



**PAOKEDU**

**TIF  
HELEXPO**

1<sup>ST</sup> MEDICAL CONFERENCE BY PAOK FC

# GROIN PAIN IN FOOTBALL

FROM **A-Z**

**13 - 15** JUNE  
2019

VELLIDIO  
CONVENTION CENTER  
THESSALONIKI

conference@paokfc.gr  
2310.95.83.22

conference.paokfc.gr

Groin Injuries in football are common, problematic and time consuming issues. From June 13th to 15th, the first PAOK FC Medical Conference will confront "Groin pain from A to Z".

International experts together with national faculty will join forces in order to analyze diagnosis, therapy and rehabilitation.

You are all invited to actively participate in this discussion seeking better solutions for our athletes.



**PAOKEDU**

08.00 – 09.00 **Doors open & Registration**

09.00 - 09.30 **Opening PAOK FC 1st Medical Conference**

09.30 - 11.30 **The Problem**

Hazem FAROUK, Thomas METAXAS

- Epidemiology - Problem magnitude Kristof SAS
- Etiology - Ioannis TERZIDIS
- Classification - Zarko VUCKOVIC
- Diagnostic tools (TMG, GroinBar, FMS) - Giorgos GKAGKALIS
- Clinical diagnosis - Examination - Emmanuel PAPACOSTAS
- Imaging - Vasilis LALLAS

11.30 - 12.00 **Coffee Break**

12.00 - 13.00 **Anatomy – Functional anatomy**

Trifon TOTLIS, Murat BOZKURT

- Pubic symphysis - Murat BOZKURT
- Inguinal canal - Kostas NATSIS
- Adductors/Iliopsoas - Hazem FAROUK

13.00 - 13.45 **Pathophysiology - Biomechanics**

Georgios ZIOGAS, Ioannis GKISIS

- Applied forces - Nick STERGIUO
- Pelvic tilt - Lefteris KELLIS

13.45 - 15.00 **Lunch Break**

15.00 - 16.15 **Other causes - Miscellaneous**

Dionysis NIKIFOROS, Aristotelis SIDERIDIS

- Hip - Alexandros TZAVEAS
- Spine - Arion KAPINAS, Efthimis SAMOLADAS
- GenitoUrinary causes - Giorgos KARIDAS
- Female Football - Milena TOMOVIC

16.15 - 16.30 **Coffee Break**



**16.30 - 18.00 Teams APPROACH: What to do in this case**

Georgios GODOLIAS, Nikos PISKOPAKIS

- FC Anderlecht - Kristof SAS
- PAOK FC - Emmanuel PAPACOSTAS
- Super League team Physicians

**18.00 Closing Day One****DAY TWO**

14 JUNE

**09.00 - 09.45 Doors open****09.45 - 10.45 Physical therapy as final treatment**

Nikos KOFOTOLIS, Ioannis TERZIDIS

- LumboPelvic stabilization - Alexis KARAGIANNIDIS
- Adductors/Hip - Georgios PRIONAS
- Evaluation - Giorgos KOUTRAS

**10.45 - 11.45 Conservative treatment - minor intervention**

Panos KASPIS, Efthimis PAPASOULIS

- NSAIDs, Biphosphonates etc - Aristotelis SIDERIDIS
- Biologics (PRP, MSCs svf with tendo) in Adductor tendinopathy - Konrad SLYNARSKI
- Lessons from other tendons (EPTE, HVI, Traumeel) - Trifon TOTLIS

**11.45 - 12.15 Coffee Break****12.15 - 13.00 Surgical treatment**

OUSANTZOPOULOS, Stavros RISTANIS

- Endoscopic techniques - Charis IAKOVIDIS
- Open procedures - Zarko VUCKOVIC
- Adductor tenotomy - Efthimis PAPASOULIS
- Decision making - Panos KASPIS

13.00 – 14.15 **Lunch Break**

14.15 – 16.30 **Postoperative issues**

Kristof SAS, Zarko VUCKOVIC

- Phase 1: Physical therapy and therapeutic exercise - Kostas EPAMINONTIDIS
- Phase 2: Functional strengthening - Vasilis KANARAS
- Phase 3: On-field training - Giorgos TSONAKAS
- Phase 4: Return-To-Play - Emmanuel PAPACOSTAS

16.30 – 17.00 **Synopsis**

17.30 **End of PAOK FC 1st Medical Conference**

## **DAY THREE**

*EXECUTIVE WORKSHOP (ONLY 24 TICKETS AVAILABLE)*

15 JUNE

08.00 **Departure from Toumba Stadium with Conference bus**

09.00 **Hands-on Workshop on Groin Pain Football cases**

4 groups of 6 participants in a rotation program  
4 stations 45 - 60 minutes each, with personal participant involvement

**Where?**

PAOK FC Training Facilities at MESIMVRIA

**When?**

Saturday June 15th

**What?**

**09.15 - 09.30 Introduction with real case scenarios**

1. History taking, clinical evaluation, imaging
2. Physio approach including TMG evaluation, modalities (TECAR) and Manual Therapy
3. GYM work - Pool Programs
4. On-field program

**13.30 - 14.15 Conclusions - discussion during lunch**

**15.00 Toumba Stadium Tour**

# **SPEAKERS AFFILIATION**

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<b>BOZKURT M.</b>	Ankara University, Turkey
<b>EPAMINONTIDIS K.</b>	ASPETAR, Qatar
<b>FAROUK H.</b>	Cairo University, Egypt
<b>GKAGKALIS G.</b>	PAOK FC
<b>IAKOVIDIS CH</b>	St. Luke' s Hospital
<b>KANARAS V.</b>	PAOK FC
<b>KAPINAS A.</b>	St. Luke' s Hospital
<b>KARAGIANNIDIS A.</b>	Active Physiotherapy Solutions
<b>KARIDAS G.</b>	St. Luke' s Hospital
<b>KASPIS P.</b>	Omonoia FC, Cyprus
<b>KELLIS E.</b>	Aristotle University
<b>KOUTRAS G.</b>	ATEI Thessaloniki
<b>LALLAS V.</b>	Euromedica Toumbas
<b>NATSIK K.</b>	Aristotle University
<b>PAPACOSTAS E.</b>	PAOK FC, TheMIS Orthopaedic Center
<b>PAPASOULIS E.</b>	TheMIS Orthopaedic Center
<b>PRIONAS G.</b>	Asteras Tripolis FC
<b>SAMOLADAS E.</b>	Aristotle University
<b>SAS K.</b>	FC Anterlecht, Belgium
<b>SIDERIDIS A.</b>	TheMIS Orthopaedic Center
<b>SLYNARSKI K.</b>	Polish Arthroscopic Society, Poland
<b>STERGIOU N.</b>	Omaha University, USA
<b>TERZIDIS I.</b>	TheMIS Orthopaedic Center
<b>TOMOVIC M.</b>	TheMIS Orthopaedic Center
<b>TOTLIS T.</b>	TheMIS Orthopaedic Center
<b>TSONAKAS G.</b>	PAOK FC
<b>TZAVEAS A.</b>	St. Luke' s Hospital
<b>VUCKOVIC Z.</b>	ASPETAR, Qatar

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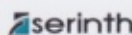
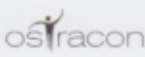
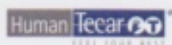


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