

Padua Days on Muscle and Mobility Medicine, March 3-6, 2026: Call for Oral Presentations

Ugo Carraro (1,2,3,4)

(1) Department of Biomedical Sciences, University of Padova, Padua, Italy; (2) Interdepartmental Research Centre of Myology, University of Padova, Padua Italy; (3) A&C M-Carraro Foundation for Translational Myology, Padua, Italy; (4) School of Physical Medicine and Rehabilitation, Department of Neuroscience, University of Padova, Padua, Italy.

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The Padova Muscle Days (PMD), an international congress on skeletal muscle, was founded in 1985 to provide consultancy on Translational Myology. Its goal has always been to translate the results of basic research into clinical trials. Indeed, function and mass of skeletal striated muscle are influenced by and affect central and peripheral neural pathologies, cardiac, pulmonary, hepatic, metabolic, and endocrine disorders, as well as lifestyle, aging, not to mention cancer. Over the years, PMD has led to innovative multidisciplinary results, so much so that it became natural to emphasize this with a neologism now included in the title of the congress series: "Padua Days on Muscle and Mobility Medicine (Pd3m)". Mobility Medicine is used to bring together knowledge currently dispersed across too many subspecialties. Medium-sized scientific conferences, held in hotels large enough to accommodate all participants, increase opportunities for constructive discussions during breaks and evenings, bringing together young and senior experts in basic sciences and clinical specialties. Extra-session discussions offer young scientists good opportunities for new collaborations and job offers. Since its inception, the PMD has offered these opportunities, leading to innovative multidisciplinary results published in high-level scientific journals. We hope that many more speakers will share our dreams and make them come true during the next conference in March 2026.

The scientific sessions of the 2026 Padua Days on Muscle and Mobility Medicine (2026Pd3m) will be held at the Hotel Petrarca, Euganean Thermae (Padua, Italy) on March 3, 5, and 6, while on March 4, they will be held in Padua, at the Conference Hall of the *Basilica of Santa Giustina, Prato della Valle* of Padua, Italy.

The 2026 preliminary program currently includes lectures and oral presentations (in-person or on-line) of basic scientists and clinicians from Austria, Bulgaria, Canada, France, Germany, Iceland, Ireland, Italy, Kazakhstan, Russia, Slovenia, Spain, Sweden, Switzerland, UK and USA. All organizers hope that other colleagues will participate in the conference, which will be held from March 3 to 6, 2026, by accepting the call to give oral presentations.

During the first day of the Program three sessions will be hosted, namely: Session I: Translational Digital Data Science in Mobility Medicine, Lars Larsson, Paolo Gargiulo, Chairs; Session II: FES in aging and denervation, Jonathan Jarvis, Ines Bersch, Chairs and Session III: Body weight control to rejuvenate octogenarians, Stephen Anton, Maria Chiara Maccarone, Chairs. Beside the three Lectures: "Human muscles are not just big mouse muscles" of Richard L. Lieber and Jan Fridén: Northwestern University, Chicago; Shirley Ryan Ability Lab, Chicago; Hines VA Medical Center, Chicago IL, USA; Swiss Paraplegic Center Nottwil, Switzerland; "FES in mice, rats and men: adaptation and recovery in aging rodent muscle", by of Jonathan Jarvis, University of Liverpool, Liverpool, UK and "Compete against yourself. Hyper oxygenate your blood adding isometric contractions held for tens of seconds during full-body in-bed gym until volitional fatigue: a live demonstration", by Ugo Carraro and Maria Chiara Maccarone, A&C M-C Foundation, Padua; Department of Biomedical Sciences; Padova Neuroscience Center, Department of Neuroscience, Padua University, Italy the first day of the 2026Pd3m will host the Oral presentations of Lars Larsson, Dept. of Clinical Sciences, SLU, Uppsala, Sweden, Paolo Gargiulo et al. Reykjavik, Iceland, Ines Bersch, Nottwil FES Center, Switzerland, Simona Ferrante, Nearlab, Politecnico di Milano, Italy, Ashraf S. Gorgey, Richmond VA Medical Center, Richmond, VA, USA, Gianluca Regazzo et al., Rehabilitation Unit, Padua University, Italy, Stephen Anton, Department of Physiology and Aging, University of Florida, Maria Chiara Maccarone, Padova Neuroscience Center, Department of Neuroscience, Padua University, Italy. A glass of Prosecco at the end of the last session will warm up discussions during and after the dinner.

At 8:00 a.m. (Italy time) on March 4, 2026, a courtesy bus will transport 2026Pd3m participants who spent the night at the Hotel Petrarca in *Montegrotto Terme* to *Prato della Valle*, Padua, Italy, to attend the Sessions organized in the Conference Hall of the *Basilica di Santa Giustina, Prato della Valle*, Padua, Italy. The program on Wednesday March 4 will consist of two sessions. Session IV:

Pathogenesis and managements of genetic muscle diseases will be chaired by H. Lee Sweeney and Piera Smeriglio. After the Lecture of H. Lee Sweeney of the University of Florida, Gainesville, FL, USA, Kay Ohlendieck of the Department of Biology, Maynooth University, Maynooth, Co. Kildare, Ireland will present the results of his Oral Presentation: Proteomic profiling of the biofluid marker signature of dystrophinopathies, followed by four Speakers of the Sorbonne Muscle Group, Paris, France. Edoardo Malfatti, University Paris Est Créteil, Inserm, U955, IMRB, Créteil, France will end the Session talking about: Targeting FibroAdipogenic progenitors to treat Duchenne Muscular Dystrophy. All the rest of the day will be dedicated to the Sessions organized by Marco Narici on: “Science for Bed Rest: Gender Differences in the Physiological and Pathophysiological Responses to Inactivity and Rehabilitation in Humans”. After a short walking tour to the Galileo Galilei monument in Prato della Valle (For first-time visitors to Padua. But everyone is welcome), at 07:00 pm the courtesy bus will bring at the Hotel those attendees accommodated at to Hotel Petrarca, *Montegrotto Terme* (Padua), Italy.

The program on Thursday March 5, 2026 will consists of four Sessions: Session VI: Basics in aging, David Hood, Russel T. Hepple, Chairs; Session VII: SOMMA, Mechanistic studies of muscle aging in humans, Russel T. Hepple, David Hood, Chairs; Session VIII: ELSEVIER Workshop on Biology of Aging unpacked: Implications for Geroscience and Healthspan, Anna Picca, Marta González Freire, Christiaan Leeuwenburgh, Chairs; Session IX: Exerkines as mediators of health benefits induced by physical exercise, Daniela Tavian, Corrado Angelini, Chairs and one final Lecture of James Carson: Sex hormones and skeletal muscle function with aging: The gonad-bone-muscle axis. Huffines Institute for Sports Medicine & Human Performance, Texas A&M University, USA. Among the confirmed speakers there will be: M. Jackson, Liverpool, UK; A. R. Konopka, Wisconsin, Usa; G. Gouspillou, Canada; Anastasiya Kuznyetsova, Toronto, Canada; Victoria Sanfrancesco, Toronto, Canada; Sabrina Champisi, Toronto, Canada Russell T. Hepple, University of Florida, Gainesville, FL, USA; Peggy Cawthon, Research Institute, California Pacific Medical Center, San Francisco, USA; Greg Tranah, California Pacific Medical Center Research Institute, San Francisco, CA, USA; Bumsoo Ahn, Dept. of Applied Physiology and Kinesiology, University of Florida Gainesville, FL, USA; Anna Picca, Department of Medicine and Surgery, LUM University, Casamassima, Italy; Marta González Freire, Health Research Institute of the Balearic Islands (IdISBa), Palma de Mallorca, Spain; Luigi Ferrucci, NIH/NIA/IRP, Baltimore, Maryland, USA; Samantha S. Ali and Ashley C. Amontree, College of Pharmacy, University of Florida; Christiaan Leeuwenburgh, Institute on Aging, Department of Medicine, Division of Geriatric Medicine, University of Florida, USA.

On Friday, March 6, 2026, the program will be divided

into two sets of concurrent sessions. In the Conference Hall Paradise, Hotel Petrarca, Euganean Thermae, Padua, Italy three sessions will be held, namely; Session X: Thermal managements and rehabilitation in Mobility Medicine, Philippe Perrin, Stefano Masiero, Chairs; Session XI: Ludwig Boltzmann Institute Workshop on Rehabilitation Assessments, Vincent Grote, Bibiane Steinecker-Frohnwieser, Chairs; Session XII: European Medical Thermalism and the World Federation of Hydrotherapy and Climatotherapy (FEMTEC), Elena Ivanova, Sergio Giancesini, Chairs. Lecturers will be: Philippe Perrin et al.: Interest of thermal therapy for adapted physical activity practice and sport trauma rehabilitation. University of Lorraine and the University Hospital of Nancy, Vandoeuvre-lès-Nancy, France; Alessandro Martini et al.: Vestibular control of muscular tone and posture in labyrinth genetic disorders and beyond, University of Padua, Italy; Sergio Giancesini: From Salus to Science Per Aquam in vein-lymphatic care, University of Ferrara, Italy. Among confirmed speakers will be present: Sholpan Bulekbayeva, Kazakhstan, Natalia Chauraskaya, Russia; Stefano Masiero, Padua University, Italy; Spela Matko et al., Ludwig Boltzmann Institute for Rehabilitation Research, Vienna, Austria, Austria; Ferdinand Prüfer et al., Ludwig Boltzmann Institute for Rehabilitation Research, Vienna, Austria; Bettina Thauerer et al., Ludwig Boltzmann Institute for Arthritis and Rehabilitation, Vienna, Austria; B. Lohberger et al., Department of Orthopedics and Trauma, Medical University Graz, Austria; Nejc Šarabon, et al., Department of Kinesiology, Faculty of Health Sciences, University of Primorska, Izola, Slovenia; Bibiane Steinecker-Frohnwieser et al., Department of Orthopedics and Trauma, Medical University Graz, Austria; Vincent Grote, Ludwig Boltzmann Institute for Rehabilitation Research, Vienna, Austria; Gleb Barashkov, Moscow, Russia; Tatyana Chernyavskaya, Moscow, Russia; Irina Grishechkina, et al., Moscow, Russia; Alla Khadzegova, Moscow, Russia; Maria Amosova, Sechenov University, Moscow, Russia; Elena Ivanova, Moscow, Russia.

On the same day, Friday, March 6, 2026, a “Masterclass on Muscle Rehabilitation in Dentistry”, organized by Riccardo Rosati, Milan, Italy, will be held at the *Grazia* Conference Hall of the *Hotel Petrarca, Terme Euganee*, Padua, Italy, starting at 9:00 a.m. (Italian time).

The Program will consist of two Sessions in the morning, namely: Session 1: Sleep and oral function, Claudia Dellavia, Riccardo Rosati, Chairs; and Session 2: Function-guided oral rehabilitation, Elena Ivanova, Mariana Dimova-Gabrovski, Chairs. The Lectures of Luca Imeri: Sleep disturbances as promoters of musculoskeletal disorders, Italy and of Roberto Rongo, UniNa, Italy: 24H function measurements, will open the morning Masterclass, followed by confirmed presentations of Elena Ivanova, Russia; Frank Saxler, Germany; Mariana Dimova-Gabrovski, Bulgaria; Igor Dogocki, Germany, Claudia Ferreira, Italy.

In the afternoon, the “Masterclass: ssEMG Evaluation in Dentistry - From Scientific Research to Dental Practice”,

chaired by Roberto Rongo, UniPv, Italy, will be held in the same Conference Hall. Among confirmed presenters there are: Dolaji Henin, Milan, Italy; Massimiliano Vella, Milan, Italy; Marian Turbatu, San Raffaele Hospital, Milan, Italy; Federico Marin, Milan, Italy. After a general discussion, Riccardo Rosati, Milan, Italy, will conclude the day with his closing remarks and greetings.

While the preliminary program may seem packed with presentations, there are still several spots available for additional speakers. The deadline for submitting abstracts, or at least final titles, will be extended to January 21, 2026, but early registrations and abstract submissions are welcome. Interested participants will find at the link (URL): www.paduamuscleddays.it the forms to actively participate: Registration, Accommodation, Abstract template and How to join us.

Organizers hope that other colleagues, both young and senior, will share dreams and make them come true during the next Pd3m Conference in March 2026. Surely the 2026Pd3m will be interesting and successful, like all the previous editions of the Padova Days on Muscle and Mobility Medicine.¹⁻⁸

List of acronyms

A&C M-Carraro Foundation – Armando and Carmela Mioni-Carraro Foundation for Translational Myology
Ejtm - European Journal of Translational Myology
Pd3m - Padua Days on Muscle and Mobility Medicine
PMD – Padua Muscle Days

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Corresponding Author

Ugo Carraro

The A&C M-Carraro Foundation for Translational Myology, Galleria Duomo 5, 35141 Padua, Italy.

ORCID iD: 0000-0002-0924-4998

Mobile +39 338 1575745.

E-mail: ugo.carraro@unipd.it

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