



# OFI CRETE FC

PRESENTS

# TENDINOPATHY IN CLINICAL SETTING

**A THOROUGH REVIEW ON THE RECENT  
SCIENTIFIC EVIDENCE**

**1<sup>ST</sup> CONFERENCE  
OF SPORTS INJURIES**

WITH INTERNATIONAL PARTICIPATION

**June 1 & 2**

**2024**

**VARDINOGIANNIO ATHLETIC CENTER  
(INDOOR HALL)  
HERAKLION, CRETE**



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OFI CRETE FC

# 1<sup>ST</sup> CONFERENCE OF SPORTS INJURIES

WITH INTERNATIONAL PARTICIPATION | 1-2.6.2024  
HERAKLION, CRETE

## DAY ONE: SATURDAY, JUNE 1<sup>ST</sup> MORNING SESSION

OFI CRETE FC Tendinopathy in clinical setting.

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<b>08:30</b>	Registration area	
<b>09:30</b>	Opening Ceremony and lectures	
<b>TABLE 01</b>	COORDINATORS   General overview of the painful tendon	
	George Kouvidis   Dr. Panagiotis Siaperas	
TIME	SESSION	SPEAKERS
<b>10:15</b>	Persistent pain in athletes: phenotype criteria for precision therapy	<b>Eleni Kapreli</b>   Professor, Clinical Exercise Physiology and Rehabilitation, Physiotherapy Department, University of Thessaly
<b>10:30</b>	A review on tendon epidemiological data in sports. Which factors increase tendon sustainability?	<b>Manolis Kroustalakis</b>   MD, MSc, Orthopaedic Department Venizeleio General Hospital, Heraklion, Crete
<b>10:45</b>	Are we doing everything wrong? Why is exercise in tendinopathy management not supported by evidence?	<b>Vasileios Korakakis</b>   PhD Research Associate, University of Nicosia, Senior Instructor H-OMTeDu
<b>11:00</b>	Exercise and appropriate loading are the best strategies	Professor <b>Peter Malliaras</b>   Ph.D. Specialist Physiotherapist, Director of Research (HDR), School of Primary and Allied Health Care Director, Monash Musculoskeletal Research Unit
<b>11:30</b>	Discussion	
<b>11:45</b>	Coffee break-exhibition visit	
<b>TABLE 02</b>	COORDINATORS   Diagnosis and medical approach to the painful tendon	
	Alexandros Patrianakos   Dimitris Stasinopoulos	
<b>12:15</b>	Diagnosis and evaluation of tendinopathies	<b>George Kouvidis</b>   Orthopaedic surgeon, Head of Medical staff OFI Crete FC, Director of Orthopaedic Department, University General Hospital, Heraklion, Crete
<b>12:30</b>	The role of ultrasound and elastography in diagnosing tendinopathy	<b>Elena Drakonaki</b>   MD, PhD, PostDoc, EDiMSK, Clinical Radiologist, Assistant Professor of Anatomy Medical School, University of Crete, Greece, Chairperson, ESSR Educational Committee Vice-President, Hellenic Society Skeletal Radiology
<b>12:45</b>	Regenerative and biological treatments of tendinopathies	<b>Evangelos Tourvas</b>   MD, FRCS, University General Hospital, Heraklion, Crete
<b>13:00</b>	Overused tendon injury and surgery	<b>Alkis Kalliakmanis</b>   MD, PhD Orthopaedic Surgeon, Sports Physician, Deputy Director of B' Orthopedic Department, Henry Dunant Hospital Center, Athens, Greece
<b>13:15</b>	Discussion	
<b>13:30</b>	Lunch break	



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## DAY ONE: SATURDAY, JUNE 1<sup>ST</sup> AFTERNOON SESSION

TABLE 03		
COORDINATORS   Recent evidence in the management of tendinopathies		
Alkis Kalliakmanis   Nontas Charonitis		
TIME	SESSION	SPEAKERS
15:00	Achilles Tendinopathy Rehabilitation	<b>Igor Sancho</b>   <i>Physiotherapist, PhD Deusto Physical Therapist, Physical Therapy Department, Faculty of Health Sciences, University of Deusto, San Sebastian, Spain -AMMA Health Center, San Sebastian, Spain</i>
15:15	How effective is eccentric training in Patellar tendon injuries?	<b>Ioannis Stathas</b>   <i>Sports PT, MSc, rehabilitator Head of physio &amp; rehab dept OFI Crete FC</i>
15:30	Apophysitis in male youth football: translating research into practice	<b>Paolo Perna</b>   <i>PhD c, physiotherapist, University of Suffolk - Chelsea FC Academy</i>
15:45	Discussion	
16:00	Coffee break-exhibition visit	
TABLE 04		
COORDINATORS   Not to miss out. Still more to learn.		
Eleni Kapreli   Tzoanos Geroge		
16:30	Tendon injuries prevention studies -from strength and conditioning coach perspective	<b>Nikolaos Koundourakis</b>   <i>MSc, PhD, School of Medicine University of Crete, OFI FC Head of performance, Program leader BSchool sports coaching and physical education, Metropolitan College, Crete Campus</i>
16:45	Physiotherapy Techniques Used in the Management of Lateral Elbow Tendinopathy (LET)	<b>Dimitris Stasinopoulos</b>   <i>Assistant Professor Physiotherapy, University of West Attica, Member of Laboratory of Neuromuscular &amp; Cardiovascular Study of Motion (LANECASM)</i>
17:00	The overhead athlete. The role of the kinetic chain in tendon injury prevention	<b>Afxentios Kekelekis</b>   <i>Sports PT, Ph.D. c, Laboratory of Neuromechanics, School of Physical Education and Sport Science at Serres, Aristotle University of Thessaloniki, Thessaloniki, Greece</i>
17:15	Discussion	
17:30	Departure	End of Day 1

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## DAY TWO: SUNDAY, JUNE 2<sup>ND</sup>

08:30

Arrival

TIME

SESSION

SPEAKERS

9:00

FIFA + 11 theory

**Panagiotis Pariotakis** | *Physiotherapist, Instructor 11+, PhD Candidate DPT of Physical Education & Sports Science, Democritus University of Thrace*

**Dimitris Bogatsiotis** | *Rehabilitation-Strength & Conditioning Coach BSc Physical Education & Sport Science MSc Prevention-Intervention*

10:00

Coffee break

10:15

Workshop: Ultrasound for the diagnosis and guided treatment of tendinopathy

**Dr George Kakkos** | *MD, MSc., Department of Medical Imaging, University Hospital of Heraklion*

10:15

WORKSHOP: REHABILITATION AND PREVENTION OF TENDINOPATHIES

10:15

FIFA 11 + practical

**Panagiotis Pariotakis** | *Physiotherapist, Instructor 11+, PhD Candidate DPT of Physical Education & Sports Science, Democritus University of Thrace*

**Dimitris Bogatsiotis** | *Rehabilitation-Strength & Conditioning Coach BSc Physical Education & Sport Science MSc Prevention-Intervention*

11:15

Coffee break

11:45

Prevention Strategies for lower limb tendinopathies

**Pantelis Chiotakis** | *PT, MT OFI Crete FC*

Exercise selection for Patellar Tendinopathy

**Vasileios Korakakis** | *PhD Research Associate, University of Nicosia, Senior Instructor H-OMTeDu*

Functional Rehabilitation for Achilles Tendinopathy

**Igor Sancho** | *Physiotherapist, PhD Deusto Physical Therapist, Physical Therapy Department, Faculty of Health Sciences, University of Deusto, San Sebastian, Spain -AMMA Health Center, San Sebastian, Spain*

Effective management and return to play for adductor tendinopathy

**Filippos Skordos** | *Sports PT, Head of Physiotherapy & rehabilitation department PAS Giannina 1966 FC, Owner of Physiotherapy Clinic PHYSIOactiv*

A Novel Approach of the On-field rehabilitation for Tendinopathies

**Ioannis Stathas** | *Sports PT, MSc, rehabilitator Head of physio & rehab dept OFI Crete FC*

**Nikolaos Koundourakis** | *MSc, PhD School of Medicine University of Crete OFI FC head of performance Program leader BSchool sports coaching and physical education, Metropolitan College, Crete Campus*

14:30

Departure

End of Day 2

# SPEAKERS



**Eleni Kapreli**

*Professor, Clinical Exercise Physiology and Rehabilitation, Physiotherapy Department, University of Thessaly*



**Manolis Kroustalakis**

*MD, MSc, Orthopaedic Department Venizeleio General Hospital, Heraklion, Crete*



**Vasileios Korakakis**

*PhD Research Associate, University of Nicosia, Senior Instructor H-OMTeDu*



Professor **Peter Malliaras**

*Ph.D. Specialist Physiotherapist, Director of Research (HDR), School of Primary and Allied Health Care Director, Monash Musculoskeletal Research Unit*



**George Kouvidis**

*Orthopaedic surgeon, Head of Medical staff OFI Crete FC, Director of Orthopaedic Department, University General Hospital, Heraklion, Crete*



**Elena Drakonaki**

*MD, PhD, PostDoc, EDIMSK, Clinical Radiologist, Assistant Professor of Anatomy Medical School, University of Crete, Greece, Chairperson, ESSR Educational Committee Vice-President, Hellenic Society Skeletal Radiology*



**Evangelos Tourvas**

*MD, FRCSC, University General Hospital, Heraklion, Crete*



**Alkis Kalliakmanis**

*MD, PhD Orthopaedic Surgeon, Sports Physician, Deputy Director of B' Orthopedic Department, Henry Dunant Hospital Center, Athens, Greece*



**Igor Sancho**

*Physiotherapist, PhD Deusto Physical Therapist, Physical Therapy Department, Faculty of Health Sciences, University of Deusto, San Sebastian, Spain -AMMA Health Center, San Sebastian, Spain*



**Ioannis Stathas**

*Sports PT, MSc, rehabilitator Head of physio & rehab dept OFI Crete FC*



**Paolo Perna**

*PhD c, Physiotherapist,  
University of Suffolk -  
Chelsea FC Academy*



**Nikolaos  
Koundourakis**

*MSc, PhD, School of  
Medicine University of Crete,  
OFI FC Head of performance,  
Program leader BSchool  
sports coaching and  
physical education,  
Metropolitan College, Crete  
Campus*



**Dimitris Stasinopoulos**

*Assistant Professor  
Physiotherapy, University  
of West Attica, Member  
of Laboratory of  
Neuromuscular &  
Cardiovascular Study of  
Motion (LANECASM)*



**Afxentios Kekelekis**

*Sports PT, Ph.D. c, Laboratory  
of Neuromechanics, School  
of Physical Education and  
Sport Science at Serres,  
Aristotle University of  
Thessaloniki, Thessaloniki,  
Greece*



**Panagiotis Pariotakis**

*Physiotherapist,  
Instructor 11+, PhD  
Candidate DPT of Physical  
Education & Sports Science,  
Democritus University of  
Thrace*



**Dimitris Bogatsiotis**

*Rehabilitation-Strength &  
Conditioning Coach BSc  
Physical Education & Sport  
Science MSc Prevention-  
Intervention*



**Dr George Kakkos**

*MD, MSc., Department of  
Medical Imaging, University  
Hospital of Heraklion*



**Pantelis Chiotakis**

*PT, MT OFI Crete FC*



**Filippus Skordos**

*Sports PT, Head  
of Physiotherapy &  
rehabilitation department  
PAS Giannina 1966 FC,  
Owner of Physiotherapy  
Clinic PHYSIOactiv*



