



University of Applied Sciences „Lavoslav Ružička“ in Vukovar,

Croatian Academy of Sciences and Arts,

UCAM Catholic University of Murcia and Osijek Football Club

organize

11<sup>th</sup> INTERNATIONAL SCIENTIFIC AND PROFESSIONAL CONFERENCE

# „PHYSIOTHERAPY IN SPORTS, RECREATION AND WELLNESS“



**OPUS ARENA 4<sup>th</sup> December 2025**  
**VEVU 5<sup>th</sup> December 2025**

## PROGRAM

Accredited by



Hrvatska  
komora  
fizioterapeuta



Croatian  
Council of  
Physiotherapists



*Multidisciplinary  
Approaches in  
Physiotherapy  
and Healthcare for  
Healthy Ageing*

**4<sup>th</sup> December 2025**

**Opus Arena Osijek**

**11.00 – 12.00 Registration**

**12.00 – 12.30**

**Welcome speeches and opening of the conference**

**12.30 – 13.00**

***prof. Vida Demarin, MD, PhD,  
neuropsychiatry specialist***

**Brain neuroplasticity in health and disease**

**13.00 – 13.30**

***Stjepan Ćurić, MD,  
specialist in orthopedics and traumatology  
Under pressure, above O<sub>2</sub>rdinary***

**13.30 – 14.00**

***Marko Zelenić, MD,  
specialist in orthopedics and traumatology  
An orthopedic perspective on sports, recreation and  
wellness: How to recognize risky movement patterns in  
recreational soccer players?***

**14.00 Lunch**

**15.00 Tour of the Opus Arena**

5<sup>th</sup> December 2025

## University of Applied Sciences "Lavoslav Ružička" in Vukovar

9.30 – 10.00 Registration for participants who did not register on the first day

### PODUM PRESENTATIONS

#### HALL 316

**MODERATORS:** Katarina Kovačević i Marija Crnković Knežević

**10.00 – 10.15** Tonći Mašina, Dražen Pejić, Miljana Pavković

#### **THE IMPACT OF EXERCISE ON COGNITIVE DECLINE IN OLDER ADULTS**

**10.15 – 10.30** Josip Ivanda, Meri Reili, Ivan Veber

#### **KINESIOPHOBIA AS A MEDIATING RISK FACTOR BETWEEN AGING AND ADVERSE CARDIOVASCULAR OUTCOMES: BEHAVIORAL AND PHYSIOLOGICAL MECHANISMS**

**10.30 – 10.45** Marcel Fridl, Vesna Brumnić, Stjepan Jelica

#### **QUALITY OF LIFE OF GERIATRIC PATIENTS**

**10.45 – 11.00** Teo Brkić, Dora Pavliša, Josip Šubarić

#### **ROBOTIC SYSTEMS IN UPPER LIMB REHABILITATION AFTER STROKE**

**11.00 – 11.15** Slavica Janković, Mark Tomaj, Borna Grupković, Danijela Martinović, Petra Krstičević, Mirela Cepetić

#### **THE EFFECT OF ROBOTIC REHABILITATION ON UPPER LIMB FUNCTIONAL RECOVERY**

**11.15 – 11.30** Karla Tilman

#### **HEALTHY AGING**

**11.30 – 11.45** Paula Aleksić

#### **PHYSIOTHERAPY FOR PATIENTS WITH GUILAIN-BARRÉ SYNDROME**

**11.45 – 12.00** Iva Gašpar, Katarina Kovačević, Vanja Matković

#### **INJURY OR PAIN – PERCEPTION AND TOLERANCE OF PAIN IN ATHLETES**

**12.00 – 12.15** Josip Šubarić, Dora Pavliša, Teo Brkić

#### **APPLICATION OF VOJTA THERAPY IN CONSERVATIVE TREATMENT OF OSTEITIS PUBIS IN ATHLETES: A LITERATURE REVIEW AND CLINICAL OBSERVATIONS**

**12.15 – 12.30** Marija Crnković Knežević, Ivana Tančik, Sonja Iža

#### **APPLICATION OF PROPRIOCEPTIVE NEUROMUSCULAR FACILITATION IN PHYSIOTHERAPY PRACTICE**

#### HALL 321

**MODERATORS:** Marina Horvat i Tea Dodlek

**10.00 – 10.15** Teo Radić, Hrvoje Petrović, Jelena Paušić

#### **POSSIBILITIES OF APPLICATION OF THE EMMETT TECHNIQUE IN THE TRAINING PROCESS OF YOUNG ROWERS: A PILOT STUDY**

**10.15 – 10.30** Tea Dodlek, Marina Horvat

#### **PHYSICAL ACTIVITY AS A THERAPEUTIC METHOD FOR REDUCING MENSTRUAL SENSATIONS CAUSED BY PRIMARY DYSMENORRHEA**

**10.30 – 10.45** Vesna Brumnić, Darija Ivanković, Miroslav Matković

#### **INJURY PREVENTION IN JUNIOR FOOTBALL: LITERATURE REVIEW AND SWOT ANALYSIS OF HEALTH AND ECONOMIC IMPACTS**

**10.45 – 11.00** Vesna Šeper, Nebojša Nešić, Nikolina Jelić

#### **SPECIFICS OF MUSCULOSKELETAL PHYSIOTHERAPY ASSESSMENT DURING PREGNANCY**

**11.00 – 11.15** Monika Klarić, Josip Ivanda

#### **THE CORRELATION BETWEEN PHYSICAL CONDITIONING AND SELECTED FACTORS IN THE OCCURRENCE OF INJURIES AMONG RECREATIONAL SKIERS**

**11.15 – 11.30** Olivera Čejić, Aleksandra Ogrizović

#### **APPLICATION OF VIRTUAL REALITY IN THE TREATMENT OF VESTIBULAR DISORDERS**

**11.30 – 11.45** Nikolina Blekić, Marinko Grgić

#### **EFFECTS OF SHOCKWAVE THERAPY ON ACHILLES TENDINOPATHY WITH SPECIAL EMPHASIS ON ATHLETE RECOVERY**

**11.45 – 12.00** Marija Bare, Sandra Lovrić, Iva Gašpar

#### **PHYSIOTHERAPY APPROACHES IN WORKING WITH INDIVIDUALS WITH DOWN SYNDROME IN THE CONTEXT OF SPORTS AND RECREATION**

**12.00 – 12.15** Beata Pepić Banović

#### **THE IMPACT OF DIFFERENT TYPES OF FOOTWEAR ON POSTURE AND RUNNING BIOMECHANICS**

**12.15 – 12.30** Marinko Grgić, Iva Šklempe Kokić, Nikolina Blekić

#### **EPIDEMIOLOGY OF SPORTS INJURIES AMONG PROFESSIONAL FUTSAL PLAYERS IN CROATIA**

# ONLINE PRESENTATIONS

## HALL 317

MODERATORS: Vesna Brumnić i Stjepan Jelica

**10.00 – 10.15** Ante Burger, Nikola Foretić, Ana Ćurković

**DIFFERENT FOOT DEFORMITIES IN CHILDREN AND ADOLESCENTS AGED 14 TO 18 YEARS**

**10.15 – 10.30** Domagoj Josipović, Matko Vuksanić

**QUALITY OF LIFE OF PATIENTS WITH AMPUTATION AFTER PROSTHETIC CARE**

**10.30 – 10.45** Melis Mladineo Brničević, Valentina Gojević

**APPLICATION OF ORTHOTICS IN THE TREATMENT OF SCOLIOSIS IN CHILDREN AND ADOLESCENTS**

**10.45 – 11.00** Melis Mladineo Brničević, Željko Kovačević, Željka Karin

**THE TREND OF MALIGNANT DISEASES AMONG THE STUDENT POPULATION AND THEIR FAMILIES IN 10 YEAR SPAN OF TIME; ANALYSIS FROM UNIVERSITY OF SPLIT**

**11.00 – 11.15** Dajana Jašić

**DIFFERENCES IN ATTITUDES TOWARD HEALTHY EATING AMONG STUDENTS**

**11.15 – 11.30** Stjepan Stanić

**PHYSIOTHERAPIST ROLE IN REHABILITATION AFTER STROKE IN ELDERY PATIENTS**

**11.30 – 11.45** Hrvoje Ajman, Marko Zelenić, Melisa Babić

**ETIOLOGY, FREQUENCY AND MOST COMMON METHODS OF TREATMENT OF THE HAMSTRINGS MUSCLES INJURIES IN THE FOOTBALL**

**11.45 – 12.00** Miljana Pavković, Viktorija Trninić, Dražen Pejić

**KEY INDICATORS OF HEALTHY AGING, OBTAINED BY BIOIMPEDANCE ANALYSIS WITH THE ACCUNIQ BC720 DEVICE: PHASE ANGLE, SKELETAL MUSCLE MASS AND VISCERAL FAT (ANALYSIS OF RESULTS IN THE POPULATION AGED 45-65)**

**12.00 – 12.15** Jelena Paušić, Željko Kovačević, Ante Peran

**THE IMPORTANCE OF TRUNK STABILIZATION BASED ON DNS PRINCIPLES IN THE DEVELOPMENT OF PROPER MOTOR PATTERNS IN YOUNG ATHLETES**

**12.15 – 12.30** Nataša Tatalović, Jasna Lulić Drenjak

**THE IMPACT OF EXERCISE ON RISE AND SITTING TIME, HAND GRIP STRENGTH AND WAIST CIRCUMFERENCE IN ELDERLY WOMEN**

# POSTER WALK

## Lobby

Mirna Mikić

### **KINESIOLOGISTS' COMPETENCE IN MULTIDISCIPLINARY SUPPORT FOR HEALTHY AGING**

Domagoj Josipović, Tea Dodlek, Marina Horvat

### **TAI CHI FOR PARKINSON'S DISEASE**

Erna Davidović Cvetko, Vesna Šeper, Nebojša Nešić

### **RESULTS OF THE PROJECT "EXERCISE IS HALF THE BATTLE FOR HEALTH"**

Daniela Žeželić, Jasna Imgrund, Ivana Marčić

### **THE ROLE OF PHYSIOTHERAPY INTERVENTIONS IN THE PREVENTION OF OBESITY- RELATED DISEASES**

Jadranka Ban, Zrinka Stojaković

### **HEALTHY AGING: CHALLENGES AND OPPORTUNITIES FOR THE 21ST CENTURY**

Viktorija Trninić, Marko Trninić, Tonći Mašina

### **PSYCHOLOGICAL AND KINESIOLOGICAL BASIS OF HEALTHY AND SUCCESSFUL AGING**

Antonia Josić

### **SALT ROOMS IN ACTIVE AND INACTIVE POPULATION**

Slavica Janković, Vanja Matković, Vesna Babić, Zrinka Stojaković

### **OSTEOPOROSIS IN MEN**

Sena Bogdanović, Marin Buljan, Dorothea Bedeković

### **PHYSIOTHERAPY AS THE SCIENCE OF THE FUTURE: PREVENTION THROUGH SPORT, RECREATION AND WELLNESS IN PROMOTING MOTOR AND COGNITIVE DEVELOPMENT IN CHILDREN**

Manuela Kušec, Ana Lovrić, Iva Vajda, Snježana Bručić, Marina Vitković

### **BIOMECHANICAL AND BIOCHEMICAL BASIS OF OSTEOPOROSIS AND PHYSIOTHERAPY INTERVENTIONS**

Manuela Kušec, Denis Tovernić, Petra Krstičević, Dejan Eldić

### **APPLICATION OF BIOMECHANICAL MODELS IN ASSESSING THE EFFECTIVENESS OF PHYSIOTHERAPY INTERVENTIONS**

Katarina Kovačević, Marijan Kovačević, Ivan Štefanac

### **MOVEMENT AS MEDICINE: THE ROLE OF PHYSICAL ACTIVITY IN PATIENTS WITH CORONARY HEART DISEASE**

Ema Hajdarović, Nada Čajkovac

### **PHYSIOTHERAPY EXERCISES FOR SCOLIOSIS**

Nikolina Ručević, Stjepan Jelica, Ljubica Nedić

### **THE ROLE AND ELEMENTS OF PLAY IN PHYSIOTHERAPY FOR UPPER LIMB FRACTURES IN CHILDREN**

Danijela Kuna

### **COMPARATIVE ANALYSIS OF THE EFFECTS OF INTERVAL AND GROUP TRAINING ON MORPHOLOGICAL PARAMETERS IN FEMALE PARTICIPANTS**

Filip Carević, Erna Davidović Cvetko, Ivana Lovrić

### **HIGH INTENSITY INTERVAL TRAINING AND ITS EFFECTS ON CARDIOVASCULAR HEALTH**

Klara Findrik, Davor Kuna, Danijela Kuna, Marko Kunac, Petar Šušnjara

### **THE INFLUENCE OF PHYSICAL ACTIVITY ON VASCULAR AGING**

Zoran Špoljarić

### **THE RELATIONSHIP BETWEEN STRESS LEVEL AND PHYSICAL ACTIVITY AMONG SKIPPERS**