

AEK FC

# FOOTBALL **MED** EVOLUTION

**1st**

CONFERENCE  
OF SPORTS  
INJURIES

**HAMSTRINGS  
INJURIES**

FROM RESEARCH  
TO CLINICAL  
PRACTICE

WITH INTERNATIONAL  
PARTICIPATION

WEDNESDAY

**28**  
MARCH  
**2018**

**O.A.C.A.  
VELODROME**

OLYMPIC ATHLETIC CENTER  
OF ATHENS

ORGANISED BY



**AEK FC**

WITH THE SUPPORT OF



HELLENIC  
ASSOCIATION  
OF ORTHOPAEDIC  
SURGERY AND  
TRAUMATOLOGY



HELLENIC  
SOCIETY  
OF BIOCHEMISTRY  
AND PHYSIOLOGY  
OF EXERCISE



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AND EXERCISE  
PHYSICIANS



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ASSOCIATION OF  
PHYSIOTHERAPISTS



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Tel: 2103668853 Email: congress@afea.gr

## 1<sup>η</sup> Επιστημονική Ημερίδα ΑΕΚ ΠΑΕ

**«Τραυματισμοί οπίσθιων μηριαίων μυών: Από τα επιστημονικά  
ευρήματα στην κλινική πρακτική»**

## 1<sup>st</sup> Scientific Conference AEK FC

**«Hamstring injuries: From research to clinical practice»**

### **President of Scientific Committee**

**Pantelis Nikolaou MD, PhD**

**Head Doctor AEK FC**

### **President of Organizing Committee**

**Alkis Kalliakmanis MD, PhD**

**Team Doctor AEK FC**

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# Provisional Program

## Technical Office Registrations

8.30 - 9.00

## Welcome and opening speeches

9.00 - 9.30

### *Round Table 1*

### *Introduction & Injury Mechanisms*

9.30 - 11.30

**Chairman: Nikolaou P., Malliaropoulos N.**

- The football player's point of view in hamstrings injury  
**Ghygrynsky Dmytro, AEK FC Player**
- The role of the Doctor in hamstrings injuries  
**Kalliakmanis Alkis MD, Team Doctor AEK FC**
- Psychological approach of the injured player  
**Dr. Morillia Miguel, Doctor en Psicologia de la Universidad Pablo Olavide de Sevilla**
- 40 years' experience of hamstrings injuries  
**Pantazis Nikolaos, Physiotherapist**
- Pathophysiology of hamstring injuries in football  
**Nikolaou Pantelis, MD, Head Doctor AEK FC**
- Mechanisms of hamstrings injuries: Sprinting-type versus stretching-type of acute hamstring injuries  
**Kellis Eleftherios, Professor Sports Kinesiology Aristotle University of Thessaloniki**
- Discussion & Questions

**Coffee Break 11.30 - 12.00**

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## Round Table 2

### Assessment of hamstrings injuries

12.00 - 14.00

Chairman: Kalliakmanis A., Triantafyllopoulos I.

- ✦ MRI classification and time-course of MRI changes after acute hamstring injuries  
**Danassi Despoina MD, Musculoskeletal Radiologist**
- ✦ Training load during games and training and muscle injuries in football  
**Bogdanis Gregoris, Faculty of Physical Education and Sports Sciences UOA**
- ✦ Hamstring injuries, diagnostic evolution of Barcelona FC experience  
**Mindaguas Goudelis MD, Barcelona FC Medical Department**
- ✦ Hamstring Injuries Classifications Any Clinical Relevance **Malliaropoulos Nikos MD, Consultant Hon. Sports and Exercise Medicine Barts and the London**
- ✦ Discussion & Questions

**Exhibition visit & lunch 14.00 - 15.30**

### Workshop TMG – Functional Muscle Diagnostics

14.00 - 15.30

#### The ideal tool for:

- ✦ Return to play decisions (not predictions)
- ✦ Screening and assessment
- ✦ Rehabilitation monitoring
- ✦ reduce non-contact injuries and re-injuries

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### **Round Table 3**

#### **Treatment of hamstrings injuries**

**15.30 - 17.00**

**Chairman: Tzoanos G., Petta G.**

- ◆ The rehabilitation of Hamstring injury. Our Experience  
**D. Ribas MD, Sevilla FC Medical Department**
- ◆ Return to play criteria and risk factors following acute hamstring injuries.  
**Afxentios Kekelekis, PT, MSc Sport and Exercise Medicine**
- ◆ Therapeutic approach of hamstring injuries rehabilitation program in football.  
**Karvounidis Ch., AEK FC Psysiotherapist**
- ◆ Discussion & Questions

**Coffee Break 17.00 - 17.30**

### **Round Table 4**

#### **Interventions aiming to prevent hamstrings injuries**

**17.30 - 19.00**

**Chairman: Chouliaras V., Karvounidis Ch.**

- ◆ Design of a prevention program for hamstring injuries in football  
**Kotsis J., Rehab Physio trainer AEK FC**
- ◆ The FIFA 11+ warm up program and its role in hamstring injury  
**Gioftsidou Menia, As. Professor Physical Education and Sports Science, Aristotle University of Thessaloniki**
- ◆ Strategies to minimise Hamstring Injuries in AEK FC  
**Bascon Lopez Sebastian, Fitness Coach AEK FC**
- ◆ Discussion & Questions

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## Round Table 5

### Presence and Future of Sports Physicians in Greek Football

19.00 - 19.45

Chairman: Nikolaou Pantelis

## End of Conference

## Information

Organised by: AEK FC

With the support of:

- Hellenic Association of Orthopaedic Surgery and Traumatology
- Hellenic Society of Biochemistry and Physiology of Exercise
- European College of Sports and Exercise Physicians
- Hellenic Association of Physiotherapists
- Hellenic Scientific Society of Physiotherapy

## Conference language(s):

Greek, English

## Date:

28 March 2018

## Attendance:

O.A.C.A.

Olympic Velodrome

## Facilities:

Live Streaming available

## Registrations:

AFEA

Travel and Congress Services

[congress@afea.gr](mailto:congress@afea.gr)

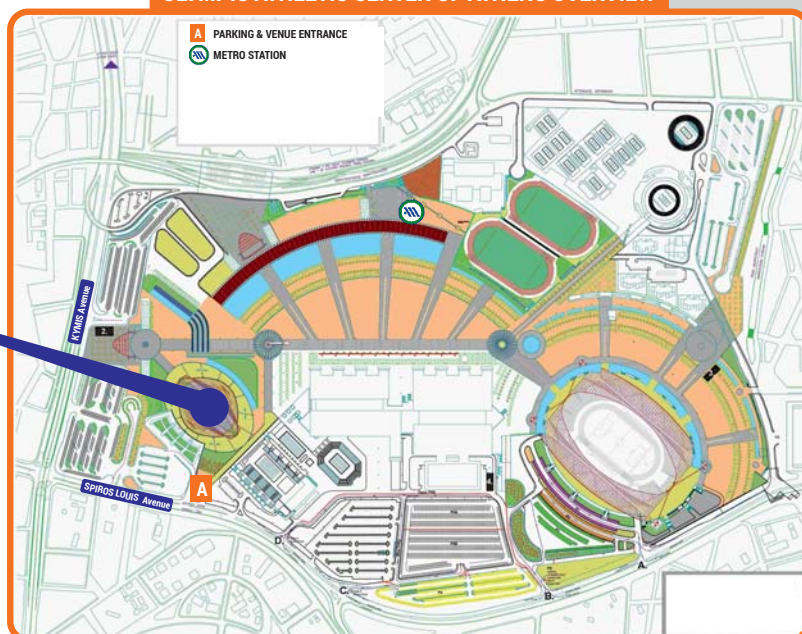
Tel: 210 3668853

AEK FC

[vnomikou@aekfc.gr](mailto:vnomikou@aekfc.gr)

Tel: 210 6855850

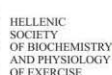
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