

ORGANISER



3RD ORTHOPAEDIC CLINIC
HYGEIA HOSPITAL
ATHENS, GREECE



ATHENS
SHOULDER
INSTITUTE

CO-ORGANISERS



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



SOCIÉTÉ FRANCOPHONE
D'ARTHROSCOPIE (SFA)



7th Athens Shoulder Course

SPECIAL PHYSIOTHERAPY WORKSHOP

13 March 2026



Hands-on
Practice
with scapula

Demonstration
on
Cadavers

International
Faculty

COURSE CHAIRMEN

MANOS ANTONOGIANNAKIS
manosanton@gmail.com

MANOS BRILAKIS
Emmanuel.brilakis@gmail.com



Anatomy Techniques & Training Center (Cadaveric Sessions)

A|S|C

Athens Shoulder Course

UNDER THE PATRONAGE



UNDER THE AUSPICES

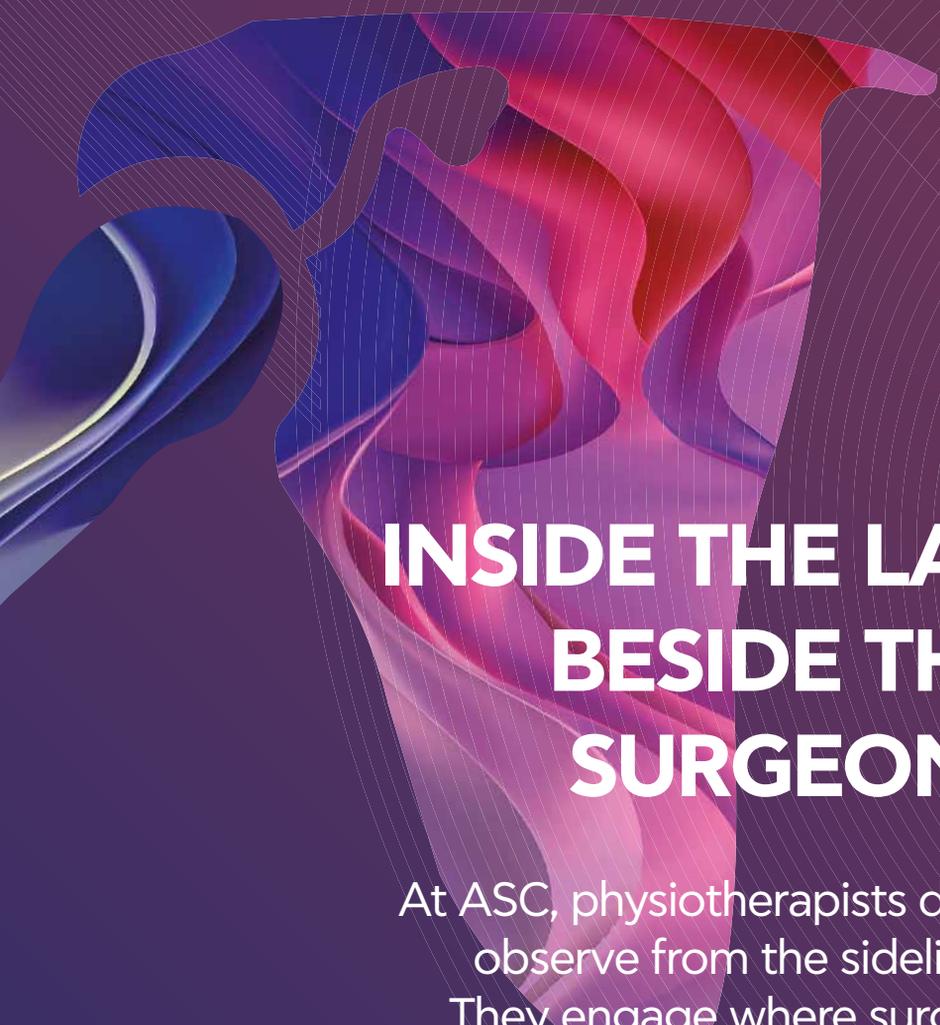


visit the official website for further information
www.athens-shoulder-course.com

PROGRAM

A | S | C

Athens Shoulder Course



INSIDE THE LAB BESIDE THE SURGEONS

At ASC, physiotherapists don't observe from the sidelines. They engage where surgical decisions shape rehabilitation from the operative field to structured recovery, understanding movement where it begins.

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SPECIAL PHYSIOTHERAPY WORKSHOP



SCIENTIFIC PROGRAM

08:30 - 09:00 **Let's Get Started! A Warm Welcome (Opening)**

09:00 - 10:00 **SESSION 1**

Moderator: **Maria Gkini - Ilias Ntoulaveris**

09:00 - 09:15 Stronger Together: collaborative strategies in shoulder surgery and rehabilitation

Manos Antonogiannakis

09:15 - 09:30 Rehabilitation is personal: How the patient's mindset shapes recovery

Maria Patramani

09:30 - 09:45 "The Shoulder Care Continuum:
Why Surgeon-Physiotherapist Partnership Defines Modern Shoulder Outcomes"

George Gatos

Discussion

10:00 - 11:00 **SESSION 2**

Moderator: **George Gatos - Spyros Gigourtakis**

Post operative capsulitis

Maria Gkini

Decision making in shoulder rehabilitation. Bridging assessment and intervention

Georgia Petta

Motor control of the shoulder girdle after adhesive capsulitis

Ivana Hrvatin

When Surgery Ends but the Shoulder Does Not Begin

The Grey Zone of Postoperative Rehabilitation

Evangelos Georgakopoulos

Q&A - What's Your Thoughts?

11:00 - 11:30 **Coffee Break - Join Us for a Cup!**



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**SPECIAL
PHYSIOTHERAPY
WORKSHOP**

SCIENTIFIC PROGRAM

11:30 - 13:30

SESSION 3 | Cadaveric Session | GROUP A

Instructors: **George Gatos - Panagiotis Papadopoulos**

Vitruvian Lab
Lower Ground Floor (-1)

11:30 - 13:30

SESSION 3 | Workshop & Case Presentations | GROUP B

Moderator: **Maria Papatzikou**

AULA HALL
2nd Floor

11:30 - 12:30

Workshop

Scapula First Clinical Assessment and Intervention of Scapular Function
After Shoulder Surgery

Evangelos Georgakopoulos

12:30 - 13:00

Case presentation I

Is post operative capsulitis the same as frozen shoulder?

Maria Gkini

13:00 - 13:30

Case presentation II

Shoulder arthritis in a young athlete

Iakovos Pelekis

13:30 - 14:30

Lunch Break - Let's Refuel

14:30 - 14:50

SESSION 4

Moderators: **Maria Patramani - Maria Papatzikou**

14:30 - 14:50

Manos... may I ask you something?

Manos Brilakis

14:50 - 15:50

SESSION 5

Moderators: **Anastasios Deligeorgis - Damianos Marinatos**

14:50 - 15:50

Rehab plan after RSA

My Perspective - **Maria Papatzikou**

My Perspective - **Ivana Hrvatin**

My Perspective - **Maria Gkini**

My Perspective - **Athanasios Koutsouradis**

Q&A - What's Your Thoughts?

13 March
2026

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SCIENTIFIC PROGRAM

15:50 - 16:20 Coffee Break - Keep the Discussions Brewing

16:20 - 18:20 SESSION 6 | Cadaveric Session | GROUP B

Instructors: **George Gatos - Panagiotis Papadopoulos**

Vitruvian Lab
Lower Ground Floor (-1)

16:20 - 18:20 SESSION 6 | Workshop & Case Presentations | GROUP A

Moderator: **Maria Patramani**

AULA HALL
2nd Floor

16:20 - 17:20

Workshop

Scapula First Clinical Assessment and Intervention of Scapular Function

After Shoulder Surgery

Evangelos Georgakopoulos

17:20 - 17:50

Case presentation I

Is post operative capsulitis the same as frozen shoulder?

Maria Gkini

17:50 - 18:20

Case presentation II

Shoulder arthritis in a young athlete

Iakovos Pelekis

18:20

Closing the day with a treat, wine and delicacies!



7th Athens Shoulder Course

SPECIAL PHYSIOTHERAPY WORKSHOP

Speakers - Chairmen - Moderators

Manos Antonogiannakis

MD, Orthopaedic Surgeon, Director, 3rd Orthopaedic Department, Hygeia Hospital, Athens, Greece

Manos Brilakis

MD, MSc, PhD, Orthopaedic Surgeon, Director of Brilakis Orthopaedics, Psychiko Medical Center, Athens, Greece
Treasurer of Hellenic Association of Orthopaedic Surgery and Traumatology, Board Member of ESA, a section of ESSKA, Editorial Board member of Journal ISAKOS

Anastasios Deligeorgis

Orthopaedic Surgeon, Associate Director, 3rd Orthopaedic Department Hygeia hospital, IOC Diploma in Sports Medicine, Athens, Greece

George Gatos

MD, MSc, Attending Orthopedic Surgeon 3rd Orthopedic Department, Hygeia Hospital, Athens, Greece

Evangelos Georgakopoulos

Physiotherapist - Psychotherapist, Athens, Greece

Spyros Gigourtakis

PT, MSc, MCSP, BAHT

Maria Gkini

BSc, MSc Advanced Physiotherapist, Athens, Greece

Ivana Hrvatin

Department of Physiotherapy, Faculty of Health Sciences, University of Ljubljana, Ljubljana, Slovenia

Athanasios Koutsouradis

Physiotherapist, Imta MT, Athens, Greece

Damianos Marinatos

Physiotherapist, Scientific Collaborator, 3rd Orthopaedic Department, Hygeia Hospital, Athens, Greece

Ilias Ntoulaveris

Physiotherapist, Scientific Collaborator, 3rd Orthopaedic Department, Hygeia Hospital, Athens, Greece

Panagiotis Papadopoulos

Orthopaedic Surgeon, Consultant, 3rd Orthopaedic Department, Hygeia Hospital, Athens, Greece

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Speakers - Chairmen - Moderators

Maria Papatzikou

Physiotherapist NDT, Brilakis Orthopaedics, Psychiko Medical Center, Athens, Greece

Maria Patramani

Physiotherapist, Scientific Collaborator, 3rd Orthopaedic Department, Hygeia Hospital, Athens, Greece

Iakovos Pelekis

Physiotherapist, Athens, Greece

Georgia Petta

President of the Hellenic Scientific Society of Physiotherapy, Former A. Professor of Physiotherapy, Research Laboratory of Advanced Physiotherapy, UNIWA, Assessor of the European Certificate for Hand Therapists

