Current concepts in orthopaedic and rehabilitation treatment: Shoulder and knee sport related injuries

19–20 July 2019



Valdoltra Orthopaedic Hospital

Rehabo

EUSSER

Slovensko zdravniško društvo
Združenje za fizikalno in rehabilitacijsko medicino
Slovenian Society for Physical and Rehabilitation Medicine

PROGRAMME

Friday, 19 July – Shoulder day
Saturday, 20 July – Knee day

Shoulder day · Friday, 19 July 2019

Opening		
7.50–8.20	Registration	
8.20–8.30	Welcome speech	
8.30–8.45	Shoulder anatomy and biomechanics	Marko Nabergoj
8.45–9.00	Shoulder kinematic analysis: an objective way to evaluate and compare treatment outcomes	Davide Ballardin

Rotator cuff		
9.00–9.15	Rotator cuff tears – the orthopaedic point of view	Francesc Soler
9.15–9.30	Rotator cuff tears – the PRM doctor's point of view	Katarina Cunder
9.30–9.45	Rotator cuff related dysfunction – the physiotherapist's point of view	Milena Mirkovic
9.45–10.00	Rehabilitation following rotator cuff repair – optimising outcomes in active sporting patients	Milena Mirkovic
10.00–10.30	**Battle – orthopaedic surgeon vs. PRM doctor and physiotherapist: reasons for failed rotator cuff healing**	
10.30–10.40	Discussion	
10.40–11.00	*Coffee break*	

Orthoses and psychology of sport injuries		
11.00–11.15	Use of orthoses in sport-related injuries	Sara Tence
11.15–11.30	Psychology of sport injuries	Iztok Žilevc, Matej Tušak
11.40–12.40	**Shoulder workshop – three parallel stations (see below)**	
12.50–13.50	*Lunch*	

Shoulder instability		
13.50–14.05	Shoulder instability – the orthopaedic point of view	Gianluca Canton
14.05–14.20	Shoulder instability – the PRM doctor's point of view	Dragan Lonzarič
14.20–14.35	Atraumatic shoulder instability – the physiotherapist's perspective	Yasmaine Karel
14.35–15.05	Practical evaluation and discussion of a patient with atraumatic instability	Anja Barič, Milena Mirkovic
15.05–15.20	Manual therapy for patients after surgery – frozen shoulder	Aleša Klosterwaard
15.20–15.35	Exercise therapy – different perspectives and their outcomes	Sean Gibbons
15.35–15.50	Electrical muscle stimulation to treat non-controllable positional functional posterior shoulder instability	Victor Danzinger
15.50–16.20	**Battle – orthopaedic surgeon vs. PRM doctor and physiotherapist: treatment of posterior shoulder instability**	
16.20–16.30	Discussion	
16.30–16.50	*Coffee break*	

Imaging of the shoulder		
16.50–17.05	Musculoskeletal ultrasound of the shoulder joint	Klemen Grabljevec
17.05–17.20	Imaging of the shoulder (plain film, CT, MRI)	Mojca Tomažič
17.30–18.30	**Shoulder workshop – repeat of the morning stations**	
19.00	*Dinner*	

Shoulder workshop stations	11.40–12.40 and 17.30–18.30
How to use the IASTM technique	Konstantinos Fousekis
Shoulder Kinesio Tape	Milena Mirkovic
Shoulder	Matej Bombač

Knee day · Saturday, 20 July 2019

Knee pathology		
8.45–9.00	Knee anatomy and biomechanics	Samo Novak, Nino Mirnik
9.00–9.15	Meniscal pathology – the orthopaedic point of view	Jakob Merkač
9.15–9.30	Patellofemoral pain syndrome	Klemen Grabljevec
9.30–9.45	Influence of meniscal and ligamentous lesions on walking	Vincenzo Puglia
9.45–10.00	Nutrition and healing in sport	Nada Rotovnik Kozjek
10.00–10.30	**Battle – orthopaedic surgeon vs. PRM doctor: meniscal tears – surgery or not?**	
10.30–10.40	Discussion	
10.50–11.50	**Knee workshop – three parallel stations (see below)**	
11.55–12.55	*Lunch*	

ACL tears		
12.55–13.10	ACL – the orthopaedic point of view	Aleksander Dolgan
13.10–13.25	ACL – the PRM doctor's point of view	Katarina Cunder
13.25–13.40	Physiotherapy in the acute phase of rehabilitation	Lucija Kržišnik Turšič
13.40–13.55	ACL rehabilitation	Sean Gibbons
13.55–14.10	Too fast rehabilitation – can it lead to failure?	Gregor Ravnikar
14.10–14.40	**Battle – orthopaedic surgeon vs. PRM doctor: ACL tears – surgery or not?**	
14.40–15.00	Discussion	
15.00–15.20	*Coffee break*	
15.30–16.30	**Knee workshop – repeat of the morning stations**	
16.40–16.50	Closing ceremony	

Knee workshop stations	10.50–11.50 and 15.30–16.30
Walking re-education with the Walker View gait trainer (Tecnobody system)	Alessandro de Paulis
Subclassifications and problem-solving strategies in knee problems	Sean Gibbons
Eccentric and concentric knee flexor strength tests	G. Martelli