



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

Scientific Program

21 March 2019

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's footballers. Long term outcomes

Houliaras Vasilis, 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

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

22 March 2019

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

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

Faculty of Scientific Committee

President

Nikolaou P, MD, PhD, AEK FC Head Doctor

Members

1. Doukas A, PT, Sports Physiotherapy Section, Panhellenic Physiotherapists' Association
2. Fousekis K, Assoc. Professor in Sports Physiotherapy, TEI of Western Greece
3. Giakas I, Professor of Biomechanics, School of Physical Education and Sports Science, University of Thessaly
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8. Kekelekis A, PT, MSc Sports and Exercise Medicine
9. Kellis E, Professor of Sports Kinesiology, Aristoteles University of Thessaloniki
10. Malliaropoulos, MD, Dip (MSK US), MSc (SEM), PhD, Faculty of ECOSEP, F.FSEM (UK)
11. Pantazis N, PT, Former PT of AEK FC
12. Petta G, PT, MSc, Professor of Applied Science, University of Athens
13. Picchetti F, Rehab Specialist, Isokinetic Bologna
14. Piskopakis Nikolaos, MD, Atromitos FC Head Physician
15. Stathas Ioannis, AEK physiotherapist
16. Stergiopoulos D, Exercise Physiologist, AEK FC Academies
17. Triantafyllopoulos I, MD, MSc, PhD, Orthopaedic, Ass.Professor of Orthopaedics, Medical School, University of Athens
18. Tsoligas K, Pt, MSc, Sports Physiotherapy Section, Panhellenic Physiotherapists' Association
19. Van Niekerk Louw, MB ChB, FRCS (Orth), Middlesbrough FC
20. Xavi Linde Cot, MSc, Barcelona FC Physio
21. Xavi Yanguas, MD, PhD, Barcelona FC Team Physician

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President

Kalliakmanis A, MD, PhD, AEK FC Team Physician

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