

# EUROPEAN JUDO UNION

## Medical Seminar 2025 – Program

**Friday, November 28<sup>th</sup>**

Time	Session Title & Speaker
10:00 – 10:15	Opening of the Seminar - Envic Galea
10:15 – 10:45	Injury Statistics during EJU Events: Latest Data 2024-2025 - Peter Smolders
10:45 – 11:10	Injury Statistics in the Danish Judo Federation - Holger-Henning Carlsen
11:10 – 11:30	Questions & Discussion on Injury Statistics
11:30 – 11:45	Coffee Break
11:45 – 12:15	Strengthening Clean Judo: Anti-Doping Updates & Educational Plans - Pinelopi Stavrinou
12:15 – 12:45	Managing Complex Concussion & Brain Injury in Judo Athletes - Jo Banks
12:45 – 13:00	Questions & Discussion
13:00	Lunch
14:00 – 14:30	Menstrual Cycle's Role in Athletic Performance & Injury Risks (General & Female Judoka) - Lara Moons
14:30 – 15:00	The Power of Sleep: Unlocking Athletic Performance through Optimal Recovery - An Mariman
15:00 – 15:30	Influence of Sleep, Stress & Stress Monitoring on Injury Risk & Training Load in Elite Judoka - Peter Vermeir
15:30 – 15:45	Coffee Break
15:45 – 16:15	Upper Respiratory Tract Infections - Ann Hermansson
16:15 – 16:45	Parkinson's Rehabilitation Using Judo: IJF Academy Foundations Project - Attilio Sacripanti
16:45 – 17:15	New IJF System for Registering Medical Doctors - Antonio Castro & Tibor Koszla
17:15 – 17:35	Finger Dislocations in Judo - Oana Vasile
17:35 – 18:00	Questions & Discussion



# EUROPEAN JUDO UNION

## Medical Seminar 2025 – Program

**Saturday, November 29<sup>th</sup>**

Time	Session Title & Speaker
10:00 – 10:30	<b>Development of Adapted Judo within the EJU: Current Status</b> – Marina Draskovic
10:30 – 11:00	<b>Judo Competition Rules for Children with Special Needs: Safety, Inclusion &amp; Sports Development</b> – Slavisa Bradic
11:00 – 11:30	<b>Health Benefits of Including Persons with Disabilities in Judo: Lessons for Medicine</b> – Suad Sabanovic
11:30 – 12:00	<b>Benefits of Judo for Individuals with Disabilities: Competitive &amp; Educational Model</b> – Attilio Sacripanti
12:00 – 12:30	<b>Questions for Previous Speakers</b> (No discussion; discussion after lunch)
12:30	<b>Lunch</b>
14:00 – 16:00	<b>Discussion: Future Directions for Adapted Judo &amp; Formulating Medical Proposals</b> EJU panel
16:00 – 16:30	<b>Videos on Judo Injury: Can We Prevent These Injuries?</b>
16:30 – 18:00	<b>Meeting of the EJU Medical Commission</b>

**Accommodation: Hotel Royal Ariston, Kardinala Stepinca 31, Babin Kuk, 20000 Dubrovnik, Croatia**

**Seminar location: Coral Banquet**

