

Organizer



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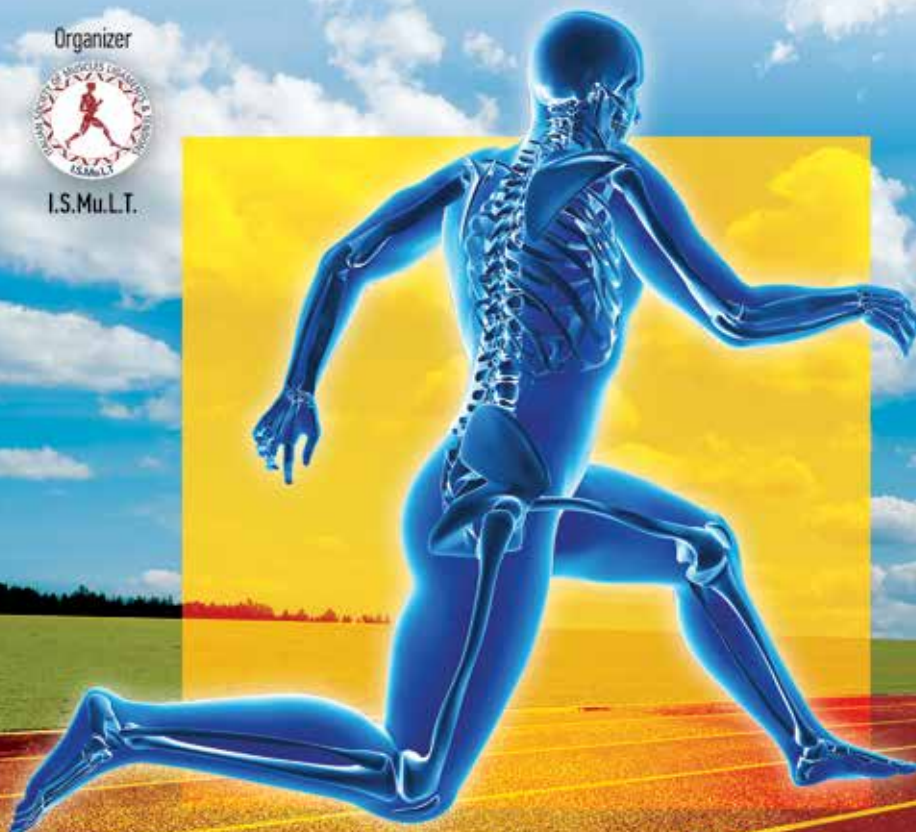
G.C.G.P.



E.E.X.O.T.



N.F.E.E.O.



### KEY NOTE LECTURERS

Prof. Dr. Nicola Maffuli (UK)  
Prof. Dr. Calogero Foti (Italy)  
Prof. Dr. Levent Ozcakar (Turkey)  
Prof. Dr. Hani Mowafi (Egypt)  
Prof. Dr. Leonardo Osti (Italy)  
Dr. Marino Delmi (Switzerland)  
Dr. William Murrell (UAE)  
Dr. Thanos Badekas (Greece)  
Dr. Nikolaos Malliaropoulos (Greece)

### WORKSHOPS

MSK ULTRASOUND  
MESOTHERAPY  
EXTRACORPOREAL-  
SHOCKWAVE THERAPY  
PRP-ORTHOBIOLGICS  
PEDOBAROGRAPH STUDIES-  
GAIT ANALYSIS  
LASER THERAPY  
TECAR THERAPY  
KINESIOTAPING  
TENSIO MYOGRAPHY (TMG)

36 CME Credits  
by PIS & UEMS

# 4<sup>TH</sup>

# SPORTS & EXERCISE MEDICINE SUMMER COURSE

28/08 - 01/09/2017

Hotel Elite City, Kalamata, Greece

For further informations please visit

Site: [www.sportsmedicinesummercourse.gr](http://www.sportsmedicinesummercourse.gr)

Or send an email to [info@medcongress.gr](mailto:info@medcongress.gr)

## 4th SPORTS & EXERCISE MEDICINE SUMMER COURSE

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Dear friends,

We welcome you to the 5-days 4th Sports and Exercise Medicine Summer Course, in Kalamata, Greece, organized by IS-MuLT and endorsed by ECOSEP, EFAS, ESPRM, GCGP, EEXOT, PEEF and HSPRM.

If it is still going, we must be doing something well, and the tradition continues!

Kalamata is the perfect place to get together, explore the new horizons in our specialty, and expand our knowledge. Every year we ask ourselves “Can we make it better?”, and we believe that this year we have reached new heights. In addition to the usual suspects, we have recruited in the organizing team new blood, expanding to the near East, one of the most exciting and fast expanding regions on the planet. Prominent sports medicine physicians and sports specialists will present up to-date knowledge about sports injuries (diagnosis - prevention - treatment) and teach rehabilitation techniques in hands – on workshops.

We shall be able to convey new and established fact, but, above all, a way of approaching clinical problems which will allow all of us to come back from this experience enriched.

Hard work awaits, but the beautiful surroundings will make it bearable.

Enjoy the course and have fun!

Best regards,

**Nicola Maffulli**

*President of the Scientific and Organizing Committee  
of 4th Sports & Exercise Medicine Summer Course*

Dear colleagues,

Welcome to Greece.

Welcome to the 4th Sports & Exercise Medicine Summer Course.

After three successful meetings in various places in Greece, we set up our appointment to meet again at the end of August, this time in Kalamata in Pelloponesse.

The Course is under the auspices of prestigious International Scientific Organizations (ISMULT, ESPRM, ECOSEP, EFAS, HSPRM), with well known in the Sports medicine field key-note lecturers and workshops that cover the whole spectrum of sports medicine. Please take a look in the preliminary program. We invite you to participate in a 5-day summer course where well known sports medicine physicians and sports specialists will present up- to-date knowledge about sports injuries (diagnosis – prevention – treatment and rehabilitation). There will be also a round table concerning football (soccer) injuries from team physicians of the biggest football teams in Greece and various interesting lectures about nutrition and genetics in sports medicine.

Take the opportunity to participate on hands-on workshops and discuss with experts in a friendly environment.

Get trained, relax and enjoy the Greek summer in a beautiful seaside setting.

Enjoy the course and your stay in Kalamata!

Best regards,

**Thanos Badekas**

*President of the local Organizing Committee of 4th Sports & Exercise Medicine Summer Course*



## 4th SPORTS & EXERCISE MEDICINE SUMMER COURSE

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**MONDAY 28/08/17**

### ROOM A'

08:00-09:00 **REGISTRATION**

09:00-10:30 **INNOVATIONS IN SPORTS MEDICINE I**

Chairmen: *Prof. Xanthi Michail, Prof. Calogero Foti*

09:00-09:20 **Sports Injuries: New Techniques & Management,**  
*Dr. William Murrell*

09:20-09:40 **Genetics in Sports injuries,** *Prof. Nicola Maffulli*

09:40-10:00 **Functional Evaluation in Sport (Isoinertial & Isokinetic Evaluation),** *Prof. Calogero Foti*

10:00-10:20 **A novel/innovative device for early controlled neuromuscular training of lower limb after trauma and surgical treatment,** *Prof. Leonardo Osti*

10:20-10:30 **Discussion**

10:30-11:00 **BREAK**

11:00-12:30 **INNOVATIONS IN SPORTS MEDICINE II**

Chairmen: *Prof. Nicola Maffulli, Dr. Panos A. Efsthathiou*

11:00-11:20 **Platelet Rich Plasma in MSK disease: Myth or Truth,**  
*Dr. William Murrell*

11:20-11:40 **The Role of Intra Articular Injection Therapy During Rehabilitation,** *Dr. Antonio Frizziero*

11:40-12:00 **Biofeedback: Helping Athletes Win,**  
*Stavros Stathopoulos PT*

12:00-12:20 **Podiatric in Prevention of Sport Injuries,**  
*Loukas Thiaspras DPM*

12:20-12:30 **Discussion**

12:30-16:00 **BREAK**

16:00-20:00 **WORKSHOP, MSK ULTRASOUND**

Instructor: *Prof. Levent Ozcarar*

Workshop assistants: *Dr. Maria Takvorian Dr. Klairi Zoniou*

20:00-20:30 **19 REASONS WHY WE USE US IMAGING IN MUSCULO SKELETAL PRACTICE**  
*Prof. Levent Ozcakar*

### ROOM B'

18:00-20:00 **WORKSHOP, PEDOBAROGRAPH STUDY/GAIT ANALYSIS**  
*Dr. Thanos Badekas, Dr. Nikos Roussos, Loukas Thiaspras DPM*

20:30 **WELCOME RECEPTION**

## TUESDAY 29/08/17

### ROOM A'

09:00-10:30 **SHOULDER PATHOLOGY**  
Chairmen: *Prof. Leonardo Osti, Dr. George Tsikouris, Theodoros Karantias PT*

9:00-09:20 **Shoulder Tendinopathies & Lesions in Overhead Athletes: prevention, timing for treatment & problems when getting back to sport, Prof. Leonardo Osti**

09:20-09:40 **The Athlete's Shoulder, Dr. George Tsikouris**

09:40-10:00 **Relationship Between Scapular Dyskinesia and Shoulder Pain, Dr. Antonio Frizziero**

10:00-10:20 **Anterior Shoulder Instability: The Physical Therapist's Perspective, George Koumantakis PT**

10:20-10:30 **Discussion**

10:30-11:00 **BREAK**

11:00-12:30 **SPORTS MEDICINE PATHOLOGY I**  
Chairmen: *Dr. Thanos Badekas, Dr. Antonio Frizziero, Nikolaos Georgiadis PT*

11:00-11:20 **Current Landscape of Regenerative Medicine, Dr. William Murrell**

11:20-11:40 **Management of Insertional Achilles Tendinopathy, Prof. Nicola Maffulli**

## 4th SPORTS & EXERCISE MEDICINE SUMMER COURSE

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- 11:40-12:00 **Pain in Athletes: What are we aiming for Murre,**  
*George Georgoudis PT*
- 12:00-12:20 **Role of Ankle Arthroscopy for Athletes in Activity & at the**  
**end of their Career, Prof. Leonardo Osti**
- 12:20-12:30 **Discussion**
- 12:30-16:00 **BREAK**
- 16:00-20:00 **WORKSHOP, MSK ULTRASOUND**  
Instructor: *Prof. Levent Ozcakar*  
Workshop assistants: *Dr. Maria Takvorian Dr. Klairi Zoniou*
- ROOM B'**
- 18:00-20:00 **WORKSHOP, TENSIOMYOGRAPHY (TMG)**  
*Dr. Jure Jemek, Dr. Sergej Rozman, Dr. Srdan Dordevic,*  
*Dimitris Skordis PT*

## WEDNESDAY 30/08/17

### ROOM A'

- 09:00-10:30 **FOOT & ANKLE PATHOLOGY**  
Chairmen: *Dr. Hani El-Mowafi, Dr. Pavlos Christogeorgos,*  
*Dr. Dimitrios Karampatsas*
- 09:00-09:20 **Ankle Arthroscopy, Dr. Thanos Badekas**
- 09:20-09:40 **Pathanatomy and Surgical Management of Plantar Fasciitis,**  
*Dr. Hani El-Mowafi*
- 09:40-10:00 **Management of Osteochondral Lesion of the Talus,**  
*Dr. Thanos Badekas*
- 10:00-10:20 **Acute Lateral Ligament Injuries, Dr. Hani El-Mowafi**
- 10:20-10:30 **Discussion**
- 10:30-11:00 **BREAK**
- 11:00-12:30 **KNEE PATHOLOGY**  
Chairmen: *Prof. Valter Santilli, Prof. Nicola Maffulli, Ioannis*  
*Gouvatsos PT*

- 11:00-11:20 **ACL Injuries, Prof. Nicola Maffulli**
- 11:20-11:40 **Patellofemoral Pain Syndrome: A Diagnostic and Therapeutic Challenge, Dr. Antonios Angoules**
- 11:40-12:00 **Hip Labral Reconstruction and Hip Labral Repair in Athletes, Dr. George Tsikouris**
- 12:00-12:20 **Personal Experience in HA Injection in Athletes, Prof. Valter Santilli**
- 12:20-12:30 **Discussion**
- 12:30-16:00 **BREAK**
- 16:00-20:00 **WORKSHOP, MESOTHERAPY WITH ALLOPATHIC DRUGS AND MEDICAL DEVICE**  
*Prof. Calogero Foti, Dr. Andrea Bernetti, Dr. Maria Takvorian*

### **ROOM B'**

- 16:00-20:00 **WORKSHOP, ESWT**  
*Dr. Efthimios Kouloulas, Dr. Konstantina Kotsifi, Gayle Maffulli R.N*

## **THURSDAY 31/08/17**

### **ROOM A'**

- 09:00-10:30 **SPINE PATHOLOGY**  
*Chairmen: Prof. Xanthi Michail, Dr. Vassilis Lycomitros*
- 09:00-09:20 **Management of Spondylolysis in athletes, Dr. Vassilis Lycomitros**
- 09:20-09:40 **Low Back Pain & Neuromuscular Fascia, Prof. Calogero Foti**
- 09:40-10:00 **Low Back Pain in Adolescent Athletes, Dr. Vassilis Lycomitros**
- 10:00-10:20 **Fibromialgia, Prof. Calogero Foti**
- 10:30-11:00 **BREAK**

## 4th SPORTS & EXERCISE MEDICINE SUMMER COURSE

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- 11:00-12:30 **SPORTS MEDICINE MISCELLANEOUS**  
Chairmen: *Prof. Calogero Foti, Dr. Takvorian Maria*
- 11:00-11:20 **Female athletic Triad & Relatively Deficiency Syndrome in Sports**, *Dr. Alessandra Karavasili*
- 11:20-11:35 **The Role of Physical Therapy in the Female Athlete Triad**, *Mimi Marcellou PT*
- 11:35-11:50 **Osteoporosis in Athletes**, *Dr. Pavlos Christogeorgos*
- 11:50-12:05 **Nutrition and Sports**, *Maria Lycomitrou*
- 12:05-12:20 **Sports Medicine and Genes**, *Kalliopi Gouskou*
- 12:20-12:30 **Discussion**
- 12:30-16:00 **BREAK**
- 16:00-20:00 **WORKSHOP, KINESIOTAPING**  
*Konstantinos Diamantopoulos PT*

### DIAPLASIS REHABILITATION HOSPITAL

- 16:00-20:00 **WORKSHOP, FUNCTIONAL REHABILITATION AFTER ACL RECONSTRUCTION BASED ON HUMAN TECAR® METHODOLOGY**  
*Dr. Dimitris Aftosmidis*
- 20:30 **GALA DINNER**

## FRIDAY 01/09/2017

### Room A'

- 09:00-10:30 **SPORTS MEDICINE PATHOLOGY II**  
Chairmen: *Prof. Elias Panagiotopoulos, Dr. Marino Delmi*
- 09:00-09:20 **Hamstring Injuries in Sports**, *Dr. Nikos Malliaropoulos*
- 09:20-09:40 **Morton and running**, *Dr. Marino Delmi*
- 09:40-10:00 **Groin Pain in Sports**, *Dr. Nikos Malliaropoulos*



10:00-10:20 **Heel Pain and Sports**, *Dr. Marino Delmi*

10:20-10:40 **The Young Arthritic Knee. Returning to Sports after Treatment?** *Dr. Pantelis Nikolaou*

10:40-11:00 **Discussion**

11:00-11:30 **BREAK**

11:00-13:30 **SOCCER INJURIES ROUND TABLE**  
Chairmen: *Dr. Pantelis Nikolaou*

11:30-11:50 **Management of Acute Soccer Injuries**,  
*Dr. Christos Theos* (OSFP)

11:50-12:10 **Rehabilitation of ACL Reconstruction in Soccer Players**,  
*Dr. Alkis Kaliakmanis* (AEK)

12:10-12:30 **ACL Reconstruction, all inside technique**,  
*Dr. Panagiotis Kouloumentas* (PAO)

12:30-12:50 **Cellular Therapies in Chondral Lesions in Elite Athletes**,  
*Dr. Efthimios Papasoulis* (PAOK)

12:50-13:00 **Discussion**

13:00-13:30 **Closing remarks**

13:30-16:00 **BREAK**

16:00-18:00 **WORKSHOP, LASER THERAPY**  
*Dr. Nikos Malliaropoulos*

### **Room B'**

18:00-20:00 **WORKSHOP, PRP/ORTHOBIOLIGICS**  
*Dr. Alexandros Papadeas*

## 4th SPORTS & EXERCISE MEDICINE SUMMER COURSE

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### LECTURERS

*Aftosmidis Dimitrios, Physiotherapist, Kalamata, Greece*

*Angoules Antonios, MD, PhD, Orthopaedic Surgeon, Department of Medical Laboratories, Technological Educational Institute of Athens, Physical Therapist, Greece.*

*Badekas Thanos, Orthopaedic Surgeon-Traumatologist, Foot & Ankle Specialist, President of the Local Organizing Committee, Athens, Greece*

*Bernetti Andrea, Research Fellow - Board of Physical Medicine and Rehabilitation, "Sapienza" University, Rome"*

*Calogero Foti, Professor, MD, FEBPRM, Physical and Rehabilitation Medicine, Full Professor, Clinical Medicine and translational Medicine Department, Tor Vergata University, Vice President, International and Cooperation Affairs delegate in SIMFER, Italian Delegate, Sports Affairs Committee, Coordinator in ESPRM and Board member in PRM Mediterranean Forum*

*Christogeorgos Pavlos, M.D PhD, Orthopaedic Surgeon, Consultant, Medical Center of Ilioupolis, Athens, Greece*

*Delmi Marino, Orthopedic and Trauma Surgeon Board Certified Foot & Ankle Surgery, Geneva, Switzerland*

*Diamantopoulos Konstantinos PT, Physical Therapist, BSc., PT., MT., CKTI*

*Efstathiou A. Panos, M.D., Ph.D., Orthopaedic Surgeon, President (2016) Of Hellenic Orthopaedic Association*

*El-Mowafi Hani, Professor of Orthopaedic Surgery in Mansoura Faculty of Medicine, Egypt*

*Frizziero Antonio, MD, PhD Assistant Professor Department of Physical and Rehabilitation Medicine General Hospital - University of Padua, Italy*

*Georgiadis Nikolaos PT, HT, Physical Therapist, Athens, Greece*

*Georgoudis George, PT, PhD, Physical Therapist, Associate Professor, Athens University of Applied Sciences, Department of Physiotherapy, Director of the Musculoskeletal & Chest Physiotherapy Research Lab, Athens, Greece.*

*Gouskou Kalliopi, Molecular Biologist, CEO of Embiodiagnostics, Senior Lecturer in Faculty of Health and Caring Professions (TEI of Athens), Greece*

*Gouvatsos Ioannis PT, Physiotherapist, Athens, Greece*

*Jemek Jure, CEO, TMG-BMC, Slovenia*

**Kaliakmanis Alkis**, MD, PhD, Orthopaedic surgeon, Sports Medicine Doctor, Athens, Greece

**Karampatsas Dimitrios**, Consultant Orthopaedic Surgeon, Larisa, Greece

**Karantias Theodoros** PT, Physical Therapist, Occupational Therapist ή PT, OTR

**Karavasili Alessandra**, Scientific Director, Psychiatrist and Rehabilitation Specialist, Greece

**Kotsifi Konstantina**, Psychiatrist, Athens, Greece

**Kouloulas Efthimios**, MD, PhD Psychiatrist, SFEBPRM, ISMST certified Medical Director, "Psiatriki", Rehabilitation Unit, Larissa, Thessaly

**Kouloumentas Panagiotis**, Orthopaedic Director, Clinic for Orthopaedics and Sport Orthopaedics Metropolitan Hospital Athens

**Koumantakis George**, PT, MSc, PhD, Physical Therapist, 401 General Military Hospital of Athens, Greece

**Lycomitros Vassilis**, MD, PhD, Consultant Orthopaedic spinal Surgeon, Thessaloniki, Greece

**Lycomitrou Maria**, M.S.c, Exercise Physiology, University of Massachusetts, U.S.A

**Maffulli Gayle**, Lead Practitioner, WholeLife Clinics

**Maffulli Nicola**, Professor and Head, Department of Orthopaedics and Traumatology, University of Salerno School of Medicine, Salerno, Italy; Consultant Trauma and Orthopaedic Surgeon, University of Salerno, Salerno, Italy; Professor of Sports and Exercise Medicine, Queen Mary University of London, London, UK

**Malliaropoulos Nikos**, MD, Dipl&Msc in SEM, PhD, F. FSEM(UK), Consultant Hon Sports and Exercise Medicine Barts and The London, Thessaloniki Sports Medicine Clinic, Senior Clinical Lecturer the Centre for Sports and Exercise Medicine, Queen Mary, University of London

**Marcellou Mimi** PT, MSc., New York University, PRAXIS Physical Therapy

**Michail Xanthi**, M.D, PhD, Psychiatrist, President of European Academy of Rehabilitation Medicine, Emeritus Professor of Rehabilitation Medicine

**Murrell William**, MD, MS, CEO and Consultant Orthopaedic Sports Medicine, Emirates Integra Medical & Surgical Centre and Chief Science Officer, Emirates Healthcare, Dubai, UAE

**Nikolaou Padelis**, Director of Orthopedic Clinic - Athletic Injuries Athens Medical Center, President of the Greek Society of Orthopedic Surgery and Traumatology, Greece

**Osti Leonardo**, Professor, MD, Orthopaedic Surgeon, Italy

## 4th SPORTS & EXERCISE MEDICINE SUMMER COURSE

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**Ozcar Levent**, Professor, Hacettepe University Medical School Department of Physical and Rehabilitation Medicine Ankara, Turkey

**Panagiotopoulos Elias**, Professor, Orthopaedic Surgeon, University of Patras, Greece

**Papadeas Alexandros**, Physiatrist, Senior Fellow, European Board of Physical & Rehabilitation Medicine, Medical Director, "Epiphany" Medical Rehabilitation Unit, Athens, f. Chief Director, Physical & Rehabilitation Medicine Dept. 401 General Military Hospital of Athens

**Papasoulis Efthimios**, MD, Orthopaedic Surgeon, Affiliation: TheMIS Orthopaedic Center, Thessaloniki, Greece

**Roussos Nikos**, PRM doctor, Medical director in PRM dpt Asklepeion Voulas, President of the HSPRM, Athens, Greece

**Santilli Valter**, Professor, Orthopaedic Physician / Surgeon, Italy

**Skordis Dimitrios** PT, Physiotherapist, Chief of Physiotherapy and Rehabilitation Center of Athletes, Greece

**Stathopoulos Stavros**, Physiotherapist, Evaggelismos Hospital, Athens, Greece, Director and Professor of postgraduate education programs, University "G. MARCONI", Rome, Italy

**Takvorian Maria**, M.D., FEBPRM, Director of PRM Department, Hellenic Police Headquarters, Athens, Greece

**Theos Christos**, MD, MSc, Orthopaedic Surgeon, Metropolitan Hospital, Athens, Greece, Scientific Collaborator of 1st Orthopaedic Clinique of University of Athens, Team Doctor of Olympiacos FC

**Thiaspras Loukas** DPM, Podiatrist BSc, FFPM RCPS (Glasg.), Athens, Greece

**Tsikouris George** MD, Orthopaedic Surgeon, Postgrad. Dip. In. Sports Med, University of Nottingham, UK, visiting Prof. in Orthopaedics, School of Medicine Shanghai, China, Member of Arthroscopic association of North America, Member of Medical Committee International Weightlifting Federation, Greece

**Zoniou Klairi**, Physiatrist, Athens, Greece







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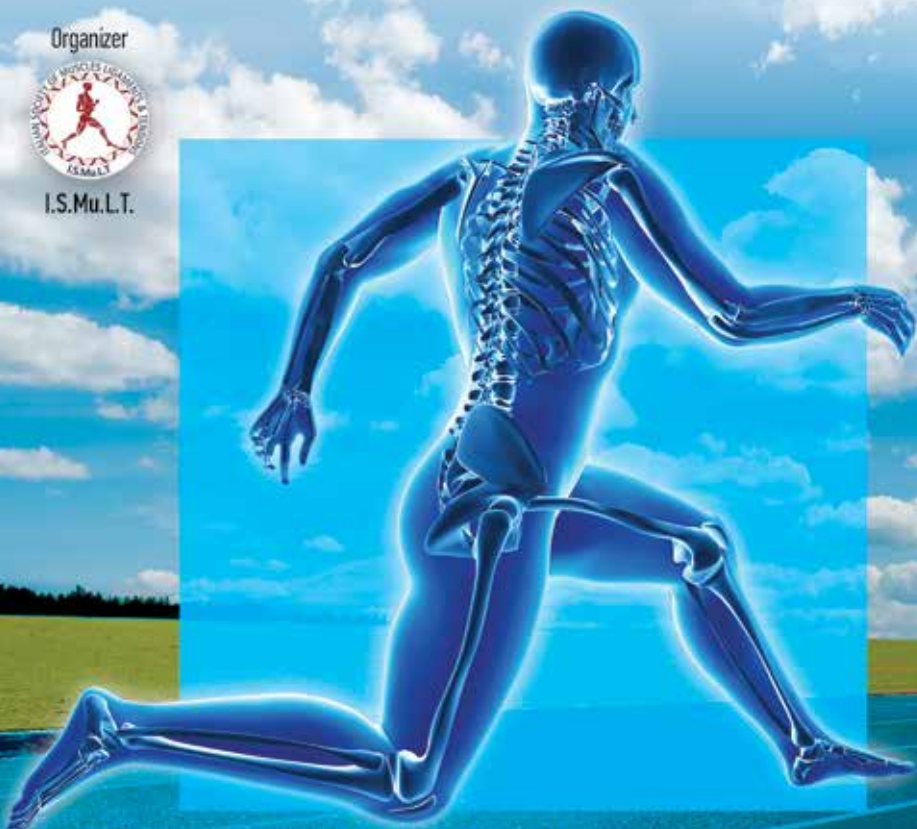
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**36**  
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**27/08 - 01/09/2018**

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**MED CONGRESS**

Events Organizer

Kalapothiski 3, GR 54624 Thessaloniki

T: ++30 231 403 9704 - F: ++30 231 220 6898