



SCIENTIFIC PROGRAM FRIDAY-DECEMBER 6th, 2024

09:00-17:45 SFORZA D-E ROOM

SHOULDER REHABILITATION COURSE

09:00-09:05 Welcome from the Chairman
Stefano Gumina, Filippo Parisi

SESSION 1 CUFF TENDINOPATHY COMPLICATIONS: FROZEN SHOULDER

Chairmen: Mario Borroni, Mattia Salomon

FRONTAL SESSION

09:05-09:15 What we need to know if we have a secondary frozen shoulder? (state of the art)
Usama H. Saleh

09:15-09:25 Are Infiltrations needed and can they be dangerous?
Maristella Saccomanno

09:25-09:40 Patient Management: Which is the correct assessment and treatment?
Fabrizio Brindisino

HANDS ON SESSION: ULTRASOUND & REHABILITATION

Chairman: Elena Silvestri

09:40-10:10 Clinical case with the expert: assessment and treatment
Francesco Agostini, Fabrizio Brindisino

THE EXPERTS QUESTION THEMSELVES

Chairman: Elena Silvestri

10:10-10:30 Clinical case with the expert: assessment and treatment
Fabrizio Brindisino, Francesco Inglesse

10:30-11:00 BREAK





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SESSION 2

CUFF TENDINOPATHY COMPLICATIONS: CALCIFIC TENDINOPATHY

Chairmen: Fabrizio Brindisino, Alessandro Castagna

FRONTAL SESSION

- 11:00-11:15 What do we need to know about the calcific tendinopathy
Mariastella Saccomanno
- 11:15-11:25 Conservative approach. What can we use?
Vittorio Candela
- 11:25-11:35 When do we need surgery, and which are the expectations during time?
Saeed Al Thani
- 11:35-11:50 When is rehabilitation indicated and which is the strategy?
Matteo Annoni, Enrico Tonozzi

HANDS ON SESSION: ULTRASOUND & REHABILITATION

Chairman: Marco Paoloni

- 11:50-12:15 Focused shockwave treatment for calcific tendinopathy of the shoulder
Francesco Agostini

THE EXPERTS QUESTION THEMSELVES

Chairmen: Marco Paoloni, Filippo Parisi

- 12:15-12:45 Roundtable: The truth on Physical Therapies
Matteo Annoni, Marco Bonifacio, Simona Cerulli, Dario Lucchetti, Gabriele Severini

12:45-14:00 BREAK

SESSION 3

POSTERIOR SHOULDER INSTABILITY

Chairmen: Maristella Saccomanno, Enrico Tonozzi

- 14:10-14:25 What we need to know to treat a posterior shoulder instability (State of the art)
Philippe Moroder
- 14:25-14:40 Surgical solution: what does the therapist need to know
Ali Maqdes
- 14:40-14:55 The shoulder clinical evaluation algorithm
Francesco Inglese
- 14:55-15:10 Instability assessment: information we look for and what tools and devices shall we use?
Chiara Gallo





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HANDS ON SESSION

- 15:10-15:25 The Show Motion- practical clinical case evaluation
Elena Silvestri
- 15:25-15:40 Shoulder Pacemaker – Practical live challenge
Matteo Mantovani, Chiara Gallo

THE EXPERTS QUESTION THEMSELVES

Chairman: Chiara Gallo

- 15:40-16:00 5 Best exercises in Posterior Shoulder Instability
Francesco Inglese

SESSION 4

ANTERIOR SHOULDER INSTABILITY

Chairmen: Francesco Inglese, Elena Silvestri

FRONTAL SESSION

- 16:00-16:15 Anterior Instability State of the Art-What does the therapist need to know
Francesco Franceschi
- 16:15-16:30 First episode in young athletes-a Teamwork approach
Paolo Paladini
- 16:30-16:40 Biomechanics of Shoulder Anterior Instability
Elena Silvestri
- 16:40-16:55 Rehabilitation Tips & Tricks in Anterior Shoulder Instability
Mattia Salomon

HANDS ON SESSION

Chairman: Paolo Paladini

- 16:55-17:10 Isokinetic evaluation and treatment in Shoulder Instability-EBM approach
Mauro Parolin

THE EXPERTS QUESTION THEMSELVES

Chairman: Enrico Tonozzi

- 17:10-17:25 5 best exercises in Anterior Shoulder Instability
Mattia Salomon





SCIENTIFIC PROGRAM SATURDAY-DECEMBER 7th, 2024

09:00-16:00 SFORZA D-E ROOM

SHOULDER REHABILITATION COURSE

SESSION 5

SHOULDER REPLACEMENT IN REHAB KEYVIEW

Chairmen: **Fabrizio Brindisino, Giuseppe Milano**

FRONTAL SESSION

- 09:00-09:15 Indications for Total Shoulder Replacement
Raffaele Russo
- 09:15-09:25 Indications for Reverse Shoulder Replacement
Giuseppe Porcellini
- 09:25-09:35 Shoulder Reverse Arthroplasty for Fracture Management
Mohamed Gamal Morsy
- 09:35-09:45 3 Complications to know about Shoulder Replacement: Instability, Fractures, Neurological damages
Edoardo Franceschetti
- 09:45-10:00 Shoulder Replacement Rehabilitation: EBM approach
Elena Silvestri

HANDS ON SESSION

Chairmen: **Chiara Gallo, Elena Silvestri**

- 10:00-10:15 3 BEST exercises for Total Shoulder Replacement
Enrico Tonozzi
- 10:15-10:30 3 BEST exercises for Reverse Shoulder Replacement
Lawrence German

10:30-11:00 BREAK





SCIENTIFIC PROGRAM

SATURDAY-DECEMBER 7th, 2024

SESSION 6

RETURN TO PLAY Following SURGERY

Chairmen: **Giovanni Di Giacomo, Piergiorgio Luciani**

FRONTAL SESSION

- 11:00-11:15 Is a Return to Play possible after shoulder replacement? State of the art
Mark Frankle
- 11:15-11:30 Return to play in Rotator Cuff Tears: guidelines for the Physio
Francesco Franceschi
- 11:30-11:45 Return to play in Postsurgical Shoulder Instability: guidelines for the Physio
Angelo De Carli
- 11:45-12:00 Cultural overlap Surgeon- physio- Trainer: Assessment criteria for RTP
Chiara Gallo

THE EXPERTS QUESTION THEMSELVES

Chairman: **Filippo Parisi, Giuseppe Porcellini**

- 12:00-12:20 Round table: How to manage a TOP PLAYER patient
Mario Borroni, Angelo De Carli, Giovanni Di Giacomo, Piergiorgio Luciani, Marco Macri, Daniele Maremmani

12:20-14:00

BREAK

HANDS ON SESSION – RETURN TO PLAY FUTURE

Chairmen: **Filippo Parisi, Enrico Tonozzi**

- 14:10-14:30 Total Body Biomechanic evaluation
Massimiliano Febbi
- 14:30-14:50 Muscular Vibratory Energy in Shoulder Instability
Lawrence German, Daniele Maremmani
- 14:50-15:10 Crio Ultrasound in LHB pathology
Marco Bonifacio, Dario Lucchetti
- 15:10-15:30 Whole Body Electromyostimulation in Return to Play, when and how
Paolo Benestante
- 15:30-15:50 BIA and Ultrasound in Return To Play
Marco Macri
- 15:50-16:10 New Tools in Return to Play, a teamwork approach
Antonio Dettori, Chiara Gallo





SCIENTIFIC PROGRAM SATURDAY-DECEMBER 7th, 2024

MEDICI Room

SHOULDER ULTRASOUND COURSE

08:30-12:30 HOW TO DIAGNOSE AND TREAT A PAINFUL SHOULDER

SESSION 1

- 08:30-09:00 Ultrasound anatomy of the shoulder joint. Everything you have to know!
Diego Antonio Lardo
- 09:00-09:30 How the ultrasound helps me in the diagnose of a painful shoulder: rotator cuff pathology and calcific tendinopathy, frozen shoulder, acromioclavicular joint arthropathy.
Alberto Altarocca
- 09:30-10:00 The ultrasound-guided injection technique to treat a painful shoulder
Luca Di Sante
- 10:00-10:30 Live Practical demonstration
Diego Antonio Lardo

10:30-11:00 BREAK

SESSION 2

Chairman: **Alberto Altarocca, Luca Di Sante, Diego Antonio Lardo**

- 11:00-12:15 **Hands-on session**
The audience will be divided into 6 ultrasound stations, each equipped with a dedicated tutor, model and ultrasound technician
Tutor: Marco Conti, Giovanni Cusolito, Lorenzo Del Vecchio, Andrea Fisicaro, Giovanni Iudicelli, Alessio Savina
- 12:15 -12:30 End of the course!

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