

Sports Medicine Conference Katowice 2026
FROM THE PITCH TO THE CATHLAB/OPERATING ROOM

Date: 10 July 2026

Venue: Hotel Mercure Katowice Centrum

Organizer: Polish Medical Team Foundation

Conference Directors: Mateusz Tajstra (PMFT), Mateusz Dłutowski (PMFT), on behalf of the Organizing Committee

Preliminary Scientific Programme

09:00–09:10

Opening of the Conference

Welcome and introduction to the aims of the Sports Medicine Conference Katowice 2026

Conference Directors: Mateusz Tajstra, Mateusz Dłutowski

09:10–10:10

Session I – Sport Cardiology

Moderators: M. Tajstra (Poland), M. Kocjan (Poland), M. Ochątek (Poland)

09:10–09:29

M. Tajstra (Poland)

Sudden cardiac arrest in athletes

12 min presentation + 7 min discussion

09:29–09:44

M. Ochątek (Poland)

Case 1: Sudden dyspnea – DVT in history – pulmonary embolism: it is not always so obvious

8 min presentation + 7 min discussion

09:44–09:59

M. Kocjan (Poland)

Case 2: Incidental hypertrabeculation, mildly reduced resting LVEF and small mitral annular disjunction in an asymptomatic former professional football player: physiological remodeling or early cardiomyopathy?

8 min presentation + 7 min discussion

09:59–10:10

Panel discussion and session conclusions

10:10–10:30

Coffee break

10:30–11:30

Session II – Sport Traumatology

Moderators: M. Dłutowski (Poland), K. Rękawek (Poland), Jakub Kleszowski (Poland)

10:30–10:45

Paweł Brosz / Mariusz Dotka (Poland)

Hamstring muscle injuries in football: diagnostics and management

8 min presentation + 7 min discussion

10:45–11:00

M. Dłutowski / Tomasz Zahorski (Poland)

Graft selection in reconstruction: surgical techniques

8 min presentation + 7 min discussion

11:00–11:15

K. Rękawek (Poland)

Case 1: Distal biceps rupture. From diagnostic to operation. How we do it in Szczecin

8 min presentation + 7 min discussion

11:15–11:30

Jakub Kleszowski (Poland)

Case 2: Meniscus – what should you know but are afraid to ask

8 min presentation + 7 min discussion

11:30–11:45

Final discussion and closing remarks

11:45–12:00 coffee break

12:00–13:30 Round table discussion

Sports medicine in 2026: practical challenges, safety and future directions

13:30–14:00

Closing remarks

Please note that the programme is preliminary and may be subject to minor changes; however, the overall scientific scope and educational character of the event will remain unchanged.

Kind regards,

Prof. Mateusz Tajstra

On behalf of the Organizing Committee

Polish Medical Team Foundation
Sports Medicine Conference Katowice 2026

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