

A new understanding of the role of sports medicine

powered by Luz Innovations Medical Academy



Innovative Aspects
Prevention
Excellence in Performance
Rehabilitation

Join worldwide experts

who will present groundbreaking insights and research in sports medicine:

Preventive Diagnostics,
Causal Therapy,
Concepts for Health
Stabilization,
Performance Optimization,
Injury Prevention,
Rehabilitation

Exclusive Access to
Emerging Breakthroughs
and Innovations in the
Sportsmedicine field..

5 April 2025

Jentschura Akademie
Münster, Germany

6 April 2025 | 13:00 - 16:00

European hands on Workshop
by Dr Buhler AMIT Method
Düsseldorf, Germany



Key insights for all involved disciplines, from doctors, therapists, scientists, and, last but not least, active athletes, to deepen your understanding of health, performance enhancement, pathologies, and rehabilitation. You will learn about the latest therapies, discover more about cutting-edge supplements, nutrition, the unique demands of various sports such as marathon, ultramarathon, rugby, and much more.



Symposium Agenda

09:00 Registration + Get Together

09:15 Welcome - Opening remarks

Setting the Stage for Innovation

Moderators:

B. Constandache the Idea, Thank you, Expectation,

U. Frohberger

H. Woltering

09:30 The Importance of Mitochondrial Health

for Bone Regeneration

Brigitte König / Magdeburg

09:55 Mitochondrial and Contractile Health

Two Sides of the Same Coin

Wolfgang Laube / Altach

Coffee break 10.20-10.35

10:35 Transversing Leadership in Healthcare

through Change Management

Nadeem Khan / Ohio

11:00 The C-Level Athletes Strategy for High

Performance

N. Szanto, Marco Iezzi / Madrid, Frankfurt

Coffee break 11.20 - 11.35

11:35 From the Medical History to the Full Body

Examination to Functional & Biochemical

Testing of Athletes

Ulrich Frohberger / Münster

12:00 Advanced Muscle Integration Technique: A

Solution to Load Management, Injury Prediction

and Accelerated Healing

Craig F. Buhler / Utah

12:45 Achilles Tendinopathy

Ultrasound Guided High Volume Injektions

Cristina Zielinski / London

Lunch break 12.55 -13.40

13:40 From Recovery to Resilience: Lessons

Learned as Team Doctor for Portugal
Rugby's Rise

Antonio Ferreira / Coimbra, Lisbon

14:05 Endurance Meets Expertise:

Mastering the Ultramarathon
Challenge

Beatrice Constandache / Münster

14:20 Are Ultramarathon Runners More

Prone to Injury – What Treatments

Are Available for Running Injuries?

Matthias Reick / Achim

14:50 Asthma in Sports – Regenerative

Concepts

Claudia Rachiteanu / Ratingen

15:10 Does Acid Make You Tired and

Alkaline Strong? Myths and Facts in
Sports and Health

Heiner Woltering / Münster

Coffee break 15.25-15.40

15:40 Importance of Preparticipation

Certificate For Elite Athletes

Romanian and European

Perspective

Anca Ionescu / Bucharest

16:05 Strength Sports and Nutrition - Food

selection, Timing and Extremes

Marlon Frohberger / Münster

16:20 Round Table Discussion with

Participants and Speakers

Collaborative future perspectives in

Sports Medicine

Moderator: Nadeem Khan / Ohio

17:20 End of Symposium

17:30 Tour of the Regenerative

Department at the Jentschura Academy

Peter Jentschura / Münster

Event organiser: Geraldine Servatius

Special thanks: Marlon Frohberger, Victor Servatius, Patricia Constandache,

Igor Lasun, Steffi Beike, Mihai Mitrici

Meet our Experts



Dr. medic Beatrice Constandache

Former Federation Physician for Rugby Romania and Athletics Romania,
Medical Committee International Association of Ultrarunners (IAU),
Z.O.R Münster, Germany
Founder Luz Innovations Medical Academy, Münster, Germany



Prof. Dr. Antonio Ferreira

CMO - Federation Physician for Portugal Rugby, European Representative for World Rugby,
Faculty of Medicine, University of Coimbra; High Performance Sports Medicine Professor;
Lisbon/Coimbra, Portugal



Dr. med. Ulrich Frohberger

Specialist in Orthopedics, Sports Medicine, Environmental Medicine
Former Federation Physician for the German Associations of Basketball, Volleyball, Modern Pentathlon, Swimming,
Z.O.R Münster, Germany



Prof Dr. Anca Ionescu

Honorary President, Sports Physicians Association Romania,
General Secretary - European Federation of Sports Medicine Association (EFSMA),
Bucharest, Romania



Dr. Nadeem Khan

President, International Association of Ultrarunners (IAU),
President of Synergistic Healthcare Solutions,
Rector, John Patrick University Ohio, USA



Prof. Dr. Brigitte König

Expert in Microbiology and Infection Immunology, MMD Laboratory,
Magdeburg, Germany



PD Dr. med. Wolfgang Laube

Specialist in Sports Medicine, Physiology, and Physical Medicine,
VP/President of the GHBF, Altbach, Austria



Dr. med. Claudia Rachiteanu

Specialist in Internal Medicine, Pulmonology,
Ratingen, Germany



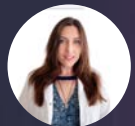
Dr. med. Matthias Reick

Specialist in Orthopedics and Trauma Surgery, Sports Medicine,
President of the Medical Committee IAU, former VP of DLV,
Achim, Germany



Nora Szanto

Psychologist for Peak Performance and Athlete Coach & Mentor, Geneva Lions, Madrid, Spain



Dr. Cristina Zielinski

Specialist in Sports Medicine, London, United Kingdom;
Sanador Hospital, Bucharest, Romania



Marco Iezzi

Certified Coach and Mentor for Athletes and Executives,
Fekete & Iezzi Executive Advisors, Frankfurt, Germany



Marlon Frohberger

Strongman Athlete and Coach,
Europe's Strongest Man U20 (2023), Münster, Germany

Moderators



Prof. Dr. med. Heiner Woltering

Privatpraxis für Regenerative Orthopädie / Münster



Dr. medic Beatrice Constandache

Z.O.R / Münster
L.I.M.A / Münster



Dr. med. Ulrich Frohberger

Z.O.R / Münster



Dr. H.C. Peter Jentschura

Jentschura Akademie / Münster



Dr. Nadeem Khan

President IAU Ohio / USA

Guests for the first time in Europe



Dr. Craig F. Buhler

Sports Chiropractor
Founder of the Advanced Muscle Integration Technique (AMIT)-Method
Former Consultant to USA Ski Team, NBA
AMIT Clinic - Utah / USA
Buhler Athletic Injuries Clinic - Salt Lake City / USA



Dr. Molly Brown

PhD, Doctor of Natural Medicine,
Doctor of Humanitarian Services
founder of CENTERED Clinic
Idaho / USA

A New Understanding of the Role of Sports Medicine

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Saturday, 5 April 2025

09:00 am - 18:00 pm

Sunday, 6 April

13:00 pm - 18:00 pm

Participation Fee (including refreshments, Lunch & Coffee break)

Limited EarlyBird Tickets (until 25 February) (Only 15 available!)	Participation Fee (5. / 6. April) from 25. Feb. - 9. Mar.	Participation Fee (5. / 6. April) from 9. Mar. - 20. Mar.	Abonaments (5. / 6. April) from 25. Feb. - 9. Mar.	Abonaments (5. / 6. April) from 9. Mar. - 20. Mar.
• Doctors, Physiotherapists, Therapists	125 € / 100 €	170 € / 150 €	290 €	350 €
• Athletes, Coaches (proof required)	85 € / 70 €	90 € / 80 €	170 €	235 €
• Students (proof required)	40 € / 30 €	55 € / 45 €	100 €	205 €
• Privat persons	100 € / 75 €	150 € / 140 €	230 €	310 €

Jentschura Akademie

Otto - Hahn- Str. 22-26
48161 Münster, Germany

Registration for the Symposium

E-Mail to: constandache@frohberger.de

Language: English

Please transfer in advance to the account of Luz Innovations Medical Academy, Dr. B. Constandache.

DE49 4005 0150 0034 5331 17

SWIFT Adresse (BIC) : WELADED1MST
Purpose of payment: Participation April + Your Name

The number of participants is limited!

Registration is possible until March 20, 2025.

The registration is confirmed based on the receipt of payment or email confirmation from the organizing team

Certification points will be granted by AEKWL.

Certification of medical continuing education by the AEKWL with 9 points (Category: A) eligible for credit.

REGISTER

NOW

