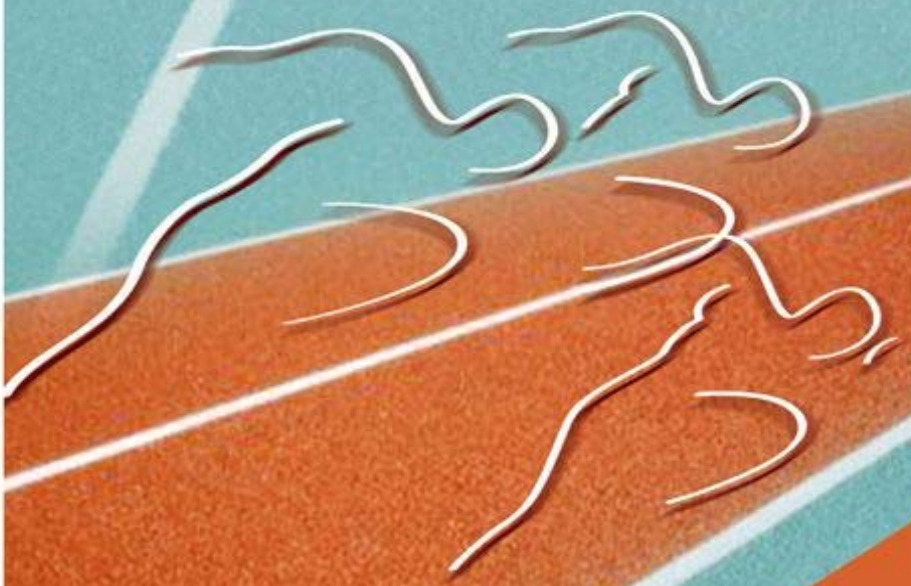
1st E.C.O.S.E.P. Congress

Guidelines in Sports Medicine When to return to play



13 - 14 December 2008

THESSALONIKI
Electra Palace Hotel

ORGANIZERS

- European College Of Sports and Exercise Physicians - ECOSEP
  www.ecosep.eu
- Faculty of Sport and Exercise Medicine (UK) - FSEM (UK)

FSEM

ISAKOS Approved Course

Informations: Diaskepsis, Tel: +30 2310 230 459, e-mail: mtsami@otenet.gr, www.diaskepsis.gr/ecosep

WELCOME MESSAGE

Dear colleagues

We are happy to announce that following the success of the "11th Sports Medicine Seminar " attended by more that 300 participants and due to pressing need for continuous education, training and information about the latest developments in the field of Sports and Exercise Medicine, the European College of Sports Medicine and Exercise Physicians and the Faculty of Sport and Exercise Medicine (UK) - FSEM (UK) , organize the European Congress of Sports and Exercise Medicine Physicians in Thessaloniki, at the Electra Palace Hotel, on 13th and 14th December 2008.

The Congress will take place in 3 parallel halls and we will host distinguished speakers from Europe and Greece for two days

The Speakers come from:

- The European College of Sports medicine and Exercise Physicians (E.C.O.S.E.P.)
- The Faculty of Sport and Exercise Medicine (UK) - FSEM (UK)
- The Medical School of AUTH
- The National Athletics Sports Medicine Center Thessaloniki
- The Faculty of Physical Education and Sport Science
- The Technical Institute of Thessaloniki – Department of Physic Therapist
- The Technical Institute of Thessaloniki – Department of Nutrition
- The Hellenic Mckenzie Institute
- ESKAN – National Antidoping Organization
- The Hellenic Association of Physiotherapists

Given that such scientific events are of great interest to Sports Medicine Scientists, we look forward to welcoming you to our Congress

On behalf of the
the Organizing Committee

COMMITTEES

The Scientific Committee

* Prof Maffulli Nicola
* Barkauskas Dallius
* Budgett Richard
* J.B. King
* Nat Padhiar

The Organizing Committee

* Malliaropoulos Nikos
* Prof. Charles Galasko
* Motto Stephen
* Petrou Michael
* Papalada Agapi
* Souvatsidis Kostas

INVITED SPEAKERS

* **Malliaropoulos Nikos** Sports Phycisian, MD, Msc in SEM, Phd.FFIMS, F.FSEM (UK), Chairman Ecosep
* **Prof. Laszlo Hangody** M.D., Ph.D., D.Sc. , Uzsoki Hospital
* **Prof. Mark Batt,** President elect of the Faculty of Sport and Exercise Medicine (UK)
* **Prof. Stewart Hillis,** Chairman of the Education Committee of FSEM
* **Petrou Michael** Sports Phycisian, MD, Msc in SEM
Audit Committee Ecosep
* **Barkauskas Dallius** Sports Phycisian, MD Audit Committee Ecosep
* **Prof. Maffulli Nicola** Orthopedic Surgeon, MD, MS, PhD, FRCS(Orth) Research Committee Ecosep
* **J.B. King** Orthopedic Surgeon FRCS (ortho) , Horonary President ECOSEP
* **Motto Stephen** Sports Phycisian, BM FFSEM Dip Med Ac D M-S Med Dip Sports Med , Liaison Committee Ecosep
* **Zoe Hudson** PhD MCSP course leader in SEM , QMUL
* **Dr Alain Garnier** MD WADA Medical Director/Directeur Médical AMA World Anti-Doping Agency / Agence Mondiale

PRELIMINARY PROGRAMME OF THE CONGRESS

SATURDAY 13 DECEMBER 2008

REGISTRATION 8:45-9:45

HALL : MACEDONIA	HALL : OLYMPIC	HALL: BYZANTIO
SESSION 1 09.45.- 12.00 A. GUIDELINES ON ANTIDOPING B. SPORTS NUTRITION	SESSION 2 10.00 – 12.00 GENE , STEM CELLS AND SPORTS MEDICINE	SESSION 3 10.00 - 12.00 SHOULDER INJURIES IN ATHLETES AND RETURN TO SPORT ACTIVITIES
12:00 REFRESHMENTS & VISIT TO COMMERCIAL EXHIBITION		
SESSION 4 12:30 - 14.30 LOWER LEG INJURIES AND TREATMENT GUIDELINES	SESSION 5 12:30 - 14.30 MUSCLESKELETICAL SPORTS MEDICINE I	SESSION 6 12:30 - 14.30 WHOLE BODY VIBRATION TRAINING FOR SPORTS REHABILITATION. WORKSHOP
14:30 LUNCH & VISIT TO COMMERCIAL EXHIBITION		
SESSION 7 15:15 – 17.00 BACK PAIN IN ATHLETES GUIDELINES FOR TREATMENT AND REHABILITATION	SESSION 8 15:15 -16:30 MUSCLESKELETICAL SPORTS MEDICINE II	SESSION 9 15:15 – 16.45 LASERS IN SPORTS MEDICINE. WORKSHOP
16:30 REFRESHMENTS & VISIT TO COMMERCIAL EXHIBITION		
SESSION 10 17:30-19:00 BIOLOGICAL THERAPIES IN SPORTS MEDICINE WORKSHOP	SESSION 11 16:30-17:30 FACULTY ECOSEP MEETING SESSION 13 18:00-19:00 ICRS GREEK CLUB MEETING	SESSION 12 17:00-19:00 FOOT SCANNING IN SPORTS MEDICINE WORKSHOP SESSION 14 17:45-19:45 IS KINETIC TESTING WORKSHOP-NATIONAL ATHLETICS SPORTS MEDICINE CENTER – KAYTATZOGLIO STADIUM WORKSHOP

SUNDAY 14 DECEMBER 2008		
HALL : MACEDONIA	HALL : OLYMPIC	HALL : BYZANTIO
SESSION 15 08.30 - 10.15 KNEE INJURIES DURING EXERCISE. TREATMENT AND RETURN TO SPORT ACTIVITIES	SESSION 16 08.30- 09.30 MUSCLESKELETICAL SPORTS MEDICINE III	SESSION 17 08.30- 09.45 DEVELOPING ANTIDOPPING STRAGETIES ESKAN-NATIONAL ANTIDOPING ORGANIZATION
SESSION 18 10:30 - 10.50 PRE PARTICIPATION GUIDELINES SESSION 21 10:50 - 12.15 PRE PARTICIPATION GUIDELINES	SESSION 19 10:00 - 12.00 INTERNAL SPORTS MEDICINE I	SESSION 20 10:00 - 12.00 FRACTURES TREATMENT AND REHABILITATION FOR SPORTS
12:15 REFRESHMENTS & VISIT TO COMMERCIAL EXHIBITION		
SESSION 22 12:30 - 14.30 ICRS WORKSHOP	SESSION 23 12:30 - 13.30 INTERNAL SPORTS MEDICINE II	SESSION 24 12:30 - 14.30 MUSCLE INJURIES IN SPORTS DIAGNOSTIC &TREATMENT GUIDELINES
15.00 HANDING OUT OF CERTIFICATES OF ATTENDANCE		

CONGRESS TOPICS

GUIDELINES on

1. Musculoskeletal injuries prevention and treatment,
2. Pre-participation examinations,
3. Anti-doping fighting,
4. Exercise prescription,
5. Testing prescription
6. Sports medicine profession

IMPORTANT DATES

Deadline for early Registration: December, 5TH , 2008

Deadline for Abstracts Submission: October, 31TH , 2008

Paper acceptance Information: November, 20TH , 2008

GENERAL INFORMATION

DATE AND VENUE OF THE CONGRESS

The Congress will be held on 13th and 14th December 2008 in Thessaloniki, in the Electra Palace Hotel.

WEBSITES OF THE CONGRESS

www.diaskepsis.gr/ecosep
www.ecosep.eu/1st_ecosep_congress/

CONTINUING MEDICAL EDUCATION CREDITS

Approval of the Congress Programme for continuing medical education (CME) credits will be sought from the European Accreditation Council for Continuing Medical Education (EACCME), an institution of the European Union of Medical Specialists. The credits are recognized by the American Medical Association.

SCIENTIFIC PROGRAMME

The Scientific Programme will include Oral Announcements, Posters, Lectures and Round Tables.

EXHIBITION

During the International Congress an exhibition of pharmaceutical, medical and research products will be organized by the sponsor companies. For further details, please contact the Congress Organisation Office.

LANGUAGES

The official languages of the Congress are Greek and English. Simultaneous Interpretation will be available during the Congress.

HOTEL ACCOMMODATION

A number of hotel rooms have been provisionally reserved for Congress participants. It is advisable to book as early as possible to ensure reservation of the preferred hotel category. For further information please contact the Congress Organisation Office.

CONGRESS ORGANISATION OFFICE

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