

ORGANISER



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



CO-ORGANISERS



SOCIETA 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**

COURSE CHAIRMAN  
**MANOS ANTONOGIANNAKIS**  
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ORGANIZING & SCIENTIFIC  
COORDINATOR  
**MANOS BRILAKIS**  
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Anatomy Techniques & Training Center (Cadaveric Sessions)



UNDER THE PATRONAGE




UNDER THE AUSPICES



[www.athens-shoulder-course.com](http://www.athens-shoulder-course.com)

# PROGRAM



**Expand your knowledge of treatment of shoulder pathology. Check out the new additions to the physiotherapy course: demo presentation and demonstration of surgical techniques.**

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**14.30**

**Let's Get Hands-On with Scapula! - Demo Workshop**

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Demo presentation: understanding the anatomy and function of the scapula, identification of the balance of movement and force required for the proper functioning of the area of the shoulder, through technique demonstration.

**16.30**

**Dive into Cadaveric Experience - Workshop**

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During this workshop, surgeons will present on fresh frozen cadaveric specimens various techniques: reverse total shoulder arthroplasty (Reverse TSA), surgical techniques for shoulder instability and tendon tear.



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, Georgios Gatos**

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, Panagiotis Papadopoulos**

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**



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### SCIENTIFIC PROGRAM

#### Session 3 - Arthroplasty Fundamentals/Essentials

Moderator: **Maria Papatzikou, Dimitrios Mantakos**

- 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?  
**George A. Koumantakis**
- 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, Manos Brilakis**

- 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**
- 14:00-14:15 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!  
**Evgenia Mavrea**
- 16:30-17:30 Dive into Cadaveric Experiences!  
**Grigorios Avramidis, Manos Brilakis, Angelos Trellopoulos**

7 February  
2024

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## FACULTY

<b>Ajit Dabholkar</b> PhD, FAIMER Fellow	Professor and Head Sports PT, School of Physiotherapy, D.Y. Patil University, Navi Mumbai, India
<b>Evangelos Georgakopoulos</b>	Physiotherapist - Psychotherapist, Athens, Greece
<b>Spyros Gigourtakis</b> PT, MCSP, BAHT	Physiotherapist, MCSP, SRP, BAHT, Heraklion, Greece
<b>Maria Gkini</b> BSc, MSc	Advanced Physiotherapist, Athens, Greece
<b>Manos Brilakis</b> MD, MSc, PhD	Orthopaedic Surgeon, Director of BRILAKIS Orthopaedics, Consultant of 3 <sup>rd</sup> Orthopaedic Department of Hygeia Hospital, Athens, Greece, Treasurer of Hellenic Association of Orthopaedic Surgery and Traumatology, Board Member of ESA, a Section of ESSKA, Editorial Board member of Journal of ISAKOS
<b>Grigorios P. Avramidis</b>	Orthopaedic Surgeon & Sports Medicine, HYGEIA & MHTERA Hospital, Athens, Greece
<b>Ivana Hrvatin</b>	Department of Physiotherapy, Faculty of Health Sciences, University of Ljubljana, Ljubljana, Slovenia
<b>George A. Koumantakis</b> PhD, MSc, PT	Assistant Professor, Member of Laboratory of Advanced Physiotherapy, Physical Therapy Department, School of Health & Care Sciences, University of West Attica, Greece
<b>Athanasios Koutsouradis</b>	Physiotherapist, Imta MT, Athens, Greece
<b>Ioannis Makras</b> Bsc, Msc, PT	Professor of Physical Education, Physiotherapist, Athens, Greece
<b>Evgenia Mavrea</b> MSc, OMT, CMP	Physiotherapist, Athens, Greece
<b>Dimitrios Mantakos</b>	
<b>Maria Papatzikou</b>	Physiotherapist NDT, Brilakis Orthopaedics, 3 <sup>rd</sup> Orthopaedic Department, Hygeia Hospital Athens, Greece
<b>Maria Patramani</b>	Physiotherapist, Scientific Collaborator, 3 <sup>rd</sup> Orthopaedic Department, Hygeia Hospital, Athens, Greece



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### FACULTY

**Iakovos Pelekis** PT, PET

Physiotherapist, Athens, Greece

**Georgia Petta**

As Professor of Physiotherapy UNIWA, President of Hellenic Scientific Society for Physiotherapy, Chair of Education Committee of EFSHT, Athens, Greece

**Fay Pilafian**

Physiotherapist, Scientific Collaborator, 3<sup>rd</sup> Orthopaedic Department, Hygeia Hospital, Athens, Greece

**Maria Pitsikali** Pt, MSc,

OMT instructor, Athens, Greece

**Angelos Trellopoulos** MD, MSc

Orthopaedic Surgeon, Consultant, 3<sup>rd</sup> Orthopaedic Department, Hygeia Hospital, Athens, Greece

**Sotiria Vrouva** PT, MSc, PhD

Head of Department of Physical Therapy, 401 Army General Hospital of Athens, Academic Fellow, University of West Attica, Consultant physiotherapist of 3<sup>rd</sup> Orthopaedic Clinic, Ygeia Hospital, Athens, Greece



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