

# 1<sup>st</sup> E.C.O.S.E.P. Congress

## Guidelines in Sports Medicine When to return to play

**13 - 14**

**December  
2008**

**THESSALONIKI  
Electra Palace Hotel**

### ORGANIZERS

- European College Of Sports and Exercise Physicians - ECOSEP  
[www.ecosep.eu](http://www.ecosep.eu)



- Faculty of Sport and Exercise Medicine (UK) - FSEM (UK)



ISAKOS Approved Course



Informations: Diaskepsis, Tel: +30 2310 230 459, e-mail: [mtsami@otenet.gr](mailto:mtsami@otenet.gr), [www.diaskepsis.gr/ecosep](http://www.diaskepsis.gr/ecosep)

## WELCOME MESSAGE

Dear colleagues

We are happy to announce that following the success of the "11th Sports Medicine Seminar " attended by more than 300 participants and due to pressing need for continuous education, training and information about the latest developments in the field of Sports and Exercise Medicine, the European College of Sports Medicine and Exercise Physicians and the Faculty of Sport and Exercise Medicine (UK) - FSEM (UK) , organize the European Congress of Sports and Exercise Medicine Physicians in Thessaloniki, at the Electra Palace Hotel, on 13th and 14th December 2008.

The Congress will take place in 3 parallel halls and we will host distinguished speakers from Europe and Greece for two days

The Speakers come from:

- The European College of Sports medicine and Exercise Physicians (E.C.O.S.E.P.)
- The Faculty of Sport and Exercise Medicine (UK) - FSEM (UK)
- The Medical School of AUTH
- The National Athletics Sports Medicine Center Thessaloniki
- The Faculty of Physical Education and Sport Science
- The Technical Institute of Thessaloniki - Department of Physic Therapist
- The Technical Institute of Thessaloniki - Department of Nutrition
- The Hellenic Mckenzie Institute
- The Hellenic Association of Physiotherapists

Given that such scientific events are of great interest to Sports Medicine Scientists, we look forward to welcoming you to our Congress

On behalf of the  
the Organizing Committee

## COMMITTEES

### The Scientific Committee

- \* Prof Maffulli Nicola
- \* Barkauskas Dalius
- \* Budgett Richard
- \* J.B. King
- \* Nat Padhiar

### The Organizing Committee

- \* Malliaropoulos Nikos
- \* Prof. Charles Galasko
- \* Motto Stephen
- \* Petrou Michael
- \* Papalada Agapi
- \* Souvatsidis Kostas
- \* Zioupou Anna

## INVITED SPEAKERS

- \* **Malliaropoulos Nikos** Sports Physician, MD, Msc in SEM, Phd.FFIMS, F.FSEM (UK), Chairman Ecosep
- \* **Prof. Laszlo Hangody** M.D., Ph.D., D.Sc. , Uzsoki Hospital
- \* **Prof. Mark Batt**, President elect of the Faculty of Sport and Exercise Medicine (UK)
- \* **Prof. Stewart Hillis**, Chairman of the Education Committee of FSEM
- \* **Petrou Michael** Sports Physician, MD, Msc in SEM  
Audit Committee Ecosep
- \* **Barkauskas Dalius** Sports Physician, MD Audit Committee Ecosep
- \* **Prof. Maffulli Nicola** Orthopedic Surgeon, MD, MS, PhD, FRCS(Orth)  
Research Committee Ecosep
- \* **J.B. King** Orthopedic Surgeon FRCS (ortho) , Honorary President  
ECOSEP
- \* **Motto Stephen** Sports Physician, BM FFSEM Dip Med Ac D M-S Med  
Dip Sports Med , Liaison Committee Ecosep
- \* **Zoe Hudson** PhD MCSP course leader in SEM , QMUL
- \* **Dr Alain Garnier** MD WADA Medical Director/Directeur Médical AMA  
World Anti-Doping Agency / Agence Mondiale

# PRELIMINARY PROGRAMME OF THE CONGRESS

**SATURDAY 13 DECEMBER 2008**

**REGISTRATION 8:45-9:45**

HALL : MACEDONIA	HALL : OLYMPIC	HALL: BYZANTIO
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SESSION 1 09.45 - 12.00	SESSION2 10.00 - 12.00	SESSION 3 10.00 - 12.00
GUIDELINES ON ANTIDOPING NUTRITION OF ATHLETES	GENE , STEM CELLS AND SPORTSMEDICINE	SHOULDER INJURIES IN ATHLETES AND RETURN TO SPORT ACTIVITIES

**12:00 REFRESHMENTS & VISIT TO COMMERCIAL EXHIBITION**

SESSION 4 12:30 - 14.30	SESSION 5 12:30 - 14.30	SESSION 6 12:30 - 14.30
ANKLE INJURIES AND GUIDELINES ABOUT THEIR TREATMENT	BIOLOGICAL TREATMENT IN SPORTSMEDICINE WORKSHOP DALIUS	WHOLE BODY VIBRATION TRAINING FOR SPORTS REHABILITATION. WORKSHOP

**14:30 LUNCH & VISIT TO COMMERCIAL EXHIBITION**

SESSION7 15:15 - 16.30	15:30 -17.00	SESSION8 15:15 - 16.30
MEDICAL QUESTIONS IN SPORTS MEDICINE	FACULTY ECOSEP MEETING	ORAL PRESENTATIONS

**16:30 REFRESHMENTS & VISIT TO COMMERCIAL EXHIBITION**

SESSION 9 17:00-19:00	SESSION 10 17:00-19:00	SESSION 11 17:00-19:00
ISOKINETIC WORKSHOP KAUTANZOGLEIO STADIUM	ORAL PRESENTATIONS	ORAL PRESENTATIONS

**SUNDAY 14 DECEMBER 2008**

HALL : MACEDONIA	HALL : OLYMPIC	HALL : BYZANTIO
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SESSION 12 08.30 - 09.30	SESSION 13 08.30- 09.30	SESSION 14 08.30- 09.30
ORAL PRESENTATIONS SESSION 15 10:00 - 12.00	ORAL PRESENTATIONS SESSION 16 10:00 - 12.00	ORAL PRESENTATIONS SESSION 17 10:00 - 12.00
PRE PARTICIPATION GUIDELINES	ICRS WORKSHOP	GUIDELINES ON MUSCLE INJURIES TREATMENT DURING EXERCISE

**12:00 REFRESHMENTS & VISIT TO COMMERCIAL EXHIBITION**

SESSION 18 12:30 - 14.30	SESSION 19 12:30 - 14.30	SESSION 20 12:30 - 14.30
BACK PAIN IN ATHLETES GUIDELINES ABOUT TREATMENT AND REHABILITATION.	FRACTURES TREATMENT AND REHABILITATION	KNEE INJURIES DURING EXERCISE. TREATMENT AND RETURN TO SPORT ACTIVITIES.

**15.00 HANDING OUT OF CERTIFICATES OF ATTENDANCE**

## CONGRESS TOPICS

### GUIDELINES on

1. Musculoskeletal injuries prevention and treatment,
2. Pre-participation examinations,
3. Anti-doping fighting,
4. Exercise prescription,
5. Testing prescription
6. Sports medicine profession

## IMPORTANT DATES

**Deadline for early Registration:** December, 5<sup>TH</sup>, 2008

**Deadline for Abstracts Submission:** October, 31<sup>TH</sup>, 2008

**Paper acceptance Information:** November, 20<sup>TH</sup>, 2008

## GENERAL INFORMATION

### DATE AND VENUE OF THE CONGRESS

The Congress will be held on 13th and 14th December 2008 in Thessaloniki, in the Electra Palace Hotel.

### WEBSITES OF THE CONGRESS

[www.diaskepsis.gr/ecosep](http://www.diaskepsis.gr/ecosep)

[www.ecosep.eu/1st\\_ecosep\\_congress/](http://www.ecosep.eu/1st_ecosep_congress/)

### CONTINUING MEDICAL EDUCATION CREDITS

Approval of the Congress Programme for continuing medical education (CME) credits will be sought from the European Accreditation Council for Continuing Medical Education (EACCME), an institution of the European Union of Medical Specialists. The credits are recognized by the American Medical Association.

## SCIENTIFIC PROGRAMME

The Scientific Programme will include Oral Announcements, Posters, Lectures and Round Tables.

## EXHIBITION

During the International Congress an exhibition of pharmaceutical, medical and research products will be organized by the sponsor companies. For further details, please contact the Congress Organisation Office.

## LANGUAGES

The official languages of the Congress are Greek and English. Simultaneous Interpretation will be available during the Congress.

## HOTEL ACCOMMODATION

A number of hotel rooms have been provisionally reserved for Congress participants. It is advisable to book as early as possible to ensure reservation of the preferred hotel category. For further information please contact the Congress Organisation Office.

## CONGRESS ORGANISATION OFFICE



**Diaskepsis - Matina Tsami**  
28, Mitropoleos str.  
P.C: 546 24, Thessaloniki  
Tel. / Fax: +30 2310 230 459  
e-mail: [mtsami@otenet.gr](mailto:mtsami@otenet.gr)  
[www.diaskepsis.gr](http://www.diaskepsis.gr)