







2023 On-site Pdm3, March 29 - April 1, 2023 - Thermae of Euganean Hills, Padua (Italy)









2023 Padua Days on Muscle & Mobility Medicine

Hotel Petrarca, Piazza Roma 23, Montegrotto Terme, Euganean Hills, (Padua), 35122 Italy Phone +39 049 891 1744 - Email: petrarca@hotelpetrarca.it - https://www.hotelpetrarca.it/

Organizers

Elisabeth R. Barton, Ugo Carraro, Marcus Coplin, Raffaele De Caro, Paolo Gargiulo, Elena P. Ivanova, Helmut Kern, Nathan K. LeBrasseur, Christiaan Leeuwenburgh, Alessandro Martini, Stefano Masiero, Marco Narici, Rosanna Piccirillo, Riccardo Rosati, Jorge Ruas, Marco Sandri, Piera Smeriglio, Carla Stecco, H. Lee Sweeney, Sandra Zampieri

WEDNESDAY March 29, 2023

08:00 AM Complimentary Bus Transfer to Padua

Guariento Hall, Galilean Academy of Arts and Science of Padua, Italy

09:00 AM	Openings Raffaele De Caro, Marco Narici, Marco Sandri: Greetings and thanks to
	ecturers, speakers, audience and sponsors

00 00 111			
09:20 AM	Lecture o	Carlo Reggiani: Single muscle fib	ers as a tool in aging research

10:00 AM	Session I:	Adaptations to Physical Exercise in Aging: from cell to functioning
		Marco Narici Ugo Carraro Chairs

10:00 AM	Russell Hepple, University of Florida, USA: Skeletal Muscle Plasticity to Resistance Training in Pre-
	frail/Erail Eldorly Woman

10:20 AM	Charlotte Suetta, University of Copenhagen, DK: Rehabilitation for life: the effect on physical function
	of rehabilitation and care in older adults

10:40 AM	Julian Alcázar Caminero, Universidad de Castilla-La Mancha, Toledo, Spain: Improving muscle power
	through exercise training in old age

11:00 AM	Simone Porcelli, University of Pavia, Italy: Home-based aerobic exercise training improves skeletal
	muscle oxidative metabolism in old people

11:20 AM	Martino Franchi, University of Padua, Italy: Differential muscle adaptations to concentric and eccentric
	resistance training in older people

11.40 AM Marco Narici, University of Padua, Italy: The neuroprotective effects of exercise in older age

12:00 AM Gianni Biolo, University of Trieste, Italy: Nutrient-exercise interaction on muscle mass and function in aging

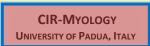
12:20 AM Maria Chiara Maccarone, Stefano Masiero, Ugo Carraro, University of Padua, Italy: Combating muscle weakness in bed-ridden eldery with Home-based Full-Body in-Bed Gym (hbFBiBG): Basics, Implementation and Preliminary Results of the Padua Initiative

12.45 AM Lunch in Piazza Duomo, Padua, Italy

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WEDNESDAY March 29, 2023

Guariento Hall, Galilean Academy of Arts and Sciences of Padua, Italy

02:30 PM	SESSION II:	Skeletal Muscle Epigenetics and the dark side of the genome	
		Piera Smeriglio, Marco Sandri, Chairs	
	<i>Marco Sandri et a</i> side of the genom	d., University of Padua, Italy: Discovering novel longevity genes by looking at the dark ne	
	Chiara Lanzuolo, Istituto Nazionale di Genetica Molecolare, Milan, Italy: Chromatin conformation of muscle stem cells in physiological and pathological muscular aging		
03:20 PM F	Piera Smeriglio, S	orbonne Université, Paris, France: To be announced	
	Giuseppina Caret n the aged skelet	ti et al., Milan University, Italy: Epigenetic targeting of BET proteins rewire metabolism al muscle	
04:00 PM S	Silvere M. van dei	r Maarel, Leiden University Medical Center, the Netherlands, To be announced	
04:20 PM	Break		
04:30 PM	Stefano Schio scientist still	offino, University of Padua, Italy, Who is Terje Lømo, a 88-year-YOUNG fully active!	
04:40 PM	Lecture of Tel	rje Lømo, University of Oslo, Norway: Body temperature regulation by	
	tonic muscle	impulse activity and brown adipose tissue	
05:20 PM	SESSION III:	Adaptations in Aging: from molecules to functioning	
	1	Rosanna Piccirillo, Jorge L. Ruas, Chairs	
	· · · · · · · · · · · · · · · · · · ·	outhern Illinois University School of Medicine in Carbondale, IL, USA: The HERG K+ intracellular calcium in myotubes by modulation of Calsequestrin	
05:40 PM J	lorge L. Ruas, Bio	medicum, Karolinska Institute, Stockholm, Sweden: To be announced	
	B <i>ert Blaauw, Uni</i> vi unction.	versity of Padua, Italy: The role of Akt-mTORC1 signaling in regulating muscle mass and	
06.20 PM	Rosanna Piccirillo	et al., IRCCS - "Mario Negri", Milan, Italy: To be announced	

THURSDAY March 30, 2023

08:00 PM Dinner in Hotel Petrarca

Conference Hall, Hotel Petrarca, Thermae of Euganean Hills (Padua) Italy

09:00 AM SESSION IV: Acquired muscle diseases: FES managements

Ines Bersch-Porada, Helmut Kern, Chairs

09:00 AM Ines Bersch-Porada, Functional Electrical Stimulation Center, Notwill, Switzerland: Electrical stimulation in lower motoneuron lesions, from scientific evidence to clinical practice – a successful transition

06:45 PM Complimentary Bus Transfer to Hotel Petrarca, Thermae of Euganean Hills (Padua), Italy

09:20 AM Gorgey S. Ashraf, Hunter Holmes McGuire VA Medical Center, Richmond, Virginia, USA: To Be Announced

09:40 AM Gerd F. Volk, Facial Nerve Center, Jena University Hospital, Jena, Germany: To Be Announced

09:40 AM Winfried Mayr, University of Vienna, Austria: To Be Announced

10:00 AM Ugo Carraro, A&C M-C Foundation, Padua, Italy: My 40 years of electrical stimulation studies of permanent denervated muscles summarized by 15 slides in 15 minutes

10:20 AM Giovanni Pegoraro, Neuromuscular Reahbiitation Center, Fondazione Borghi, Varese, Italy: Hand NMES in post-COVID syndrome

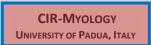
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THURSDAY March 30, 2023

Conference Hall, Hotel Petrarca, Thermae of Euganean Hills (Padua) Italy

- 10:40 AM Lecture of H. Lee Sweeney, University of Florida, USA: Improving upon AAV.microdystrophin gene therapy for DMD
- 11:20 AM SESSION V: Genetic muscle diseases Elisabeth R. Barton, H. Lee Sweeney, Chairs
- 11:20 AM Elisabeth R. Barton, University of Florida, USA:To Be Announced
- 11:40 AM Marina Bouchè DAHFM, Sapienza University of Rome, Italy: To unravel immune response in Duchenne Muscular Dystrophy
- 12:00 AM Giovanna Cenacchi et al., Alma Mater Studiorum University of Bologna, Italy: LGMD D2 Pathogenetic Mechanism
- 12:30 PM Lunch

THURSDAY March 30, 2023

Conference Hall, Hotel Petrarca, Thermae of Euganean Hills (Padua) Italy 02:40 PM -

- 02:40 PM Giovanna Lattanzi, IRCCS Rizzoli Orthopedic Institute, Bologna, Italy: Laminopathies
- 03:00 PM Gabriele Siciliano, University of Pisa, Italy: Phenotype variabilities of laminopathies
- 03:20 PM Gulia Ricci, Gabriele Siciliano et al., University of Pisa, Italy: New avenues for treatment of facioscapulohumeral MD (FSHD)
- 03:40 PM Giovanna Cenacchi et al., Alma Mater Studiorum University of Bologna, Italy: LGMD D2 TNPO3-Related: Clinical Spectrum
- 04:00 PM Giovanna Cenacchi et al., Alma Mater Studiorum University of Bologna, Italy: LGMD D2 Pathogenetic Mechanism
- 04:20 PM Break

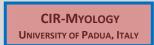
04:30 PM SESSION VIb: Twenty Years of AIM - Corrado Angelini, Daniela Tavian, Chairs

- 04.30 PM Massimiliano Filosto, Fondazione IRCCS Ca' Granda Ospedale Maggiore Policlinico, Milan, Italy: Clinical and genetic characterization of a novel NLSDM patient
- 04:50 PM Elena Pennisi, Sara Missaglia, Daniela Tavian et al., Milan, Italy: Exploring triheptanoin as treatment for neutral lipid storage disease with myopathy
- 05:10 PM Ester Tommasini, Daniela Tavian et al., Milan, Italy: Irisin and sarcopenia: salivary irisin is induced by strenuous exercise and correlates with circulating irisin
- 05:30 PM Giovanna Cenacchi et al., Alma Mater Studiorum University of Bologna, Bologna, Italy: LGMD D2 Pathogenetic Mechanism
- 06:00 PM Patrizia Proia, Giuseppe Messina, University of Palermo, Italy: To Be Announced
- **06:20 PM** Angelo lovane et al., University of Palermo, Italy: To Be Announced
- 07:30 PM Dinner

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FRIDAY March 31, 2023

Conference Hall, Hotel Petrarca, Thermae of Euganean Hills (Padua) Italy 09:00 AM SESSION VII: Senescence & Rejuvenation

Nathan K. LeBrasseur, Christiaan Leeuwenburgh, Chairs

09:00 AM Nathan K. LeBrasseur, Mayo Clinic, Rochester, MN, USA: Cellular senescence as a driver of skeletal muscle aging

09:20 AM David Hood, York University, Canada: Impact of age and sex on lysosomes and mitophagy during muscle use and disuse

09:40 AM Christiaan Leeuwenburgh, University of Florida, Gainesville, FL, USA: Inflammation, mitochondrial dysfunction senescense in skeletal muscle with aging and in peripheral artery disease

10:00 AM Barbara Grünig, Hans Hoppeler, University of Bern, Switzerland: The use of muscle rehabilitation: the Namibia experience

10:20 AM To Be Announced

10.40 Break

FRIDAY March 31, 2023

ROOM B, Hotel Petrarca, Thermae of Euganean Hills (Padua) Italy

09:30 AM Practical Course on functional analysis of the stomatognathic system –

Claudia Dellavia, Riccardo Rosati, Chairs

9.30-11.00: Instrumental evaluations of the stomatognathic apparatus: static tests

11.00-11.15 Break

11.15-12.30: Instrumental evaluations of the stomatognathic apparatus: dynamic tests

For dentists who want to review/expand the functional analysis protocols of the stomatognathic system developed at the Laboratory of Functional Anatomy of the Stomatognathic Apparatus (LAFAS) of the University of Milan, Italy

FRIDAY March 31, 2023

Conference Hall, Hotel Petrarca, Thermae of Euganean Hills (Padua) Italy 10:50 AM SESSION VIII: Muscle Fascia, biology and pathology

Carla Stecco, Alessandro Martini, Chairs

10:50 AM Carla Stecco, University of Padua, Italy: Fascia and aging

11:05 AM Alessandro Martini, University of Padua, Italy: Tensor Tympani and Stapedius: two unknown muscles

11:20 AM Carmelo Pirri, University of Padua, Italy: Fascia and Ultra Sounds

11:35 AM Caterina Fede, University of Padua, Italy: How sex hormones can affect the fasciae: Implication for pain

11:50 AM Giovanna Albertin, University of Padua, Italy: Lymphatic drainage of the subcutaneous tissue

12:05 AM Lucia Petrelli, University of Padua, Italy: Innervation and vascularization of the superficial fascia

12:25 AM Hans Hoppeler, University of Bern, Switzerland: Facts and Fantasies. A critical appraisal of "Fascia-

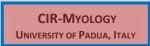
Believes" of osteopathic medicine from an orthodox medical perspective

13:00 AM Lunch

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Conference Hall, Hotel Petrarca, Thermae of Euganean Hills (Padua) Italy

- 02:30 PM SESSION IX: Non-invasive Assessments in Myology Paolo Gargiulo, Ugo Carraro, Chairs
- 02:30 PM Riccardo Forni, Paolo Gargiulo, University of Rejkyavik, Iceland: 3D Printing and radiodensity characterization of cardiac tissue: virtual histology and age dependency
- 03:00 PM Valentina Betti, Halldór Jónsson Jr, Luca Cristofolini, Magnús Kjártan Gíslason, Paolo Gargiulo, University of Rejkyavik, Iceland: In silico 3d approach to evaluate bone remodelling after total hip arthroplasty: a six years longitudinal study
- 03:15 PM Federica Ciliberti, Halldór Jónsson Jr, Paolo Gargiulo, University of Rejkyavik, Iceland: Novel strategies for cartilage assessment, interplay between bone and muscle
- 03:30 PM Lorenza Bonaldi, University of Padua, Italy: Deep learning applied to fascial alteration
- 03:45 PM Rosanna Piccirillo et al., IRCCS "Mario Negri", Milan, Italy: A novel reporter technology, MyoRep, to follow in vivo skeletal muscle wasting
- 04:00 PM Ettore Rocchi, et al. Department of Biomolecular Sciences, University of Urbino Carlo Bo, Urbino, Italy: Exploring myofibrillar alignement in muscular tissue
- 04:15 PM Break

FRIDAY March 31, 2023

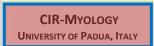
Conference Hall, Hotel Petrarca, Thermae of Euganean Hills (Padua) Italy

- 04:20 PM SESSION X: Muscle Rehabilitation in Dentistry, Riccardo Rosati, Elena P. Ivanova, Chairs
- 04:20 PM Riccardo Rosati, University of Milan, Italy: To Be Announced
- 04:40 PM Claudia Dellavia, University of Milan, Italy: To Be Announced
- 05:00 PM Elena P. Ivanova, Rehabilitation and Balneology Center, Moscow, Russia: Innovative methods of full dental rehabilitation
- 05:20 PM Francesca Ferrante; University of Pavia, Italy: Facial morphology and masticatory muscle rectruitment
- 05:40 PM Roberto Rongo; University of Naples Federico II, Italy: Masticatory muscles pain management
- 06:00 PM Maria Dimova. University of Bulgaria: Bulgaria: Diagnosis and treatment of cranio-mandibular disorders
- **06:20 PM** Mauricio Gonzales Balu, Mexico: To Be Announced
- 06:40 PM Edoardo Cavalle, Milan, Italy: To Be Announced
- 07:00 PM Amarsaikhan Bazar, Mongolia: Chewing hard food and its importance for general health
- 07:30 PM Dinner
- 09:00 PM AFTER DINNER ACTIVITIES

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SATURDAY April 1, 2023

Conference Hall, Hotel Petrarca, Thermae of Euganean Hills (Padua) Italy

09:00 AM Session XI: LBI workshop on muscle rehabilitation - from mouse to elderly

Sandra Zampieri, Feliciano Protasi, Chairs

- 09:00 AM Feliciano Protasi, University of Chieti, Italy: Mimicking disuse and rehabiliation in a mouse model
- 09:30 AM Antonio Musarò, University Sapienza of Rome, Italy: Molecular biological basis and effects of immobility and training in young and aging.
- 10:00 AM Sandra Zampieri, University of Padua, Italy: C-Terminal Agrin Fragment as a biomarker of muscle wasting and weakness in aging and disuse
- 10:30 AM Break
- 10:40 AM Jan Cvecka, University of Bratislava, Slovakia: Exercise intervention in elderly: a novel system within the Centre of Active Aging in Bratislava
- 11:10 AM Nejc Sarabon, University of Primorska, Slovenia: Relationship between 24-hour movement behaviour and physical performance in older adults: A cross-sectional insight into the Centre of active ageing data
- 11:40 AM Stephan Loefler, Helmut Kern, LBI Rehabilitation Research, Vienna, Austria: AMB-REMOB results of an early outpatient rehabilitation program
- 12:10 AM Vincent Grote, Michael Fischer, LBI Rehabilitation Research, Vienna, Austria: Outcomes of early rehabilitation in elderly patients
- 12.40 AM Lunch

SATURDAY April 1, 2023

12:45 AM Complimentary Transfer to Medical Hotel Ermitage (restricted to 15 Attendees)

Medical Hotel Ermitage, Abano Thermae (Padua) Italy

- 01:00 PM European Medical Thermalism, Practical Actitvities Ugo Carraro, Stefano Masiero, Chairs
- 01:00 PM Working Lunch in Medical Hotel Ermitage
- 01:30 PM Marco Maggia, Director of the Medical Hotel Ermitage

Balneology, Balneotherapy, Mud and Physiotherapies for Prevention & Rehabilitation in the Medical Hotel Ermitage, a pioneering 15-year successful example

SATURDAY April 1, 2023

Conference Hall, Hotel Petrarca, Thermae of Euganean Hills (Padua) Italy 03:00 PM SESSION XII: European Medical Thermalism and FEMTEC

Marcus Coplin, Stefano Masiero, Chairs

- 03:00 PM Marcus Coplin: A case study of balneotherapy in Fibromyalgia
- 03:30 PM Helmut Kern, LBI Rehabilitation, Vienna, Austria: Underwather physiotherapy after knee replacement
- 04.00 PM Maria Chiara Maccarone, University of Padua, Italy: Balneology and Balneotherapies in Euganean Hills Thermae (Padua) Italy
- 04.30 PM Andrey Rachin, Rehabilitation and Balneology Center, Moscow, Russia: Modern methods of neurorehabilitation
- 05:00 PM Irina A. Grishechkina, Rehabilitation and Balneology Center, Moscow, Russia: Outcomes of rehabilitation programs in patients with post-COVID-19 syndrome
- 05:30 PM To be announced
- 06:00 PM Stefano Masiero, University of Padua, Italy: Final remarks
- 06:30 PM Ugo Carraro: Adijo, Adiós, Arrivederci, Au revoir, Auf Wiedersehen, Bayartai, Do pobachennya, Do svidaniya, Dovizhdane, Goodbye, Tot ziens, Zbohom to the 2024 Padua Days on Mobility Medicine
- 07:30 PM Dinner
- 09:00 PM AFTER DINNER ACTIVITIES

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