



# Starting Conservative and Natural Treatments First.

## Innovative Insights from Sports Medicine.

Thursday 03<sup>rd</sup> February 2022 | 16h30 – 18h00 CET

**Moderator:** Prof. Karsten Krueger



### Molecular and Integrative Mechanisms During Exercise and Injury – How the Body Adapts and Repairs

**Prof. Dr. Karsten Krüger**, Professor of Exercise Physiology and Sports Therapy at the Justus Liebig University Giessen, Germany, focuses on molecular and cellular exercise physiology and the role of inflammation in adaptation processes. Since 2014, Karsten Krüger has been Editor-in-Chief of the international journal *Exercise Immunology Review* and on the board of the International Society of Exercise and Immunology (ISEI).



### Fast Results with Conservative Approaches – Impossible? A Strategic Toolkit Presentation from Professional Sports

**Percy Marshall, MD**, head of the Medical Team of 1. Bundesliga-Team RasenBallsport Leipzig, is a specialist in physical and rehabilitative medicine. He holds a master's degree in micronutrient therapy and regulatory medicine. Before he joined RB Leipzig in 2018, he was a co-founder of the Institute for Sports and Exercise Medicine at the University Medical Center Hamburg-Eppendorf and responsible for professionalizing sports medicine care for the HSV Youth Academy.



### Superior Combination Therapy - Case Reports from Common Practice

**Peter Stiller, MD**, former team physician doctor of 1. Bundesliga Soccer Team FC Augsburg 1907, is founder of his own private practice and specialist in general, emergency, sports and occupational rehabilitation medicine. He also sits on the scientific advisory board of the *sportaerztezeitung* and is member of the "Conservative Therapy Commission" of the DVSE (German Association for Shoulder and Elbow Surgery).

**Live Q&A**

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