



1st Conference on Sports and Exercise Medicine - Greece Upper Limb Musculoskeletal Problems in Sports

Live workshops and Lectures
on Upper Limb Sports Injuries



28th - 29th
of March 2025



Athens Medical School,
Anatomy Building



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

Organised by



www.semgreece2025.com



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Arrival time:
9:00am

08.00 - 08.50	REGISTRATION	FRIDAY 28 MARCH 2025	
08.50 - 09.00	Welcome		
09:00 - 10:00	Session 1: Sports Injuries in the Shoulder		
10:00 - 10.40	Session 2: The Tendinopathic Shoulder in Sports		
10.40 - 11.00	Coffee Break & Exhibition		
11:00 - 12:30	Session 3: In Session 3: Injection and Regenerative Therapy in Upper Limb Pathology		
12:30 - 13:00	Practical Demonstration: Upper Limb Ultrasound scanning		
13:00 - 14:30	Workshop 1:	Workshop 2:	Workshop 3:
	Clinical Examination and Ultrasonographic scanning of Upper Limb	Upper Limb Cadaveric Anatomy workshop	Taping of common upper limb sports injuries
14.30 - 15:00	Lunch Break & Exhibition		
15.00 - 16.30	Session 4: Shoulder dislocation in athletes		
16.30 - 18.00	Workshop 1:	Workshop 2:	Workshop 3:
	Clinical Examination and Ultrasonographic scanning of UpperLimb	Upper Limb Cadaveric Anatomy workshop	Taping of common upper limb sports injuries
18.00 - 18.20	Coffee break & Exhibition		
18.20 - 19.40	Session 5: Major Conditions of the Overhead Athlete		
19.50	Closing Remarks		
20.30	Conference Dinner		
08.00 - 08.50	REGISTRATION	SATURDAY 29 MARCH 2025	
08.50 - 09.00	Welcome		
09:00 - 10:00	Session 6: Short Oral Presentations		
10:00 - 11:50	Session 7: Upper limb pain Differential Diagnosis		
11.50 - 12.10	Coffee Break & Exhibition		
12.10 - 12.30	Keynote lecture		
12.30 - 14:00	Workshop 1:	Workshop 2:	Workshop 3:
	Clinical Examination and Ultrasonographic scanning of Upper Limb	Upper Limb Cadaveric Anatomy workshop	Taping of common upper limb sports injuries
14.00 - 15:00	Lunch Break		
15.00 - 16.20	Session 8: The Elbow injuries in sports		
16.20 - 17:40	Session 9: Sports related wrist and hand injuries		
17:40	Closing Remarks		

08.00 - 08.50	REGISTRATION	FRIDAY 28 MARCH 2025
08.50 - 09.00	Welcome and Introduction. <i>Prof George Georgoudis, Prof Theodoros Troupis</i>	
09:00 - 10:00	Session 1 : Sports Injuries in the Shoulder <i>Chair: Prof Nat Padhiar & Dr Athanasios Fortis</i>	
09:00	Common Shoulder Pathology in Sports. <i>Dr Antonio Vadala Sports Orthopaedic Surgeon</i>	
09.30	Imaging modalities for shoulder pathology. <i>Dr Theodoros Soldatos, Radiologist</i>	
10.00 - 10.40	Session 2: The Tendinopathic Shoulder in Sports <i>Chair: Prof George Georgoudis & Dr Nikos Keramaris</i>	
10.00	Diagnosis & Examination of the Tendinopathic Shoulder: <i>Dr Nikos Malliaropoulos, Sports & Exercise Medicine</i>	
10.20	Treatment & Rehabilitation Strategies for the Tendinopathic Shoulder. <i>Prof Dylan Morrissey, Physiotherapist</i>	
10.40-11.00	Coffee Refreshments and Exhibition	
11:00 - 12:30	Session 3: In Session 3: Injection and Regenerative Therapy in Upper Limb Pathology <i>Chair: Dr. Antonio Vadala & Dr Georgios Tsikouris</i>	
11.00	Injection therapy for upper limb pathology - current evidence. <i>Dr Otto Chan, Radiologist</i>	
11.20	The use of needling for upper-limb athletic injuries. <i>Prof George Georgoudis, Physiotherapist</i>	
11.40	The case of Intra-tendon electrolysis. <i>Mr Spiros Sotiropoulos, Physiotherapist</i>	
12.00	Regenerative Therapy for upper limb pathology <i>Dr Nikos Keramaris, Orthopaedic Surgeon</i>	
12.20	Q&A	
12.30 - 13.00	Practical demonstration of Upper limb ultrasound scanning. <i>Dr Otto Chan/Dr Athanasios Papatheodorou</i>	



Hands-on Workshops 1, 2, 3			
13:00 - 14:30	Workshop 1:	Workshop 2:	Workshop 3:
	Clinical Examination and Ultrasonographic scanning of Upper Limb	Upper Limb Cadaveric Anatomy workshop	Taping of common upper limb sports injuries
14.30 - 15:00	Lunch Refreshments & Exhibition		
15.00 - 16.30	Session 4: Shoulder Dislocation in Athletes. <i>Chair: Dr. Antonio Vadala - Mr Konstantinos Kalampakas</i>		
15.00	History and Clinical Examination Understanding Shoulder Instability. <i>Mr Athanasios Fortis, Sports Orthopaedic Surgeon</i>		
15.20	Conservative Treatment Strategies. Ass. <i>Prof Athanasios Triantafyllou, Sports Physiotherapist</i>		
15.40	When to Operate. <i>Dr Georgios Tsikouris, Sports Orthopaedic Surgeon</i>		
16.00	Rehabilitation & Sport-Specific Return to Play Criteria. <i>Dr Georgios Kakavas, Sports Physiotherapist</i>		
16.20	Q & A		
Hands-on Workshops 1, 2, 3			
16.30 - 18.00	Workshop 1:	Workshop 2:	Workshop 3:
	Clinical Examination and Ultrasonographic scanning of Upper Limb	Upper Limb Cadaveric Anatomy workshop	Taping of common upper limb sports injuries
18.00 - 18.20	Coffee Refreshments & Exhibition		
18.20 - 19.40	Session 5: Major Conditions of the Overhead Athlete. <i>Chair: Prof Theodoros Troupis – Dr Athanasios Papatheodorou</i>		
18.20	Labral injuries – Examination, Diagnosis, Investigations and Treatment. <i>Dr Christos Sinopidis, Sports Orthopaedic Surgeon</i>		
18.40	PASTA Injuries - Examination, Diagnosis, Investigations and Treatment. <i>Dr Fillipas Giannoulis, Orthopaedic Surgeon</i>		
19.00	SICK Scapula Syndrome - Examination, Diagnosis, Investigations & Treatment. <i>Prof Dylan Morrissey, Physiotherapist</i>		
19.20	Imaging for complex upper limb pathology. <i>Dr Athanasios Papatheodorou, Radiologist</i>		
19.40	Q & A		
19:50	Closing Remarks		
20:30	Conference Dinner (Venue to be confirmed)		



08.00 - 08.50	REGISTRATION	SATURDAY 29 MARCH 2025	
08.50 - 09.00	Welcome and Introduction. <i>Dr Nikolaos Malliaropoulos, Dr Georgios Tsikouris</i>		
09:00 - 10:00	Session 6: Short Paper Presentations. (7-minute presentation, 3-minute questions). <i>Chair: Prof Nat Padhiar & Prof Georgios Tsakotos</i>		
09:10	Pilates: A novel approach to the rehabilitation of tendinopathies <i>Aikaterini P. Sivrika, PT, MSc, Clinical Pilates Instructor, PhD(c)</i>		
09:20	Radial Nerve Palsy Following Surgical Repair of the Biceps Tendon <i>Theodora Plavoukou MSc Physiotherapist</i>		
09:30	Acupuncture for sports performance. Evidence update <i>Alexandros Sideris PT, MSc, OMPT, EDPP, PgDAcu Physiotherapist</i>		
09:40	The Clinical Paradox of The Ulnar Nerve <i>Alexandra-Reggina Tsantili MSc Physicaltherapist, Posturexpert</i>		
10:00 - 11:50	Session 7: Upper limb pain Differential Diagnosis <i>Chair: Associate Prof Dimitrios Stasinopoulos & Dr Nikos Keramaris</i>		
10.00	Radicular pain. <i>Dr Nikolaos Keramaris Orthopaedic Surgeon</i>		
10.20	Thoracic Outlet Syndrome. <i>Prof Efthymios Avgerinos, Vascular Surgeon</i>		
10.40	Peripheral Nerve Injuries. <i>Prof Marios Vekris, Orthopedic Surgeon</i>		
11.00	Red Flags. <i>Konstantinos Kalampakas, Sports Physiotherapist</i>		
11.20	Imaging modalities <i>Dr Theodoros Soldatos, Radiologist</i>		
11.40	Q & A		
11.50 - 12.10	Refreshments & Exhibition		
12.10 - 12.30	Keynote lecture <i>Chair Prof Nat Padhiar & Dr Otto Chan</i> The European framework for SEM and the case for Greece. <i>Dr Nikos Malliaropoulos</i>		
	Hands-on Workshops 1, 2, 3		
12.30 - 14:00	Workshop 1:	Workshop 2:	Workshop 3:
	Clinical Examination and Ultrasonographic scanning of Upper Limb	Upper Limb Cadaveric Anatomy workshop	Taping of common upper limb sports injuries
14.00 - 15:00	Lunch Refreshments & Exhibition		



15.00 - 16.20	Session 8: The Elbow injuries in sports. <i>Chair: Prof Dylan Morrissey & Prof Zoi Dailiana</i>
15.00	Lateral and Medial Elbow pain, and Ulnar nerve dislocation - Examination, Diagnosis, Investigations and Treatment. <i>Dr Vasileios Psychogios, Orthopaedic Surgeon</i>
15.15	Posterior and Anterior Elbow Pain - Examination, Diagnosis, Investigations and Treatment. <i>Dr Vasileios Psychogios, Orthopaedic Surgeon</i>
15.30	Imaging modalities for elbow injuries in Sport. <i>Dr Theodoros Soldatos, Radiologist</i>
15.50	Current Management and rehabilitation strategies. <i>Prof Dimitris Stasinopoulos, Physiotherapist</i>
16.10	Q & A
16.20 - 17:40	Session 9: Sports related wrist and hand injuries <i>Chair: Prof Troupis & Mr Spiros Sotiropoulos</i>
16.20	Wrist injuries in Sports <i>Prof Zoi Dailiana, Orthopaedic Surgeon</i>
16.35	Hand injuries in Sports <i>Prof Zoi Dailiana, Orthopaedic Surgeon</i>
16.50	Imaging modalities for hand and wrist injuries. <i>Dr Otto Chan, Radiologist</i>
17.10	Current conservative/rehab Management Strategies. <i>Ms Panagiota Vlasserou, Physiotherapist</i>
17.30	Q & A
17:40	Closing Remarks





Multidisciplinary Sports & Exercise Medicine Conference
UPPER LIMB PROBLEMS IN SPORTS.



Workshop 1

Clinical Examination and Ultrasonographic Scanning of the Upper Limb

This workshop will focus on the integration of clinical examination techniques with ultrasonographic scanning to assess upper limb injuries and conditions. Participants will gain insight on the use of ultrasonography and different ultrasonographic techniques through practical demonstration. Participants will learn how ultrasound is used to visualize soft tissue structures like muscles, tendons, and ligaments. By the end of the session, attendees will be able to combine clinical findings with imaging data to enhance diagnostic accuracy and treatment planning for upper limb pathologies.



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Workshop 2

Upper Limb Cadaveric Anatomy Workshop

This workshop offers a unique, hands-on opportunity to explore the anatomy of the upper limb in a cadaveric setting. Led by expert anatomists, participants will carefully observe, palpate and examine key structures such as muscles, nerves, blood vessels, and joints of the arm, forearm, and hand. The workshop will provide a deep understanding of the anatomical relationships critical to diagnosing and treating upper limb injuries. Attendees will also have the chance to see real-world applications of anatomical knowledge, improving their clinical practice and enhancing their understanding of the biomechanics of the upper limb.



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Workshop 3

Taping of Common Upper Limb Sports Injuries

In this practical workshop, participants will learn effective taping techniques for managing and preventing common upper limb sport injuries. Using a variety of tapes and wraps, the session will cover injuries such as sprains, strains, ligament injuries, and tendinopathies, focusing on how taping can support recovery and prevent further injury. Demonstrations will guide participants through each technique, with ample time for hands-on practice. By the end of the workshop, attendees will have the confidence and skill to use taping as a therapeutic tool in clinical and athletic settings.



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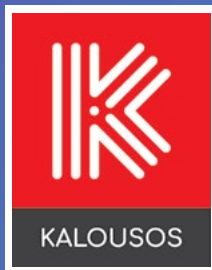


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