

CONFERENCE - PIATTI TENNIS CENTER

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Tennis and shoulder pathologies : the reasons and how to solve them
November 17th and 18th, 2018

NOVEMBER 17th

8:00 – 9:00 : Registration of the participants

9:00 : Presentation of the event

LECTURES

Time 9:30 | SESSION: GENERAL TOPICS

Moderators: **Alessandro Castagna, Raffaele Garofalo**

1. The kinetic chain and functional anatomy of shoulder (**Furio Danelon**) (15')
2. The biomechanics of shoulder during tennis strokes (**Luigi Bertino**) (15')
3. Shoulder laxity, instability and GIRD Syndrome (**Dr. Marco Conti**) 15'
4. Rotator's cuff disorders: analysis of risk factors (**Dr. Raffaele Garofalo**) 15'
5. Scapular dyskinesis and acromionclavicular joint problems (**Dr. Enrico Ceccarelli**) 15'

Time 11:00 II SESSION: PREVENTION OF SHOULDER PROBLEMS

Moderators: **Marco Conti, Dalibor Sirola**

1. How to check and prevent the risk of Overuse Syndrome (**Emilio Lopez Vitriero**) 15'
2. Optimal shoulder training approach for overhead athletes (**Dalibor Sirola**) 15'
3. Warm up and cool down practical guidelines (**Frank Musarra**) 15'
4. Could the follow through be the shoulder "killer" in tennis ? (**Todd Ellenbecker**) 15'
5. Fix the breaks: focus on deceleration (**Milena Mirkovic**) 15'
6. Do the tennis materials play any role in the shoulder injuries ? (**Andrea Candusso**) 15'

LUNCH BREAK

Time 14:30 III SESSION: WHAT TO DO IN PATHOLOGIC SHOULDER

Moderators: **Emilio Vidriero, Raffaele Garofalo**

1. Conservative Management of shoulder problems: My approach (**Claudio Zimaglia**) 18'
2. When is the surgery needed and what's the recovery in tennis players ? (**Alessandro Castagna**) 18'
3. Fast and effective post surgery rehabilitation. (**Milena Mirkovic**) 18'

Time 16:00 IV SESSION ROUND TABLE and Q&A time

1. Coaches, Osteopaths, Doctors, Physiotherapists, athletes and professionals players

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NOVEMBER 18th : PRACTICE WORKSHOP

Claudio ZIMAGLIA

Optimal shoulder clinical analysis and prevention approach for athletes

Morning

9:00 – 10:00 Posture analysis

10:00 – 11:00 Upper body screening and clinical tests : selective functional movement analysis

Afternoon :

14.30 – 16.30 Indications and guidelines for the treatment of the shoulder (in physiotherapy and osteopathy manual therapy)

Dalibor SIROLA

Strength & Conditioning Coach: Optimal shoulder training approach for Overhead Athletes

Morning

11:00 – 12:00 Functional Anatomy – trainer's point of view

12:00 – 13:00 How to screen, assess and test

LUNCH BREAK

Afternoon

16:30 – 17:30 SPE – Shoulder Prevention Exercises (Gym)

17:30 – 18:30 Upper Body Strength Training (Gym)