



# ATHENS SEMINAR

## Scapular Dyskinesia related to shoulder pathology

9 & 10  
**June** | 2017

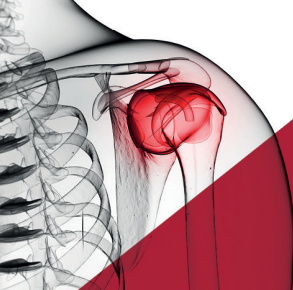
KAT General Hospital  
Athens - Greece

FINAL PROGRAM

### 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

[www.katmicrosurgery.gr](http://www.katmicrosurgery.gr)  
[www.mscphysio.teiste.gr](http://www.mscphysio.teiste.gr)  
[www.eusser.org](http://www.eusser.org)



[www.katmicrosurgery.gr](http://www.katmicrosurgery.gr)  
[www.mscphysio.teiste.gr](http://www.mscphysio.teiste.gr)  
[www.eusser.org](http://www.eusser.org)

# ATHENS SEMINAR

## Scapular Dyskinesis related to shoulder pathology

9 & 10  
June 2017

KAT General Hospital  
Athens - Greece

## ORGANIZATION & COMMITTEES

### Organizers



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

### CME Credits

The ATHENS SEMINAR "Scapular Dyskinesis related to shoulder pathology" is designated for a maximum of 7 hours of European external CME credits. Each medical specialist should claim only those hours of credit that he/she actually spent in the educational activity. The EACCME is an institution of the European Union of Medical Specialists (UEMS), [www.uems.net](http://www.uems.net)

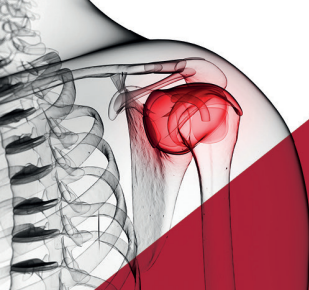
### Seminar Secretariat



SYNTHESIS GROUP SA

31 Agias Varvaras Str., Argroupoli, 164 52, Athens, Greece, Tel: +30 210 9609400

E-mail: [asoubasakou@synthesispco.com](mailto:asoubasakou@synthesispco.com) website: [www.synthesispco.com](http://www.synthesispco.com)



[www.katmicrosurgery.gr](http://www.katmicrosurgery.gr)  
[www.mscphysio.teiste.gr](http://www.mscphysio.teiste.gr)  
[www.eusser.org](http://www.eusser.org)

# ATHENS SEMINAR

## Scapular Dyskinesis related to shoulder pathology

9 & 10  
June 2017

KAT General Hospital  
Athens - Greece

### WELCOME ADDRESS

Dear Colleagues,

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.

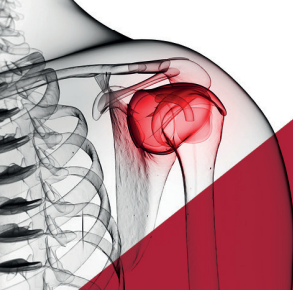
We organize a complete scientific program merging rehabilitation and orthopaedic evidenced-based knowledge and we are looking forward to an exciting seminar.

**Nikolaos Strimpakos**

Professor in Physiotherapy  
Director of 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



[www.katmicrosurgery.gr](http://www.katmicrosurgery.gr)  
[www.mscphysio.teiste.gr](http://www.mscphysio.teiste.gr)  
[www.eusser.org](http://www.eusser.org)

# ATHENS SEMINAR

## Scapular Dyskinesis related to shoulder pathology

9 & 10  
June 2017

KAT General Hospital  
Athens - Greece

### FINAL PROGRAM

Friday 9 June 2017

#### Part I - Theoretical Sessions

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: **I. Dissios** - **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**

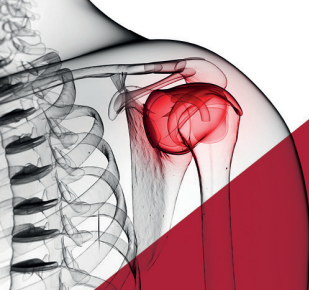
18:45-19:00 Imaging assessment of shoulder pathology - Musculoskeletal ultrasound - **A. Plagou**

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

19:20-19:40 The role of central nervous system in scapular dyskinesia - **E. Kapreli**

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

20:00-20:30 Discussion



[www.katmicrosurgery.gr](http://www.katmicrosurgery.gr)  
[www.mscphysio.teiste.gr](http://www.mscphysio.teiste.gr)  
[www.eusser.org](http://www.eusser.org)

# ATHENS SEMINAR

## Scapular Dyskinesis related to shoulder pathology

9 & 10  
June 2017

KAT General Hospital  
Athens - Greece

### FINAL PROGRAM

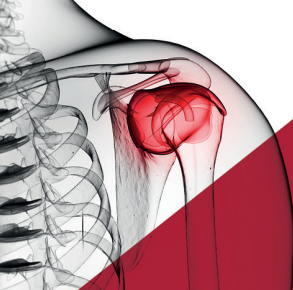
Saturday 10 June 2017

#### Part I - Theoretical Sessions

09:00-09:30	Coffee Break
09:30-11:15	<b>Scapular Dyskinesis Management</b> Moderators: <b>G. Georgoudis - E. Fandridis</b>
09:30-10:00	Surgical vs. non-surgical treatment on shoulder pathology. What does the evidence tell us? - <b>Y. Karel</b>
10:00-10:30	Scientific strategy for the rehabilitation of scapular dyskinesia related MDI - <b>A. Le Leu</b>
10:30-11:15	Clinical case discussion/debate on shoulder instability - <b>A. Le Leu -Y. Karel</b>
11:15-11:30	Closing remarks
11:30-12:00	Coffee Break

#### Part II - Hands On Sessions

12:00-13:15	<b>Workshop: Clinical Assessment</b> Instructors: <b>E. Fandridis, N. Strimpakos, A. Plagou, Y. Karel</b> <ul style="list-style-type: none"> <li>• Shoulder examination</li> <li>• Scapular evaluation</li> <li>• Musculoskeletal ultrasound in examination</li> </ul>
13:15-14:30	<b>Workshop: Shoulder Rehabilitation</b> Instructors: <b>D. Tzouma, A. Le Leu</b> <ul style="list-style-type: none"> <li>• Scapular rehabilitation</li> <li>• Musculoskeletal ultrasound in rehabilitation</li> </ul>



[www.katmicrosurgery.gr](http://www.katmicrosurgery.gr)  
[www.mscphysio.teiste.gr](http://www.mscphysio.teiste.gr)  
[www.eusser.org](http://www.eusser.org)

# ATHENS SEMINAR

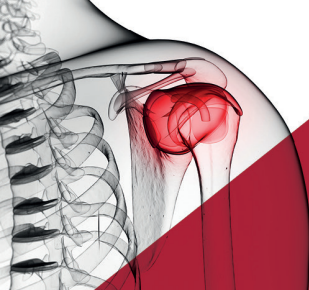
## Scapular Dyskinesia related to shoulder pathology

9 & 10  
June 2017

KAT General Hospital  
Athens - Greece

### SPEAKERS

<b>Alexakis Dimitrios</b>	Orthopaedic Surgeon, Euroclinic of Athens, Greece
<b>Antonogiannakis Emmanouil</b>	Orthopaedic Surgeon, Director, 3rd Orthopaedic Clinic, Hygeia Hospital, Athens, Greece
<b>Athanasopoulos Spyridon</b>	Professor Emeritus in Sports Physiotherapy, University of Athens, Greece
<b>Dissios Ilias</b>	Orthopaedic Surgeon, Collaborator, Medical Center of Athens-Clinic of Psychiko, Member of the Hellenic Arthroscopy Society, Athens, Greece
<b>Fandridis Emmanouil</b>	Orthopaedic Surgeon, Hand-Upper Limb & Microsurgery Department, General Hospital KAT, Athens
<b>Georgoudis Georgios</b>	Associate Professor, Physiotherapy Department, Technological Educational Institution of Athens, Greece
<b>Giannoulis Filippos</b>	Orthopaedic Surgeon, Consultant A*, Upper Arm & Microsurgery Clinic, Attica General Hospital KAT, Athens, Greece
<b>Gioftsos Georgios</b>	Professor, Director, School of Health & Welfare Professions, Technological Educational Institution of Central Greece, Lamia
<b>Kanellos Panagiotis</b>	Orthopaedic Surgeon, Assistance Consultant, Upper Arm & Microsurgery Clinic, Attica General Hospital KAT, Athens, Greece
<b>Kapreli Eleni</b>	Professor, President, Technological Educational Institution of Central Greece, Lamia, Greece
<b>Karel HJM Yasmaine</b>	PhD, Msc, PT, Avans University of Applied Sciences, Hogeschoollaan 1, 4818 CR Breda, The Netherlands
<b>Koumantakis Georgios</b>	Physiotherapist, PhD, 401 General Military Hospital, Athens, Greece
<b>Le Leu Andre</b>	Physiotherapy Clinical Specialist, Chair of Education Committee for EUSSE Hi Physio Motion, London, UK
<b>Plagou Athina</b>	Radiologist, Member of the Arthritis Subcommittee of the European Society of Musculoskeletal Radiology (ESSR)
<b>Poulis Ioannis</b>	Associate Professor, Department of Physiotherapy, Technological Educational Institution of Central Greece, Lamia, Greece
<b>Spyridonos Sarantis</b>	Orthopaedic Surgeon, Director, Upper Arm & Microsurgery Clinic, Attica General Hospital KAT, Athens, Greece
<b>Strimpakos Nikolaos</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, Greece
<b>Tsouparopoulos Vasilios</b>	Orthopaedic Surgeon, 2nd Orthopaedic Clinic, "Errikos Ntynan" Hospital, Athens, Greece
<b>Tzouma Dimitra</b>	Physiotherapist, MSc, Athens, Greece
<b>Yiannakopoulos K. Christos</b>	MD, MS, PhD, Orthopaedic Surgeon, Director, 2nd Orthopaedic Department for Arthroscopic & Shoulder Surgery, IASO General Hospital, Athens, Greece



[www.katmicrosurgery.gr](http://www.katmicrosurgery.gr)  
[www.mscphysio.teiste.gr](http://www.mscphysio.teiste.gr)  
[www.eusser.org](http://www.eusser.org)

# ATHENS SEMINAR

## Scapular Dyskinesis related to shoulder pathology

9 & 10  
June 2017

KAT General Hospital  
Athens - Greece

### REGISTRATION & GENERAL INFORMATION

#### Registration fees

<b>Theoretical Part</b>	EUSSER Members (registered until 1 <sup>st</sup> 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</b> (LIMITED NUMBER - PRIORITY ON EUSSER MEMBERS)	EUSSER Members (registered until 1 <sup>st</sup> 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.

#### Venue & Dates

**Dates** 9 & 10 June 2017

**Venue** Amphitheater "G. Hartofylakidis" - 2, Nikis Str., 14561, Athens, Greece.

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.





9 & 10  
**June** 2017

## NOTES

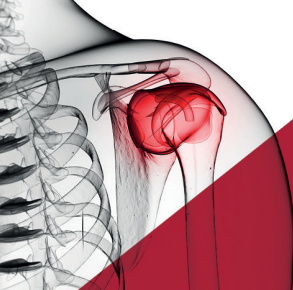




9 & 10  
**June** 2017

KAT General Hospital  
Athens - Greece

[illegible]



[www.katmicrosurgery.gr](http://www.katmicrosurgery.gr)  
[www.mscphysio.teiste.gr](http://www.mscphysio.teiste.gr)  
[www.eusser.org](http://www.eusser.org)

# ATHENS SEMINAR

## Scapular Dyskinesis related to shoulder pathology

9 & 10  
June 2017

KAT General Hospital  
Athens - Greece

### ACKNOWLEDGMENTS

The organizers would like to thank the following companies that contributed greatly to the success of the ATHENS SEMINAR "Scapular Dyskinesis related to shoulder pathology"







SECRETARIAT :

**SYNTHESIS GROUP SA**

**a /** 31 Agias Varvaras Str., 164 52 Argypoli - Athens, Greece **t /** +30 210 9609400, **e /** asoubasakou@synthesispc.com, **w /** [www.synthesispc.com](http://www.synthesispc.com)