

AEK FC

# FOOTBALL MED EVOLUTION

2<sup>nd</sup>

CONFERENCE  
OF SPORTS  
INJURIES

**ACL INJURY  
IN FOOTBALL:**  
A DAILY NIGHTMARE?  
FROM RESEARCH TO CLINICAL PRACTICE

**21-22 MARCH**  
**ATHENS 2019**  
WITH INTERNATIONAL PARTICIPATION



OLYMPIC ATHLETIC COMPLEX of ATHENS  
VIP LOUNGE AREA

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# 2<sup>nd</sup> CONFERENCE OF SPORTS INJURIES

## ACL INJURY IN FOOTBALL: A DAILY NIGHTMARE?

Treatment, Rehabilitation, Prevention  
From Research to Clinical Practice

**21-22 March 2019**

Olympic Stadium, Athens

Accredited with 12 CPD points by ECOSEP

### INTERNATIONAL PARTICIPANTS



Departamento Medico - FC Barcelona



Sports Medicine and Orthopaedic Rehabilitation



Medical Department - Middlesbrough FC

### DOMESTIC PARTICIPANTS



Medical Department - AEK Athens FC



Medical Department - Atromitos Athens FC

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8.30 – 9.20

Registrations

9.30

Welcome and opening lectures

10.00 – 10.20

**Round Table 1: The Player and Coach aspects**

10.30 – 12.30

**Round table 2: ACL Injury Mechanism and Treatment***Chairmen: Nikolaou P, Kalliakmanis A***1. Epidemiology of ACL injuries in football players (professionals and Academy, male and female) in Football Club Barcelona. Study of 7 seasons***Xavi Yanguas, MD, PhD, Team Physician, Barcelona FC***2. Risk factors and most common mechanisms leading to ACL injury***Kalliakmanis Alkis, MD, PhD, Team Physician, AEK FC***3. Diagnosis and evolution of ACL injury management over the last decades***Nikolaou Pantelis, MD, PhD, Head Physician, AEK FC***4. Comparison of patellar and hamstrings tendon ACL reconstruction***Piskopakis Nikos, MD, Head Physician of Atromitos FC***5. ACL injury management in Juveniles and adolescent footballers. Long term outcomes***Houliaras Vasilis, MD, 2nd Vice President of Hellenic Arthroscopic Society, General Hospital of Arta***6. The unhappy ACL reconstruction - causes and cures***Louw van Niekerk, MB ChB, FRCS (Ed), FRCS (Orth), Consultant Orthopaedic Surgeon, Middlesbrough FC***7. Concomitant injuries of the knee. How do they change the outcome?***Triantafyllopoulos K. Ioannis, MD, PhD, MSc, Assistant Professor of Orthopaedics, National & Kapodestrian University of Athens, Greece*

12.30 - 13.30

**Coffee break - Exhibition Visit**

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13.30 – 14.45

**Round Table 3: ACL Injury prevention**

**Chairmen: Petta G, Fousekis K**

**1. Different aspects of male-female in football regarding ACL prevention**

*Kekelekis Afxentios, MSc, Physiotherapist*

**2. Strength and movement analysis mechanics and targeted neuromuscular training for preventing ACL injuries and re-injuries**

*Kellis Eleftherios, Professor Sports Kinesiology, Aristoteles University of Thessaloniki*

**3. ACL Injury Prevention: What research tell us?**

*Fousekis Konstantinos, Assoc. Professor in Sports Physiotherapy Department of Physiotherapy TEI of Western Greece*

**4. On the prevention of unnecessary varus-valgus loading of the knee joint in dynamic conditions: The effect of visual ground reaction force feedback**

*Giakas Giannis, Professor of Biomechanics, School of Physical Education and Sport Science, University of Thessaly*

14.45 – 16.45

**Lunch Break - Exhibition Visit - Workshops**

16.45 – 17.45

**Hot Topics**

**1. Anti-doping policies**

*Marc Vouillamoz, UEFA Head of Medical and Anti-Doping*

**2. Sudden cardiac death in athletes. An update**

*Tsiaxris Dimitrios, MD, PhD, Cardiologist - Electrophysiologist, EP Lab Director, Athens Heart Center, Athens Medical Center*

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10.00-11.15

**Round Table 4: ACL Rehabilitation***Chairmen: Malliaropoulos N, Doukas A.***1. Rehabilitation guidelines after ACL reconstruction***Picchetti Federico, Rehab Specialist, Isokinetic Bologna***2. Re-adaptation after ACLR. Specific and individualized football circuits***Xavi Linde Cot, MSc, Barcelona FC Physio***3. AEK Rehab Department: post-operative ACL rehabilitation***Stathas Ioannis, Physio of AEK FC***4. Return to sports. When and How?***Pantazis Nikolaos, Former PT AEK FC*

11.15 - 12.15

**Coffee break - Exhibition Visit**

12.15 - 13.30

**Round Table 5: Miscellaneous aspects of ACL***Chairmen: Van Niekerk L, Triantafyllopoulos I.***1. Central nervous system before and after ACL injury. Is there a link with heart rate variability and non-contact injuries?***Stergiopoulos Dimitrios, Exercise Physiologist, AEK Football Academy***2. No ACL? Any evidence-based advice for managing ACL tears non-surgically?***Malliaropoulos Nicolaos, MD, Dip (MSK US), MSc (SEM), PhD, ECOSEP, F.FSEM (UK)***3. Biologic enhancement after ACLR***Triantafyllopoulos Ioannis, MD, PhD, MSc, FEBOT, Assistant Professor of Orthopaedics, National & Kapodestrian University of Athens, Greece***4. Neuroplasticity and ACL***Kapreli Eleni, Professor of Physiotherapy, University of Thessaly*

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**Piskopakis N**, MD, Atromitos FC Head Physician

**Stathas I**, AEK physiotherapist

**Stergiopoulos D**, Exercise Physiologist, AEK FC Academies

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**Xavi Linde Cot**, MSc, Barcelona FC Physio

**Xavi Yanguas**, MD, PhD, Barcelona FC Team Physician

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