#### 2023 On-site Padua Days on Muscle and Mobiliy Medicine

Eur J Transl Myol 32 (4): 11071, 2022 doi: 10.4081/ejtm.2022.11071

# 2023 On-site Padua Days on Muscle and Mobiliy Medicine: Call for speakers

Sandra Zampieri (1,2,3,4), Carla Stecco (3,5), Marco Narici (1,3), Stefano Masiero (3,6), Ugo Carraro (1,3,4)

(1) Department of Biomedical Sciences, University of Padova, Italy; (2) Department of Surgery, Oncology, and Gastroenterology, University of Padova, Italy; (3) CIR-Myo of the University of Padua, Italy; (4) A&C M-C Foundation for Translational Myology, Padua, Italy; (5) Department of Neuroscience, Section of Human Anatomy, University of Padua, Italy (6) Department of Neuroscience, Physical Medicine and Rehabilitation School, University of Padua, Italy.

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#### Abstract

The winter of 2022 approaches with the need to finalize our plans for next year. This is urgent for the 2023 Meeting of the Padua Days of Muscle and Mobility Medicine (Pdm3) to be held March 29th to April 1st, 2023 at the Hotel Petrarca in the Thermae of Euganean Hills (Padua), Italy. A preliminary Pdm3 Program is almost ready with sessions, organzers and keynote speakers, but ther is still rooms for many interesting and interested young speakers. Some of the Pdm3 sessions dedicated to molecular and cellular myology are organized by old Pdm3 Friends, but there will also be interesting new entries, including those for Rehabilitation Sessions. No doubt that 2023 Pdm3 will attract old friends, but topics of a few sessions are at the frontiers of Translational Myology and new entries are most warmly acknowledged. This is true for both basic myology research, which include beside traditional MiRNA the new entry of the LNC-RNA and the "dark side of the genome". As to rehabilitation topics, beside the old friends of the "LBI workshop on muscle rehabilitation - from mouse to elderly", new entries are sessions on Muscle Fascia, Muscle Rehabilitation in Dentistry (that will organize also a Practical Course) and the session on "European Medical Thermalism and FEMTEC" that will also offer a practical Course. We hope that by January 20th, 2023 many old and new friends will send their abstracts to fill an half-empty program and then by May 1st, 2023 they submit Communications to EJTM that deserve them to increase the 2023 EJTM Impact Factor.

Key Words: Padua Days on Muscle and Mobility Medicine; Pdm3 attendees; EJTM authors.

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The winter of 2022 approaches with the need to finalize our plans for next year. This is very urgent for the Padua Days of Muscle and Mobility Medicine (Pdm3), which will be held from 29th March to 1st April 2023 at the Hotel Petrarca in the Thermae of Euganean Hills (Padua), Italy. The 2023 On-site Pdm3 continue a forty years tradition starded in 1985 with the First Abano Terme Meeting on Rehbilitation, followed ten years later with the first Padua Muscle Days (PMD), renamed Pdm3 in 2018. 1-12

The attached Pdm3 preliminary program is almost ready with sessions, organizers and keynote speakers, but there is still room for many interesting and interested young speakers.

Some of the organizers of the Pdm3 sessions dedicated to molecular and cellular myology are old PMD Friends,

specifically H. Lee Sweeney, Christiaan Leewenburgh, Helmut Kern and Paolo Gargiulo, but there will be also interesting new entries, including both those of basic Myology and those of the Rehabilitation Sessions.

The 2023 On-site Pdm3 will have his opening day in Padua in the historical Guariento Hall of the Galilean Academy of Arts and Sciences, with a Lecture of Professor Carlo Reggiani on "Single muscle fibers as a tool in aging muscle research" and the Session I: "Adaptions to Physical Exercise in Aging: from cell to functioning", co organized by Marco Narici and Ugo Carraro.

Then after the lunch in Piazza Duomo, two Basic Myology Sessions will follow: "Skeletal Muscle Epigenetics", Piera Smeriglio, Marco Sandri, Chairs and "From MiRNA to LNC-RNA", Rosanna Piccirillo, Jorge L. Ruas, Chairs.

#### 2023 On-site Padua Days on Muscle and Mobiliy Medicine

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We have no doubt that 2023 Pdm3 will attract old friends, but some session topics are at the frontiers of Translational Myology and the new entries are greatly appreciated. This is true both for basic myology research, which includes the new entries of LNC-RNA and of the scouting of the dark side genome.

Oral presentations of Muscle Dystrophies will fill the second day program (March 30, 2023) with the sessions organized by H. Lee Sweeney and by the Group of Italian neurologists, pediatrics and basic myologists who are associated in the AIM, the Italian Association of Myologists. As rehabilitation issues are concerned, the old friends of the "LBI workshop on muscle rehabilitation - from mice to the elderly", will be followed by sessions on" Muscle Fasciae", "Muscle Rehabilitation in Dentistry" and "European Medical Thermalism and FEMTEC, the American Association for Balneology and Balneotherapy. In addition to the regular oral presentations, the final two sessions will also offer hands-on demonstrations.

We hope that by January 15th many old and new friends will submit their abstracts to fill a half-empty schedule and then by May 31st, 2023 send their Communications to EJTM. As is now the five-year tradition, all presentations will be video-recorded, but only those granted by the speakers will be made public by YOUTUBE.

See you at the Hotel Petrarca, Montegrotto, Thermae of Euganean Hills, Padua, Italy on March 28th, 2023 for late afternoon registration and an aperitive just before the regular dinner included in the 4-day accommodation package.

### List of acronyms

EJTM - European Journal of Translational Myology FEMTEC - World Federation of Hydrotherapy and Climatotherapy [Fédération Mondiale du Thermalisme et du Climatisme]

LBI - Ludwig Boltzmann Institute

Pdm3 - Padua Days on Muscle and Mobility Medicine

PMD - Padua Muscle Days

#### **Contributions of Authors**

All authors have contributed to drafting and revision of the typescript. They have also read and approved the final edited paper.

#### Acknowledgments

Thanks go to the Gastaldello family, owner of the Hotel Petrarca, Montegrotto Terme (Padua), Italy for the low costs of the Conference Rooms and for the cheap 4-day full-board accommodation of the Speakers and Participants of the 2023 On-site Padua Days of Muscle and Mobility Medicine (2023 Pdm3).

Furthermore, we thanks the Marco Maggia family, owner of the Medical Hotel Ermitage, Abano Terme (Padua), Italy to guesting Pdm3 Attendees for a guided tour to

their medical physiotherapy services and for providing also a standing working lunch.

#### **Funding**

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#### **Conflict of Interest**

The authors declare no conflict of interests.

#### **Ethical Publication Statement**

We confirm that we have read the Journal's position on issues involved in ethical publication and affirm that this report is consistent with those guidelines.

#### **Corresponding Author**

Ugo Carraro, Department of Biomedical Sciences, University of Padua, Italy. Phone +39 338 1575745.

ORCID iD: 0000-0002-0924-4998 E-mail: ugo.carraro@unipd.it

E-mails and ORCID iD of co-authors

Sandra Zampieri: <u>sanzamp@unipd.it</u>
ORCID iD: 0000-0001-6970-0011
Carla Stecco: <u>carla.stecco@unipd.it</u>
ORCID iD: 0000-0002-8767-4555
Marco Narici: <u>marco.narici@unipd.it</u>
ORCID iD: 0000-0003-0167-1845
Stefano Masiero: <u>stef.masiero@unipd.it</u>
ORCID iD: 0000-0002-0361-4898

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UNIVERSITY OF PADUA, ITALY







Italy Easy Aging and A&C M-C Foundation for Translational Myology

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







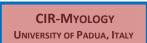


# **Hotel Petrarca**

Piazza Roma 23, Montegrotto Terme, Euganean Hills, (Padua), 35122 Italy

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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
	lecturers, speakers, audience and sponsors	

09·20 ΔM	Lecture of Carlo R	Regaiani: Single fibers as a tool in aging muscle resear	ch
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10:00 AM	Session I:	Adaptions to Physical Exerc	ise in Aging: from cell to functioning
		Marco Narici, Ugo Carraro, Chairs	

10:00 AM	Russell Hepple, University of Florida, USA: To be annouce
10:00 AM	Russell Heppie. University of Florida. USA: To be annouce

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	Alcazar Jose, Universidad de Castilla-La Mancha, Toledo, Spain: Improving muscle power through
	exercise trainina in old gae

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

11:20 AM	Martino Franchi, University of Padua, Italy: Differential muscle adaptations to concentric and eccentric
	resistance trainina 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

12.45AM Lunch in Piazza Duomo, Padua, Italy

# WEDNESDAY March 29, 2023

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

- **02:20 PM – Stefano Schiaffino, University of Padua, Italy,** Who is Terje Lømo, a 88-year-YOUNG scientist still fully active!
- **02:30 PM Lecture of Terje Lømo, Arild Njå, University of Oslo, Norway:** Body temperature regulation by tonic muscle impulse activity and brown adipose tissue
- 03:00 PM SESSION II: Skeletal Muscle Epigenetics and the dark side of the genome
  Piera Smerialio, Marco Sandri, Chairs
- **03:00 PM Marco Sandri et al., University of Padua, Italy :** Discovering novel longevity genes by looking at the dark side of the genome
- **30:20 PM –Chiara Lanzuolo, Istituto Nazionale di Genetica Molecolare, Milan, Italy:** Chromatin conformation of muscle stem cells in physiological and pathological muscular aging

30:40 PM -Piera Smeriglio, Sorbonne Université, Paris, France: To be announced

**04:00 PM** –To be announced

04:20 PM - Silvere M. van der Maarel, Leiden University Medical Center, the Netherlands, To be announced

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Phone: 0039 338 1575745 – Email: ugo.carraro@unipd.it, sanzamp@unipd.it









# WEDNESDAY March 29, 2023

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

04:40 PM - SESSION III: From MiRNA to LNC-RNA - Rosanna Piccirillo, Jorge L. Ruas, Chairs

04:40 PM - To be announced

05:00 PM - Rosanna Piccirillo et al., IRCCS - "Mario Negri", Milan, Italy: To be announced

**05:20 PM – Jorge L. Ruas, Biomedicum, Karolinska Institute, Stockholm, Swede**n: To be announced

05:40 PM -To be announced

06:00 PM - To be announced

06.20 PM -

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

08:00 PM - Dinner

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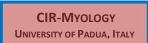
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Phone: 0039 338 1575745 - Email: ugo.carraro@unipd.it, sanzamp@unipd.it









### THURSDAY March 30, 2023

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

**09:00 AM - Lecture of H. Lee Sweeney, University of Florida, USA**: Improving upon AAV.micro-dystrophin gene therapy for DMD

09:40 AM - SESSION IV: Genetic muscle diseases - Elisabeth R. Barton, H. Lee Sweeney, Chairs

09:40 AM - To Be Announced

10:00 AM - To Be Announced

10:20 AM - To Be Announced

10:40 AM - To Be Announced

11:00 AM - Break

11:15 AM - To Be Announced

11:30 AM - To Be Announced

11:45 AM - To Be Announced

12: AM - To Be Announced

12:30 AM Lunch

# THURSDAY March 30, 2023

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

02:30 PM - SESSION Va: Twenty Years of AIM - Daniela Tavian, Corrado Angelini, Chairs

02:30 PM - Giovanna Lattanzi, IRCCS Rizzoli Orthopedic Institute, Bologna, Italy: Laminopathies

02:50 PM - Gabriele Siciliano, University of Pisa, Italy: Phenotype variabilities of laminopathies

**03:10 PM – Guilia Ricci, Gabriele Siciliano et al., University of Pisa, Italy:** New avenues for treatment of facioscapulohumeral MD (FSHD)

**03.30 PM – Giovanna Cenacchi et al., Alma Mater Studiorum University of Bologna, Italy**: LGMD D2 TNPO3-Related: Clinical Spectrum

**03.50 PM – Giovanna Cenacchi et al., Alma Mater Studiorum University of Bologna,, Italy**: LGMD D2 Pathogenetic Mechanism

04:10 PM – Break

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### THURSDAY March 30, 2023

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

### **04:20 PM - SESSION Vb: Twenty Years of AIM** — Corrado Angelini, Daniela Tavian, Chairs

- **04.20 PM Massimiliano Filosto, Fondazione IRCCS Ca' Granda Ospedale Maggiore Policlinico, Milan, Italy:** Clinical and genetic characterization of a novel NLSDM patient
- **04:40 PM Elena Pennisi, Sara Missagliai, Daniela Tavian et al., Milan, Italy:** Exploring triheptanoin as treatment for neutral lipid storage disease with myopathy
- **05:00 PM Guilia Ricci, Gabriele Siciliano et al., University of Pisa, Italy:** New avenues for treatment of facioscapulohumeral MD (FSHD)
- **05:20 PM Easter Tommasini, Daniela Tavian et al., Milan, Italy:** Irisin and sarcopenia: salivary irisin is induced by a strenuous exercise stimulus and correlates with serum irisin concentration
- **05:40 PM Giovanna Cenacchi et al., Alma Mater Studiorum University of Bologna, Bologna, Italy**: LGMD D2 Pathogenetic Mechanism
- 06:00 PM PatriziaProia, Giuseppe Messina, University of Palermo, Italy: To Be Announced
- 06:20 PM Angelo Iovane et al., University of Palermo, Italy: To Be Announced

06:40 PM -. To Be Announced

07:30 PM - Dinner

# FRIDAY March 31, 2023

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

### 09:00 AM - SESSION VI: 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:** Increased Senescence, Dysregulated Genes, MicroRNAs, and Gastrocnemius Muscle Fiber Types Associated With Progression of Peripheral Artery DiseaseTo Be Announced
- 10:00 AM Hans Hoppeler, University of Bern, Switzerland: The use of muscle rehabilitation: the Namibia experience

10:20 AM - To Be Announced

10.40 – Break

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### FRIDAY March 31, 2023

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

09:30 AM – Practical Activities: Functional analysis of the stomatognathic system

Claudia Dellavia, Riccardo Rosati, Chairs

9:30-11:00 AM: Instrumental evaluations of the stomatognathic apparatus: static tests

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

For dentists who want to review/expand the functional analysis protocols of the stomatognathic system of 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 VII: 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: Fasciae and hormones

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

# FRIDAY March 31, 2023

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

02:30 PM - SESSION VIII: 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 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 Ugo Carraro, University of Padua, Italy:** Non-invasive inflammatory biomarkers in saliva analyses **04:15 PM – Break** 

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# FRIDAY March 31, 2023

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

04:20 PM - SESSION IX: Muscle Rehabilitation in Dentistry - Riccardo Rosati, Elena P. Ivanova, Chairs

04:20 PM - Riccardo Rosati, University of Milan, Italy: To Be Announced

04:45 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 - To Be Announced

06:15 PM - To Be Announced

06:30 PM - To Be Announced

06:45 PM - To Be Announced

07:30 PM - Dinner

# SATURDAY April 1, 2023

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

09:00 AM – Session X: 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 Break

**10:45 AM – Jan Cvecka, University of Bratislava, Slovakia**: Exercise intervention in elderly: a novel system within the Centre of Active Aging in Bratislava

**11:15 AM – Nejc Sarabon, University of Koper, Slovenia**: Relationship between 24-hour movement behaviour and physical performance in older adults: A cross-sectional insight into the Centre of active ageing data

**11:45 AM - Stephan Loefler, Helmut Kern, LBI Rehabilitation Research, Vienna, Austria**: AMB-REMOB – results of an early outpatient rehabilitation program

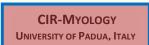
**12:15 AM - Vincent Grote, Michael Fischer, LBI Rehabilitation Research, Vienna, Austria:** Outcomes of early rehabilitation in elderly patients

12.45 AM Lunch

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# SATURDAY April 1, 2023

### 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, Medical Hotel Ermitage Director: Balneology, Balneotherapy, Mud and other Physiotherapies for prevention&rehabilitation in the Medical Hotel Ermitage, a pioneering 15-year successful example

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

**03:00 PM - SESSION XI: European Medical Thermalism and FEMTEC**Marcus Coplin, Stefano Masiero - Chairs

03:00 PM - Marcus Coplin: To be announced

03:20 PM - Stefano Masiero, University of Padua, Italy: To be announced

**03.40 PM - Andrey Rachin, Rehabilitation and Balneology Center, Moscow, Russia:** Modern methods of neuro-rehabilitation

**05:00 PM - Irina A. Grishechkina, Rehabilitation and Balneology Center, Moscow, Russia:** Outcomes of rehabilitation programs in patients with post-COVID-19 syndrome

05.20 PM – Maria Chiara Maccarone, University of Padua, Italy: Balneology and Balneotherapies in Padua Thermae

05:40 PM - To be announced

**06.00 PM** – To be announced

06:30 PM - Ugo Carraro: See you to the 2024 Padua Days of Muscle and Mobility Medicine (2024 PDM3)

**07:30 PM** – Dinner

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Organizing Secretariat: Ugo Carraro, Sandra Zampieri, A&C M-C Foundation, Padua, Italy

Phone: 0039 338 1575745 - Email: ugo.carraro@unipd.it, sanzamp@unipd.it