



OFI CRETE FC

1ST CONFERENCE OF SPORTS INJURIES

WITH INTERNATIONAL PARTICIPATION | 1-2.6.2024
HERAKLION, CRETE

DAY ONE: SATURDAY, JUNE 1ST MORNING SESSION

08:30 Registration area

09:30 Opening Ceremony and lectures

TIME	SESSION	SPEAKERS
10:15	Persistent pain in athletes: phenotype criteria for precision therapy	Eleni Kapreli Professor, Clinical Exercise Physiology and Rehabilitation, Physiotherapy Department, University of Thessaly
10:30	A review on tendon epidemiological data in sports. Which factors increase tendon sustainability?	Manolis Kroustalakis MD, MSc, Orthopaedic Department Venizeleio General Hospital, Heraklion, Crete
10:45	Are we doing everything wrong? Why is exercise in tendinopathy management not supported by evidence?	Vasileios Korakakis PhD Research Associate, University of Nicosia, Senior Instructor H-OMTeDu
11:00	Exercise and appropriate loading are the best strategies	Professor Peter Malliaras Ph.D. Specialist Physiotherapist, Director of Research (HDR), School of Primary and Allied Health Care Director, Monash Musculoskeletal Research Unit
11:30	Discussion	
11:45	Coffee break-exhibition visit	
12:15	Diagnosis and evaluation of tendinopathies	George Kouvidis Orthopaedic surgeon, Head of Medical staff OFI Crete FC, Director of Orthopaedic Department, University General Hospital, Heraklion, Crete
12:30	What is the role of imaging in diagnosing of tendinopathies?	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
12:45	Regenerative and biological treatments of tendinopathies	Evangelos Tourvas MD, FRCSC, University General Hospital, Heraklion, Crete
13:00	Overused tendon injury and surgery	Alkis Kalliakmanis MD, PhD Orthopaedic Surgeon, Sports Physician, Deputy Director of B' Orthopedic Department, Henry Dunant Hospital Center, Athens, Greece
13:15	Discussion	
13:30	Coffee break-exhibition visit	



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DAY ONE: SATURDAY, JUNE 1ST AFTERNOON SESSION

TIME	SESSION	SPEAKERS
15:00	Achilles Tendinopathy Rehabilitation	Igor Sancho <i>Physiotherapist, PhD Deusto Physical Therapker, 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?	Ioannis Stathas <i>sports PT, MSc, rehabilitator Head of physio & rehab dept OFI Crete FC</i>
15:30	Apophysitis in male youth football: translating research into practice	Paolo Perna <i>PhD c, physiotherapist, University of Suffolk - Chelsea FC Academy</i>
15:45	Discussion	
16:00	Coffee break-exhibition visit	
16:30	Tendon injuries prevention studies -from strength and conditioning coach perspective	Nikolaos Koundourakis <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)	Dimitris Stasinopoulos <i>Assistant Professor Physiotherapy, University of West Attica, Member of Laboratory of Neuromuscular & Cardiovascular Study of Motion (LANECASM)</i>
17:00	The overhead athlete. The role of the kinetic chain in tendon injury prevention	Afxentios Kekelekis <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 2ND MORNING SESSION

08:30 Arrival

TIME	SESSION	SPEAKERS
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9:00	FIFA + 11 theory	Panagiotis Pariotakis <i>Physiotherapist, Instructor 11+, PhD Candidate Department of Physical Education & Sports Science, Democritus University of Thrace</i>
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10:00 Coffee break

10:15	Workshop: Ultrasound for the diagnosis and guided treatment of tendinopathy	Dr George Kakkos <i>MD, MSc., Department of Medical Imaging, University Hospital of Heraklion</i>
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10:15	FIFA 11 + practical	Panagiotis Pariotakis <i>Physiotherapist, Instructor 11+, PhD Candidate Department of Physical Education & Sports Science, Democritus University of Thrace</i>
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11:15 Coffee break

WORKSHOP: REHABILITATION AND PREVENTION OF TENDINOPATHIES

11:45	Prevention Strategies for lower limb tendinopathies	Giorgos Ermidis <i>PhD, OFI Crete sports science Department</i>
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	Exercise selection for Patellar Tendinopathy	Vasileios Korakakis <i>PhD Research Associate, University of Nicosia, Senior Instructor H-OMTeDu</i>
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	Functional Rehabilitation for Achilles Tendinopathy	Igor Sancho <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>
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	Effective management and return to play for adductor tendinopathy	Filippos Skordos <i>sports PT, Head of Physiotherapy & rehabilitation department PAS Giannina 1966 FC, Owner of Physiotherapy Clinic PHYSIOactiv</i>
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	A Novel Approach of the On-field rehabilitation for Tendinopathies	Ioannis Stathas <i>Sports PT, MSc, rehabilitator Head of physio & rehab dept OFI Crete FC</i> Nikolaos Koundourakis <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>
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14:30 Departure

End of Day 2