different disease patterns. In 2000, he won the International Science Award (ICSSPE) in Clinical Sciences in Brisbane, Australia.

Prof. Dr. med. Mats Börjesson — Speaker

Professor of Sports Physiology, Institute of Medicine, Sahlgrenska Academy, Gothenburg University. Specialist in Cardiology and Internal Medicine. Director of Center for lifestyle intervention, Sahlgrenska University Hospital. Fellow of ESC, ACC, ACSM. Former Chair section of Sports Cardiology, European Society of Cardiology; Swedish Society of Cardiology; Swedish Society of Exercise and Sports Medicine. Current chair of the Swedish Football Association Medical Committee. Board of Trustees, Am College Sports Med. Main research areas: Physical activity for health, Sports Cardiology and Sports Medicine. Writing contributor to EAPC, ESC, ACC/AHA and FIFA recommendations/ guidelines on screening, eligibility, return to sport and ECG-interpretation. 320 peer-reviewed publications. Invited speaker at >190 international conferences.

Prof. Dr. Klara Brixius — Speaker

Prof. Dr. Klara Brixius is an expert in sports medicine, cardiovascular research, and prevention. Studied human biology (diploma), obtained her doctorate (1996, Heinrich Heine University Düsseldorf), completed her habilitation in physiology at the Medical Faculty of the University of Cologne (2003), and was appointed adjunct professor (2009). Since 2005, she has been a research associate at the German Sport University (DSHS) in Cologne and has international research experience (USA, Canada, Netherlands). She has over 160 publications, extensive teaching experience, and experience with third-party funding. Her areas of focus include cardiovascular health, health promotion, sports for older adults, and digital sports/exercise interventions.

Speakers & Expert Committee

Dr. med. Wolfgang Brysch — Speaker

Studied computer science in the United States and medicine at the University of Göttingen and the University of Cambridge. Received his doctorate in neurobiology from the Max Planck Institute for Biophysical Chemistry, Göttingen, in 1987. From 1987 to 1991, headed a research group in the Institute's Department of Neurobiology. From 1992 to 2025, he co-founded and led research at three biotechnology companies, most recently Swiss-based MetrioPharm AG. In 2021, he co-founded iüLabs GmbH in Berlin and has served as its CEO since 2025. As CEO and Chief Scientific Officer, he leads its scientific and strategic development, focusing on cellular energy metabolism, resilience, cognitive and physical performance, and prevention of age-related and degenerative diseases. Co-inventor of 26 international patents.

Dr. Torstein Dalen-Lorentsen — Speaker

Torstein Dalen-Lorentsen, PhD, is a Senior Research Scientist and Research Manager at SINTEF Digital, working at the intersection of sports medicine, human performance and health technology. He holds a PhD in sports medicine and has a background in elite sport, research and technology development. His work focuses on athlete monitoring, training load, injury prevention and the development and validation of digital tools for health and performance. He also collaborates with leading international sports organisations on athlete health and performance research.

Dr. med. Lutz Graumann — Chair & Expert Committee & Speaker

Dr. Lutz Graumann is an MD, PhD and specialist in sports medicine, nutrition and chirotherapy, with a focus on performance enhancement. He is President of the International Association of Performance Medicine, founder of Sportmedizin Rosenheim and Quest Vitality, and Head of Education at BLACKROLL. He has served as a team physician and Chief Medical Officer for the German Ice Hockey Federation (2015–2021) and lectures at the German Armed Forces Leadership Academy in Hamburg. Since beginning his medical career in 1994, Dr. Graumann has worked with professional athletes, special forces, fighter pilots and leadership teams. He integrates sports and military medicine with cutting-edge technology to develop data-based strategies for movement, nutrition, recovery and mindset. He is also the author of several bestselling books.

Dr. med. Jens Hinder — Speaker

Jens Hinder is a German doctor with extensive experience in supporting top athletes in training, performance diagnostics and competition support. During his work at the Sports Medicine Institute of the German Armed Forces, he supervised national teams and professional athletes at world championships and the Olympic Games. As a successful racing cyclist, he has been a team doctor for the Lidl Trek cycling teams, with participation in the Tour de France and races such as Paris-Roubaix. He is working as a specialist in General Medicine at the Institute for Sports Medicine of the University Hospital Münster, and is actually part of the health and performance team at the Schwarz group. He is also member of the management of the Lidl Trek team, which will be based with service course and performance center at the Lidl headquarter in Germany.

Speakers & Expert Committee

Dr. med. Kerstin Holze — Speaker

Dr. med. Kerstin Holze, born on 12 February 1980, is the DOSB's (German Olympic Sports Federation) Vice President. A specialist in paediatrics and adolescent medicine, she focuses on endocrinology and diabetology. Since 2019, she has been chairwoman of the German Children's Gymnastics Foundation, as well as being a co-opted member of the executive committee of the German Gymnastics Federation (DTB). From 2009 to 2019, she was chairwoman of the German Gymnastics Youth and deputy spokeswoman for the youth organisations of the umbrella associations in the German Sports Youth (dsj). She was also a long-standing member of the 'Women in Sport' committee of the Hesse State Sports Federation (2000–2006) and a member of the Hesse Sports Youth board (1999–2006).

Prof. Dr. Thorben Hülsdünker — Speaker

Thorben Hülsdünker is Professor of Performance Neuroscience and Sport Neurophysiology, Deputy Head of the Department of Sport, Program Leader of the Master's Degree in Sport and Exercise Science, and Head of the Neurophysiology and Motor Control Research Area at LUNEX in Luxembourg. He also serves as a board member of the Luxembourg Health and Sport Science Research Institute. As a sport neuroscientist, his research explores the relationship between exercise and the brain, with the aim of developing diagnostics and training approaches to support health, performance and injury prevention. His work includes expert visuomotor performance, functional neuroplasticity, and motor-cognitive training, spanning populations from elite athletes to older adults.

Prof. Dr. med. Stefan Isenmann — Speaker

Prof Isenmann is Head of the Prevention Commission of the German Society of Neurology (DGN). He has published more than 150 articles, reviews and book chapters and gives lectures on preventing neurological disease and staying healthy by exercise. He treats patients with neurological conditions such as stroke, Parkinson's and Alzheimer's disease. In his work he developed a strong interest on how to advise individual patients to prevent progress, or to ameliorate their course of their disease. In his departments, he works together with physiotherapists and nurses in the rehabilitation of stroke and Parkinson's patients. Prof. Isenmann is an active runner. He has completed more than 30 marathons and translates aspects of life style to individual consultations. He considers prevention to be one of the most important factors for individual health, brain health and longevity.

Prof. Dr. Dr. med. Christine Joisten — Chair & Expert Committee & Speaker

Christine Joisten is a specialist in general practice with additional qualifications in sports medicine, nutritional medicine and psychotherapy. Her research focuses on preventing and treating overweight and obesity in different age groups, and on promoting physical activity and health in relation to non-communicable diseases. She is Head of the Department Physical Activity and Health Promotion at the Institute of Movement and Neuroscience and President of the German Society for Sports Medicine and Prevention. Amongst others, she is a member of the Executive Board of the Working Group on Obesity in Children and Adolescents of the German Obesity Society (DAG) and the DAG Advisory Board, as well as the Working Group on Diabetes, Sport and Physical Activity of the German Diabetes Society.

Speakers & Expert Committee

Prof. Dr. Mike Kraus — Speaker

Mike Kraus is the founder and league director of the Übergewichtigen Fußball Liga (ÜFL), a football initiative specifically designed for people living with obesity. He started the project in 2019 with the aim of creating an accessible and supportive environment for people who often no longer feel comfortable in traditional sports. Today, the ÜFL connects hundreds of players and teams across Germany and is developing from a grassroots initiative into a broader health and prevention movement. Professionally, Mike has more than 25 years of experience in business development, market development and building new structures and networks.

Mikkel Kristiansen — Speaker

Mikkel Kristiansen is CEO of VentriJect, a Danish healthtech company spun out of Aalborg University that develops non-exercise methods for assessing cardiorespiratory fitness. VentriJect's technology combines seismocardiography with AI-driven analysis to estimate VO2max in under three minutes without exercise, and was a finalist at the 15th Healthcare Innovation World Cup. It is used today by healthcare providers across Europe and the US for health screening. Mikkel brings over a decade of international commercial leadership in regulated health-technology markets. Before VentriJect, he spent ten years at GN Group, a world-leading hearing-technology manufacturer, leading market entries across Europe and North America.

Juliane Kupfer — Speaker

Juliane Kupfer is a German nutritional scientist and performance specialist at the intersection of elite sports medicine and clinical practice. She holds two BSc degrees in Sport Sciences and Nutritional Sciences, an MSc in Public Health and is currently a doctoral researcher in Personalized Nutrition and Blood Glucose Management at TU Munich. As Head of Performance Nutrition and former professional golfer, she translates high-performance medicine - laboratory diagnostics, continuous glucose monitoring and micronutrient analysis - into evidence-based, everyday strategies. She has worked with elite athletes, including FC Bayern Munich players, Jérôme Boateng, Luke Donald, and ATP tennis players. She now brings this knowledge to international medical congresses - focused on peak performance, longevity, and metabolic health.

Prof. Dr. med. Herbert Löllgen — Expert Committee

Prof. Dr. med. Herbert Löllgen FACC, FAHA, F.FIMS,F.UEMS Education in medicine and sports sciences with State Doctorate MD 1968, Bonn, Germany. Specialist training in internal medicine, occupational and sports medicine at Universities of Mainz, Copenhagen (Bengt Saltin) and German Sports University, Cologne. Qualifications in Internal Medicine, Cardiology 1978 (European Cardiologist) , Preventive Medicine, Echocardiography, Lecturer: Gutenberg-University, Mainz (PhD). Vice head cardiology dept. Freiburg Univ., Head of Department of Internal Medicine, Remscheid (1985-2008): Interventional Cardiology, Intensive Care Medicine, Pneumology, Sports Medicine. Space Medicine Consultant for DLR,ESA, and NASA, Houston. Private practice since 2008 (Internal Medicine, Cardiology, Sports Cardiology.

Speakers & Expert Committee

Dr. med. Percy Marshall — Speaker

Dr. med. Percy Marshall is Director of Medical & Performance at AFC Bournemouth, where he leads the integrated medical and performance provision across the Men's First Team, Academy and Women's programme. He is a specialist physician in Physical and Rehabilitation Medicine with additional qualification in Sports Medicine. His work focuses on interdisciplinary performance medicine, preventive diagnostics, injury management, criteria-based rehabilitation and return-to-play decision-making. He combines clinical practice with research into athlete monitoring, individual risk profiling, recovery and long-term player availability.

Prof. Dr. Yannis Pitsiladis — Speaker

Professor Yannis Pitsiladis directs the Center for Exercise Science and Medicine at Hong Kong Baptist University, with a joint appointment in Biology and Sports and Health Sciences. After nearly 15 years at Glasgow and a decade at Brighton, where he founded the FIMS Collaborating Center of Sports Medicine, he joined HKBU in 2023. His research integrates physiology, genomics, multi-omics, AI and wearable technologies to protect health, promote clean sport and enhance performance, and is ranked among the world's top 2% most-cited scientists in Sport Sciences. He serves on the IOC Health, Medicine and Science Commission and WADA's Health, Medical and Research Committee, and chairs the Scientific Commissions of FIMS and EFSMA. His work has been featured in the BBC, ESPN, NHK, Kipchoge: The Last Milestone and Enhanced.

Prof. Dr. Nadja Schott — Speaker

Prof. Schott is an internationally recognized expert in cognitive-motor interactions across the lifespan. Her research examines motor learning, control, and development, and translates these insights into evidence-based cognitive-motor interventions. Combining movement science, neuroscience, and digital assessment, she studies fundamental movement skills and neurocognitive function to support child development, rehabilitation, and healthy aging. She also developed standardized interdisciplinary assessment approaches, innovative exergame-based methods, and the SMART COMPASS framework. Her work comprises more than 180 peer-reviewed publications around €10.0 million in external funding.

Dr. Michael Schwenk — Speaker

Dr. Michael Schwenk is a sports scientist at Subsequent GmbH, where he works at the intersection of sports science, artificial intelligence, and digital health. His expertise includes human movement analysis, performance diagnostics, rehabilitation, and preventive healthcare. He has authored more than 200 scientific publications with over 5,000 citations and has led numerous national and international research projects in exercise interventions and technology-supported movement assessment. His current work focuses on translating AI-based motion analytics into practical applications ranging from elite sports performance to rehabilitation and preventive healthcare.

Speakers & Expert Committee

Kristin Stahl — Speaker

Kristin Stahl is a certified master in orthopaedic technology with 38 years of practical experience and founder of the KS Institute for Human Biomechanics. She established sex-specific orthopaedic technology and developed sex-specific care systems and training devices for female and male bodies. She is currently developing the integration of these mechanical systems with sensor technology for sports, orthopaedic care and technological applications.

Prof. Dr. med. Jürgen Michael Steinacker — Chair & Speaker

Prof. Dr. med. Jürgen Michael Steinacker, MD, PhD, Dr h.c., FACSM, FECSS is Professor of Medicine at Ulm University and Head of Sports and Rehabilitation Medicine. Specialist in internal medicine, cardiology, and sports medicine, he leads clinical care, athlete performance programs, and major public health projects. Former international rower, he chairs the World Rowing Sports Medicine and Anti-Doping Commissions and has authored 300+ scientific papers.

Prof. Dr. Bettina Wollesen — Chair

Prof. Dr. Bettina Wollesen (Human Movement Scientist) developed within her cross-disciplinary research of the past ten years methods and measurements to evaluate training interventions that reduce cognitive-motor interference (CMI) while walking in daily situations with the focus on biomechanics. Within her work on CMI she got an expertise about the taxonomy of different cognitive-motor task settings and their influence on motor performance. She also integrated her knowledge into framework for understanding CMI in technology development. Moreover, she conducted health promotion programs at the workplace, for example with a special focus on ergonomics and technical development eg. for stress reduction. In addition to that she is the Vice President of the German Sports Science Association (dvs) responsible for the health resort.

Speakers & Expert Committee

Christian Stammel — Moderator

Christian Stammel is founder and CEO of WT Wearable Technologies Group and Navispace GmbH. He successfully enables innovation and cooperation in the Internet of Things and wearables sector. Christian had already founded his first IT company during his university years, which went public in 2000. He is one of the digital pioneers with a track record of over 20 years in IoT and has created some world`s firsts including an ECG shirt in 2002. He advises some of the biggest tech companies and organizes with his teams important networking platforms in the US, Europe and Asia.

Dr. Sonja Sulzmaier — Moderator

Dr. Sonja Sulzmaier is Managing Partner at Navispace GmbH and Techpreneurs GmbH, driving innovation across technology, healthcare, and entrepreneurship. With over 13 years of experience building global innovation ecosystems, she has connected hundreds of tech founders with industry leaders and investors. Sonja has created internationally recognized healthcare and tech events and co-founded a health startup, and worked for ESG and The Boston Consulting Group. A keynote speaker, mentor, and author, she also serves on several innovation boards.

One Day Dedicated to Sports Pharmacy // 16 November 2026

6TH INTERNATIONAL SPORTS PHARMACY SYMPOSIUM HALL 4, D.04

10:30	**Session 1:** Sports pharmacy concept Welcome and opening (Dr. Somer Helvaci) Introduction to sports pharmacy (Clinical Pharm. Ashley Anderson, USA) Reflections on the Olympic Games pharmacy (Prof. Sandy Rhie, KOR) Harm reduction for recreational athletes (Mikko Lemettila, FIN) Partnering with sports pharmacists interprofessional roles (Colin Ryan, IRL)
12:00	Networking Coffee Break
12:15	**Session 2:** Sports pharmacy and clean sport Contamination risks for the supplements (Prof. Andreas Thomas, DE) Expectations of the elite athletes from pharmacists (Lea Kruger, DE) (tbc) Pharmacist`s role in the clean sports movement (Christoph Berg, NADA, DE)
13:30	Networking Lunch Break
14:30	**Session 3:** Pass the torch - Award ceremony
14:45	**Session 4:** Cannabis in sports workshop Speakers: Dr. Jeff Konin (Chair, International Cannabis in Sports Association), Prof. Dr. Kari Franson An interdisciplinary discussion and workshop on cannabis counselling and translating pharmacology into conversation with athletes
15:45	Networking Coffee Break
16:00	**Session 5:** Interprofessional role of sports pharmacy The future of sports pharmacy education (Dr. Astrid Gjelstad, NO) Code of ethics for pharmacy in sports (Ashley Anderson, USA) Setting international standards of sports pharmacy (Abdelmonaim Elsayed, SAU)
17:15	Closing Ceremony
	Networking followed by dinner for those who would like to attend (self-pay)

REGISTER HERE:
www.medica.de/isps2

Speakers & Expert Committee

Clinical Pharm. Ashley Anderson — Host & Speaker

Ashley Anderson is a sports pharmacy and anti-doping expert with over 25 years of experience in acute care and transitions of care, including two decades supporting athletes in pharmacy and sports settings. She worked for 16 years at the U.S. Anti-Doping Agency before founding her own consulting practice. Throughout her career, she has advanced global awareness of drugs in sport and promoted pharmacy education on anti-doping and sports integrity. Ashley is founder and owner of the International Sports Pharmacists Network, a founding member of the U.S. Sports Pharmacy Group, and creator of the Team Pharmacist Certificate program. She teaches at the University of Southern California and in the International Olympic Committee Sports Pharmacy Diploma. Her priorities are athlete health advocacy, medication safety in sport, and sports integrity.

Christoph Berg — Speaker

Christoph Berg is a licensed pharmacist and has been working as a senior manager in NADA's medicine department since 2021, having previously worked in a public pharmacy. In his daily work, he helps athletes, coaches and medical staff with all questions relating to prohibited substances, Therapeutic Use Exemptions and anti-doping regulations. He also gives lectures to medical professionals and is involved in the administration of the research programs of the anti-doping laboratories as well as NADA's own research projects.

Abdelmonaim Elsayed — Speaker

Abdelmonaim Elsayed is an internationally certified sports pharmacist and a leading advocate for integrating pharmaceutical care into global athlete health. A member of the inaugural cohorts of the USC Executive Sports Pharmacy Program and the IOC Diploma in Sports Pharmacy, he combines advanced clinical expertise with two decades of volunteer work developing judo in Saudi Arabia in collaboration with the Saudi Judo Federation. He is the first IJF-certified Judo Coach to hold both a Level 2 Coaching Diploma and professional sports pharmacy qualifications, in addition to being an internationally certified Kurash instructor. His work strengthens the global vision of sports pharmacy and athlete-centered care.

Prof. Dr. Kari Franson — Speaker

Kari L. Franson PharmD, PhD, FNAP joined the University of Southern California (USC) in 2020. She is the senior associate dean for academic and student affairs and Professor of Clinical Pharmacy. She is an educator with more than 30 years of experience in institutions around the world with expertise in curricular innovation and the development of an interprofessional healthcare workforce. As a U.S. Board-Certified Psychiatric Pharmacist and Netherlands-Certified Clinical Pharmacologist she performed a variety of clinical studies spanning those in early-phase clinical pharmacology to post-marketing studies. She is interested in Cannabis user safety and Sports Pharmacy. She has led the USC Sports Pharmacy Academic Certificate Program since 2023.

Speakers & Expert Committee

Dr. Astrid Gjelstad — Speaker

Astrid Gjelstad, PhD, is Head of Medicine at Anti-Doping Norway and a pharmacist with a background in pharmaceutical analysis and bioanalysis. Her work focuses on medication and anti-doping, including therapeutic use exemptions, education and research. She is also involved in pharmacy education at the University of Oslo and has a particular interest in developing sports pharmacy as a field of practice and education, and in strengthening pharmacists' role in supporting athletes and other physically active people.

Dr. Somer Helvaci — Host & Speaker

Dr. Somer Helvacı, PhD, MSc, BPharm, IOC Sports Drugs Certified, is a Lecturer and Consultant Sports Pharmacist with six years of sports pharmacy experience. He previously managed his own pharmacy for 20 years, served 12 years on the board of his regional Pharmacy Cooperative, and coordinated a pharmacoinformatics initiative that sparked his R&D work in the field. He holds a master's in Pharmacognosy and a PhD in Traditional and Complementary Medicine. Somer develops and delivers undergraduate, postgraduate, and professional development programs in Sports Pharmacy, and founded the International Sports Pharmacy Symposium, held globally from 2021 through 2025. He volunteered at the Paris 2024 Paralympic Games and serves on the Turkish National Paralympic Committee Health and Anti-Doping Commission.

Dr. Jeff Konin — Speaker

Dr. Jeff Konin is Clinical Professor at Florida International University and Director of the Doctor of Athletic Training Program. A leading expert on cannabis and performance, he has delivered more than 300 presentations internationally and advises collegiate and professional sports teams. He is Founder of the International Cannabis in Sport Academy and was the founding chair of the NATA Cannabinoid Task Force. A certified athletic trainer and licensed physical therapist, Dr. Konin served with the Atlanta Committee for the 1996 Olympic Games and as Head Athletic Trainer for the USA Wheelchair Paralympic Team that won a world championship gold medal in 2010. He is a Fellow of ACSM, NATA and NAP and was inducted into the NATA Hall of Fame in 2020. Dr. Konin has co-edited 29 textbooks and authored numerous chapters and peer-reviewed publications.

Lea Krüger — Speaker

Lea Krüger is a former German national-team sabre fencer with 17 years of experience in elite sport. She holds a law degree and works at the intersection of law, sport and athletes' rights, with a particular focus on athlete representation and clean sport. She is Vice President of Athleten Deutschland and serves on the Supervisory Board of NADA Germany, where she has been Deputy Chair since 2025. Her work also focuses on mental health in elite sport and on creating structures that protect athletes' rights, well-being and integrity throughout their careers.

Speakers & Expert Committee

Mikko Lemettilä — Speaker

Mikko Lemettilä works as an expert in doping prevention at the A-Clinic Foundation (ACF) and as a doctoral researcher at the University of Helsinki, where his research focuses on identifying harmful substance use behaviours and patterns among athletes. He holds a Master of Science (Pharm.Sci.) degree, complemented by the IOC Certificate in Drugs in Sport. Mikko has over six years of experience in doping and other substance use prevention, including work on international Erasmus+ and EU4Health projects, as well as addiction research in social pharmacy. In sports pharmacy, he has delivered numerous training sessions for pharmacy professionals, focusing on preventing and reducing harms associated with the use of performance- and image-enhancing drugs among recreational athletes.

Prof. Dr. Sandy Rhie — Speaker

Professor Sandy Rhie, PharmD, PhD, is a globally recognized clinical pharmacy scholar with over 25 years' experience, serving as a professor at Ewha Womans University, South Korea. She is President of Korean Society of Sports Pharmacy (SPARK) and was a board member of the Korean Anti-Doping Agency (KADA). Her global impact includes serving as Pharmacy Head/Medical Staff for three Olympic/Paralympic Games and advising the UNESCO Task Force on Traditional Pharmacopoeia in Sport Integrity. Prof. Rhie also advances precision pharmacy, using AI/ML to optimize treatments, yielding 100+ SCI(E) articles. As an international leader (General Secretary of the Asian Conference on Clinical Pharmacy and EIC of RCP journal), her profound impact was recognized with the 2026 APhA Outstanding Career Achievement Award.

Colin Ryan — Speaker

Colin is a pharmacist with first-class honours from the Royal College of Surgeons in Ireland, licensed across the UK, Ireland, and Bermuda. He developed and leads the first sports pharmacy module within any EU or UK MPharm programme, now delivered at RCSI. As a consultant sports pharmacist with MedsOnTrack, he works with elite clubs and sporting organisations to identify and manage medication risks in athlete populations, spanning inadvertent doping, adverse drug reactions, and performance-relevant pharmacology. His work focuses on bridging medicines governance, clinical pharmacy, and elite sport, supporting safer and more informed medication use within high-performance environments.

Prof. Dr. Andreas Thomas — Speaker

Prof. Dr. Andreas Thomas currently works as a senior scientist since 2004 at the German Sport University in Cologne, Germany in the Institute of Biochemistry / Center for Preventive Doping Research. There he teaches and conducts research on various topics in the field of anti-doping research and various forensic topics. His main areas of interest are liquid chromatography, high-resolution mass spectrometry, peptide/protein analysis and related research in the field of gene doping. Another focus is the introduction of alternative matrices in doping control analysis, such as dried blood spots or exhaled breath. He is listed as the author of over 200 scientific articles in peer reviewed journals and has given over 50 presentations at international symposia.

Masterclass Agenda Day 1 + 2

	Tuesday, 17 November 2026
13:00 - 14:30	**Prof. Dr. med. Stefan Isenmann, Dr. med. Andrea Kraft** “Schlaganfall – Primär-Prävention durch Bewegung, Sport, Ernährung und Lebensweise” Hall 1, Room 15/16 (German)
15:30 - 17:00	**Dr. med. Lutz Graumann, Prof. Dr. med. Uwe Nixdorff** “Healthy longevity – Hype oder hope?” Hall 1, Room 15/16 (English)

	Wednesday, 18 November 2026
10:30 - 12:00	**Prof. Dr. Dr. med. Christine Joisten, Dr. Mischa Kläber** “Patienten in Bewegung bringen – Die Umsetzung des Rezepts für Bewegung in der täglichen Praxis” Hall 1, Room 15/16 (German)
10:30 - 12:00	**Prof. Dr. med. Jürgen Steinacker, Dr. med. Anna Brock** “Symptoms, diagnostics and therapy for some major symptoms in Long COVID – Post acute infection syndromes (PAIS)” Hall 1, Room 15/16 (English)

TICKET INFORMATION
PREMIUM TICKET REQUIRED

www.medica.de/mm2

If you would like to upgrade your conference ticket,
please get in touch with our team on site.

MEDICA SPORTS HUB Agenda 16 - 19 November

	Monday, 16 November 2026
11:00 - 11:15	Eduardo Fragoso, Founder & CEO, Symbios “Upper-limb neuromotor rehabilitation, in a platform a therapist can carry”
12:00 - 12:15	Henrik Teräva, CEO and founder, Ai2Ai Oy “Physical AI for functional wellbeing and human performance – Engage. Move. Measure. Adapt”
14:00 - 14:15	Riku Torkeli, Physiotherapist & Head trainer, CTN.FI “The triangle of recovery – Key factors for effective recovery in sport”
15:00 - 15:15	Dr. PT Digpal Ranawat, Director, Abhinav Futuristics “Sports rehabilitation beyond metros – Virtual reality in regional public rehabilitation centers”

	Tuesday, 17 November 2026
11:00 - 11:15	Riku Torkeli, Physiotherapist & Head trainer, CTN.FI “The triangle of recovery – Key factors for effective recovery in sport”
12:00 - 12:15	Dr. Alberto Conde Mellado, Founder and CEO, Glucovibes “Static and dynamic biomarkers for better readiness and recovery scores”
14:00 - 14:15	Andrea Piccinno, Founder & CEO, Zeta Industries “The forgotten muscles – How a passive exoskeleton is redefining cervical health and performance”
15:00 - 15:15	Dr. Alexis Kouros, CEO & Co-founder, VitalSigns Oy “Rethinking the physical examination - Capturing, documenting, and analyzing multiple bio-signals with one connected device”

	Wednesday, 18 November 2026
11:00 - 11:15	Clint Tallman, International Sales Manager - HaydroWorx “From pool to pitch – Accelerating athlete recovery with the underwater treadmill”
12:00 - 12:15	Prof. Dr. Qassim Muadi, Professor and Consultant Physical Therapist, Sports Medicine Imam Abdulrahman Bin Faisal University, Saudi Arabia “Digital rehabilitation in sports injuries – Evidence for telerehabilitation and virtual reality”
12:20 - 12:40	Vald “Measure, manage and improve team and athlete performance”
14:00 - 14:15	Riku Torkelli, Physiotherapist & Head trainer - CTN.FI “The triangle of recovery – Key factors for effective recovery in sport”
15:00 - 15:15	Alf Koksvik, Managing Director, Normill AS “Remote treadmill coaching – Connecting athletes and coaches through real-time training technology”
17:00 - 17:20	Guided Innovation Tour

	Thursday, 18 November 2026
11:00 - 11:15	Riku Torkeli, Physiotherapist & Head trainer - CTN.FI “The triangle of recovery – Key factors for effective recovery in sport”

14TH MEDICA MEDICINE + SPORTS CONFERENCE

PARTNERS

DGSP Deutsche Gesellschaft für Sportmedizin und Prävention - Deutscher Sportärztebund

dvs

FIMS

EUROPEAN INITIATIVE FOR EXERCISE IN MEDICINE – MEDICINE MEETS EXERCISE AND HEALTH PROMOTION – ExeRcise is Medicine

E.F.S.M.A.

Your Prescription for Health – ExeRcise is Medicine®

WISS wir | innovation im spitzensport

Federation of the European Sporting Goods Industry

CESAME CENTRE FOR EXERCISE SCIENCE AND MEDICINE 運動科學與醫學研究中心

WT WEARABLE TECHNOLOGIES

SPORTS DOCTORS NETWORK

MEDICA SPORTS HUB PARTNERS

CTN.FI RECOVERY TECHNOLOGIES

Khymeia

HYDROWORX YOUR POTENTIAL ◆ ACHIEVED

JOIN US IN 2027

MEDICA

15 - 18 NOVEMBER, 2027 // DÜSSELDORF GERMANY

MEDICA MEDICINE + SPORTS CONFERENCE

17 - 18 NOVEMBER, 2027 // DÜSSELDORF GERMANY

WT WEARABLE TECHNOLOGIES

27 MAY, 2027 // HONG KONG

WT WEARABLE TECHNOLOGIES

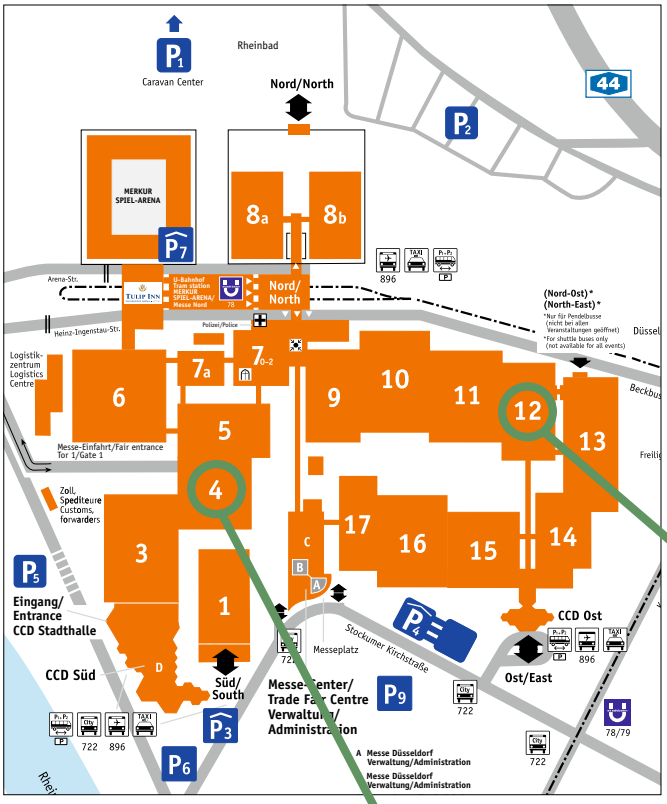
14 - 15 SEPTEMBER, 2027 // MOUNTAIN VIEW (USA)

WT WEARABLE TECHNOLOGIES

NOVEMBER, 2027 // EUROPE

MEDICA

MEDICINE + SPORTS CONFERENCE



WT | WEARABLE TECHNOLOGIES SHOW – 12D54

MEDICA SPORTS HUB – 4G18

MEDICA MEDICINE + SPORTS CONFERENCE – 4D04

INTERNATIONAL SPORTS PHARMACY SYMPOSIUM – 4D04

Contact:

Program Management
Dr. Sonja Sulzmaier
Tel. +49 8152 99 88 623
s.sulzmaier@navispace.de

Conference Organization
Anna Feyler
Tel. +49 8152 99 88 623
a.feyler@navispace.de

Meet
Health.
Future.
People.

Messe Düsseldorf / Hall 4 D.04
Stockumer Kirchstraße 61 / Düsseldorf / Germany

REGISTER HERE:
medica.de/mmsc2

Messe Düsseldorf