

## ORGANISER



3<sup>RD</sup> ORTHOPAEDIC CLINIC  
HYGEIA HOSPITAL  
ATHENS, GREECE



## CO-ORGANISERS



SOCIETÀ ITALIANA ARTROSCOPIA  
GINOCCHIO, ARTO SUPERIORE,  
SPORT CARTILAGINE, TECNOLOGIE  
ORTOPEDICHE



SOCIÉTÉ FRANCOPHONE  
D'ARTHROSCOPIE (SFA)

# 6<sup>th</sup> Athens Shoulder Course



## SPECIAL PHYSIOTHERAPY WORKSHOP

# 7 February 2024



**Hands-on  
Practice  
with scapula**

**International  
Faculty**

**Demonstration  
on  
Cadavers**

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**A | S | C**

Athens Shoulder Course



Anatomy Techniques & Training Center (Cadaveric Sessions)

visit the official website for further information  
[www.athens-shoulder-course.com](http://www.athens-shoulder-course.com)

# FINAL PROGRAM



# 6<sup>th</sup> Athens Shoulder Course



## SPECIAL PHYSIOTHERAPY WORKSHOP

### SCIENTIFIC PROGRAM

#### 08:00 - 08:30 **Let's Get Started! A Warm Welcome (Opening)**

#### SESSION 1 - Unraveling Shoulder Mysteries

Moderator: **Sotiria Vrouva**

08:30-08:45 Soft & Bone Techniques in Instability. Rehabilitation Secrets  
**Maria Gkini**

08:45-09:00 Q&A - What's on Your Mind?

09:00-09:15 Effectiveness of early minimal voluntary contraction of rotator cuff muscles  
on range of motion and function of the shoulder joint, after arthroscopic  
rotator cuff repair  
**Ivana Hrvatin**

09:15-09:30 Q&A - What's Your Thoughts?

09:30-09:45 Prioritizing Adhesive Capsulitis in the Presence of Rotator Cuff Tear. What to Do?  
**Maria Pitsikali**

09:45-10:00 Q&A - The Great Debate!

#### 10:00-10:15 **Coffee Break - Join Us for a Cup!**

#### SESSION 2 - Insights and Inquiry

Moderator: **Maria Patramani**

10:15-10:30 Needle Arthroscopy: Interventions and Rehabilitation Strategies  
**Fay Pilafian**

10:30-10:45 Q&A - Your Opportunity for Questions!

10:45-11:00 The Surgeon's Dilemma. When to Send Patients to the Surgeon?  
**Ioannis Makras**

11:00-11:15 Q&A - The Great Debate Continues!

#### 11:15-11:30 **Coffee Break - Keep the Discussions Brewing**



## SCIENTIFIC PROGRAM

### Session 3 - Arthroplasty Fundamentals/Essentials

Moderator: **Maria Papatzikou**

- 11:30-11:45 Arthroplasty The Basics. What you need to Know About the Surgery  
**Maria Patramani**
- 11:45-12:00 Reverse Arthroplasty. A New Way of Thinking  
**Nassos Koutsouradis**
- 12:00-12:15 The Turning Point. When to Refer the Patient to the Surgeon?  
**Georgios Koumadakis**
- 12:15-12:30 Reverse arthroplasty of the shoulder. A sanative declination from the physiology. Psycho-Physiotherapeutic approach  
**Evangelos Georgakopoulos**
- 12:30-12:45 Q&A - Sharing Your Thoughts

### 12:45-13:30 Lunch Break - Let's Refuel

### SESSION 4 - Scapula Perception

Moderator: **Spyros Gigourtakis**

- 13:30-13:45 The Shoulder History. Exploring Shoulder Anatomy and Kinematics  
**Georgia Petta**
- 13:45-14:00 When the Body Expresses through the Scapula. Understanding Scapular Responses to Pain  
**Iakovos Pelekis**
- 14:30-14:15 The ICF. Decoding the International Classification of Functioning  
**Maria Papatzikou**
- 14:15-14:30 The Scoop on Scapular Dyskinesia  
**Ajit Dabholkar**

### Hands-on Workshops

- 14:30-16:30 Let's Get Hands-On with Scapula!
- 16:30-17:30 Dive into Cadaveric Experiences!

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