

## Friday, March 26th, 2021

### Plenary Session I (10:30 - 12:30 CET)

10:30 - 10:35 Prof. Thomas Horstmann & Dr. Robert Schleip  
10:35 - 11:15 Dr. Robert Schleip  
11:15 - 12:00 Prof. Adamantios Arampatzis  
12:00 - 12:30 Prof. Jürgen Michael Steinacker

Welcome to CONNECT2021  
Fascia focused training beyond foam rolling  
Influence of tendinous tissues on steady and unsteady locomotion  
Inflammation and the connective tissue - friend and foe

Active Movement Break

### Plenary session II (15:30 - 17:00 CET)

15:30 – 16:15 Carles Pedret Ph.D.  
16:15 - 17:00 Prof. Martin Fischer

Practical applicability of the connective tissue knowledge to sports injuries  
Throwing in Humans

Active Movement Break

### Plenary session III (17:45 - 20:00 CET)

17:45 - 18:30 Ass. Prof. Mette Hansen  
18:30 – 19:15 Prof. Keith Baar

Sex hormonal effects  
Loading & nutrition to improve connective tissue function

19:15 - 20:00 Clinical Panel

Application of fascia research to athletic training.  
Prof. Thomas Horstmann/Dr. Robert Schleip/Dr. Kurt Mosetter/  
Bill Parisi. Moderation - Dr. Tanja Boßmann

## Saturday, March 27th, 2021

### Plenary Session IV (10:30 - 12:30 CET)

10:30 - 10:35 Prof. Thomas Horstmann & Dr. Robert Schleip  
10:35 - 11:15 Prof. Olivier Seynnes  
11:15 - 12:00 Prof. Irene Davis  
12:00 – 12:30 Prof. Constantinos Maganaris

Welcome back to CONNECT2021  
Mechanics of lower limb tendons  
The Achilles tendon and plantar fascia: One functional unit  
Muscle, tendon and joint mechanics in cerebral palsy

Active Movement Break

### Plenary session V (15:30 - 17:15 CET)

15:30 - 16:15 Prof. Carla Stecco  
16:15 - 16:45 Prof. Michael Kjaer  
16:45 - 17:15 Prof. Paul Hodges

Biomechanical properties of muscular fasciae  
Influence of mechanical loading on tendon tissues  
Adaptation of connective tissue in muscle with injury and exercise

Active Movement Break

### Plenary session VI (17:45 - 19:30 CET)

17:45 - 18:30 Prof. Daniel E. Liebermann  
18:30 - 19:30 Summary Panel & Closure

How and why we evolved to move, not exercise, and why that matters  
Prof. Thomas Horstmann/Dr. Robert Schleip/Prof. Jürgen Steinacker/  
Prof. Werner Klingler/Prof. Thomas Findley  
Moderation - Dr. Tanja Boßmann