

AEK FC

# FOOTBALL MED EVOLUTION

1st

CONFERENCE  
OF SPORTS  
INJURIES

**HAMSTRINGS  
INJURIES**  
FROM RESEARCH  
TO CLINICAL  
PRACTICE  
WITH INTERNATIONAL  
PARTICIPATION

WEDNESDAY

**28**  
MARCH  
**2018**

**O.A.C.A.  
VELODROME**

OLYMPIC ATHLETIC CENTER  
OF ATHENS

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## 1<sup>η</sup> Επιστημονική Ημερίδα ΑΕΚ ΠΑΕ

«Τραυματισμοί οπίσθιων μηριαίων μυών: Από τα επιστημονικά  
ευρήματα στην κλινική πρακτική»

## 1<sup>st</sup> Scientific Conference AEK FC

«Hamstring injuries: From research to clinical practice»

### President of Scientific Committee

**Pantelis Nikolaou MD, PhD**  
Head Doctor AEK FC

### President of Organizing Committee

**Alkis Kalliakmanis MD, PhD**  
Team Doctor AEK FC

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# Scientific Programme

## Technical Office Registrations

8.30 - 9.00

## Welcome and opening speeches

9.00 - 9.30

## Round Table 1

### Introduction & Injury Mechanisms

9.30 - 11.30

**Chairman: Nikolaou P., Malliaropoulos N.**

- ◆ The football player's point of view in hamstrings injury  
**Ghygrynskyy Dmytro, AEK FC Player**
- ◆ The role of the Doctor in hamstrings injuries  
**Kalliakmanis Alkis MD, Team Doctor AEK FC**
- ◆ Psychological approach of the injured player  
**Dr. Morillia Miguel, Doctor en Psicologia de la Universidad Pablo Olavide de Sevilla**
- ◆ 40 years' experience of hamstrings injuries  
**Pantazis Nikolaos, PT**
- ◆ Pathophysiology of hamstring injuries in football  
**Nikolaou Pantelis, MD, Head Doctor AEK FC**
- ◆ Mechanisms of hamstrings injuries: Sprinting-type versus stretching-type of acute hamstring injuries  
**Kellis Eleftherios, Professor Sports Kinesiology Aristotle University of Thessaloniki**
- ◆ Discussion & Questions

**Coffee Break 11.30 - 12.00**

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## Round Table 2

### Assessment of hamstrings injuries

12.00 - 14.00

Chairman: Kalliakmanis A., Triantafyllopoulos I.

- ◆ MRI classification and time-course of MRI changes after acute hamstring injuries  
**Danassi Despoina MD, Musculoskeletal Radiologist**
- ◆ Training load during games and training and muscle injuries in football  
**Bogdanis Gregoris, Faculty of Physical Education and Sports Sciences UOA**
- ◆ Hamstring injuries, diagnostic evolution of Barcelona FC experience  
**Mindaguas Goudelis MD, Barcelona FC Medical Department**
- ◆ Hamstring Injuries Classifications Any Clinical Relevance **Malliaropoulos Nikos MD, Consultant Hon. Sports and Exercise Medicine Barts and the London**
- ◆ Discussion & Questions

Exhibition visit & lunch 14.00 - 15.30

### Workshop TMG – Functional Muscle Diagnostics

14.00 - 15.30

#### The ideal tool for:

- ◆ Return to play decisions (not predictions)
- ◆ Screening and assessment
- ◆ Rehabilitation monitoring
- ◆ reduce non-contact injuries and re-injuries

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### **Round Table 3**

#### **Treatment of hamstrings injuries**

**15.30 - 17.00**

**Chairman: Tzoanos G., Petta G.**

- ◆ **The rehabilitation of Hamstring injury. Our Experience**  
**D. Ribas MD, Sevilla FC Medical Department**
- ◆ **Return to play criteria and risk factors following acute hamstring injuries.**  
**Afxentios Kekelekis, PT, MSc Sport and Exercise Medicine**
- ◆ **Therapeutic approach of hamstring injuries rehabilitation program in football.**  
**Karvounidis Ch., AEK FC PT**
- ◆ **Discussion & Questions**

**Coffee Break 17.00 - 17.30**

### **Round Table 4**

#### **Interventions aiming to prevent hamstrings injuries**

**17.30 - 19.00**

**Chairman: Chouliaras V., Karvounidis Ch.**

- ◆ **Design of a prevention program for hamstring injuries in football**  
**Kotsis J., Exercise Physiologist AEK FC**
- ◆ **The FIFA 11+ warm up program and its role in hamstring injury**  
**Gioftsidou Menia, Ass. Professor, School of Physical Education and Sport Science, Democritus University of Thrace (DUTH)**
- ◆ **Strategies to minimise Hamstring Injuries in AEK FC**  
**Bascon Lopez Sebastian, Fitness Coach AEK FC**
- ◆ **Discussion & Questions**

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## Round Table 5

### Presence and Future of Sports Physicians in Greek Football

19.00 - 19.45

Chairman: Nikolaou Pantelis

## End of Conference

## Information

Organised by: **AEK FC**

With the support of:

- ✦ Hellenic Association of Orthopaedic Surgery and Traumatology
- ✦ Hellenic Society of Biochemistry and Physiology of Exercise
- ✦ European College of Sports and Exercise Physicians
- ✦ Hellenic Association of Physiotherapists
- ✦ Hellenic Scientific Society of Physiotherapy

## Conference language(s):

Greek, English

## Date:

28 March 2018

## Attendance:

**O.A.C.A.**

Olympic Velodrome

## Registrations:

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Nikolaou P, MD, PhD, AEK FC Head Doctor

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2. Bogdanis Gr, Exercise Physiologist, University of Athens
3. Chouliaras V, MD, Orthopaedic, Faculty of EAE
4. Danassi D, MD, PhD, MSc, Radiologist
5. Gioftsidou M, Ass. Professor, School of Physical Education and Sport Science, Democritus University of Thrace (DUTH)
6. Goudelis M, MD, Barcelona FC Doctor
7. Kalliakmanis A, MD, PhD, AEK FC Team Doctor
8. Karvounidis Chr. PT, AEK FC Head PT
9. Kekelekis A, PT, MSc Sports and Exercise Medicine  
Kellis E, Professor of Sports Kinesiology, Aristotle University of Thessaloniki
10. Kotsis J. Exercise Physiologist AEK FC
11. Malliaropoulos N, MD, Hon. Consultant of Sports and Exercise Medicine, London, Faculty of ECOSEP
12. Morillia M, Dr of Psychology, University of Sevilla
13. Pantazis N, PT Former PT AEK FC
14. Petta G, PT, MSc, Professor of Applied Science, University of Athens
15. Ribas D, MD, Sevilla FC Head Doctor
16. Triantafyllopoulos I, MD, MSci, PhD, Orthopaedic, Ass.Professor of Orthopaedics, Medical School, University of Athens
17. Tzoanos G, MD, Orthopaedic Surgeon

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### President

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