



Summer Camp:

1st ECOSEP - EFOST - ISMuLT SUMMER COURSE

26th - 31st August
2013

Kalamata, Greece

Elite City Hotel

1st Announcement



E.C.O.S.E.P.



ATHENS - KOLONAKI
ORTHOPAEDICS & SPORTS
MEDICINE CENTER Μ. ΕΠΕ.



1st ECOSEP - EFOST - ISMuLT
SUMMER COURSE

26th - 31st August
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Dear friends,

I am very happy to invite you for the 1st ECOSEP - EFOST - ISMuLT summer Course, on the 26th - 31st August, 2013, at Kalamata, Greece.

The idea for this particular course was born at the Val d'Isere Knee Course in France, a year ago and was inspired by Prof. Nicola Maffulli. With a great pleasure I took the responsibility to suggest the place for the Summer Camp.

This will be a Sports Medicine Musculoskeletal course geared towards the particular issues of working with high - level athletes in a team sports setting! We will learn from the best! We will address controversial topics where agreement may not exist and new evidence on diagnosis and treatment. We will challenge existing dogma.

Kalamata is the second - largest city of the Peloponnese in Southern Greece. This is the capital of the Messenian's country, an known area from the Homeric Epics, with a history over 3000 years. This place combines the warm and pleasant weather with a lot of sea and mountain activities. It stands between the ancient Sparta and the ancient Olympia. Famous archaeological sites and quaint churches, heavenly beaches and breathtaking waterfalls, vibrant villages and hospitable people. Blue proposes three exciting driving routes by which to explore this stunning part of the Peloponnese.

It's a lovely and preferable place for the Greek family holidays!

We will do our best to make the physicians the physiotherapists, the sports and exercise scientists and their families to enjoy themselves and to combine the summer relaxation with the up to date sports medicine knowledge! Sailing, golfing, swimming, scuba diving, horse - riding and social activities will be available.

Knowing that the success of this course depends on your active participation, I hope that we will meet each other at the attractive city of Kalamata.

With a great honour,

The President of the Organising Committee

Dr George Tsikours

Orthopaedic & Sports Med. Consultant

Postgr. Degree Sports & Exercise Medicine,

Univ. of Nottingham, U.K.

AANA Member



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Dear participants,

If you wish to learn how to diagnose sports injuries, and to reduce recovery time for sports injuries and confidently return your sports patients to their pre-injury level, then you have to come to Kalamta! You will come back with up-to-date knowledge on the evaluation, treatment options and indications for surgical interventions and surgical techniques of musculoskeletal injuries at all levels of sports, from the weekend warrior to the elite athlete. Also, you will learn how to evaluate the general fitness for sports and exercise, and you will be exposed to the new world of biological intervention in Orthopaedic Sports Medicine.

This is the first time that the European College of Sport and Exercise Physicians, the European Federation of the National Societies of Orthopaedic Sports Trauma, and the Italian Society of Muscles, Ligaments and Tendons have come together in a superb educational event.

The expert faculty will present contemporary evaluation and evidence-based treatment techniques through lectures, case presentations, point/counterpoint sessions, and expert panel discussions. Your faculty members are at your service: therefore, bring your questions and cases, and ask for their pearls, tips, and ways to avoid potential pitfalls.

All this is the unique environment of the island of Kalamata, the capital of the Messenian's country, present in Homer's poems, one of the places where history has been made. Its location, between the ancient Sparta and the ancient Olympia, will allow us to combine warm pleasant weather with a lot of sea and mountain activities.

Enjoy!

Prof. Nicola Mafulli MD, MS, PhD, FRCS(Orth)

Centre Lead and Professor of Sports and Exercise
Medicine Consultant Trauma and Orthopaedic Surgeon
Queen Mary University of London Barts and The
London School of Medicine and Dentistry Institute
of Health Sciences Education Centre for Sports and
Exercise Medicine Mile End Hospital



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Dear friends,

I think it is a great opportunity to meet all together at the 1st Summer SEM Course. It is the first time that an event such this one is organized in SEM.

Would be a great opportunity for all of us to be together, opportunity to improve our scientific knowledge and competency and combine that with a short period of holidays.

Three distinctive SEM societies are joining together ECOSEP - EFOST - ISMuLT in Kalamata a perfect place to be.

Hope to see you all there

Nikos G. Malliaropoulos
Sports Medicine Physician -
EJU Medical Committee Member
MD, Msc & Dipl in SEM, Phd. FFIMS, F. FSEM (UK)
General Secretary ECOSEP





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Lecturers

Nicola Maffulli

Nikos Malliaropoulos

Gernot Felmet

Pericles Papadopoulos

Leonardo Osti

Gideon Mann

Nat Padhiar

Francois Kelberine

George Tsikouris

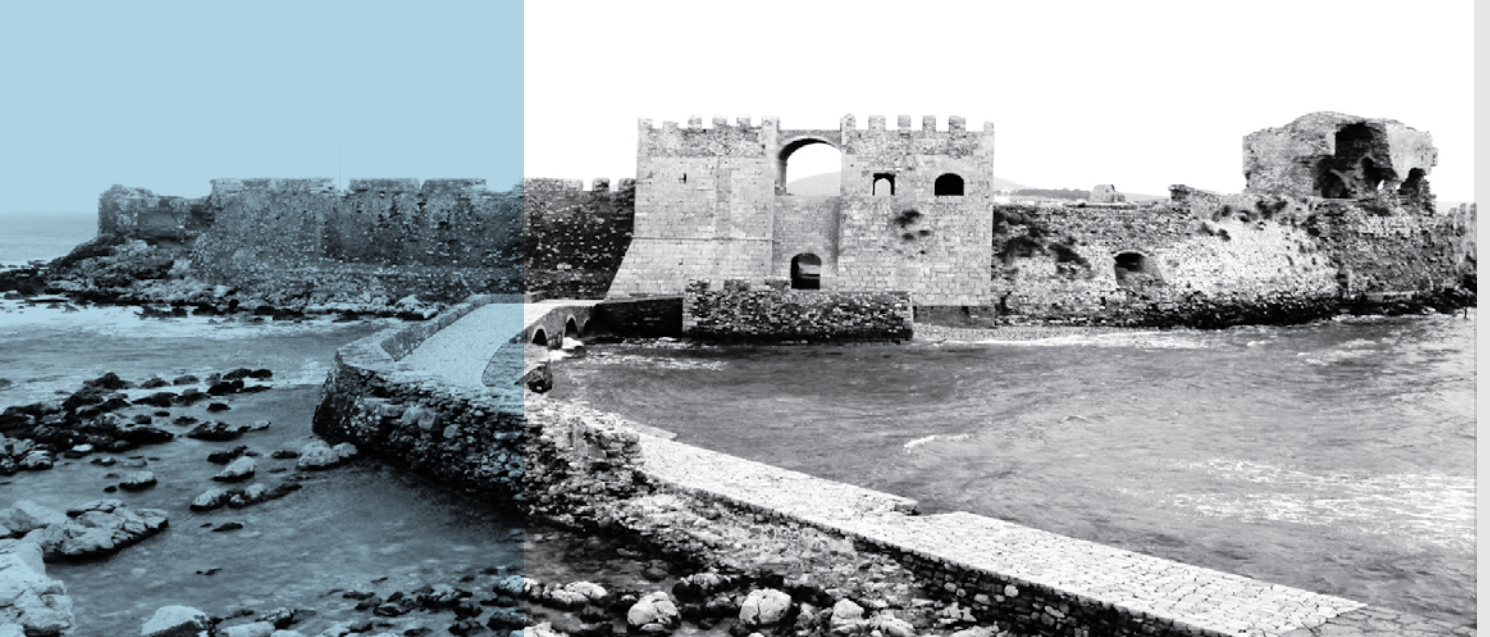
Francesco Oliva

Antonio Frizziero

José Huylebroek

John King

Olga Kiritsi



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Day 1st, (26 August 2013)

Morning Session

Managing the overhead throwing athlete

08.10 - 08.30

Lecture 1 **Shoulder injuries in elite sport**
Pericles Papadopoulos

08.30 - 08.50

Lecture 2 **Physical examination of the shoulder**
Leonardo Osti

08.50 - 09.10

Lecture 3 **Shoulder Injuries - Choosing the appropriate Imaging**
Olga Kiritsi

09.10 - 09.30

Lecture 4 **Conservative management and rehabilitation**
Antonio Frizziero

09.30 - 09.50

Lecture 5 **Surgical management of shoulder injuries**
Pericles Papadopoulos

09.50 - 10.10

Lecture 6 **Shoulder Injury prevention**
Francois Kelberine

10.30 - 11.30

Oral Presentation Session
Proposed by George Tsikouris

18.00 - 19.00

Afternoon Case Discussion
Coordinator: Pericles Papadopoulos

19.00 - 20.00

Practicals

Manipulative therapy in sports medicine. Hands on workshop.
Topics to be discussed.

To manipulate or not to manipulate? If we interfere, when it is right time to act before the exercises bout or after. Golden rules for manipulative therapy. Practical considerations before manipulation, selection of the site for manipulative therapy, practical tips for the safety, red flags, follow up. "Magic" exercises for prevention.



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Day 2nd, (27 August 2013)

Morning Session

The groin/hip in sports

08.10 - 08.30

Lecture 7 Soft tissue problems of the groin - well established diagnoses and differential diagnosis
José Huylebroek

08.30 - 08.50

Lecture 8 Imaging of the Groin and Hip pain
Olga Kiritsi

08.50 - 09.10

Lecture 9 The approach to treatment of Groin pain
José Huylebroek

09.10 - 09.30

Lecture 10 FAI IN SPORTS
Gerrnot Felmet

09.30 - 09.50

Lecture 11 Treatment for Hip sports Injuries Pathology
George Tsikouris

09.50 - 10.10

Lecture 12 Surgery of adductor tendinopathy
Nicola Maffulli

18.00 - 19.00

Afternoon Case Discussion
Coordinator: José Huylebro

19.00 - 20.00

Practicals



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Day 3rd, (28 August 2013)

Morning Session

Knee Ligament Injuries

08.10 - 08.30

Lecture 13 Noncontact ACL Injuries - What We Know,
Where Do We Go From Here?
Nicola Maffulli

08.30 - 08.50

Lecture 14 ACL tears: do we always need to reconstruct?
John King

08.50 - 09.10

Lecture 15 Which ACL Graft:
Francois Kelberine

09.10 - 09.30

Lecture 16 Assessing the maturation of the graft
José Huylebroek

09.30 - 09.50

Lecture 17 ACL - Can we Move Elite Athletes Faster in Rehab?
Antonio Frizziero

09.50 - 10.10

Lecture 18 Noncontact ACL Injuries - Prevention
Gernot Felmet

10.10 - 10.30

Lecture 19 Combined Injuries
Leonardo Osti

10.30 - 10.50

Lecture 20 MCL Injuries in Sports:
Francois Kelberine

18.00 - 19.00

Afternoon Case Discussion
Coordinator: Francois Kelberine

19.00 - 20.00

Practicals



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Day 4th, (29 August 2013)

08.30 - 11.00

Therapeutic Injections in Sports
Sponsored by a company

08.30 - 09.00

Lecture 21 PRP
Francois Kelberine

09.00 - 09.30

Lecture 22 High Volume Injections
Otto Chan

09.30 - 10.00

Lecture 23 Traumeel/actovegin Injections in muscle pathology
Otto Chan

10.00 - 10.30

Lecture 24 Hyaluronic acid injections
Gernot Felmet

10.30 - 11.30

Oral Presentation Session
Proposed by George Tsikouris

18.00 - 19.00

Afternoon Case Discussion
Coordinator: Prof Nicola Maffulli

19.00 - 20.00

Practicals



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Day 5th, (30 August 2013)

08.10 - 08.25

Lecture 25 Patellar Tendinopathy - Imaging
Olga Kiritsi

08.25 - 08.40

Lecture 26 Conservative treatment of Patellar Tendinopathy and RTP
Gideon Mann

08.40 - 09.00

Lecture 28 Patellar Tendon Surgical Management
Nicola Maffulli

09.00 - 09.15

Lecture 28 Patellar tendon post surgical rehab
Gerrnot Felmet

09.15 - 09.30

Lecture 29 Achilles Overuse Tendon Injuries: Imaging
Olga Kiritsi

09.30 - 09.45

Lecture 30 Conservative treatment of Achilles Tendinopathy and RTP
Gideon Mann

09.45 - 10.00

Lecture 31 Total Achilles tendons Ruptures Management
Nicola Maffulli

10.00 - 10.15

Lecture 32 Achilles post surgical rehab
José Huylebroek

10.30 - 11.30

Oral Presentation Session
Proposed by George Tsikouris

18.00 - 19.00

Afternoon Case Discussion
Coordinator: Prof Nicola Maffulli

19.00 - 20.00

Practicals



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Day 6th, (31 August 2013)

08.00 - 08.15

Lecture 33 EILP
Dr Nat Padhiar

08.15 - 08.30

Lecture 34 Bone Stress Injuries: Diagnosis.
When to be worried, and Return to play
Nikos Malliaropoulos

08.30 - 08.45

Lecture 35 Stress Fractures
Treatment. When to be Worried, and Return to play
Gideon Mann

08.45 - 09.00

Lecture 36 MTSS Diagnosis and Management
Nat Padhiar

09.00 - 09.15

Lecture 37 Surgical Treatment for Compartment Syndrome and MTSS
John King

09.15 - 09.30

Lecture 38 Stress Fractures Surgical Management
Gideon Mann

09.30 - 09.45

Lecture 39 Hamstring Injuries Diagnosis Treatment
Nikos Malliaropoulos

09.45 - 10.00

Lecture 40 Hamstring Injuries Rehabilitation
Antonio Frizziero

10.00 - 10.15

Lecture 41 Hamstring Injuries-Prevention
Nikos Malliaropoulos

10.00 - 10.15

Lecture 42 Hamstring Injuries - Surgery
Nicola Maffulli

18.00 - 19.00

Afternoon Case Discussion
Coordinator: Gideon Mann

19.00 - 20.00

Practicals



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COURSE FEES

LECTURES & PRACTICALS	Medical Doctors	Physiotherapists	Sports Scientists	Students
	450€	300€	250€	150€

EARLY REGISTRATION (until 4th of July)

Medical Doctors and members of ECOSEP – EFOST – ISMuLT 300€	Physiotherapists	Sports Scientists	Students
300€	200€	200€	100€

ACCOMMODATION

Hotel - Room type	Elite City Resort 4*	Messinian Bay 3*	Akti Taygetos 4*
Single	78 euro per room, per night including breakfast	57 euro per room, per night, including breakfast	62 euro per room, per night, including breakfast
Double	90 euro per room, per night including breakfast	72 euro per room, per night, including breakfast	72 euro per room, per night, including breakfast
Triple	120 euro per room, including breakfast	90 euro per room, per night, including breakfast	84 euro per room, per night, including breakfast
Chd Policy	Child 0 - 6 years old is free in double room (with parents)	0 - 8 yrs years old is free in double room (with parents)	-

The first two hotels are at the seasite.

CONFERENCE SECRETARIAT

Contact e-mail:

summercamp@businessandpleasure.gr

CONGRESS ORGANIZER



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Travel and Congress

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