15th ESSKA Congress

MAY 2-5, 2012
GENEVA/SWITZERLAND

PT PROGRAMME

www.esska-congress.org
PT PROGRAMME
WEDNESDAY, MAY 2, 2012

ROOM K

10:30 - 10:35 PT Course – Opening
Chair: Risberg May Arna (Norway), Werner Suzanne (Sweden), Gard Suzanne (Switzerland), Bizzini M. (Switzerland), Della Villa S. (Italy)

10:35 - 12:00 PT Shoulder Symposium – Shoulder dysfunctions-biomechanical and clinical tools and evidence based rehabilitation programmes
Chair: Gard Suzanne (Switzerland), Ziltener J. (Switzerland)

10:35 - 10:55 Assessing, recording and communicating scapular movements: The CISMA Scapulothoracic Assessment System
PT10-4115 Smith M. (United Kingdom)

10:55 - 11:15 Latest updates on shoulder impingement and rehabilitation
PT10-4116 Maenhout Anneles (Belgium)

11:15 - 11:30 Rehabilitation of overhead athletes with shoulder dysfunctions
PT10-4117 Cools Ann M. (Belgium)

11:30 - 11:45 Treatment of stiff shoulder with an exclusive self rehabilitation protocol-A prospective study of 92 cases with 4 years follow up
PT10-4118 Gleyze P. (France)

11:45 - 12:00 Discussion

12:00 - 14:00 Lunch break, and industry workshops

14:00 - 15:30 PT Knee Osteoarthritis and Total Knee Arthroplasty
Lower limb biomechanics and evidence based rehabilitation programme
Chair: Risberg May Arna (Norway), Roos Ewa (Denmark)

14:00 - 14:20 Lower limb biomechanics significant for rehabilitation in patients with knee osteoarthritis
PT11-4119 Bennell Kim (Australia)

14:20 - 14:30 Exercise type and dose for patients with knee osteoarthritis
PT11-4120 Juul C. (Denmark)

14:30 - 14:45 Outcome in patients with TKA compared to age matched controls
PT11-4121 Snyder-Mackler Lynn (United States)

14:45 - 15:00 Evidence based exercise therapy for patients with TKA
PT11-4122 Briem Kristin (Iceland)

15:00 - 15:15 Neural mechanisms underlying quadriceps weakness in patients with TKA
PT11-4123 Maffiuletti N. (Switzerland)

15:15 - 15:30 Discussion

15:30 - 16:00 Coffee break, visit industrial exhibition

16:00 - 18:00 PT ACL Symposium – Non-operative and operative treatment of patients with ACL injury
Chair: Werner Suzanne (Sweden), Irrgang J. (United States)

16:00 - 16:20 Rehabilitation programme for non-operatively treated individuals with ACL injury-Evidence for non-operative rehabilitation and for whom?
PT14-4305 Etizen Ingrid (Norway)

16:20 - 16:40 Latest evidence on the effect of rehabilitation programmes after ACL reconstruction
PT14-4306 Snyder-Mackler Lynn (United States)

16:40 - 16:55 Core stability—Significant for ACL rehabilitation
PT14-4307 Snyder-Mackler Lynn (United States)

16:55 - 17:15 Return to sport in non-operative or operative treated individuals-criteria and risk factors
PT14-4308 Thomé R. (Sweden), Etizen Ingrid (Norway)

17:15 - 17:30 Sport specific rehabilitation for football players-on field rehabilitation
PT14-4309 Danelon F. (Italy)

17:30 - 18:00 Discussion
### ROOM K

<table>
<thead>
<tr>
<th>Time</th>
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| 11:30 - 12:00 | Free papers: Return to play  
Chair: Werner Suzanne (Sweden), Bizzini M. (Switzerland) |
| 11:30 - 11:35 | Return to sport and sports participation in the medium-term following ACL reconstruction surgery  
FP39-1082 Ardern Clare (Australia), Taylor N., Feller J., Webster Kate |
| 11:35 - 11:40 | Factors related to return to sports after ACL-reconstruction  
FP39-247 Kvist Joanna (Sweden), Österberg Annika, Gauffin H. |
| 11:40 - 11:45 | Patient-reported knee function identified by return to sport criteria after ACL reconstruction  
FP39-1205 Logerstedt D. (United States), Di Stasi Stephanie, Lynch A., Axe M., Snyder-Mackler Lynn |
| 11:45 - 11:50 | Factors affecting return to sports after ACL reconstruction in athletes  
FP39-1474 Irigüe Magaly (Chile), Halin Karin, Forsblad M., Werner Suzanne, Padilla O., Engström B. |
| 11:50 - 12:00 | Discussion |
| 12:00 - 14:00 | Lunch break, visit industrial exhibition |

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| 14:00 - 15:30 | PT Cartilage Symposium – Latest evidence on exercise therapy for patients with cartilage lesions  
Chair: Della Villa S. (Italy), Kon Elizaveta (Italy) |
| 14:00 - 14:20 | The effects of exercise therapy for patients with articular cartilage lesions – What is the latest evidence  
PT13-4124 Risberg May Arna (Norway) |
| 14:20 - 14:40 | Rehabilations programme following articular cartilage repair  
PT13-4125 van Assche D. (Belgium) |
| 14:40 - 14:55 | A three months exercise therapy programme involved clinical meaningful changes and postponed surgery in patients with articular cartilage lesions  
PT13-4126 Wondrasch Barbara (Austria) |
| 14:55 - 15:15 | Gait retraining for reducing knee joint loading for patients with cartilage lesions?  
PT13-4127 Bennell Kim (Australia) |
| 15:15 - 15:30 | Discussion |
| 15:30 - 16:00 | Coffee break, visit industrial exhibition |
| 16:00 - 17:00 | PT Hamstrings injuries – diagnostic criteria and rehabilitation  
Chair: Bizzini M. (Switzerland), Melegati G. (Italy) |
| 16:00 - 16:15 | Diagnostic criteria – MRI and clinical tests  
PT12-4310 Askling C. (Sweden) |
| 16:15 - 16:30 | An evidence based update of rehabilitation after hamstring injuries  
PT12-4311 Moksnes H. (Norway) |
| 16:30 - 16:45 | Acute hamstring injuries – A prospective randomized controlled clinical trial comparing two rehabilitation protocols  
PT12-4312 Askling C. (Sweden) |
| 16:45 - 17:00 | Discussion |
## OFFICE PT 1 (PALEXPO Congress Centre, accessible from foyer ABC)

<table>
<thead>
<tr>
<th>Time</th>
<th>Workshop</th>
<th>Presenter(s)</th>
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</thead>
<tbody>
<tr>
<td>09:00 - 09:50</td>
<td>PT Workshop 1: ACL rehabilitation for non-operatively treated individuals</td>
<td>Eitzen Ingrid (Norway), Grindem Hege (Norway)</td>
</tr>
<tr>
<td>10:00 - 10:50</td>
<td>PT Workshop 3: ACL rehabilitation for non-operatively treated individuals</td>
<td>Eitzen Ingrid (Norway), Grindem Hege (Norway)</td>
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<tr>
<td>11:00 - 11:50</td>
<td>PT Workshop 5: Prevention and Rehabilitation after hamstring injuries</td>
<td>Askling C. (Sweden), Moksnes H. (Norway)</td>
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<tr>
<td>12:00 - 12:50</td>
<td>PT Workshop 7: Prevention and Rehabilitation after hamstring injuries</td>
<td>Askling C. (Sweden), Moksnes H. (Norway)</td>
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## OFFICE PT 2 (PALEXPO Congress Centre, accessible from foyer ABC)

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<tbody>
<tr>
<td>09:00 - 09:50</td>
<td>PT Workshop 2: Rehabilitation after shoulder injuries for overhead athletes</td>
<td>Cools Ann M. (Belgium), Maenhout Annelies (Belgium)</td>
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<tr>
<td>10:00 - 10:50</td>
<td>PT Workshop 4: Rehabilitation after shoulder injuries for overhead athletes</td>
<td>Cools Ann M. (Belgium), Maenhout Annelies (Belgium)</td>
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<tr>
<td>11:00 - 11:50</td>
<td>PT Workshop 6: Exercise therapy programme for patients with knee OA</td>
<td>Briem Kristin (Iceland), Stensrud Silje (Norway)</td>
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<td>12:00 - 12:50</td>
<td>PT Workshop 8: Exercise therapy programme for patients with knee OA</td>
<td>Briem Kristin (Iceland), Stensrud Silje (Norway)</td>
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## UOTS (At Swiss Olympic Medical Centre, bus transfer from PALEXPO at 8:30, return from UOTS at 11:30)

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<td>09:30 - 11:00</td>
<td>PT Workshop 9: Fatigue index – Metabolic and functional performance tests for the athletes</td>
<td>Danelon F. (Italy), Thomeé R. (Sweden)</td>
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Registration via
www.esska-congress.org/esska2012,
section “Registration”

Participation fees

When registering before April 23, 2012
Physiotherapist ESSKA member: € 275,00
Physiotherapist Non member: € 450,00

After April 23, 2012 and on-site
Physiotherapist ESSKA member: € 300,00
Physiotherapist Non member: € 500,00

IMPORTANT INFO
If you are not yet an ESSKA member, register now for the congress and
you will automatically benefit from a FREE trial ESSKA membership
in 2012 (Jan.-Dec 2012)!

As an ESSKA trial member you will have online access to the society journal,
the KSSTA, and benefit from other exclusive membership services you can check on www.esska.org.

PT Workshops

Please note: The booking is only possible for registered participants.
Each workshop is a stand-alone unit. Workshops will be repeated with
identical contents!

Pre-registration is strongly recommended since workshops might be
fully booked prior to the congress!!

The PT Programme is strongly supported by

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