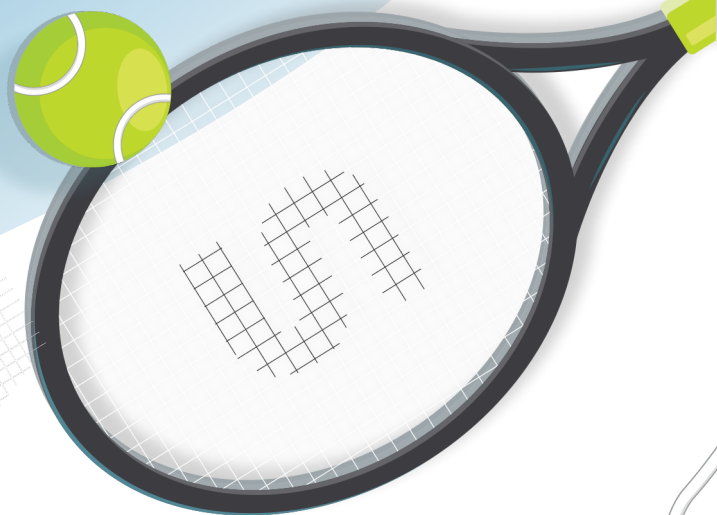


**Step into the heart of tennis and sports medicine at the STMS World Congress 2025, where the world's leading minds and innovators in the field come together to push the boundaries of the game**



# **stms** *world congress*

**AMSTERDAM, 4-5 APRIL 2025**

# **PROGRAM**

**Serving for  
Success**



## President's Welcome

**On behalf of the STMS board, it is my great pleasure to warmly welcome you to the 2025 STMS World Congress in Amstelveen.**



This year's event is hosted by the KNLTB and led by the distinguished Prof Babette Pluim - a former STMS president and a true pioneer in tennis and sports medicine.

Reflecting on the tremendous efforts behind our previous congresses in Stockholm (2019) and Palma (2023), I am keenly aware of the dedication required to bring an event of this scale to life. I would like to express my deepest gratitude - both personally and on behalf of the STMS - to the KNLTB and Team Pluim for their exceptional commitment and hard work in making this congress a reality.

This year's program promises content of exceptional scientific value, delivered by an impressive lineup of speakers. I have every confidence that it will be a memorable and impactful experience for everyone in the tennis and sports medicine community.

We are also deeply grateful to our partners - including the ITF, ATP, WTA, USTA, LTA, KNLTB, and other national associations and local collaborators - whose ongoing support plays a vital role in the success of this congress and the mission of STMS.

As a small, non-profit organisation, STMS is proud of its rich legacy in advancing the health and performance of tennis players at every level worldwide. I encourage you to become a member and enjoy gain access to our unique, tennis-specific educational resources, expert insights, and member benefits including discounts for future events.

I look forward to two days filled with engaging discussions, shared ideas, and meaningful collaboration. Let's continue to work together to advance both tennis and sports medicine to new heights!

Fredrik Johansson

President, STMS

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Scan to visit our website  
[www.stmswc25.com](http://www.stmswc25.com)

## Welcome Reception - Restaurant NTC

16:30-16:45	<b>Welcome</b> Fredrik Johansson, President STMS Mariette Verbruggen, KNLTB Board Member
16:45-17:15	<b>Guided tour</b> Babette Pluim, Federation Doctor Aldo Hoekstra, Head of Sport Science
17:15-18:00	<b>Drinks and Snacks</b>

17:30 Tennis Courts	<b>Tennis Clinic</b> led by Jacco Eltingh
17:30 PadelMate	<b>Padel Clinic</b> led by Gianni Rota & Milou Ettekoven (Grutterij 1, 1185 ZT Amstelveen)
19:00 Roland Garros	<b>Conference Dinner</b> (smart casual)



Join the Padel or Tennis Clinic!

<b>8:00-9:00</b>	<b>Registration (restaurant)</b>
<b>9:00-9:30</b> US Open	<b>Welcome</b> Edu Jansing, CEO KNLTB   Anneke van Zanten-Nieberg, President NOC*NSF   Fredrik Johansson, President STMS
<b>9:30-10:30</b> US Open	<b>Competing in the Heat   Keynote Topic</b> <ul style="list-style-type: none"> <li>• Ollie Jay: Extreme Heat Stress Risk Management for Professional and Community Tennis</li> <li>• Hein Daanen: Performance Preservation in Tennis: Strategies for Hot Weather Conditions</li> <li>• Jelmer Alisma: Heat Illness in Tennis</li> </ul>
<b>10:30-11:00</b>	<b>Coffee Break</b>
<b>11:00-12:00</b> Tennis court	<b>Part 1: Biomechanics in Tennis Success - The Serve</b> Gavin MacMillan
<b>12:00-12:30</b> Tennis court	<b>The Power of Planned Disruptions</b> Ruben de Bruin
<b>12:30-13:30</b>	<b>Lunch Break</b>
<b>13:30-14:30</b> Tennis court	<b>Part 2: Biomechanics in Tennis Success - Groundstrokes</b> Gavin MacMillan
<b>14:30-15:00</b> Tennis court	<b>Physiology Insights for Tennis Success</b> Glenn Björklund
<b>15:00-15:30</b>	<b>Coffee Break</b>
<b>15:30-15:50</b> Tennis court	<b>Stroke Booster</b> Natasja van der Boon
<b>15:50-16:15</b> Tennis court	<b>Nurturing Long-Term Athlete Development in Tennis</b> Dario Novak
<b>16:15-17:00</b> Tennis court	<b>Mastering Agility on the Tennis Court</b> Miguel Janssen, Marleen Jansen

<b>9:00-9:30</b> US Open	<b>Welcome</b> Edu Jansing, CEO KNLTB   Anneke van Zanten-Nieberg, President NOC*NSF   Fredrik Johansson, President STMS
<b>9:30-10:30</b> US Open  <b>10:30-11:00</b>	<b>Competing in the Heat   Keynote Topic</b> <ul style="list-style-type: none"> <li>• Ollie Jay: Extreme Heat Stress Risk Management for Professional and Community Tennis</li> <li>• Hein Daanen: Performance Preservation in Tennis: Strategies for Hot Weather Conditions</li> <li>• Jelmer Alsmas: Heat Illness in Tennis</li> </ul> <b>Round Table Discussion</b> - led by Marcella Mesker & Jan-Willem de Lange
<b>11:00-11:30</b>	<b>Coffee Break</b>
<b>11:30-12:30</b> US Open	<b>Wheelchair Tennis: Speed, Skill, and Spirit on the Court</b> <ul style="list-style-type: none"> <li>• Esther Vergeer: Breaking Barriers: My Journey of Inclusion, Excellence and Leadership in Wheelchair Tennis</li> <li>• Sam Williamson: Evidence-Based Classification in Wheelchair Tennis</li> <li>• Rienk van der Slikke: Trunk Function: the Core of Mobility Performance in Wheelchair Tennis</li> <li>• Fiona Wilson: Low Back Pain in Sports: From Injury to Peak Performance</li> </ul>
<b>12:30-13:30</b>	<b>Coffee Break</b>
<b>13:30-14:30</b> US Open  <b>10:30-11:00</b>	<b>Mental Health Challenges in Tennis   Keynote Topic</b> <ul style="list-style-type: none"> <li>• Vincent Goutteborge: Tackling Mental Health in Sports: How Sport Organisations Lead the Way</li> <li>• Brian Hainline: Mental Health and Tennis</li> <li>• Zoe Moffat: WTA's Integrated Approach to Injury and Mental Health</li> </ul> <b>Round Table Discussion</b> - led by Marcella Mesker & Jan-Willem de Lange
<b>15:00-15:30</b>	<b>Coffee Break</b>
<b>15:30-16:30</b> US Open	<b>Everyone Watches Women's Sports!</b> <ul style="list-style-type: none"> <li>• Jennifer Maynard: Practical Application of REDs Clinical Assessment Tool: The WTA Experience</li> <li>• Candice MacMillan: Periods, Breasts, Babies, Bones and Biomechanics</li> <li>• Jorien Woolderink: Winning Strategies for Reproductive Health: A Grand Slam Approach</li> </ul>
<b>16:30-17:00</b> US Open	<b>Conquering Time Zones for Peak Performance</b> Christa Janse van Rensburg



**Join the authors for live poster presentations in the US Open from 12:30 to 13:30**

Tristan Barnett	Could Roger Federer have won more Grand Slams by following a yoga process?
Zlatan Bilic, Petar Barbaros and Ela Poljak	Impact of warm-up exercises in enhancing basic tennis shots learning for beginners
Rowie Janssen, Marit van Dijk, Thomas Rietveld, et al.	The combined strength of standardized lab sprint testing and wheelchair mobility field testing in wheelchair tennis players
Sam Kazemi	Assessing injury risk in tennis
Koen Rikken, Barbara Huijgen, Aldo Hoekstra, et al.	Developmental trajectories of talented tennis players during adolescence
Yoshimasa Saigo, Daichi Morikawa, Hirohisa Uehara, et al.	The relationship between junior tennis injury and maturity status based on age at peak height velocity: a 15-year longitudinal analysis
Claudio Zanetti, Francesco Paperini, Luca Farinelli, et al.	Sport-specific foot dysfunction in young, elite tennis players, stabilometric analysis of the foot receptor

## ATP Tournament Physicians Meeting (by invitation only)

<b>15:30-17:30</b> Wimbledon	Babette Pluim	Welcome and Introduction
	Todd Ellenbecker	Overview of ATP Medical Services
	Miriam van Reijen	Optimising nutritional practises on the ATP Tour
	Jamie Pethick	International Tennis Integrity Agency (ITIA) Update
	ATP Tournament Physicians	Round table discussion on ATP Tour issues



## Planning to attend a workshop?

Make sure you're registered! If you haven't signed up yet, simply scan the QR code below to register.

Room A	8:00-8:30 8:30-9:00	<b>Examination of the elbow</b> Elisa Zwerus and Jesper Put
Room B	8:00-8:30 8:30-9:00	<b>Examination of the shoulder</b> Todd Ellenbecker and Femke Claessen
Room C	8:00-8:30 8:30-9:00	<b>Wrist rehabilitation</b> Milena (Milly) Mirkovic
Room D	8:00-8:30 8:30-9:00	<b>Examination of the hip and groin</b> Adam Weir and Kevin Sims
Room E	8:00-8:30 8:30-9:00	<b>Functional Movement Screen</b> Sam Kazemi



Join our workshops!

<p><b>9:00-10:00</b> US Open</p> <p><b>10:00-10:30</b></p>	<p><b>Innovations Shaping the Future of Tennis   Keynote Topic</b></p> <ul style="list-style-type: none"> <li>• Aldo Hoekstra: Acing Innovation in Elite Tennis</li> <li>• Iago van den Heuvel: Breaking Barriers: The Impact of Innovation on Recreational Tennis and Padel</li> <li>• Max Brouwer: Engaging youth tennis players in their physical development</li> </ul> <p><b>Round Table Discussion</b> - led by Marcella Mesker &amp; Jan-Willem de Lange</p>		
<p><b>10:30-11:00</b></p>	<p><b>Coffee Break</b></p>		
<p><b>11:00-11:45</b> US Open</p>	<p><i>PARALLEL SESSION I</i> <b>Advancing Health, Performance and Integrity in Tennis</b></p> <ul style="list-style-type: none"> <li>• Jamie Pethick: Prohibited Substances in Tennis: Their Prevalence and Pysiological Impact</li> <li>• Guy Evans: Performance Medicine in Tennis</li> <li>• Miriam van Reijen: Nutrition and Hydration for Elite Tennis: Separating Science from Myths</li> </ul>	<p><b>11:00-12:30</b> Wimbledon</p>	<p><i>PARALLEL SESSION II</i> <b>Tennis Injuries: Foot, Elbow, and Movement Screening</b></p> <p><i>Moderators: Femke Claessen &amp; Natasja van der Boon</i></p> <ul style="list-style-type: none"> <li>• Sam Kazemi: Assessing Injury Risk in Tennis: Validity and Reliability of the Functional Movement Screen</li> <li>• Vasileios Mitrousias: Unraveling the Anatomy of Tennis-Specific Injuries: From Basic Science to Diagnosis</li> <li>• Balasz Sonkodi: Delayed Onset Muscle Soreness and Non-Contact Injuries: A Tennis Perspective</li> <li>• Paolo Arriogoni: Innovations in Medial Elbow Injury Management for Elite Tennis Players</li> <li>• Claudio Zanetti, Luca Farinelli, Michel Polledri: Sport-Specific Foot Dysfunction in Tennis Player</li> </ul>
<p><b>11:45-12:15</b> US Open</p>	<p><b>Comprehensive Care for Wrist Injuries</b> Milena (Milly) Markovic, Frederik Verstreken</p>		
<p><b>12:15-12:30</b> US Open</p>	<p><b>Epidemiology of Tennis Injuries</b> Bernard Montalvan: Musculoskeletal Injuries in tennis players: a decade of insights from the French Open (2011-2022)</p>		
<p><b>12:30-13:30</b></p>	<p><b>Lunch Break</b></p>		

<b>13:30-14:30</b> US Open	<b>Managing Elbow and Shoulder Injuries   Keynote Topic</b> <ul style="list-style-type: none"> <li>• Denise Eygendaal: OCD of the elbow...all you need to know</li> <li>• Todd Ellenbecker : Data-Driven Strategies for Shoulder Rehabilitation in Elite Tennis Players</li> <li>• Giovanni di Giacomo: Surgical Decision-Making Process in Shoulder Injuries</li> <li>• Bas Maresch &amp; Jacco Spermon: Hawkeye Sports Radiology: Spot On</li> </ul>
14:30-15:00	<b>Round Table Discussion</b> - led by Marcella Mesker & Jan-Willem de Lange
<b>15:00-15:30</b>	<b>Coffee Break</b>
<b>15:30-16:00</b> US Open	<b>From Rehab to Rally: a Return to Play Blueprint</b> Fredrik Johansson
<b>16:00</b>	<b>Closing</b>

## Drinks & Snacks

## Thank You

**Thank you for being part of this year's conference.**

We hope you leave feeling inspired, connected, and excited for what's next. Wishing you a safe and pleasant journey home - we look forward to seeing you again soon!

Fredrik Johansson, Babette Pluim & Aldo Hoekstra  
on behalf of the STMS World Congress Organising Committee



# Site map of the National Tennis Centre

