



EMS Training

Safety, Health and Sport Performance

1 Dicembre 2018 / Ore 9.00 - 18.00

Fondazione Stelline - Sala Verdi I Milano - Corso Magenta 61

Per la prima volta, nel nostro Paese, esperti di fama nazionale e internazionale si sono riuniti per discutere e confrontarsi sul nuovo trend che sta rivoluzionando il mondo del fitness e dell'healthcare: l'utilizzo della tecnologia EMS abbinata all'esercizio fisico.

Comitato Scientifico: Prof. Stefano D'Ottavio, Dott. Adriano Silvestri, Prof. Rolando Bolognino, Prof. Alfonso Bellia, Prof. Sergio Bernardini, Prof. Francisco J. Amaro Gahete, Prof. Karl Lorenz, Gianluca Briotti, Quentin Piret, Mr. László Gelányi, Mrs. Orsolya Balog and Annamaria Kovar.

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8.30 – 9.00

Registrazione dei partecipanti

9.00 – 9.15

Apertura lavori

9.15-9.55 Efficacy and safety of the WB-EMS methodology: the state of the art in the international scientific literature

Prof. Stefano D'ottavio

10.00-10.40 Effects of different exercise training modalities on health-related outcomes associated with the ageing process: The FIT-AEGING project.

Prof. Francisco J. Amaro Gahete

11.00-11.40 Resistance Training for Prevention of Cardiometabolic Diseases: A Potential Role for Whole-body Electromyostimulation (WB-EMS)

Prof. Alfonso Bellia

11.45-12.25 The effects of electrical whole body muscle stimulation (WB-EMS) in patients with chronic unspecific back pain – A controlled clinical intervention study.

Prof. Karl Lorenz

12.30-13.10 The WB-EMS as an efficient tool in rehabilitation : the fantastic five

Quentin Piret

14.30-15.10 Use of the WB-EMS method in high-level female five-player football players

Gianluca Briotti

15.10-15.40 Influence of Whole-Body Electromyostimulation training on performance-related parameters and body composition in runners.

Prof. Francisco J. Amaro Gahete

15.50-16.20 The use of WB-EMS in elite athletes : practical cases

Quentin Piret

16.20-16.50 Places of WB-EMS treatment forms in the advance neurorehabilitaton

Mr. László Gelányi

16.50- 17.20 Introduction of XBody: WB-EMS technology in fitness and prevention and rehabilitation. The XBody Newave Med: indications and thesis

Mrs. Orsolya Balog and Annamaria Kovar

17.20 – 17.30

Chiusura Lavori

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