

Aspetar World Conference 2025: Day Two Highlights Innovation and International Collaboration in Athlete Health

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Doha, Qatar: 10th October 10, 2025 – The second day of the Aspetar World Conference on Precision Athlete Health and Performance brought together leading international and regional experts to showcase the latest innovations and advancements in sports medicine and athlete care.

The day's sessions and discussions focused on strengthening injury prevention standards, evidence-based diagnostics, and comprehensive health approaches tailored to athletes.

Keynote sessions delivered by world-renowned specialists drew strong engagement and interaction from attendees. Dr. Marco Cardinale presented strategies to safeguard young athletes from injury, while Roula Kotsifaki introduced new protocols to enhance anterior cruciate ligament (ACL) injury treatment. Dr. Marcelo Bordalo explored the integration of artificial intelligence and advanced medical imaging technologies in managing athlete injuries, and Dr. Khalid Al Khelafi together with Dr. Andrea Mosler shared the latest insights on cartilage injury management. Dr. Roald Bahr outlined the International Olympic Committee's most recent strategies to protect the health of elite athletes.

Specialized sessions provided participants with in-depth knowledge on topics including innovations in sensorimotor rehabilitation programs, mental health and sleep and their impact on sports performance, cardiac conditions in athletes, sports nutrition, national sports medicine

programs, regenerative medicine techniques, nursing development in the sports sector, and emergency and first-aid protocols in athlete care.

Accompanying discussions and recommendations emphasized adopting AI-driven diagnostics and data analytics to improve injury assessment and management, prioritizing early screening and tailored training oversight for young athletes to prevent chronic injuries, and integrating mental health and sleep management as essential components in sports medicine practice. Speakers also highlighted the vital leadership role of nurses and healthcare teams as the first line of defence in athlete care.

A hallmark of Aspetar's approach, reinforcing its unique position in the global sports medicine landscape, is its commitment to addressing all surrounding aspects of athlete health, including psychological and nursing care. Nutrition-related discussions covered evidence-based nutritional strategies for performance enhancement and recovery, as well as cutting-edge regenerative medical techniques.

The conference will conclude tomorrow, on its third and final day, while scientific workshops will continue on Sunday and Monday. These events underscore Aspetar's dedication to excellence and international collaboration in sports medicine and its drive to embed innovation into athlete care. The insights and recommendations emerging from Day Two promise to have a lasting impact on athlete health, safety, and performance worldwide.

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