

AEK FC

FOOTBALL MED EVOLUTION



2nd

CONFERENCE OF SPORTS INJURIES

ACL INJURY IN FOOTBALL: A DAILY NIGHTMARE? FROM RESEARCH TO CLINICAL PRACTICE

21-22 MARCH ATHENS 2019

WITH INTERNATIONAL PARTICIPATION



OLYMPIC ATHLETIC COMPLEX of ATHENS
VIP LOUNGE AREA

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2nd CONFERENCE OF SPORTS INJURIES

ACL INJURY IN FOOTBALL: A DAILY NIGHTMARE?

Treatment, Rehabilitation, Prevention
From Research to Clinical Practice

21-22 March 2019

Olympic Stadium, Athens

Accredited with 12 CPD points by ECOSEP

INTERNATIONAL PARTICIPANTS



Departamento Medico - FC Barcelona



Sports Medicine and Orthopaedic Rehabilitation



Medical Department - Middlesbrough FC

DOMESTIC PARTICIPANTS



Medical Department - AEK Athens FC



Medical Department - Atromitos Athens FC

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8.30 – 9.20

Registrations

9.30

Welcome and opening lectures

10.00 – 10.20

Round Table 1: The Player and Coach aspects

10.30 – 12.30

Round table 2: ACL Injury Mechanism and Treatment*Chairmen: Nikolaou P, Kalliakmanis A***1. Epidemiology of ACL injuries in football players (professionals and Academy, male and female) in Football Club Barcelona. Study of 7 seasons***Xavi Yanguas, MD, PhD, Team Physician, Barcelona FC***2. Risk factors and most common mechanisms leading to ACL injury***Kalliakmanis Alkis, MD, PhD, Team Physician, AEK FC***3. Diagnosis and evolution of ACL injury management over the last decades***Nikolaou Pantelis, MD, PhD, Head Physician, AEK FC***4. Comparison of patellar and hamstrings tendon ACL reconstruction***Piskopakis Nikos, MD, Head Physician of Atromitos FC***5. ACL injury management in Juveniles and adolescent footballers. Long term outcomes***Houliaras Vasilis, MD, 2nd Vice President of Hellenic Arthroscopic Society, General Hospital of Arta***6. The unhappy ACL reconstruction - causes and cures***Louw van Niekerk, MB ChB, FRCS (Ed), FRCS (Orth), Consultant Orthopaedic Surgeon, Middlesbrough FC***7. Concomitant injuries of the knee. How do they change the outcome?***Triantafyllopoulos K. Ioannis, MD, PhD, MSc, Assistant Professor of Orthopaedics, National & Kapodestrian University of Athens, Greece*

12.30 - 13.30

Coffee break - Exhibition Visit

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13.30 – 14.45

Round Table 3: ACL Injury prevention

Chairmen: Petta G, Fousekis K

1. Different aspects of male-female in football regarding ACL prevention

Kekeleakis Afxentios, MSc, Physiotherapist

2. Strength and movement analysis mechanics and targeted neuromuscular training for preventing ACL injuries and re-injuries

Kellis Eleftherios, Professor Sports Kinesiology, Aristoteles University of Thessaloniki

3. ACL Injury Prevention: What research tell us?

Fousekis Konstantinos, Assoc. Professor in Sports Physiotherapy Department of Physiotherapy TEI of Western Greece

4. On the prevention of unnecessary varus-valgus loading of the knee joint in dynamic conditions: The effect of visual ground reaction force feedback

Giakas Giannis, Professor of Biomechanics, School of Physical Education and Sport Science, University of Thessaly

14.45 – 16.45

Lunch Break - Exhibition Visit - Workshops

16.45 – 17.45

Hot Topics

1. Anti-doping policies

Marc Vouillamoz, UEFA Head of Medical and Anti-Doping

2. Sudden cardiac death in athletes. An update

Tsiaxris Dimitrios, MD, PhD, Cardiologist - Electrophysiologist, EP Lab Director, Athens Heart Center, Athens Medical Center

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10.00-11.15

Round Table 4: ACL Rehabilitation*Chairmen: Malliaropoulos N, Doukas A.***1. Rehabilitation guidelines after ACL reconstruction***Picchetti Federico, Rehab Specialist, Isokinetic Bologna***2. Re-adaptation after ACLR. Specific and individualized football circuits***Xavi Linde Cot, MSc, Barcelona FC Physio***3. AEK Rehab Department: post-operative ACL rehabilitation***Stathas Ioannis, Physio of AEK FC***4. Return to sports. When and How?***Pantazis Nikolaos, Former PT AEK FC*

11.15 - 12.15

Coffee break - Exhibition Visit

12.15 - 13.30

Round Table 5: Miscellaneous aspects of ACL*Chairmen: Van Niekerk L, Triantafyllopoulos I.***1. Central nervous system before and after ACL injury. Is there a link with heart rate variability and non-contact injuries?***Stergiopoulos Dimitrios, Exercise Physiologist, AEK Football Academy***2. No ACL? Any evidence-based advice for managing ACL tears non-surgically?***Malliaropoulos Nicolaos, MD, Dip (MSK US), MSc (SEM), PhD, ECOSEP, F.FSEM (UK)***3. Biologic enhancement after ACLR***Triantafyllopoulos Ioannis, MD, PhD, MSc, FEBOT, Assistant Professor of Orthopaedics, National & Kapodestrian University of Athens, Greece***4. Neuroplasticity and ACL***Kapreli Eleni, Professor of Physiotherapy, University of Thessaly*

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Kellis E, Professor of Sports Kinesiology, Aristoteles University of Thessaloniki

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Petta G, PT, MSc, Professor of Applied Science, University of Athens

Picchetti F, Rehab Specialist, Isokinetic Bologna

Piskopakis N, MD, Atromitos FC Head Physician

Stathas I, AEK physiotherapist

Stergiopoulos D, Exercise Physiologist, AEK FC Academies

Triantafyllopoulos I, MD, MSc, PhD, Orthopaedic, Ass.Professor of Orthopaedics, Medical School, University of Athens

Tsoligas K, Pt, MSc, Sports Physiotherapy Section, Panhellenic Physiotherapists' Association

Van Niekerk Louw, MB ChB, FRCS (Orth), Middlesbrough FC

Xavi Linde Cot, MSc, Barcelona FC Physio

Xavi Yanguas, MD, PhD, Barcelona FC Team Physician

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