



University of Applied Sciences „Lavoslav Ružička“ in Vukovar,
Croatian Academy of Sciences and Arts,
UCAM Catholic University of Murcia and Osijek Football Club

organize

11th INTERNATIONAL SCIENTIFIC AND PROFESSIONAL CONFERENCE

„PHYSIOTHERAPY IN SPORTS, RECREATION AND WELLNESS“

OPUS ARENA 4th December 2025
VEVU 5th December 2025

PROGRAM

Accredited by



*Multidisciplinary
Approaches in
Physiotherapy
and Healthcare for
Healthy Ageing*

4th 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 O₂rdinary

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

5th 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

PODIUM PRESENTATIONS

HALL 316

MODERATORS: Katarina Kovačević i Marija Crnković Knežević

- 10.00 – 10.15** Tonči 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 GUILLAIN-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 Čejčić, 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 ELDERLY 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, Tonči 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 Brući, 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