

# PT Programme



# 17<sup>th</sup> ESSKA Congress

4-7 May 2016

Barcelona, Spain

[www.esska-congress.org](http://www.esska-congress.org)



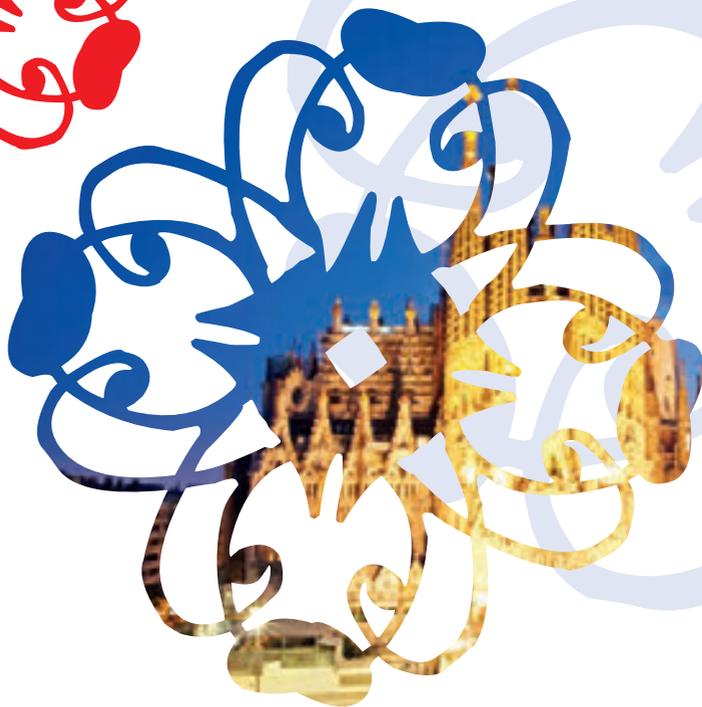
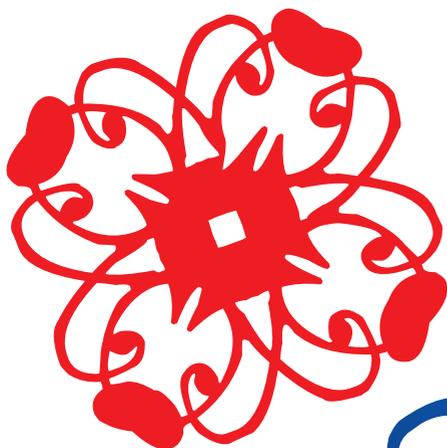
Please consult [www.esska-congress.org](http://www.esska-congress.org)  
for online schedules and registration.





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## WELCOME

Dear participants,

The goal of most injured athletes is to be able to return to sport after an injury. Therefore, proper rehabilitation after a sports-related injury is of utmost importance. Since the ESSKA Congress in Innsbruck 2006 rehabilitation has been included in the ESSKA Congress with a special programme in sports physical therapy.

This time ESSKA contributes with a fascinating and advanced sports physical therapy programme covering the latest science in sports rehabilitation presented by the very best lecturers.

Take this opportunity to participate in the whole ESSKA Congress in Barcelona and enjoy both the main programme and the sports physical therapy programme.

Don't miss the chance to visit the sports physical therapy programme „Networking Hour“ for meeting and sharing knowledge and ideas after the last session on Friday, 6 May 2016.

Most welcome!

### The Organising Committee



*Suzanne Gard*  
(Switzerland)



*Rogério Pereira*  
(Portugal)



*Dani Romero*  
(Spain)



*Robert van Cingel*  
(Netherlands)



*Suzanne Werner*  
(Sweden)

## PHYSICAL THERAPY PROGRAMME

Thursday, 5 May 2016

10:30-10:40 PT Programme introduction  
*Suzanne Werner, Suzanne Gard, Robert van Cingel, Daniel Romero, Rogério Pereira*

### Session 1: Motor control and motor learning

*Moderation: Suzanne Gard (Switzerland), Robert van Cingel (Netherlands)*

10:40-10:50 Introduction: Perception, action and control  
*Robert van Cingel (Netherlands)*

10:50-11:05 Motor perceptive skills  
*Marc Williams (UK)*

11:05-11:20 Motor learning strategies in ACL rehabilitation  
*Anne Benjaminse (Netherlands)*

11:20-11:35 The management of apprehension after joint dislocation  
*Suzanne Gard (Switzerland)*

11:35-11:45 Physical activity improves brain capacity and function  
*Boris Gojanovic (Switzerland)*

11:45-12:00 Discussion

### Session 2: Female in sports

*Moderation: Dani Romero (Spain), Angelica Hirschberg (Sweden)*

14:00-14:15 Neuromuscular training after basketball injuries  
*Azahara Fort (Spain)*

14:15-14:30 Muscle strength and female sex hormones  
*Angelica Hirschberg (Sweden)*

14:30-14:45 Physical performance after pregnancy and child delivery  
*Karin Henriksson-Larsén (Sweden)*

14:45-15:00 Should female athletes train like male athletes?  
*Karin Henriksson-Larsén (Sweden)*

15:00-15:15 Female adolescent athletes  
*Cecilia Friden (Sweden)*

15:15-15:30 Discussion

### Keynote Lecture

*Moderation: Rogério Pereira (Portugal)*

16:00-16:20 Meniscus biology and biomechanics  
*João Espregueira-Mendes (Portugal)*

## PHYSICAL THERAPY PROGRAMME

Thursday, 5 May 2016

### Session 3: Knee-related injuries

Moderation: Robert van Cingel (Netherlands), Suzanne Werner (Sweden)

- |             |  |
|-------------|--|
| 16:20-16:30 | Muscle strength after hamstring tendon ACL reconstruction<br><i>Ninni Sernert (Sweden)</i>               |
| 16:30-16:40 | Role of NMES superimposed to functional exercises in ACL rehabilitation<br><i>Andrea Macaluso, Italy</i> |
| 16:40-16:50 | ACL rehabilitation – are we doing well?<br><i>Erik Witvrouw (Belgium)</i>                                |
| 16:50-17:00 | Cartilage injuries following ACL ruptures<br><i>Kristin Briem (Iceland)</i>                              |
| 17:00-17:10 | Update on rehabilitation of patients with knee arthrosis<br><i>Dieter van Assche (Belgium)</i>           |
| 17:10-17:20 | Management and rehabilitation after meniscus injuries<br><i>Jérôme Pauls, Romain Seil (Luxembourg)</i>   |
| 17:20-17:30 | Jumper's knee, new insights of treatment options<br><i>Lotta Willberg (Sweden)</i>                       |
| 17:30-17:40 | Update on rehabilitation of patients with anterior knee pain<br><i>Suzanne Werner (Sweden)</i>           |
| 17:40-18:15 | Interactive Round Table Discussion<br><i>All</i>   |

Friday, 6 May 2016

### Keynote Lecture

Moderation: Suzanne Werner (Sweden)

- |             |  |
|-------------|--|
| 10:30-10:50 | Back injuries in sports<br><i>Marita Harringe (Sweden)</i> |
|-------------|--|

### Session 4: Soft tissue injuries

Moderation: Dani Romero (Spain), Lotta Willberg (Sweden)

- |             |   |
|-------------|---|
| 10:50-11:00 | Rehabilitation focusing on eccentric training of athletes with patellar tendinopathy<br><i>Gabriel Gual (Spain)</i>                               |
| 11:00-11:10 | Accelerometry load analysis and risk factors for hamstring injuries – approach of the Football Medicine Group<br><i>Paulo Barreira (Portugal)</i> |
| 11:10-11:20 | A novel treatment for the management of patients with superolateral fat pad impingement and ITBS<br><i>Joanna M. Stephen (UK)</i>                 |
| 11:20-11:30 | Discussion  |

## PHYSICAL THERAPY PROGRAMME

Friday, 6 May 2016

### Mini-battle: Rehabilitation after hamstring injuries

Moderation: *Jan Ekstrand (Sweden)*

11:30-11:40	<i>Erik Witvrouw (Belgium)</i>
11:40-11:50	<i>Carl Askling (Sweden)</i>
11:50-12:00	Discussion/Debate

### Session 5: Shoulder injuries

Moderation: *Suzanne Gard (Switzerland), Ann Cools (Belgium)*

14:00-14:15	The overhead athlete's shoulder: Why won't it get better? <i>Jo Gibson (UK)</i>
14:15-14:30	Role of specific muscle training in shoulder rehabilitation <i>Ann Cools (Belgium)</i>
14:30-14:45	Dynamic control ratio in elite female handball players <i>Robert van Cingel (Netherlands)</i>
14:45-15:00	Consensus on return to sport after shoulder injury <i>Ian Horsley (UK)</i>
15:00-15:15	Discussion

### Keynote Lecture

Moderation: *Suzanne Werner (Sweden)*

16:00-16:20	Prevention of football injuries <i>Jan Ekstrand (Sweden)</i>
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### Session 6: Injury Prevention

Moderation: *Suzanne Werner (Sweden), Rogério Pereira (Portugal)*

16:20-16:35	Prevention of ACL injuries in elite alpine skiers <i>Maria Westin (Sweden)</i>
16:35-16:50	Derivation of valgus-related ACL rupture thresholds on skis <i>Rick Howell (USA)</i>
16:50-17:05	Preventing shoulder problems in elite handball players <i>Stig Andersson (Norway)</i>
17:05-17:20	Hamstring injury prevention in a professional football club <i>Jurdan Mendigutxia (Spain)</i>
17:20-17:35	Social and economic impact of policies in prevention <i>Rogério Pereira (Portugal)</i>
17:35-18:00	Interactive Round Table Discussion <i>All</i>

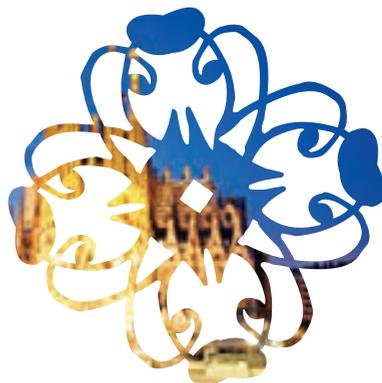
18:00-18:45 **Happy Hour**

## PHYSICAL THERAPY PROGRAMME

Saturday, 7 May 2016

### Workshops

- |             |  |
|-------------|--|
| 08:00-09:00 | WS1 Motor learning strategies – ACL injuries<br><i>Alli Gokeler, Anne Benjaminse (Netherlands)</i>                                 |
| 09:00-10:00 | WS1 Motor learning strategies – ACL injuries (repetition)<br><i>Alli Gokeler, Anne Benjaminse (Netherlands)</i>                    |
| 08:00-09:00 | WS2 Muscle Tech: Criteria for rehabilitation progression FC Barcelona<br><i>Xavier Linde, Marta Saula (Spain)</i>                  |
| 09:00-10:00 | WS2 Muscle Tech: Criteria for rehabilitation progression FC Barcelona (repetition)<br><i>Xavier Linde, Marta Saula (Spain)</i>     |
| 08:00-09:00 | WS3 Prevention of ACL injuries<br><i>Annica Näsmark (Sweden)</i>   |
| 09:00-10:00 | WS3 Prevention of ACL injuries (repetition)<br><i>Annica Näsmark (Sweden)</i>  |
| 10:30-11:30 | WS4 US, a diagnostic and guided treatment tool for PT<br><i>Ramon Balius (Spain)</i>   |
| 11:30-12:30 | WS4 US, a diagnostic and guided treatment tool for PT (repetition)<br><i>Ramon Balius (Spain)</i>                                  |
| 10:30-11:30 | WS5 Training device for neuromuscular improvement of core stability<br><i>Team Filip Staes (Netherlands)</i>                       |
| 11:30-12:30 | WS5 Training device for neuromuscular improvement of core stability (repetition)<br><i>Team Filip Staes (Netherlands)</i>          |
| 10:30-11:30 | WS6 Kinetic Chain Considerations in the return to play in the athletic shoulder<br><i>Jo Gibson, Ian Horsley (UK)</i>              |
| 11:30-12:30 | WS6 Kinetic Chain Considerations in the return to play in the athletic shoulder (repetition)<br><i>Jo Gibson, Ian Horsley (UK)</i> |



## ACCOMMODATION



Your service partner for accommodation requests and bookings is:

Viajes El Corte Inglés

C/ Alberto Bosch, 13

28014 Madrid, Spain

Phone: +34 91 330 07 55

Email: [esska2016@viajeseci.es](mailto:esska2016@viajeseci.es)



The area of the congress venue offers more than 4,000 hotel rooms. A variety of hotels have been selected for ESSKA Congress visitors, covering different categories and areas of the city.

Click below to access the website for accommodation booking.

<http://www.esskacongress2016.com/>

## TRAVEL INFORMATION & VENUE



The congress venue is the **CCIB** – Centre Convencions Internacional Barcelona.

The address is:

CCIB

Plaça de Willy Brandt 11-14

08019 Barcelona, Spain

The congress venue is located in the new business district of Barcelona, the Diagonal Mar neighbourhood. For detailed information on how to reach the venue please consult the website of the CCIB:

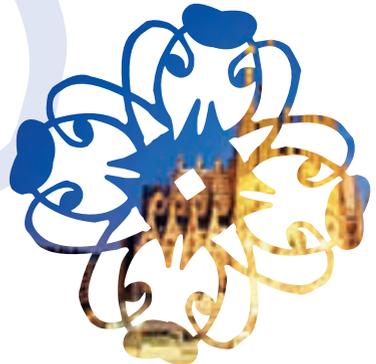
<http://www.ccib.es/getting-to-the-ccib/visitor-access>



Barcelona's international airport, El Prat, is located south-west of Barcelona, approx. 20 km away from the CCIB

(<http://www.aena.es/csee/Satellite/Aeropuerto-Barcelona/en/Home.html>).

The airport offers a large variety of connections to destinations worldwide.



## GENERAL INFORMATION

### Date

4 - 7 May 2016

### Venue

CCIB – Centre Convencions  
Internacional Barcelona  
Barcelona, Spain

### Website

[www.esska-congress.org](http://www.esska-congress.org)

### Congress President

Joan C. MONLLAU

### Programme Chairmen

Roland BECKER  
Gino M. KERKHOFFS  
Pablo E. GELBER

### ESSKA Board

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ESSKA-AFAS Section President:  
Niek VAN DIJK  
ESSKA-ESA Section President:  
Angel CALVO  
ESSKA Board Member:  
Johan BELLEMANS

### Official language

English

### Currency

The official currency in Spain is EUR.  
Registration fees must be paid in EUR.

### Registration

Please register online at [www.esska-congress.org](http://www.esska-congress.org) or download the registration form. Reduced rates are available when payment is effected before 25 February 2016. For group registrations please send an e-mail to [esska@intercongress.de](mailto:esska@intercongress.de) and request the special group booking form. The registration fee includes: scientific sessions, instructional course lectures, symposia, access to the industrial exhibition, delegate's bag and badge and a copy of the final programme.

### CME credits

The ESSKA Congress will be submitted for accreditation to the UEMS (European Union of Medical Specialists) for EACCME.

### Accommodation

Special rates in various hotels in Barcelona have been negotiated for congress participants by our local partner. Please visit the congress website and use the link in the section "Accommodation". Note the deadlines!

### Social programme

- Wednesday, 4 May 2016:  
Welcome Reception for all congress visitors at the congress venue.
- Friday, 6 May 2016:  
ESSKA Dinner & Party (tickets available for purchase through the regular registration website)

### Fiscal organiser, congress and exhibition management

Intercongress GmbH  
Wilhelmstraße 7  
65185 Wiesbaden, Germany  
Phone: +49 611 97716-0  
Fax: +49 611 97716-16  
E-mail: [esska@intercongress.de](mailto:esska@intercongress.de)



### Important deadlines

- 25 February 2016:** Registration at reduced rates
- 31 March 2016:** Accommodation booking at special rates
- 25 April 2016:** Closing of pre-registration
- 3-7 May 2016:** On-site registration

### Social media

Follow us on facebook  
**ESSKA Congress** and on  
twitter **#esska2016**.



## WELCOME RECEPTION

Wednesday, 4 May 2016  
19:00–21:00 h

It is the end of the first congress day, you have already participated in interesting sessions and now you are looking for the perfect occasion to meet friends, colleagues and network. Join ESSKA's community for the WELCOME RECEPTION which will be held at the top level of the Congress Centre. Chat and mingle with fellow congress visitors and enjoy a drink along with some typical Catalan and Spanish finger food. WELCOME to Barcelona!



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© Turisme de Barcelona / Espai d'imatge



**Venue:**

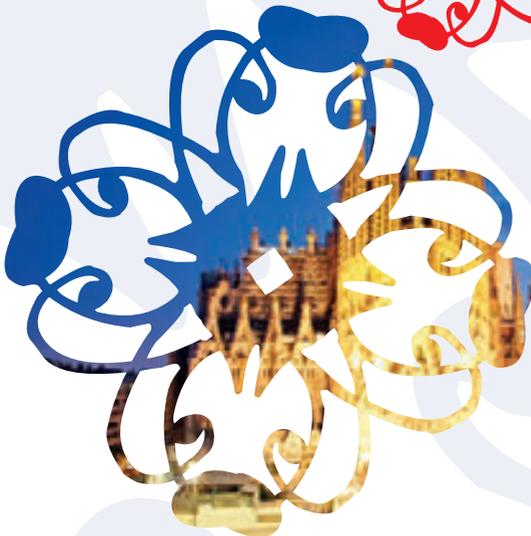
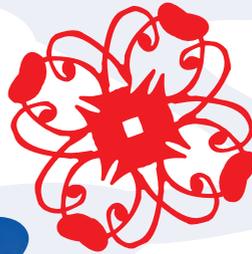
**Price (per person):**

**Booking:**

CCIB (Congress venue) top level

Free for registered delegates

<http://esska-congress.org/registration/>



## ESSKA DINNER & PARTY

Friday, 6 May 2016  
20:30–01:00 h

We will start this evening with a drink on the terrace in front of the Museu Nacional d'Art de Catalunya (MNAC), overlooking the city of Barcelona. The evening party will be hosted in the spectacular Sala Oval inside the Museum – hold your breath when entering the room! Savour a taste of the best cuisine in town and be surprised by an astonishing set of lighting and music in between the courses of the dinner. An exciting part of the evening will be the Award Ceremony of the “ESSKArs” – awards for service to our society. Join us for a memorable evening in Barcelona.

- Departure by bus:** 19:45 h from CCIB (Congress venue)  
**Aperitif:** 20:30 h  
**Dinner:** 21:00–01:00 h  
**Return by bus:** From 00:30–01:15 several buses to CCIB (Congress venue)  
**Price (per person):** EUR 100 (before 25 February 2016); EUR 150 (after 25 February 2016)  
**Booking:** <http://esska-congress.org/registration/>



## TOUR PROGRAMME

All tours are available through the online congress registration. Bookings must be effected before 3 April 2016. The minimum number of participants per tour is 20 people (except for "Medieval Girona" where the minimum must be 25 people). The maximum number of participants per tour is 40 people (except for "The Gothic Quarter and the Rambla" and "Picasso Museum and Gothic Quarter" where the maximum is 25 people).

### Tour 01 – Wednesday, 4 May 2016 (half day)

#### THE GOTHIC QUARTER AND THE RAMBLA

Plaça Catalunya and the Rambla are right in the city centre. The Rambla is a boulevard known around the world. Pure Mediterranean in nature, it leads visitors down to the sea through a variety of contrasts: old-style shops, ultramodern cafés, landmark buildings like the Liceu Opera House, and, in the centre of the boulevard, there are street artists, newspaper stands, flower and bird stalls. During this walking tour you will see the Boqueria Market, Plaça Reial, Plaça del Pi, Petritxol Street, Plaça Sant Jaume, Plaça del Rei (Royal Square), Plaça Sant Felip Neri and Cathedral.

<b>Departure:</b>	09:30 h from CCIB (Congress venue), meeting point is the registration desk
<b>Return:</b>	12:30 h to CCIB (Congress venue)
<b>Price (per person):</b>	EUR 20
<b>Included in the price:</b>	Bus and guide
<b>Booking:</b>	<a href="http://esska-congress.org/registration/">http://esska-congress.org/registration/</a>



© The gothic quarter and the rambla /shutterstock

### Tour 02 – Wednesday, 4 May 2016 (half day)

#### MODERNISME IN THE OLD CITY

This tour will give you the opportunity to discover Plaça Catalunya, Portal de l'Àngel and Carrer Comtal. You will enjoy a guided tour in the Palau de la Música Catalana, home of the Catalan choir (l'Orfeó Català) and designed and built by Lluís Domènech i Muntaner from 1905 to 1908. The Palau was declared a World Heritage site by UNESCO in 1997. The Four Cats bar-restaurant-café will be our next stop. It was the meeting point of the Catalan avant-garde artists at the beginning of the 20<sup>th</sup> Century. It was also regularly visited by Pablo Picasso. Then we will visit the Plaça Reial (Royal Square) Lamp post, inspired by neoclassic French urban architecture, at the end of the 19<sup>th</sup> Century. Our tour will end at Güell Palace which was designed by Antoni Gaudí.



© Modernisme in the old city /Palau de la Música

<b>Departure:</b>	09:30 h from CCIB (Congress venue), meeting point is the registration desk
<b>Return:</b>	12:30 h to CCIB (Congress venue)
<b>Price (per person):</b>	EUR 55
<b>Included in the price:</b>	Bus and guide
<b>Booking:</b>	<a href="http://esska-congress.org/registration/">http://esska-congress.org/registration/</a>

## TOUR PROGRAMME

### Tour 03 – Thursday, 5 May 2016 (half day)

#### MONTSERRAT, THE HOLY MOUNTAIN

The classical visit to Montserrat. You will have a view of the extraordinary landscape of the natural park on the drive up to the Sanctuary, 725m above sea level. During the journey the guide will give you a short history of Montserrat. Once there you will have a brief guided tour to indicate what there is to see (Monastery, Basilica, Boys' Choir, Our Lady's Chapel, Museum, St. Joan, Holy Cave, Stations of the Cross, as well as bars, restaurants, and shops, the audiovisual projection, home products market etc.). Then you will have free time to visit in detail those places which are most appealing to you.

<b>Departure:</b>	09:00 h from CCIB (Congress venue), meeting point is the registration desk
<b>Return:</b>	14:00 h to CCIB (Congress venue)
<b>Price (per person):</b>	EUR 30
<b>Included in the price:</b>	Bus and guide
<b>Booking:</b>	<a href="http://esska-congress.org/registration/">http://esska-congress.org/registration/</a>



© Montserrat the holy mountain/shutterstock

### Tour 04 – Thursday, 5 May 2016 (full day)

#### MEDIEVAL GIRONA

The city of Girona is located 60 miles from Barcelona. Many cultures have left their imprint on the streets of the city – Iberians, Greeks, Romans, Arabs, Jews, Christians... They have created unforgettable places such as the old quarter. You will visit: The Arab Baths entrance, the Jewish Quarter, the houses of the Onyar River, the Cathedral, Creation Tapestry, Romanesque cloister and you will walk on the city walls. Between them, we will stop to have lunch at the restaurant Grill L'Argadà where you may taste the famous "Catalan torrades", a toasted bread with red tomatoes, garlic and olive oil.

<b>Departure:</b>	09:00 h from CCIB (Congress venue), meeting point is the registration desk
<b>Arrival:</b>	17:00 h to CCIB (Congress venue)
<b>Price (per person):</b>	EUR 85
<b>Included in the price:</b>	Bus, guide, tickets to Arab Bath and Cathedral and lunch at Grill L'Argadà
<b>Booking:</b>	<a href="http://esska-congress.org/registration/">http://esska-congress.org/registration/</a>



© Medieval Girona/shutterstock



## TOUR PROGRAMME

### Tour 05 – Friday, 6 May 2016 (half day)

#### CODORNÍU CELLARS

Codorníu Cellars is located in the town of Sant Sadurní. Here you will find some of the largest cellars in the world. The wine of Codorníu is called Cava. This is the ideal place to observe the whole process from grape pressing to the labeling of the bottle. After watching a short video we will visit the vast cellars in a small electric train and we will take part in a wine tasting.



© Codorníu cellars / codorníu

- Departure:** 09:00 h from CCIB (Congress venue), meeting point is the registration desk  
**Return:** 14:00 h to CCIB (Congress venue)  
**Price (per person):** EUR 40  
**Included in the price:** Bus, guide, ticket to the Cellar and wine tasting  
**Booking:** <http://esska-congress.org/registration/>

### Tour 06 – Friday, 6 May 2016 (full day)

#### THE GAUDÍ TOUR

Be guided around his buildings and learn about the double-edged genius and his extraordinary imagination, both aesthetic and technical. You will visit some of these emblematic buildings such as Sagrada Família and Park Güell.

Enter his world of fantasy and geometry. Don't leave Barcelona without truly understanding some of his more exceptional works. At noon, we will stop for lunch at Citrus Restaurant. It has a modern and friendly atmosphere with amazing panoramic views of Paseo de Gracia.



© The Gaudi tour / shutterstock

- Departure:** 09:30 h from CCIB (Congress venue), meeting point is the registration desk  
**Return:** 17:30 h to CCIB (Congress venue)  
**Price (per person):** EUR 100  
**Included in the price:** Bus and guide, ticket to Sagrada Família and Park Güell, lunch  
**Booking:** <http://esska-congress.org/registration/>

## TOUR PROGRAMME

### Tour 07 – Saturday, 7 May 2016 (half day)

#### BARCELONA HIGHLIGHTS

Discover the Montjuïc Hill and Stadium, a cultural attraction and a sportive one. The Stadium is part of the Olympic Games. Mirador de l'Alcalde (Mayor's lookout) offers a panoramic view over the whole city and the port. We will visit the Columbus Monument which was built to commemorate Columbus' return from America. Visiting the Port, you will see the seafront of the Old Port, including many attractions such as the Aquarium, IMAX cinema, restaurants, nightclubs and shops. We will continue with the visit to the Arc de Triomf which is the entrance to the 1888 International Exhibition and leads down to Ciutadella Park. Next is the Passeig de Gràcia – this street offers the best of the city's luxury and design shops. Here you will also find several modernist buildings such as Casa Batlló, Casa Milà or "La Pedrera".

<b>Departure:</b>	09:30 h from CCIB (Congress venue), meeting point is the registration desk
<b>Return:</b>	13:30 h to CCIB (Congress venue)
<b>Price (per person):</b>	EUR 25
<b>Included in the price:</b>	Bus and guide
<b>Booking:</b>	<a href="http://esska-congress.org/registration/">http://esska-congress.org/registration/</a>



© Barcelona highlights/shutterstock

### Tour 08 – Saturday, 7 May 2016 (half day)

#### PICASSO MUSEUM AND GOTHIC QUARTER

On this tour, as well as visiting the key sites in the Gothic Quarter (Plaça Catalunya, Rambla, Boqueria Market, Cathedral, etc.) you will have the additional attraction of visiting the Picasso Museum, the reference centre for the formative years (1887-1901) of Pablo Ruiz Picasso. We will walk along Carrer Montcada one of the most elegant streets in medieval Barcelona. At the end of the street we will find Santa Maria del Mar Cathedral, the best example of religious Catalan Gothic architecture of the Middle Ages.

<b>Departure:</b>	09:30 h from CCIB (Congress venue), meeting point is the registration desk
<b>Return:</b>	12:00 h to CCIB (Congress venue)
<b>Price (per person):</b>	EUR 35
<b>Included in the price:</b>	Bus, guide and ticket to Picasso Museum
<b>Booking:</b>	<a href="http://esska-congress.org/registration/">http://esska-congress.org/registration/</a>



© Picasso museum and Gothic Quarter/fofolia

## HUBER<sup>®</sup> 360

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- Multi-directional stimulation and targeted recruitment

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