

join us...

8TH BIENNIAL
ISAKOS
2011
RIO DE JANEIRO ■ BRAZIL ■ MAY 15-19, 2011
CONGRESS

**SPORTS REHABILITATION
CONCURRENT COURSE**

**GLOBAL PERSPECTIVES FOR THE PHYSICAL
THERAPIST AND ATHLETIC TRAINER**

MAY 15 – 17, 2011, 08:30–17:00

ISAKOS is pleased to announce the first ISAKOS Congress Sports Rehabilitation Concurrent Course: **Global Perspectives for the Physical Therapist and Athletic Trainer!** This is the first course of its kind and will include an internationally renowned faculty of orthopedic surgeons, athletic trainers and physiotherapists.

This course is intended for physicians, athletic trainers, physiotherapists, and coaches concerned with the management or prevention of injuries to the team athlete.

REGISTRATION:

Registration for the ISAKOS Congress Sports Rehabilitation Concurrent Course is US \$300. Price includes Sports Rehabilitation Concurrent Course and Exhibit Access only.

If you are interested in attending both the ISAKOS Congress Scientific Sessions and the Sports Rehabilitation Concurrent Course, please separately register for the ISAKOS Congress.

More information on ISAKOS Congress registration can be found by visiting www.isakos.com.

**We look forward to seeing
you in Rio de Janeiro for
the 2011 ISAKOS Congress!**



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ISAKOS gratefully acknowledges the educational grant from DJO Global for their support of the Sports Rehabilitation Concurrent Course.



AGENDA

SESSION 1: KNEE – SPORTS MEDICINE

Knee Anatomy	Pau Golanó, MD SPAIN
Biomechanics of Exercise for the Knee and Lower Extremity	Erin Hartigan, PT, PhD, ATC, OCS USA
Non-Operative Management of ACL Injuries	Lynn Snyder-Mackler, PT,ScD, FAPTA USA
ACL Reconstruction: Effects of Graft Type and Technique on Post-Operative Rehabilitation	Freddie Fu, MD USA

SESSION 2: KNEE – SPORTS MEDICINE

Immediate Post-Operative Rehabilitation After ACL Reconstruction	James Irrgang, PT PhD ATC FAPTA USA
Intermediate and Late Stages of Rehabilitation after ACL Reconstruction	Kevin Wilk, PT, DPT USA
Return to Sports After ACL Reconstruction: A Surgeon's Perspective	Darren Johnson, MD USA
Functional Training and Return to Activity	John Nyland, EdD, DPT USA

SESSION 3: KNEE – SPORTS MEDICINE

Neuromuscular Training to Enhance Dynamic Stability of the Knee	John Nyland, EdD, DPT USA
PCL Injuries: Non-Operative Management	Mauricio Garcia BRAZIL
PCL and PLC Reconstruction	Robert LaPrade, MD, PhD USA
Procedure Modified Rehabilitation	Lynn Snyder-Mackler, PT,ScD, FAPTA USA
PCL and PL Rehabilitation	Rodrigo Vasconcelos, PT, PhD, SCS BRAZIL

SESSION 4: KNEE – SPORTS MEDICINE

Meniscus Repair and ACL Reconstruction in Athletes	Moises Cohen, MD, PhD BRAZIL
Rehabilitation for Meniscus Injuries	James Irrgang, PT PhD ATC FAPTA USA
Non-Operative Management of Patellofemoral Pain	Stephanie Di Stasi, PT, MSPT, OCS USA
Surgical Management of Patellofemoral Pain and Instability	David Dejour, MD FRANCE
Core Stabilization and Knee Injury Prevention	Timothy Hewett, PhD USA

SESSION 5: KNEE – DEGENERATIVE DISEASE

Overview of Articular Cartilage Surgery	Mario Ferretti, MD, PhD BRAZIL
Rehabilitation After Articular Cartilage Surgery	Lynn Snyder-Mackler, PT,ScD, FAPTA USA
Non-Operative Management of Knee Osteoarthritis	Britt Elin Øiestad, PhD NORWAY
Surgical Options for Osteoarthritis	Giancarlo Puddu, MD ITALY
Rehabilitation After Total Knee Arthroplasty	Jodie McClelland, PhD USA

SESSION 6: HIP

Differential Diagnosis – Hip vs Lower Back Pain	Marc Safran, MD USA
Non-Operative Treatment of Extra-Articular Hip Pain	Stephanie Di Stasi, PT, MSPT, OCS USA
Hip Arthroscopy	Marc Philippon, MD USA
Rehabilitation After Hip Arthroscopy	Stephanie Di Stasi, PT, MSPT, OCS USA

SESSION 7: MUSCLE AND TENDON SPORTS INJURIES

New Treatments for Muscle Injuries – Translation from Laboratory to Clinical Practice	Sheila Ingham, MD BRAZIL
Rehabilitation of Groin Pain and Athletic Pubalgia	Mario Bizzini, PT, PhD SWITZERLAND
Rehabilitation of Hamstring, Quadriceps and Gastrocnemius Strains	Mario Bizzini, PT, PhD SWITZERLAND
Treatment Options for Tendinopathy: What is the Evidence	Karin Gravare Silbernagel, PhD, PT, ATC USA
Electrical Stimulation for Rehabilitation of Muscle Injuries	Lynn Snyder-Mackler, PT,ScD, FAPTA USA

SESSION 8: FOOT AND ANKLE

Football Injuries – Players and Referees	Mario Bizzini, PT, PhD SWITZERLAND
Non-Operative Management of Ankle Sprains	Erin Hartigan, PT, PhD, ATC, OCS USA
Achilles Tendinopathy	Karin Gravare Silbernagel, PhD, PT, ATC USA
Rehabilitation After Achilles Tendon Repair	Karin Gravare Silbernagel, PhD, PT, ATC USA

SESSION 9: ELBOW

Elbow Anatomy	Pau Golanó, MD SPAIN
Elbow Arthroscopy	Benno Ejnisman, MD BRAZIL
Elbow Instability	Luigi Pederzini, MD ITALY
Medial and Lateral Epicondylitis of the Elbow	Eduardo Benegas, MD BRAZIL
Rehabilitation After Ulnar Collateral Ligament Reconstruction	Kevin Wilk, PT, DPT USA
Management of Tennis Elbow	Marcelo Bannwart Santos, PT BRAZIL

SESSION 10: SHOULDER

Shoulder Anatomy	Pau Golanó, MD SPAIN
Biomechanics of Shoulder Function	James Irrgang, PT PhD ATC FAPTA USA
Biomechanical Considerations for the Upper Extremity in Swimming and Throwing Sports	Ligia Leme, PhD BRAZIL
Evidence-Based Rehabilitation for Shoulder Impingement	Paula Rezende Camargo BRAZIL

SESSION 11: SHOULDER

Massive Irreparable Rotator Cuff Tears: New Options for Treatment	Osvaldo Patino, PhD, PT ARGENTINA
Post-Operative Rehabilitation After Rotator Cuff Repair	Kevin Wilk, PT, DPT USA
Treatment of the Stiff Shoulder	James Irrgang, PT PhD ATC FAPTA USA
Post-Operative Management of Shoulder Instability	George Davies, DPT, PT, ATC, CSCS USA
SLAP Lesions	Kevin Wilk, PT, DPT USA

SESSION 12: SHOULDER

Scapular and Lumbopelvic Neuromuscular Control to Improve Efficiency in Shoulder Rehabilitation	Rodrigo Araya, PT ATC ARGENTINA
Neuromuscular Training to Enhance Dynamic Stability of the Shoulder	George Davies, DPT, PT, ATC, CSCS USA
Scapular Dysfunction	Paula Rezende Camargo BRAZIL
Throwing Progression for Youth Sports	Michael Axe, MD USA
Focal Extracorporeal Shock Wave Therapy in Acute Tendinopathies of the Rotator Cuff in Job Related Injuries	Osvaldo Patino, PhD, PT ARGENTINA