



**ATHENS SEMINAR**

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**Scapular Dyskinesia**  
related to shoulder pathology

9 & 10 | **June** | **2017**

KAT General Hospital  
Athens - Greece

**ORGANIZED BY:**

- The MSc in Advanced Physiotherapy,  
TEI of Central Greece, Lamia
- The Hand -Upper Limb  
& Microsurgery Department  
of KAT General Hospital
- EUSSER / European Society for Shoulder  
and Elbow Rehabilitation

## WELCOME ADDRESS

The Master of Science in Advanced Physiotherapy of Technological Education Institute of Central Greece–Lamia, the European Society for Shoulder and Elbow Rehabilitation (EUSSER) and the Hand - Upper Limb & Microsurgery Department of KAT Hospital, Athens will organize an intense seminar with hands-on focused on the role of scapula on shoulder pathologies.

This seminar is dedicated on physiotherapists, rehabilitation scientists and orthopaedics who deal with shoulder pathologies and their treatments. The principles and rehabilitation strategies of the EUSSER will be communicated creating a uniform way of evaluating scapula function and treating shoulder problems.

We organize a complete scientific program merging rehabilitation and orthopaedic evidenced-based knowledge and we are looking forward to an exciting seminar.

### **Nikolaos Strimpakos**

Professor in Physiotherapy Director of Centre for Technological Research of Central Greece , Director of MSc Program “Advanced Physiotherapy” Technological Education Institute of Central Greece, National Delegate of EUSSER

### **Emmanouil Fandridis**

Orthopaedic Surgeon, Hand-Upper Limb & Microsurgery Department, General Hospital KAT, National Delegate of EUSSER

## GENERAL INFORMATION

### Organizers:



ΤΕΧΝΟΛΟΓΙΚΟ  
ΕΚΠΑΙΔΕΥΤΙΚΟ ΙΔΡΥΜΑ  
ΣΤΕΡΕΑΣ ΕΛΛΑΔΑΣ

MSc Program “Advanced Physiotherapy”, Technological  
Education Institute of Central Greece, Lamia



Hand-Upper Limb & Microsurgery Department, KAT General Hospital, Athens



European Society for Shoulder and Elbow Rehabilitation

### Scientific Committee:

M. Conti

N. Strimpakos

E. Fandridis

### Organizing Committee:

N. Strimpakos

S. Spyridonos

E. Kapreli

E. Fandridis

### Venue & Dates

Dates: June 09<sup>th</sup> & 10<sup>th</sup>, 2017

Venue: The Amphitheater “G. Hartofylakidis” is located on the ground floor of the KAT General Hospital. Located in the suburbs of Athens, KAT General Hospital is 13 km from the city center.

Address: 2, Nikis street, 145 61 Kifissia, Athens

## Registration fees

<b>Theoretical Part</b>	EUSSER Members (registered till 1st April, 2017)*	Free
	Non EUSSER members	60,00 €
	Non-EUSSER members (including 2017 EUSSER membership)**	90,00 €
	Orthopaedic-Rehabilitation Residents	40,00 €
	Physiotherapy Students	20,00 €
<b>Hands On (limited number - priority on EUSSER members)</b>	EUSSER Members (registered till 1st April, 2017)	Free
	All other participants	30,00 €

\* Applies to all active EUSSER Members, including those registered to EUSSER until 1st April 2017. Otherwise, the Non-Member fee will apply

\*\* EUSSER Membership includes full participation in all official EUSSER activities, including access to the journals JOSPT and Shoulder & Elbow (regular annual membership is 120 €)

## Language

Greek is the official language of the seminar. There will be no simultaneous translation.

## Admission Badges

The badge should be worn by all participants at all times during the workshop, in the exhibition area and within other areas of the venue. Only participants wearing their badge will be admitted to the scientific sessions and to the exhibition area.

## Certificate of attendance

Participants can receive their certificate of attendance from the registration desk. To receive the certificate of attendance it is mandatory to complete the evaluation and to show the admission badge. In order for participants to receive the certificate of attendance, they are required by the National Organization for Medicines (EOF) to have attended 60% of the scientific program

## Seminar Secretariat:



**SYNTHESIS GROUP SA**

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## PROGRAM

### Part I – Theoretical Sessions

Friday 9 June 2017

14:30-16:00 Registration

16:00-16:15 Welcome

#### **16:15-17:00 Anatomy & Biomechanics**

**Moderators: S. Spyridonos -S. Athanasopoulos**

16:15-16:30 Shoulder anatomy - **V. Tsouparopoulos**

16:30-16:45 Biomechanics of scapulothoracic complex - **G. Gioftsos**

16:45-17:00 Discussion

#### **17:00-18:10 Review of shoulder pathologies**

**Moderators: N. Gerostathopoulos - I. Poulis**

Rotator cuff tendinopathies and tears - **D. Alexakis**

Traumatic glenohumeral instability - **E. Antonogiannakis**

Non traumatic glenohumeral instability - **C. Giannakopoulos**

Idiopathic “Frozen” shoulder - **F. Giannoulis**

Non glenohumeral painful shoulder pathology - **P. Kanellos**

18:10-18:30 Coffee break

#### **18:30-20:30 Scapular Evaluation**

**Moderators: G. Koumantakis - F. Giannoulis**

18:30-18:45 SICK scapular syndrome - **E. Fandridis**

18:45-19:00 Imaging assessment of shoulder pathology - Musculoskeletal ultrasound - **A. Plagou**

19:00-19:20 Clinical evaluation of scapular dyskinesis - **N. Strimpakos**

19:20-19:40 The role of Central Nervous System in scapular dyskinesis - **E. Kapreli**

19:40-20:00 Kinetic chain assessment in shoulder pathology- **A. Le Leu**

20:00-20:30 Discussion

**Saturday 10th June 2017**

**09:30 -10:30 Scapular Dyskinesia Management**

Moderators **G. Georgoudis – E. Fandridis**

09:30-10:30 Surgical vs. non-surgical treatment on shoulder pathology. What does the evidence tell us? – **Y. Karel**

10:00-10:30 Scientific strategy for the Rehabilitation of scapular dyskinesia related MDI – **M. Conti**

10:30-11:15 Clinical case discussion/debate on shoulder instability – **A. Le Leu -Y. Karel**

11:15-11:30 Closing remarks

**Part II – Hands On Sessions**

**11:45-13:00 Workshop: Clinical Assessment**

- Shoulder examination
- Scapular evaluation
- Musculoskeletal ultrasound in examination

12:45-13:15 Coffee Break

**13:15-14:30 Workshop: shoulder rehabilitation**

- Scapular rehabilitation
- Musculoskeletal ultrasound in rehabilitation

## Faculty

<b>D. Alexakis</b>	Orthopaedic Surgeon, Athens Euroclinic
<b>E. Antonogiannakis</b>	Orthopaedic Surgeon, Director, 3rd Orthopaedic Department, Hospital “Hygeia”, Athens
<b>S. Athanasopoulos</b>	Professor Emeritus in Sports Physiotherapy, University of Athens
<b>M. Conti</b>	Consultant for Shoulder Rehab, President of EUSSER
<b>E. Fandridis</b>	Orthopaedic Surgeon, Hand-Upper Limb & Microsurgery Department, General Hospital KAT, Athens
<b>G. Georgoudis</b>	Associate Professor in Physiotherapy, Technological Education Institute of Athens
<b>N. Gerostathopoulos</b>	Orthopaedic Surgeon, Director, 2nd Orthopaedic Department, “Henry Dunant” Hospital, Athens
<b>C. Giannakopoulos</b>	Orthopaedic Surgeon, Director, 2nd Orthopaedic Department, IASO General Hospital, Athens
<b>F. Giannoulis</b>	Orthopaedic Surgeon, Hand-Upper Limb & Microsurgery Department, General Hospital KAT, Athens
<b>G. Gioftsos</b>	Professor in Physiotherapy Director of School of Health and Caring Professions, Technological Education Institute of Central Greece, Lamia
<b>P. Kanellos</b>	Orthopaedic Surgeon, Hand-Upper Limb & Microsurgery Department, General Hospital KAT, Athens
<b>E. Kapreli</b>	Professor in Physiotherapy Head of Department of Physiotherapy Technological Education Institute of Central Greece, Lamia
<b>Y. Karel</b>	Physiotherapist, Chair of Scientific committee of EUSSER
<b>G. Koumantakis</b>	Physiotherapist, PhD, 401 Army General Hospital, Athens
<b>A. Le Leu</b>	Physiotherapist, Chair of Educational Committee of EUSSER
<b>A. Plagou</b>	Radiologist
<b>I. Poulis</b>	Associate Professor in Physiotherapy, Technological Education Institute of Central Greece, Lamia
<b>N. Strimpakos</b>	Professor in Physiotherapy Director of Centre for Technological Research of Central Greece (CTR-CG) Director of MSc Program “Advanced Physiotherapy” Technological Education Institute of Central Greece, Lamia
<b>S. Spyridonos</b>	Orthopaedic Surgeon, Head of Hand-Upper Limb & Microsurgery Department, General Hospital KAT, Athens
<b>V. Tsouparopoulos</b>	Orthopaedic Surgeon, 2nd Orthopaedic Department, “Henry Dunant” Hospital, Athens
<b>D. Tzouma</b>	Physiotherapist