



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

### *5th ECOSEP 2010 Sports rehab course lower Limb*

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

**Venue:** Kautatzoglion Natinal Stadium , Thessaloniki, Greece

#### THE COURSE

- **SATURDAY 15/5/2010**
- **ECOSEP SPORTS REHAB COURSE** 09.00-17.30
  
- **SUNDAY 16/5/2010**
- **ECOSEP SPORTS REHAB COURSE** 09.00-15.30

A two -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.

#### **Language**

English

#### **Full details at**

<http://www.athleticsclinic.gr>

<http://www.ecosep.eu>

#### **and registration at**

Email [ikakthess@hol.gr](mailto:ikakthess@hol.gr)

[info@ecosep.eu](mailto:info@ecosep.eu)

Or Tel: 0030 2310 202 190 (17.00-20.00)

#### **Course Administrator**

Ms .Sofia Papdopoulou

**Day 1<sup>st</sup>**

**08.30 Registration**

**09.00 Muscle Injuries**

**09.45 Hands on clinical examination, ultrasound Imaging Knee Joint**

	HANDS ON KNEE CLINICAL EXAMINATION	ULTRASOUND KNEE JOINT IMAGING
<b>09.45</b>	Red	Blue
<b>10.30</b>	Blue	Red

**11.15 Break**

**11.30 ACL injuries Diagnosis, Treatment**

**12.15 ACL practical rehabilitation workshop**

**14.00 Light Lunch**

**15.00 Anterior Knee Pain Diagnosis & Treatment**

**15.30 Mcl-LCL injuries Conservative /Surgical Treatment**

**16.00 Intracompartmental Measurements Work shop**

**17.30-18.30**

**1. Stabilometer work shop**

**2 Isokinetic ankle joint testing work shop**

	Stabilometer work shop	Isokinetic ankle joint testing work shop
<b>17.30</b>	Red	Blue
<b>18.00</b>	Blue	Red

## Day 2<sup>nd</sup>

09.00 Ankle ligament injuries in athletes

09.45 Hands on clinical examination, ultrasound Imaging Ankle Joint

	HANDS ON ANKLE CLINICAL EXAMINATION	ULTRASOUND ANKLE JOINT IMAGING
09.45	Red	Blue
10.15	Blue	Red

10.45 Achilles tendon Pathology

11.30 Break

11.45 How to rehabilitate a tendon injury

12.30 Stress Fractures in Athletes

13.15 Ultrasound predicting stress fractures -work shop

13.45 Break

14.00 Chondral Knee Lesions When to operate -Post Surgical Rehabilitation.

14.45 *Mechanical diagnosis for knee pathology*

15.30 work shop

17.00 Certificates of attendance

