



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

ECOSEP 2013 Sports rehab course upper Limb

Date : May 11-12 , 2013, Thessaloniki, Hellas

Venue : Kautatzoglion National Stadium, Thessaloniki,

Greece

- **SATURDAY 11/5/2013**
- **ECOSEP SPORTS REHAB COURSE** 09.00-18.00
- **SUNDAY 12/5/2013**
- **ECOSEP SPORTS REHAB COURSE** 09.00-16.00

A two-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 Sports Medicine Physicians Specialist Registrars, General Practitioners, GP registrars, Physios with an interest in sport and musculoskeletal medicine.

COURSE DIRECTORS

Prof Nicola Maffulli & DR. N Malliaropoulos

CPD

12 credit points

LANGUAGE

Greek - English

COURSE FEES

	SPORTS REHABILITATION ECOSEP Members	SPORTS REHABILITATION Non ECOSEP Members
DOCTORS, PHYSIOS, P.E Teachers	250	300
STUDENTS	180	200

Full details at :

<http://www.athleticsclinic.gr>

<http://www.ecosep.eu>

and registration at :

Email : ikakthess@hol.gr

info@ecosep.eu

Or Tel: 0030 6936915401

0030 2310 202 190 (17.00-20.00)

COURSE ADMINISTRATOR : Ms .Sofia Papadopoulou

Saturday 11 May, 2013

Shoulder: Assessment Diagnosis

08.15 Registration

	Hands On Shoulder Clinical Examination Prof N Maffulli	Ultrasound Shoulder Joint Imaging
09.00	Yellow	Green
09.45	Green	Yellow

10.30 Shoulder Tendinopathy & differential diagnosis **Prof N. Maffulli**

11.15 Break

11.30 Rotator cuff injuries. Diagnosis **N Malliaropoulos**

12.00 Frozen Shoulder. Diagnosis **Prof N. Maffulli**

12.30 Shoulder Instability in Athletes. Diagnostic algorithm

13.00 Biomechanics related to injury (Lecture & Practical)

14.00 Light Lunch

15.00 Assess the Suprascapular Nerve Entrapment in overhead athletes

15.30 Outlet syndrome in athletes - Diagnosis

	Clinical tests in shoulder examination: how to perform them N.Malliaropoulos	Isokinetic assessment of shoulder D. Christodoulou
16.00	Yellow	Green
17.15	Green	Yellow

18.00 END OF THE FIRST DAY

Sunday 12 May, 2013

Shoulder: **Treatment Rehabilitation**

09.00 Workshop on treatment decision making

10.00 Conservative Treatment Rehabilitation of shoulder impingement syndrome
and rotator cuff injuries: an evidence-based review

10.45 Break

	Evidence based rehabilitation for Adhesive Capsulitis	Frozen shoulder Rehabilitation
11.00	Yellow	Green
12.00	Green	Yellow

13.00 Break

	TRX	Shoulder hab Rehabilitation
13.30	Yellow	Green
14.30	Green	Yellow

15.30 Certificates of attendance