

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

ORGANISED BY



WITH THE SUPPORT OF



HELLENIC
ASSOCIATION
OF ORTHOPAEDIC
SURGERY AND
TRAUMATOLOGY



HELLENIC
ASSOCIATION
OF ARTHROSCOPY



EUROPEAN
COLLEGE
OF SPORTS
AND EXERCISE
PHYSICIANS



HELLENIC
ASSOCIATION OF
PHYSIOTHERAPY



HELLENIC
SCIENTIFIC
SOCIETY
OF PHYSIOTHERAPY



SPORTS
PHYSIOTHERAPY
SECTION
PANHellenic
PHYSIOTHERAPISTS
ASSOCIATION



Travel and Congress Services
Tel: 2103668893 Email: congress@afea.gr

WITH THE COLLABORATION OF



Travel and Congress Services
Tel: 2103668893 Email: congress@afea.gr





ORGANISED BY

WITH THE SUPPORT OF

WITH THE COLLABORATION OF



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

ORGANISED BY



WITH THE SUPPORT OF



Tel: 2103668853 Email: congress@afea.gr

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

Chouliaras Vassilis, 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

ORGANISED BY



WITH THE SUPPORT OF



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

Kekelekis 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

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

ORGANISED BY

WITH THE SUPPORT OF

WITH THE COLLABORATION OF



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*

ORGANISED BY



WITH THE SUPPORT OF



WITH THE COLLABORATION OF



President

Nikolaou P, MD, PhD, AEK FC Head Doctor

Members

Doukas A, PT, Sports Physiotherapy Section, Panhellenic Physiotherapists' Association

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

Giakas I, Professor of Biomechanics, School of Physical Education and Sports Science, University of Thessaly

Chouliaras V, MD, 2nd Vice President of Hellenic Arthroscopic Society

Kalliakmanis A, MD, PhD, AEK FC Team Physician

Kapreli Eleni, Professor of Physiotherapy, University of Thessaly

Kastrinis A, PT, Sports Physiotherapy Section, Panhellenic Physiotherapists' Association

Kekelekis A, PT, MSc Sports and Exercise Medicine

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

Malliaropoulos N, MD, Dip (MSK US), MSc (SEM), PhD, Faculty of ECOSEP, F.FSEM (UK)

Pantazis N, PT, Former PT of AEK FC

Petta G, PT, MSc, PhD Physiotherapy Lecturer Faculty of Health University of West Attica

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



Yanguas Xavi

MD, PhD,
Barcelona FC Team Physician



Kalliakmanis Alkis

MD, PhD, AEK FC Team Physician



Nikolaou Pantelis

MD, PhD, AEK FC Team Doctor



Piskopakis Nikos

MD, Atromitos FC Head Physician



Chouliaras Vassilis

MD, 2nd Vice President
of Hellenic Arthroscopic Society



Van Niekerk Louw

MB ChB, FRCS (Orth),
Middlesbrough FC



Triantafyllopoulos K. Ioannis

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



Kekelekis Afxentios

PT, MSc Sports
and Exercise Medicine



Kellis Eleftherios

Professor of Sports Kinesiology,
Aristoteles University of Thessaloniki



Fousekis Konstantinos

Assoc. Professor in Sports
Physiotherapy, TEI of Western Greece



Giakas Giannis

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



Vouillamoz Marc

UEFA Head of Medical and Anti-Doping



Tsiaxris Dimitrios

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



Pichetti Federico

Rehab Specialist, Isokinetic Bologna



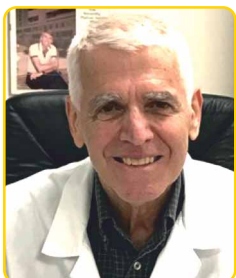
Linde Cot Xavi

Msc, Barcelona FC Physio



Stathas Ioannis

Physio of AEK FC



Pantazis Nikolaos

Former PT AEK FC



Stergiopoulos Dimitrios

Exercise Physiologist, AEK Football Academy



Malliaropoulos Nikolaos

MD, Dip (MSK US), MSc (SEM), PhD, ECÖSEP, F.FSEM (UK)



Kapreli Eleni

Professor of Physiotherapy, University of Thessaly

President

Kalliakmanis A, MD, PhD, AEK FC Team Physician

Members

Bouroutzikas I, PT AEK FC

Dimatos A, Head of Communication AEK FC

Egkarhos D, Masseur AEK FC

Karvounidis Chr, Head PT AEK FC

Koromila Chr, AEK FC Communication Department

Markoulas I, AEK FC Communication Department

Nomikou V, Employee AEK FC

Papanastasiou A, Employee AEK FC

Sgouros D, AEK FC Creative Department

Smparounis N, Employee AEK FC

Stathas I, PT AEK FC

Trivizas M, AEK FC Communication Department

Vavouranakis P, AEK FC Video Maker





SUPER INDUCTIVE SYSTEM

ΜΙΑ ΚΑΙΝΟΤΟΜΟΣ
ΘΕΡΑΠΕΥΤΙΚΗ ΕΜΠΕΙΡΙΑ



ΚΛΙΝΙΚΑ
ΑΠΟΔΕΔΕΙΓΜΕΝΗ
ΜΕΘΟΔΟΣ



ΑΝΕΠΑΦΗ
ΘΕΡΑΠΕΙΑ



ΚΑΤΟΧΥΡΩΜΕΝΗ
ΠΑΤΕΝΤΑ



www.btl.gr

www.super-inductive-system.com

099-78SISCONCEN200