

MAST 2026

PRELIMINARY SCIENTIFIC PROGRAMME

20–21 November 2026 · Hotel Ózon, Mátraháza, Hungary

TWO DAYS · TWO HALLS

FRIDAY, 20 NOVEMBER		SATURDAY, 21 NOVEMBER	
HALL 1	HALL 2	HALL 1	HALL 2
UNI & robotic knee arthroplasty	Postoperative & sports-surgery rehabilitation	ACL controversies & decision-making	Elite club medicine & Stefano Della Villa
Robotics & personalized knee arthroplasty	ACL & PCL rehabilitation, strength & performance	Patellofemoral masterclass	UEFA & elite sports medicine
Osteotomies around the knee	Tendinopathy, prehabilitation & sports-specific rehabilitation	Foot, ankle & Achilles	Hungarian elite teams
Complex & revision ACL surgery	Orthobiologics & interventional treatments	Muscle, hip & groin injuries	Team-sport performance & functional testing
AI, innovation & data-driven sports orthopaedics	MAST Legends – Hall 1	PCL, medial side & complex knee	Closing Ceremony – Hall 1
MAST Legends – plenary		Closing Ceremony	

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FRIDAY, 20 NOVEMBER 2026 | HALL 1 — KNEE SURGERY, JOINT PRESERVATION & INNOVATION

20–21 November 2026 · Hotel Ózon, Mátraháza, Hungary · Under the Patronage of ESSKA

TIME	SESSION	SPEAKER / PARTICIPANTS	LECTURE / ACTIVITY	NOTES
08:00–09:00	JOINT PROGRAMME	—	Registration & Opening Ceremony	Hall 1
09:00–10:30	UNICOMPARTMENTAL KNEE ARTHROPLASTY			
09:00–09:30		TBC	Unicompartmental knee arthroplasty: indications and contemporary practice	
09:30–10:00		Iván Udvarhelyi	Unicompartmental knee arthroplasty: surgical technique and pitfalls	
10:00–10:20		Attila Horváth	Outcomes and complications after unicompartmental knee arthroplasty	
10:20–10:30		Discussion	Case-based discussion and audience questions	
10:30–11:00	BREAK	—	Coffee break	
11:00–12:15	ROBOTICS & PERSONALIZED KNEE ARTHROPLASTY			
11:00–11:15		Szabolcs Gáspár	Robotics in knee arthroplasty – indications and outcomes	
11:15–11:30		Tivadar Háncs	Personalized alignment in total knee arthroplasty	
11:30–11:45		István Domán	Robotic workflows and implementation in clinical practice	
11:45–12:00		Krisztián Sisák	Robot-assisted knee arthroplasty: value creation or the illusion of the “perfect operation”?	
12:00–12:15		István Szabó	Symbios knee prosthesis	
12:15–13:45	BREAK	—	Lunch & lunch workshop	Workshop: 60 min · TBC
13:45–15:15	OSTEOTOMY AROUND THE KNEE			
13:45–14:15		Sam Yasen	Keynote lecture: contemporary strategies in osteotomy around the knee	
14:15–14:35		Gábor Vásárhelyi	Patellofemoral considerations in osteotomy around the knee	
14:35–14:55		TBC	Planning and execution of complex knee osteotomies	
14:55–15:05		Ákos Lukács	Clinical cases in knee osteotomy	
15:05–15:15		Panel	Discussion and audience questions	

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15:15–15:45	BREAK	—	Coffee break	
15:45–17:00	COMPLEX & REVISION ACL SURGERY			
15:45–16:00		György Gulácsi	MRI-based assessment and planning in complex ACL surgery	
16:00–16:15		Károly Pap	Allograftok felhasználási lehetőségei Magyarországon	
16:15–16:30		Zsolt Knoll / András Tállay / Gábor Vásárhelyi	BATTLE: Graft choice in ACL reconstruction	
16:30–16:45		Ákos Lukács	Complex ACL reconstruction: case-based decision-making	
16:45–17:00		Gergely Pánics	Revision ACL surgery: clinical cases and discussion	
17:00–18:30	AI, INNOVATION & DATA-DRIVEN SPORTS ORTHOPAEDICS			
17:00–17:20		Kristian Samuelsson	Artificial intelligence in sports orthopaedics: current evidence and future directions	
17:20–17:40		Bálint Zsidai	AI as a clinical and research co-pilot in orthopaedics	
17:40–18:00		Bálint Zsidai	Clustering analysis of hamstring injuries – A pilot study to determine phenogroups based on injury characteristics and recovery duration	
18:00–18:15		András Tállay	Quality assurance in arthroscopy – the role of AI	
18:15–18:30		Discussion	Closing discussion	
18:30–19:30	MAST LEGENDS	—	Joint plenary session	Hall 1

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PRELIMINARY SCIENTIFIC PROGRAMME

FRIDAY, 20 NOVEMBER 2026 | HALL 2 — ELITE SPORTS MEDICINE, FIFA & PERFORMANCE

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TIME	SESSION	SPEAKER / PARTICIPANTS	LECTURE / ACTIVITY	NOTES
08:00–09:00	JOINT PROGRAMME	—	Registration & Opening Ceremony	Hall 1
10:00–11:30	POSTOPERATIVE & SPORTS-SURGERY REHABILITATION			
10:00–10:20		Zsófia Duska	Rehabilitation after total joint arthroplasty: milestones and return to activity	
10:20–10:40		Réka Guti	Return after multiple ACL reconstructions: the road towards a fourth Olympic Games	
10:40–11:00		Zsuzsa Hantó	Neurodynamic treatment in muscle-injury and overuse-condition prevention	
11:00–11:30		Discussion	Postoperative rehabilitation: practical take-home messages	
11:30–12:00	BREAK	—	Coffee break	
12:00–13:15	ACL & PCL REHABILITATION, STRENGTH & PERFORMANCE			
12:00–12:15		Csaba Szabó	ACL rehabilitation: BFR, NMES and progressive strength development	
12:15–12:30		Katalin Pánics	Arthrogenic muscle inhibition: assessment and implications for rehabilitation	
12:30–12:45		Ádám Gyalog	Criteria-based return to play: translating functional tests into clinical decisions	
12:45–13:00		TBC ?	Pediatric ACL rehabilitation	Bethesda Children’s Hospital · title to be confirmed
13:00–13:15		TBC ?	Rehabilitation following PCL reconstruction: milestones, loading and return-to-sport criteria	
13:15–14:45	BREAK	—	Lunch & lunch workshop	Workshop: 60 min · TBC
14:45–15:05	TENDINOPATHY REHABILITATION			
14:45–15:05		Róbert De Jonge	Tű-elektrolízis a tendinopathiák rehabilitációjában	
15:05–16:05	PREHABILITATION & SPORTS-SPECIFIC REHABILITATION			
15:05–15:25		Pete Friar	Prehabilitation in elite sport	Title to be confirmed
15:25–15:45		TBC ?	Adductor injury rehabilitation	Speaker and title to be confirmed
15:45–16:05		TBC ?	High ankle sprain rehabilitation	Speaker and title to be confirmed

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16:05–16:35	BREAK	—	Coffee break	
16:35–18:05	ORTHOBIOLOGICS & INTERVENTIONAL TREATMENTS			
16:35–17:05		Lior Laver	Orthobiologics in sports medicine: evidence, indications and patient selection	
17:05–17:35		Kristof Sas	Orthobiologics in elite sport: practical decision-making and return-to-play context	
17:35–17:55		Ágnes Stogicza	Image-guided interventions for musculoskeletal pain: indications and technique	
17:55–18:05		Discussion	Indications, evidence and controversies	
18:05–18:30	BREAK	—	Transition to MAST Legends in Hall 1	
18:30–19:30	MAST LEGENDS	—	Joint plenary session – Hall 1	Hall 1

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PRELIMINARY SCIENTIFIC PROGRAMME

SATURDAY, 21 NOVEMBER 2026 | HALL 1 — SPORTS KNEE, PATELLOFEMORAL & FOOT/ANKLE

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TIME	SESSION	SPEAKER / PARTICIPANTS	LECTURE / ACTIVITY	NOTES
09:00–10:00	ACL CONTROVERSIES & DECISION-MAKING			
09:00–09:30		Zsolt Jórász vs Marcell Varga	BATTLE: ACL repair vs reconstruction in adolescent athletes	
09:30–09:40		Marcell Varga	ACL WT – technical and biological considerations	Title to be confirmed
09:40–09:50		Miklós Tátrai	ACL genetics – risk and prevention	
09:50–10:00		Panel	Take-home messages	
10:00–10:30	BREAK	—	Coffee break	
10:30–12:00	PATELLOFEMORAL MASTERCLASS			
10:30–10:45		György Gulácsi	Patellofemoral imaging and surgical decision-making	
10:45–11:15		David Dejour	Patellofemoral instability – keynote lecture	
11:15–11:45		Jacek Walawski	Adolescent patellofemoral instability	
11:45–12:00		Gábor Vásárhelyi	Cases & discussion	
12:00–13:30	BREAK	—	Lunch & lunch workshop	Workshop: 60 min · TBC
13:30–15:00	FOOT, ANKLE & ACHILLES IN SPORT			
13:30–14:00		Pieter D'Hooghe	Foot and ankle injuries in elite sport	
14:00–14:20		Ákos Kynsburg	Retrograde treatment of talar OCD	
14:20–14:35		Mátyás Czipri	Surgical management of insertional Achilles tendinopathy	
14:35–14:45		György Gulácsi	Ankle and Achilles MRI – imaging for clinical decision-making	
14:45–15:00		Discussion	Foot, ankle and Achilles cases and discussion	
15:00–15:30	BREAK	—	Coffee break	

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15:30–16:45	MUSCLE, HIP & GROIN INJURIES			
15:30–16:00		Rowena Johnson	Interventional radiology in elite athletes – from diagnostic injections to treatment	
16:00–16:15		Ernest Schilders	The athletic groin – from diagnosis to surgical decision-making	
16:15–16:30		Tamás Bárdos	Hip injuries in sport	
16:30–16:45		Kristóf Dede	Sports hernia – diagnosis and treatment	
16:45–17:45	PCL, MEDIAL SIDE & COMPLEX KNEE			
16:45–17:00		Karl Eriksson	PCL / complex knee surgery	
17:00–17:15		Sam Yasen	PCL reconstruction – indications, technique and complex cases	
17:15–17:30		Csaba Bíró	MCL injuries – conservative versus operative decision-making	
17:30–17:45		Panel	Complex knee discussion and take-home messages	
17:45–18:25	BREAK	—	Transition to the joint Closing Ceremony	
18:25–18:40	JOINT PROGRAMME	—	Closing Ceremony	Hall 1

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SATURDAY, 21 NOVEMBER 2026 | HALL 2 — ORTHOBIOLOGICS, REHABILITATION & RETURN TO PERFORMANCE

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TIME	SESSION	SPEAKER / PARTICIPANTS	LECTURE / ACTIVITY	NOTES
11:00–12:00	ELITE CLUB MEDICINE – PANEL			
11:00–11:15		Fernando Marques	Imaging-led decision-making for injuries in elite football	Chelsea FC
11:15–11:30		Maria José	Medical-team structure and day-to-day clinical decision-making in elite football	Atlético de Madrid
11:30–11:45		Bruno Vanhecke	Criteria and communication for return to play in elite club football	Club Brugge
11:45–12:00		Jaime Abascal	Integrating medicine and performance in a EuroLeague basketball club	Real Madrid Basketball
12:00–12:30	RETURN TO SPORT AFTER KNEE SURGERY			
12:00–12:30		Stefano Della Villa	Criteria-based return to sport after ACL and meniscus surgery	Isokinetic Medical Group
12:30–14:00	BREAK	—	Lunch & lunch workshop	Workshop: 60 min · TBC
14:00–15:00	UEFA & ELITE SPORTS MEDICINE			
14:00–14:15		Zoran Bahtijarević – UEFA	UEFA Medical Programme: education, prevention and match-day medical standards	Online presentation
14:15–14:30		Evert Verhagen – UEFA	UEFA injury surveillance: translating epidemiology into prevention	Online presentation
14:30–15:00		Panel	From injury surveillance to implementation in elite sport	
15:00–15:30	BREAK	—	Coffee break	
15:30–16:45	SPORTS MEDICINE IN HUNGARIAN ELITE TEAMS			
15:30–15:40		Zoltán Holanek	Medical care and injury management in elite handball	Győri Audi ETO KC
15:40–16:00		András Vizi	Medical decision-making and return-to-play pathways in elite handball	OTP Bank-PICK Szeged
16:00–16:10		Gábor Schuth	National-team care and central sports-performance coordination	MLSZ
16:10–16:20		Mátyás Magyar	Motorsport medicine: injury prevention and acute trackside care	
16:20–16:30		Gergely Pánics	Medical care in a multisport club	Ferencvárosi TC
16:30–16:45		Panel	Integrating medical care, rehabilitation and performance in elite sport	

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16:45–17:45	TEAM-SPORT PERFORMANCE & FUNCTIONAL TESTING			
16:45–17:05		Kenza Szabó	Beyond jump height: force-time profiling and comprehensive CMJ assessment	
17:05–17:15		Kovács Roland	Academy sports physiotherapy and return to play	Puskás Akadémia
17:15–17:25		Kovács Bence	Lecture topic TBC	Affiliation TBC
17:25–17:45		Panel	Functional testing and return-to-play decisions in team sports	
17:45–18:25	BREAK	—	Transition to the joint Closing Ceremony	
18:25–18:40	JOINT PROGRAMME	—	Closing Ceremony	Hall 1