



**E.C.O.S.E.P.**

**1 st Sports on FieldTrauma Emergencies- COURSE SOFTE**

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**5th ECOSEP 2010 Sports rehab course lower Limp**

**Date:** May 14-15-16 2010, Thessaloniki, Hellas

**Venue:** Kautanzoglion National Stadium , Thessaloniki, Greece

- **FRIDAY 14/5/2010**
- **ECOSEP SPORTS EMERGENCIES COURSE** 09.00-18.00
- **SATURDAY 15/5/2010**
- **ECOSEP SPORTS REHAB COURSE** 09.00-18.00
- **SUNDAY 16/5/2010**
- **ECOSEP SPORTS REHAB COURSE** 09.00-15.30

A three -day residential clinical skills course aimed at enhancing delegates skills in the assessment of musculoskeletal injury. The course is an amalgamation of ECOSEP's previous upper and lower limb courses and is aimed at General Practitioners, GP registrars and Specialist Registrars with an interest in sport and musculoskeletal medicine. Only 40 participants.

**COURSE DIRECTORS**

Prof Nicola Maffulli & DR. N Malliaropoulos

**Language**

Greek - English

**Full details at**

<http://www.athleticclinic.gr>

<http://www.ecosep.eu>

**and registration at**

Email [ikakthess@hol.gr](mailto:ikakthess@hol.gr)

[info@ecosep.eu](mailto:info@ecosep.eu)

Or Tel: 0030 6936915401- (17.00-20.00)

**Course Administrator**

Ms .Sofia Papadopoulou

## LECTURERS

### **Nicola Maffulli MD, MS, PhD, FRCS(Orth)**

Centre Lead and Professor of Sports and Exercise Medicine Consultant Trauma and Orthopaedic Surgeon Queen Mary University of London Barts and The London School of Medicine and Dentistry Institute of Health Sciences Education Centre for Sports and Exercise Medicine Mile End Hospital 275 Bancroft Road , London E1 4DG ,England  
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### **Dr Nat Padhiar MSc PhD FCPodS**

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### **Dr Zoë Hudson**

Associate Lead and Senior Clinical Lecturer  
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### **JOHN B. KING FRCS, FFSEM (UK), FISM, MBBS, MRCP.** [john.king27@virgin.net](mailto:john.king27@virgin.net)

Ex Senior Lecturer in Orthopaedic and Trauma Surgery to the St Bartholomew,s and the Royal London Hospital School of Medicine and Dentistry, Queen Mary College (1976-2001) and Honorary Consultant in Orthopaedic and Trauma Surgery to the Royal London Hospital.

Honorary Senior Lecturer (Recent Director), The Academic Department of Sports Medicine (now the Centre of Sport and Exercise Medicine CSEM), St Bartholomew,s and the Royal London Hospital School of Medicine and Dentistry, Queen Mary College. One time Chairman of the British Association of Sports and Medicine. Chairman Research and Program Committee, BASEM Past Examiner in Sports Medicine, The Worshipful Society of Apothecaries of London One time External adviser to the Bath Distance Learning Course for Doctors in Sports Medicine

### **Nikos G. Malliaropoulos**

Sports Medicine Physician  
MD, Msc Dipl in SEM, Phd.FFIMS, F.FSEM (UK)  
Director National Athletics SEGAS Sports Medicine Center Thessaloniki Greece  
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### **MICHAEL ROBERT CARMONT**

MBBS FRCS Glasg (Tr & Orth) MFSEM (UK) Dip SEM. GB&I  
Consultant Trauma & Orthopaedic Surgeon with a speciality interest in Lower Limb Surgery at the Princess Royal Hospital, Telford, Shropshire.



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**1st Sports on Field Emergencies COURSE SOFE COURSE**

**Date:** May 14, 2010, Thessaloniki, Hellas

**Venue:** Kautanzoglion National Stadium , Thessaloniki, Greece

**Day 1**

PREPARATION						
08:30	Registration					
LECTURES						
09:00	Welcome & Organizing the medical services during a sport event				N Malliaropoulos	
09:20	Initial assessment of the Patient on field				E. Papakostas	
09:45	Airway Management and Ventilation				N.Gourtsas	
10:10	Shock (& the collapsed athlete)				M. Mantela	
10:40	Break					
11:00	Spinal Injuries				M. Carmont	
SKILL STATIONS (IN GROUPS)						
	Airway Management Ventilation	A,B,C,D,E Initial Patient Assessment	Immobilisation 1 Log-roll Cervical Collar Helmet Removal	Immobilisation 2 Spineboard Lifting techniques	Immobilisation 3 Dislocations & Splinting	
11:30	Red	Blue	Green	Yellow	Orange	
12:15	Blue	Green	Yellow	Orange	Red	
13:00	Break					
LECTURE						
13:30	Head Injuries, Concussion, Treatment, RTP guidelines				M. Carmont	
13.50	Dislocations in Sport - Shoulder, AC Joint, Elbow, Hand, Hip, Patella, Ankle.Toe				M. Carmont	
SKILL STATIONS (IN GROUPS)						
	Airway Management Ventilation	A,B,C,D,E Initial Patient Assessment	Immobilisation 1 Log-roll Cervical Collar Helmet Removal	Immobilisation 2 Spineboard Lifting techniques	Immobilisation 3 Dislocations & Splinting	
14:10	Green	Yellow	Orange	Red	Blue	
14:55	Yellow	Orange	Red	Blue	Green	
15:40	Orange	Red	Blue	Green	Yellow	
16:25	Written & Practical Examination					
18.00	Certificates of Attendance					

**5th ECOSEP Sports rehab course lower Limp**

**Date:** May-15-16, 2010, Thessaloniki, Hellas **Venue:** Kautanzoglion National Stadium , Thessaloniki, Greece

**Day 1**

08.30 Registration

09.00 Hands on clinical examination, ultrasound Imaging Knee Joint

	HANDS ON KNEE CLINICAL EXAMINATION N Maffulli	ULTRASOUND KNEE JOINT IMAGING John Tsifoundoudis
09.00	Red	Blue

09.45	Blue	Red
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- 10.30 ACL injuries Diagnosis, Treatment **John King**
- 11.15 Break
- 11.30 ACL practical rehabilitation workshop **Zoe Hutson**
- 13.15 Anterior Knee Pain Diagnosis & Treatment **N. Maffulli**
- 14.00 Light Lunch
- 15.00 Mcl-LCL injuries Conservative /Surgical Treatment **E. Mpela**
- 15.45 Muscle Injuries **N.Malliaropoulos**
- 16.00 Sitting disorders - Workshop **Salli systems**
- 17.00 Break

	REHABILITATION MUSCLE INJURIES <b>D. Christodoulou</b>	ULTRASOUND MUSCLE INJURIES <b>Olga Kiritsi</b>
17.15	Red	Blue
17.45	Blue	Red

18.15 End of the first day

Day 2 09.00 Ankle ligament injuries in athletes **N. Malliaropoulos**

09.45	REHABILITATION ANKLE INJURIE Only Physios <b>S. Papadopolou</b>	INTRACOMPARTMETAL-MEASUREMENTS Only Doctors <b>Nat Padhiar</b>
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- 11.00 Achilles tendon Pathology **N Maffulli**
- 12.00 How to rehabilitate a tendon injury **Zoe Hutson**
- 13.00 Break
- 13.30 Chondral Knee Lesions. When to operate *Post Surgical Rehabilitation*
- 14.00 Stress Fractures in Athletes **E. Papakostas Tsoukas D.**
- 14.30 Ultrasound predicting stress fractures - Workshop **A. Papalada**
- 15.30 Certificates of attendance