



E.C.O.S.E.P.

***1 st Sports on FieldTrauma Emergencies- COURSE SOFTE
&
5th ECOSEP 2010 Sports rehab course lower Limp***

Date: May 14-15-16 2010, Thessaloniki, Hellas

Venue: Kautanzoglion National Stadium , Thessaloniki, Greece

- FRIDAY 14/5/2010
- **ECOSEP SPORTS EMERGENCIES COURSE** 09.00-18.00

- SATURDAY 15/5/2010
- **ECOSEP SPORTS REHAB COURSE** 09.00-18.00

- SUNDAY 16/5/2010
- **ECOSEP SPORTS REHAB COURSE** 09.00-15.30

A three -day residential clinical skills course aimed at enhancing delegates skills in the assessment of musculoskeletal injury. The course is an amalgamation of ECOSEP's previous upper and lower limb courses and is aimed at General Practitioners, GP registrars and Specialist Registrars with an interest in sport and musculoskeletal medicine. Only 40 participants.

COURSE DIRECTORS

Prof Nicola Maffulli & DR. N Malliaropoulos

Language

Greek - English

Full details at

<http://www.athleticsclinic.gr>

<http://www.ecosep.eu>

and registration at

Email ikakthess@hol.gr
info@ecosep.eu

Or Tel: 0030 6936915401- (17.00-20.00)

Course Administrator

Ms .Sofia Papadopoulou

LECTURERS

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JOHN B. KING FRCS, FFSEM (UK), FISM, MBBS, MRCP.

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Ex Senior Lecturer in Orthopaedic and Trauma Surgery to the St Bartholomew,s and the Royal London Hospital School of Medicine and Dentistry, Queen Mary College (1976-2001) and Honorary Consultant in Orthopaedic and Trauma Surgery to the Royal London Hospital.

Honorary Senior Lecturer (Recent Director), The Academic Department of Sports Medicine (now the Centre of Sport and Exercise Medicine CSEM), St Bartholomew,s and the Royal London Hospital School of Medicine and Dentistry, Queen Mary College. One time Chairman of the British Association of Sports and Medicine. Chairman Research and Program Committee, BASEM Past Examiner in Sports Medicine, The Worshipful Society of Apothecaries of London One time External adviser to the Bath Distance Learning Course for Doctors in Sports Medicine

Nikos G. Malliaropoulos

Sports Medicine Physician

MD, Msc Dipl in SEM, Phd.FFIMS, F.FSEM (UK)

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MICHAEL ROBERT CARMONT

MBBS FRCS Glasg (Tr & Orth) MFSEM (UK) Dip SEM. GB&I

Consultant Trauma & Orthopaedic Surgeon with a speciality interest in Lower Limb Surgery at the Princess Royal Hospital, Telford, Shropshire.



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1 st Sports on Field Emergencies COURSE SOFE COURSE

Date: May 14, 2010, Thessaloniki, Hellas

Venue: Kautanzoglion National Stadium , Thessaloniki, Greece

Day 1

PREPARATION					
08:30	Registration				
LECTURES					
09:00	Welcome & Organizing the medical services during a sport event				N Malliaropoulos
09:20	Initial assessment of the Patient on field				E. Papakostas
09:45	Airway Management and Ventilation				N.Gourtsas
10:10	Shock (& the collapsed athlete)				M. Mantela
10:40	Break				
11:00	Spinal Injuries				M. Carmont
SKILL STATIONS (IN GROUPS)					
	Airway Management Ventilation	A,B,C,D,E Initial Patient Assessment	Immobilisation 1 Log-roll Cervical Collar Helmet Removal	Immobilisation 2 Spineboard Lifting techniques	Immobilisation 3 Dislocations & Splinting
11:30	Red	Blue	Green	Yellow	Orange
12:15	Blue	Green	Yellow	Orange	Red
13:00	Break				
LECTURE					
13:30	Head Injuries, Concussion, Treatment, RTP guidelines				M. Carmont
13:50	Dislocations in Sport - Shoulder, AC Joint, Elbow, Hand, Hip, Patella, Ankle, Toe				M. Carmont
SKILL STATIONS (IN GROUPS)					
	Airway Management Ventilation	A,B,C,D,E Initial Patient Assessment	Immobilisation 1 Log-roll Cervical Collar Helmet Removal	Immobilisation 2 Spineboard Lifting techniques	Immobilisation 3 Dislocations & Splinting
14:10	Green	Yellow	Orange	Red	Blue
14:55	Yellow	Orange	Red	Blue	Green
15:40	Orange	Red	Blue	Green	Yellow
16:25	Written & Practical Examination				
18.00	Certificates of Attendance				



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5th ECOSEP Sports rehab course lower Limp

Date: May-15-16, 2010, Thessaloniki, Hellas

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Day 1

08.30 Registration

09.00 Hands on clinical examination, ultrasound Imaging Knee Joint

	HANDS ON KNEE CLINICAL EXAMINATION N Maffulli	ULTRASOUND KNEE JOINT IMAGING John Tsifoundoudis
09.00	Red	Blue
09.45	Blue	Red

1..30 ACL injuries Diagnosis, Treatment **John King**

1..15 Break

11.30 ACL practical rehabilitation workshop **Zoe Hutson**

13.15 Anterior Knee Pain Diagnosis & Treatment **N. Maffulli**

14.00 Light Lunch

15.00 Mcl-LCL injuries Conservative /Surgical Treatment **E. Mpela**

15.45 Muscle Injuries **N.Malliaropoulos**

16.00 Sitting disorders - Workshop **Salli systems**

17.00 Break

	REHABILITATION MUSCLE INJURIES D. Christodoulou	ULTRASOUND MUSCLE INJURIES Olga Kiritsi
17.15	Red	Blue
17.45	Blue	Red

18.15 End of the first day

Day 2

09.00 Ankle ligament injuries in athletes **N. Malliaropoulos**

09.45	REHABILITATION ANKLE INJURIE Only Physios S. Papadopoulou	INTRACOMPARTMETAL-MEASUREMENTS - Only Doctors Nat Padhiar
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11.00 Achilles tendon Pathology **N Maffulli**

12.00 How to rehabilitate a tendon injury **Zoe Hutson**

13.00 Break

13.30 Chondral Knee Lesions. When to operate *Post Surgical Rehabilitation*

14.00 Stress Fractures in Athletes **E. Papakostas
Tsoukas D.**

14.30 Ultrasound predicting stress fractures - Workshop **A. Papalada**

15.30 Certificates of attendance