

ORGANISER



3RD ORTHOPAEDIC CLINIC
HYGEIA HOSPITAL
ATHENS, GREECE

CO-ORGANISERS



SOCIETÀ ITALIANA
DI ARTROSCOPIA (SIA)



SOCIÉTÉ FRANCOPHONE
D'ARTHROSCOPIE (SFA)

3rd Athens Shoulder Course

7-9 February
2019

Cadaver
Sessions

National and
International
Faculty

Special
Physiotherapists'
Course

Live
Surgeries

COURSE CHAIRMAN:
MANOS ANTONOGIANNAKIS

VENUES:
ROYAL OLYMPIC HOTEL, ATHENS

LABORATORY OF ANATOMY,
MEDICAL SCHOOL, UNIVERSITY
OF ATHENS

FINAL
PROGRAM

A | S | C

Athens Shoulder Course

visit the official website for further information
www.athens-shoulder-course.com



COURSE SECRETARIAT:

SYNTHESIS GROUP SA

31 Agias Varvaras Str., 164 52 Argyroupoli - Athens, Greece
Tel: +30 210 9609400, Email: tzombola@synthesispc.com
www.synthesispc.com

UNDER THE AUSPICES:





ISAKOS



Join ISAKOS

Join the thousands working together to achieve the Mission of ISAKOS: Advance the worldwide exchange and dissemination of education, research and patient care in arthroscopy, knee surgery and orthopaedic sports medicine.

Welcome to Athens Shoulder Course.

Our aim is to share new and innovative approaches and discuss controversial matters on shoulder disorders. Our goal is to approach these entities both theoretically and practically.

Current European opinion leaders, as well as some of the most charismatic Greek shoulder surgeons are part of the course Faculty. They will try to share their knowledge and experience with interesting lectures and training on cadavers.

The ultimate goal of this 3-day course is to bring in contact Orthopaedic Surgeons and Physical Therapists with cutting edge ideas in shoulder surgery in a practical and effective way for everyday practice.



Emmanouil Antonogiannakis
Course Chairman

Committees

Course Chairman

Emmanouil Antonogiannakis

Chief Coordinator

Emmanouil Brilakis

General Coordinators

Ioannis Chiotis
Anastasios Deligeorgis

Executive Members

Georgios Arealis
Grigorios Avramidis
Dimitrios Gerogiannis
Michalis - Alexandros Malachias
Ilias Mataragkas
Maria Patramani
Apostolos Stathellis
Angelos Trellopoulos

Honorary Members

Efstathios Chronopoulos
Anastasios Georgoulis
Enrico Gervasi
François Sirveaux
Panagiotis Skandalakis

O.R. Coordinators

Niki Bounelli
Spyros Kalakonas
Margarita Kalou
Elpida Markopoulou
Georgios Roussakis

Cadaver Lab

Theodore Troupis
Maria Piagkou
Theodore Mariolis-Sapsakos
George Skarpas

Support

Maria Chadgiantoniou
Antonia Fonsou
Rania Ioannidou
Sokratis Kakkios
Nikos Kakkios
Tonia Katsiaganni
Fotis Karavidas
Elena Loulentzoglou
Georgia Papanikolaou
Fay Pilafian
Maria Tsilimidou

PCO Executive Members

Tatiana Zombola
Despina Nikolopoulou

Under the auspices



Course Secretariat



SYNTHESIS GROUP SA

31 Agias Varvaras Str., 164 52 Athens, Greece

Tel: +30 210 9609400, Email: tzombola@synthesispc.com www.synthesispc.com

SCIENTIFIC PROGRAM

For all course registrants

Thursday, 7 February 2019

08:00 - 09:30 Rotator cuff - The basics

Chairmen: **Berte Bøe** | **George Skarpas**

08:00 - 08:10 Functional anatomy of the rotator cuff. Shoulder compensation for the impaired cuff

Tavor Hovav

08:10 - 08:20 The importance of critical shoulder angle for the surgeon. Anterior or lateral acromioplasty?

Berte Bøe

08:20 - 08:30 Management of the stiff shoulder. Current concepts

Pascal Gleyze

08:30 - 08:40 The philosophy of the treatment of the stiff shoulder cases. The peri-subscapularis inflammation

Károly Gulyás

08:40 - 08:50 Conservative treatment of RC tears

Sotiria Vrouva

08:50 - 09:00 Patient personality and pain management. New approaches

Eleni - Christina Isaia

09:00 - 09:10 The role of acupuncture in the management of shoulder pathology

Miltiades Y. Karavis

09:10 - 09:30 Discussion

09:30 - 11:00 Reparable rotator cuff tears

Chairmen: **Pascal Gleyze** | **Ladislav Kovacic**

09:30 - 09:40 Treatment options for repairing subscapularis tears

Mustafa Karahan

09:40 - 09:50 PASTA lesions. Debride, repair in situ, or complete the tear and repair?

Ilias Mataragkas

09:50 - 10:00 Repairing SS and IS Tears. Why choose single row repair and how to do it right

Frank Martetschläger

10:00 - 10:10 Repairing SS and IS Tears. Why choose double row repair and how to do it right

Nuno Gomes

SCIENTIFIC PROGRAM

For all course registrants

Thursday, 7 February 2019

- 10:10 - 10:20 Repairing SS and IS tears. Why prefer trans-osseous repair and how to do it right
Chiara Fossati
- 10:20 - 10:30 Radiological evaluation of the “repaired” cuff
Apostolos Karantanas
- 10:30 - 10:40 Mobilized as tolerated versus immobilization following arthroscopic RC repair
Maristella Francesca Saccomanno
- 10:40 - 11:00 Discussion

11:00 - 11:15 **Welcome Addresses**
 Chairmen: **Emmanouil Antonogiannakis** | **Emmanouil Brilakis**

11:15 - 11:30 **Coffee Break**

11:30 - 12:50 **Treatment options for irreparable rotator cuff tears**
 Chairmen: **Enrico Gervasi** | **Christos K. Yiannakopoulos**

- 11:30 - 11:40 Massive cuff tears. The challenge of repair
Emmanouil Antonogiannakis
- 11:40 - 11:50 Subacromial bio-absorbable spacer (balloon).
 What the literature supports and which is the Slovenian experience
Ladislav Kovacic
- 11:50 - 12:00 How does the shoulder compensate for a torn cuff?
 How the subacromial balloon contributes to this compensation?
Vladimir Senekovic
- 12:00 - 12:10 Augmenting RC Repair with grafts and when and how to do?
 Do they really heal?
Paolo Avanzi
- 12:10 - 12:20 Superior capsule reconstruction. Is it a revolution?
Giuseppe Milano
- 12:20 - 12:30 Superior capsule reconstruction using fascia lata. The way it started
 and still a valid option
Clara Azevedo
- 12:30 - 12:50 Discussion

SCIENTIFIC PROGRAM

For all course registrants

Thursday, 7 February 2019

12:50 - 13:40 **Tendon transfers for irreparable cuff tears**
 Chairmen: **Christel Conso** | **Emmanouil Fandridis**

12:50 - 13:00 Latissimus dorsi transfer for irreparable posterosuperior RC tears.
 History. Indications. Results

Enrico Gervasi

13:00 - 13:10 Lower trapezius transfer for irreparable posterosuperior RC tears.
 History. Indications. Results

Peter S. Vezeridis

13:10 - 13:20 Transfers for subscapularis tears - Latissimus dorsi and pectoralis major.
 When to consider subscapularis unreparable?

Jean Kany

13:20 - 13:40 *Discussion*

13:40 - 14:15 **Light lunch**

14:15 - 16:30 **Live surgeries**
 Chairmen: **Mustafa Karahan** | **Tom Clement Ludvigsen**
 O.R. Moderators: **Ioannis Chiotis** | **Anastasios Deligeorgis**

1. **Balloon Implantation**
 Surgeon: **Emmanouil Antonogiannakis**
2. **Reverse Shoulder Arthroplasty**
 Surgeon: **Enrico Gervasi**

16:30 - 17:10 **Special topics**
 Chairmen: **Panos A. Efstathiou** | **Giuseppe Milano**

16:30 - 16:40 Revision of failed RC repair. What should the surgeon do?

Nuno Gomes

16:40 - 16:50 Osteoporosis. What the shoulder surgeon should consider?

Efstathios Chronopoulos

16:50 - 17:10 *Discussion*

SCIENTIFIC PROGRAM

For all course registrants

Thursday, 7 February 2019

**Kallirhoe Hall
Royal Olympic
Hotel
Ground floor**

17:10 - 19:25

Live surgeries

Chairmen: **Nuno Gomes** | **Bruno Toussaint**

O.R. Moderators: **Ioannis Chiotis** | **Anastasios Deligeorgis**

- 3. Superior Capsule Reconstruction**
Surgeon: **Emmanouil Antonogiannakis**
- 4. Arthroscopic Bone Block**
Surgeon: **Ettore Taverna**

SCIENTIFIC PROGRAM

For all course registrants

Friday, 8 February 2019

08:00 - 09:20

Instability

Chairmen: **Dimitrios Kostopoulos | Claudio Rosso**

08:00 - 08:10

Instability classification. An algorithm of treatment

Angel Calvo

08:10 - 08:20

The value of the conservative treatment in the management of shoulder instability. When and how to apply?

Georgia Petta

08:20 - 08:30

Current concepts in multidirectional instability

Dimitrios Alexakis

08:30 - 08:40

Current concepts for posterior dislocations and instability

Anastasios Deligeorgis

08:40 - 08:50

The principles of the shoulder pacemaker for shoulder instability

Philipp Moroder

08:50 - 09:00

Practical application of the shoulder pacemaker

Victor Danzinger

09:00 - 09:20

Discussion

09:20 - 10:40

Instability

Chairmen: **Michael Hantes | Frank Martetschläger**

09:20 - 09:30

MRA and CT-scan evaluation of instability

Margarita Natsika

09:30 - 09:40

Which is the critical glenoid bone loss. Treatment options

Giuseppe Milano

09:40 - 09:50

First time shoulder traumatic dislocation. Should we fix them early?

Anastasios Georgoulis

09:50 - 10:00

Arthroscopic Bankart repair. Indications and long-term results

Claudio Rosso

10:00 - 10:10

Arthroscopic Bankart and Remplissage. Is it a valid option?

Emmanouil Brilakis

10:10 - 10:20

Arthroscopic subscapularis tenodesis

Marco Maiotti

10:20 - 10:40

Discussion

10:40 - 10:55

Coffee Break

SCIENTIFIC PROGRAM

For all course registrants

Friday, 8 February 2019

10:55 - 12:25

Bone block procedures for Instability

Chairmen: **Knut Beitzel | Anastasios Georgoulis**

- 10:55 - 11:05 Open Latarjet. Is it the gold standard for glenoid bone defects?
Michael Hantes
- 11:05 - 11:15 Arthroscopic Latarjet with cannulated screws
Tom Clement Ludvigsen
- 11:15 - 11:25 Arthroscopic Latarjet using 2 buttons
Michel Azar
- 11:25 - 11:35 Arthroscopic Latarjet using a posterior guide for tunnel placement
Bruno Toussaint
- 11:35 - 11:45 Implant-free anatomical glenoid reconstruction in recurrent anterior shoulder instability (the J-Bone Graft)
Philipp Moroder
- 11:45 - 11:55 Arthroscopic Eden-Hybinette procedure with autograft or xenograft. Combination with ASA
Ettore Taverna
- 11:55 - 12:05 Treating anterior instability. Our experience
Emmanouil Antonogiannakis
- 12:05 - 12:25 Discussion

12:25 - 13:55

Shoulder problems in athletes

Chairmen: **Pantelis K. Nikolaou | Nikolaos Piskopakis**

- 12:25 - 12:35 Slap lesions. Etiology, diagnosis, proper management (repair or tenodesis)
Emmanouil Fandridis
- 12:35 - 12:45 The long head of biceps. Tenotomy or tenodesis
Christel Conso
- 12:45 - 12:55 Tenodesis. Where and how?
Pascal Gleyze
- 12:55 - 13:05 Current options for treatment of acute AC joint dislocation. How to best restore the 3D function
Knut Beitzel

SCIENTIFIC PROGRAM

For all course registrants

Friday, 8 February 2019

- 13:05 - 13:15 Current concepts for the management of chronic AC joint instability
Frank Martetschläger
- 13:15 - 13:25 Impingement syndromes
Konstantinos Kateros
- 13:25 - 13:35 Suprascapular entrapment syndrome. Technique of release
Christos K. Yiannakopoulos
- 13:35 - 13:55 *Discussion*



**Kallirhoe Hall
Royal Olympic
Hotel**
Ground floor

PRACTICAL SESSIONS ON CADAVERS

Exclusively for full course registrants

Friday, 8 February 2019

Group A

Transport to Medical school

Please contact the secretariat regarding departure time

15:00 - 17:00

Cadaver Session - Arthroscopy

Coordinators: **Ioannis Chiotis | Anastasios Deligeorgis | Angelos Trellopoulos**

17:00 - 17:30

Break

17:30 - 19:00

Cadaver Session - Arthroplasty

Coordinators: **Ioannis Chiotis | Anastasios Deligeorgis | Angelos Trellopoulos**

Transport from Medical school

INSTRUCTORS

Alexakis Dimitrios

Avramidis Grigorios

Bisbinas G. Ilias

Bøe Berte

Boutsiadis Achilleas

Chiotis Ioannis

Deligeorgis Anastasios

Fandridis Emmanouil

Galanopoulos Ilias

Gervasi Enrico

Kanellos Panagiotis

Kokkalis Zinon

Kyriakos Alexandros

Levy Ofer

Marjanovic Benjamin

Massoni Carlo

Mataragkas Ilias

Ntisios Ilias

Papadopoulos Pericles

Patsopoulos J. Iraklis

Saccomanno Maristella Francesca

Theos Christos

Toussaint Bruno

Triantafyllopoulos K. Ioannis

Ziogas K. Miltiades

* A fee of 600 € is required to participate in the practical sessions. Limited participation.

SCIENTIFIC PROGRAM

Group B + For all course registrants

Friday, 8 February 2019

13:55 - 15:00 **Light lunch**

15:00 - 16:10 **Live Demonstration & Discussion**

Chairmen: **Panagiotis Dimakopoulos | Giuseppe Milano**

15:00 - 15:20 SCR using fascia lata. Tips and Tricks

Clara Azevedo

15:20 - 15:40 Repairing SS and IS Tears. Why choose trans-osseous repair and how to do it right

Chiara Fossati

15:40 - 16:00 Acromioclavicular Joint Repair

Panagiotis Dimakopoulos

16:00 - 16:10 *Discussion*

16:10 - 17:20 **Live Demonstration & Discussion**

Chairmen: **Marco Maiotti | Ettore Taverna**

16:10 - 16:30 Bankart repair and Remplissage. Tips & tricks

Emmanouil Brilakis

16:30 - 16:50 Arthroscopic Eden-Hybinette

Ettore Taverna

16:50 - 17:10 Arthroscopic subscapularis tenodesis augmenting Bone Graft (ASA Graft)

Marco Maiotti

17:10 - 17:20 *Discussion*

17:20 - 17:50 **Coffee break**

17:50 - 19:00 **Live Demonstration & Discussion**

Chairmen: **Tom Clement Ludvigsen | Bruno Toussaint**

17:50 - 18:10 Arthroscopic Latarjet using cannulated screws

Tom Clement Ludvigsen

18:10 - 18:30 Arthroscopic Latarjet. Modification using a guide for posterior tunnel placement

Bruno Toussaint

18:30 - 18:50 Arthroscopic Latarjet using 2 buttons

Michel Azar

18:50 - 19:00 *Discussion*

PHYSIOTHERAPISTS' COURSE

Exclusively for physiotherapists' course registrants

Friday, 8 February 2019

Conference
Room 1
**Royal Olympic
Hotel**
1st floor

13:55 - 15:00 **Light lunch**

15:00 - 16:10 **General shoulder topics**

Chairmen: **Georgios Arealis** | **Georgia Petta**

15:00 - 15:10 Functional anatomy of the normal shoulder. What happens to the impaired cuff?

Tavor Hovav

15:10 - 15:20 An algorithm for the diagnosis of shoulder pathology

Apostolos Stathellis

15:20 - 15:30 Pain management for shoulder pathology. Re-educating the patient

Sotiria Vrouva

15:30 - 15:40 Shoulder arthroscopy and arthroplasty. Normal vs pathological findings

Georgios Arealis

15:40 - 15:50 General principles of shoulder rehabilitation

Georgia Petta

15:50 - 16:10 *Discussion*

16:10 - 17:20 **Shoulder Instability**

Chairmen: **Emmanouil Antonogiannakis** | **Victor Danzinger**

16:10 - 16:20 The rationale for the surgical treatment for the management of shoulder instability

Emmanouil Antonogiannakis

16:20 - 16:30 The rationale for the rehabilitation for the unstable shoulder

Georgios Arealis

16:30 - 16:40 The principles of rehabilitation following surgical treatment for shoulder instability

Konstantinos Psarogiorgos

16:40 - 16:50 The principles of shoulder pacemaker for shoulder instability

Victor Danzinger

16:50 - 17:00 Physiotherapy in atraumatic multidirectional instability cases

Victor Danzinger

17:00 - 17:20 *Discussion*

17:20 - 17:50 **Coffee Break**

PHYSIOTHERAPISTS' COURSE

Exclusively for physiotherapists' course registrants

Friday, 8 February 2019

Conference
Room 1
**Royal Olympic
Hotel**
1st floor

17:50 - 19:00

The stiff shoulder

Chairmen: **Eleftherios Bournousousis** | **Károly Gulyás**

17:50 - 18:00

Stiff shoulder. An inflammation of the joint capsule.
Etiology and natural history

Károly Gulyás

18:00 - 18:10

Conservative treatment of the stiff shoulder

María Patramani

18:10 - 18:20

The role of arthroscopic arthrolysis in stiff shoulder cases

Emmanouil Brilakis

18:20 - 18:30

Manual therapy for the management of the stiff shoulder

Eleni Zervakaki

18:30 - 18:40

Myofascial pain management and trigger point therapy

Michalis Charalampidis

18:40 - 19:00

Discussion

SCIENTIFIC PROGRAM

For all course registrants

Saturday, 9 February 2019

08:00 - 09:30 **Total shoulder arthroplasty** Chairmen: **Efstathios Chronopoulos** | **Kostas Karliaftis**

- 08:00 - 08:10 Nerves around the shoulder (axillary, radial, suprascapular).
What the surgeon should know to avoid them
Theodore Troupis
- 08:10 - 08:20 The evolution of shoulder arthroplasty (anatomic and reverse).
What to expect nowadays
Chrysanthos Chrysanthou
- 08:20 - 08:30 Anatomic shoulder arthroplasty: How, when, what's new
Enrico Gervasi
- 08:30 - 08:40 Stemless anatomic shoulder arthroplasty. Indication and results
Alexandros Kyriakos
- 08:40 - 08:50 Arthroplasty in young patients. Is it an option?
Christos Sinopidis
- 08:50 - 09:00 Patient specific instrumentation. Current concepts and future perspectives
Benjamin Marjanovic
- 09:00 - 09:30 Discussion

09:30 - 10:30 **Indications for reverse shoulder arthroplasty** Chairmen: **Panagiotis Dimakopoulos** | **John S. Maris**

- 09:30 - 09:40 RSA for fractures as primary or after failed previous management
Efstathios Chronopoulos
- 09:40 - 09:50 RSA for massive irreparable rotator cuff tears without arthroplasty
Bruno Toussaint
- 09:50 - 10:00 Is there a place for RSA in patients with intact rotator cuff?
Enrico Gervasi
- 10:00 - 10:10 RSA for rotator cuff arthropathy. The only solution
John C. Feroussis
- 10:10 - 10:30 Discussion
- 10:30 - 10:45** **Coffee break**

SCIENTIFIC PROGRAM

For all course registrants

Saturday, 9 February 2019

10:45 - 12:05

Technical matters for reverse shoulder arthroplasty

Chairmen: **John C. Feroussis** | **Pericles Papadopoulos**

10:45 - 10:55 The concept of lateralization in RSA. Do it from the glenoid side

Georgios Arealis

10:55 - 11:05 The concept of lateralization in RSA. Do it from the humeral side

Achilleas Boutsiadis

11:05 - 11:15 Metal or poly glenosphere for RSA

Ioannis Chiotis

11:15 - 11:25 Stemless metaphyseal reverse shoulder arthroplasty

Pericles Papadopoulos

11:25 - 11:35 Long term results of stemless metaphyseal RSA

Ofer Levy

11:35 - 11:45 Latissimus dorsi transfer and RSA for restoring external rotation

Michel Azar

11:45 - 12:05

Discussion

12:05 - 13:05

Complications and revision arthroplasty

Chairmen: **Eleni Giamarellou** | **Ofer Levy**

12:05 - 12:15 Complications of anatomic and reverse TSA. How to avoid and how to solve

Miltiades K. Ziogas

12:15 - 12:25 Infection affecting TSA: The infectious diseases specialist's perspective

Eleni Giamarellou

12:25 - 12:35 Infection affecting TSA: The surgeon perspective

Ofer Levy

12:35 - 12:45 Revision total arthroplasty: Rates, complications, what about young patients

Enrico Gervasi

12:45 - 13:05

Discussion

PRACTICAL SESSIONS ON CADAVERS

Exclusively for full course registrants

Saturday, 9 February 2019

Group B

Transport from Royal Olympic Hotel to Medical school
Please contact the secretariat regarding departure time

13:45 - 15:45

Cadaver Session - Arthroscopy

Coordinators: **Ioannis Chiotis | Anastasios Deligeorgis | Apostolos Stathellis**

15:45 - 16:15

Break

16:15 - 17:45

Cadaver Session - Arthroplasty

Coordinators: **Ioannis Chiotis | Anastasios Deligeorgis | Apostolos Stathellis**

Transport from Medical school to Royal Olympic Hotel

INSTRUCTORS

Alexakis Dimitrios

Antonogiannakis Emmanouil

Arealis Georgios

Azar Michel

Azevedo Clara

Boutsiadis Achilleas

Brilakis Emmanouil

Chiotis Ioannis

Chronopoulos Efstathios

Deligeorgis Anastasios

Fandridis Emmanouil

Fossati Chiara

Galanopoulos Ilias

Kanellos Panagiotis

Kokkalis Zinon

Kostopoulos Dimitrios

Kyriakos Alexandros

Levy Ofer

Ludvigsen Tom Clement

Mataragkas Ilias

Papadopoulos Pericles

Patsopoulos J. Iraklis

Theos Christos

Vrangalas Vasileios

* A fee of 600 € is required to participate in the practical sessions. Limited participation.

SCIENTIFIC PROGRAM

Group A + For all course registrants

Saturday, 9 February 2019

13:05 - 13:45 **Light lunch**

13:45 - 14:35 **Live Demonstration & Discussion**

Chairmen: **Jean Kany** | **Philipp Moroder**

13:45 - 14:05 Latissimus dorsi transfer for subscapularis tears

Jean Kany

14:05 - 14:25 Pectoralis major transfer for subscapularis tears

Philipp Moroder

14:25 - 14:35 Discussion

14:35 - 15:25 **Live Demonstration & Discussion**

Chairmen: **John C. Feroussis** | **Enrico Gervasi**

14:35 - 14:55 Reverse shoulder arthroplasty. How to do it properly

John C. Feroussis

14:55 - 15:15 The Bio-RSA

Enrico Gervasi

15:15 - 15:25 Discussion

15:25 - 15:55 **Coffee break**

15:55 - 16:45 **Live Demonstration & Discussion**

Chairmen: **Enrico Gervasi** | **Peter S. Vezeridis**

15:55 - 16:15 Latissimus dorsi transfer for irreparable posterosuperior RC Tears

Enrico Gervasi

16:15 - 16:35 Lower trapezius transfer for irreparable posterosuperior RC Tears

Peter S. Vezeridis

16:35 - 16:45 Discussion

SCIENTIFIC PROGRAM

Group A + For all course registrants

Saturday, 9 February 2019

16:45 - 17:35

Live Demonstration & Discussion

Chairmen: **Panagiotis Dimakopoulos | Enrico Gervasi**

16:45 - 17:05

Deltpectoral approach for anatomic TSA. Tips and tricks for balancing the prosthesis

Enrico Gervasi

17:05 - 17:25

Cuff tear arthroplasty

Panagiotis Dimakopoulos

17:25 - 17:35

Discussion

PHYSIOTHERAPISTS' COURSE

Exclusively for physiotherapists' course registrants

Saturday, 9 February 2019

13:05 - 13:45 **Light lunch**

13:45 - 15:15 **Rotator cuff tears**

Chairmen: **Spyros Gigourtakis** | **Maristella Francesca Saccomanno**

13:45 - 13:55 Rotator cuff disease. A disharmony between demands and ability. What happens in the shoulder when the cuff fails?

Maristella Francesca Saccomanno

13:55 - 14:05 How can we increase the functional capacity of the cuff?
Rehabilitation of the scapula

Spyros Gigourtakis

14:05 - 14:15 Rehabilitation of the cuff. How can we strengthen the cuff without injuring it?

Maria Patramani

14:15 - 14:25 Balloon. A tool for shoulder rehabilitation

Tavor Hovav

14:25 - 14:35 Surgical options to increase the functional ability of the cuff (partial repair, SCR, tendon transfers)

Dimitrios Gerogiannis

14:35 - 14:45 Reverse SA. When everything has failed

Carlo Massoni

14:45 - 15:15 Discussion

15:15 - 15:45 **Coffee Break**

15:45 - 17:15 **The arthritic shoulder**

Berte Bøe | **Michael Seferiadis**

15:45 - 15:55 Arthritis of the shoulder. A matter of joint incongruity
Berte Bøe

15:55 - 16:05 Patient education. Protective use of shoulder

Michael Seferiadis

16:05 - 16:15 Physical modalities for pain management

Georgios Patouras

16:15 - 16:25 Pharmacological and surgical options for improving the function of the biological joint

Grigorios Avramidis

16:25 - 16:35 An introduction for shoulder arthroplasty (anatomic, reverse, hemi)

Angelos Trellopoulos

16:35 - 16:45 Rehabilitation after shoulder arthroplasty depending on the type of arthroplasty

Magdalini Tziouma

16:45 - 17:15 Discussion