



# FIMS TEAM PHYSICIAN DEVELOPMENT COURSE

*"Emergency and First Aid in Sports Medicine"*  
**HANDS-ON TRAINING**

*Petros Nomikos Conference Center  
Santorini, Greece*

**June 28<sup>th</sup> - 29<sup>th</sup>, 2013**

*In cooperation with:*



## **Final Program**

**SPORTS MEDICINE COURSE**



*Funded by:  
Olympic Solidarity*

UNDER THE AUSPICES OF:



**ORGANIZING COMMITTEE**

President: **Natsis K.**

Members:

**Anastasopoulos N.  
Apostolidis S.  
Asouhidou E.  
Galitsanos S.  
Giakoumakis S.**

**Godolias G.  
Kontopoulou E.  
Lyrtzis C.  
Manavis K.  
Porfyriadou A.**

**Sgantzos M.  
Sofidis G.  
Terzidis I.  
Tsoukas D.**

**SCIENTIFIC COMMITTEE**

President: **Pigozzi F.**

Members:

**Alleyne J.  
Bachl N.  
Constantinou D.  
Cummiskey J.**

**DeBruyne A.  
Godolias G.  
Grimm K.  
Jenoure P.**

**Natsis K.  
Pluim B.  
Smith A.**

**FIMS TEAM PHYSICIAN DEVELOPMENT COURSE  
HANDS - ON TRAINING**

Organized by FIMS

In cooperation with Sports Medicine Association of Greece

UNDER THE AUSPICES OF:



International Olympic Committee (IOC)



Olympic Solidarity



Hellenic Olympic Committee



Ministry of Health



Ministry of Education and Religious Affairs, Culture and Sports



Medical School of A.U.Th, Aristotle University of Thessaloniki

ADDRESS OF THE CHAIRMAN OF THE ORGANIZING COMMITTEE



Welcome to the FIMS Team Physician Development Course (TPDC) - Hands on Training that focuses on Emergency and First Aid in Sports Medicine. It is a great honour for the Sports Medicine Association of Greece to host in the beautiful island of Santorini the TPDC.

We are very grateful to the International Federation of Sports Medicine (FIMS) and Hellenic Olympic Committee (HOC) for their support of this course. Prof. Fabio Pigozzi, the President of FIMS has been exceptionally supportive of this meeting and we would like to thank him. We are very grateful to the members of the Executive, Education and Interfederal Committee of the FIMS for their support and local speakers who will share their knowledge with us.

The TPDC course is held in Greece for second time. However, it is the third time that a course organized by the Sports Medicine Association of Greece is held under the auspices of International Olympic Committee (IOC), Hellenic Olympic Committee (HOC) and the support of Olympic Solidarity. Also, it will be under the auspices of the Ministry of Health, the Ministry of Education and Religious Affairs, Culture and Sports and the Faculty of Medicine of the Aristotle University of Thessaloniki. Hopefully, this course will pinpoint the fact that Sports Medicine should be recognized as a Medical Specialty in our country.

You will be learning from some of the best about First Aid in Sports Medicine! The course is designed to promote interaction between attendees and speakers. Please speak up, ask questions and participate in all sessions to get the most out of this learning opportunity.

With Honor,

**Konstantinos Natsis**

*President of Sports Medicine Association of Greece  
Local Chairman*

ADDRESS OF THE PRESIDENT OF INTERNATIONAL FEDERATION OF SPORTS MEDICINE



As President of the International Federation of Sports Medicine and also on behalf of all the FIMS Executive Committee and Standing Commissions Members, it is for me a pleasure and a great honour to contribute a message on the occasion of the FIMS Team Physician Development Course (TPDC) and the FIMS Commissions meetings organized by the Sports Medicine Association of Greece in the beautiful island of Santorini.

As you are aware, the responsibilities of Sports Medicine are increasing more and more in recreational and competitive sports, and consequently, the importance for FIMS to promote the improvement of its efforts in disseminating the principles of motivation, performance, health aspects of all people engaged in sport and physical activity through educational initiatives.

I am also particularly proud to attend this event because the Sports Medicine Association of Greece has demonstrated, through the achievements reached since its constitution, to be one of the most active FIMS Member National Associations, focusing its interest on promoting excellence both in scientific and educational aspects.

To the President Prof. Konstantinos Natsis and the Executive Committee of the Sports Medicine Association of Greece go my wish to keep on doing the brilliant work done so far.

Thank you.

**Fabio Pigozzi**

*President of the International Federation of Sports Medicine*

ADDRESS OF THE PRESIDENT OF THE HELLENIC OLYMPIC COMMITTEE



I am very happy to welcome all the participants in the 1<sup>st</sup> FIMS Team Physician Instructor Course and the 2<sup>nd</sup> FIMS Team Physician Development Course to the beautiful island of Santorini.

The Hellenic Olympic Committee, the guardian of Olympism in Greece, always supports every activity or event to the benefit of sport in our country. This is why we place under our auspices the Seminar organized by the Sports Medicine Association of Greece, for the third time. We are all well aware of the high risk of injury all athletes run during strenuous training sessions and tough competitions or matches. Thus, it is my conviction that sport physicians are integral and essential members of the sports family; they are scientists who contribute to the protection of health and the sporting youth's injury rehabilitation.

I am sure that the works of the Seminars and the exchange of opinions will result in useful conclusions for the new data created by the Science of Sports Medicine. At the same time, a further message will be sent to every direction, for the recognition of Sport Medicine as a Medical Specialty in our country, a constant and justified request of the Sports Medicine Association of Greece for many years.

**Spyros Capralos**

*President of Hellenic Olympic Committee*

GENERAL INFORMATION

**Course Director:** Prof. Julia Alleyne, CANADA

**Course Local Chairman:** Assoc. Prof. Konstantinos Natsis, GREECE

**Time and Place of the Course:** June 28<sup>th</sup> - 29<sup>th</sup>, 2013, "Petros Nomikos" Conference Center, Santorini, Greece

**Course Languages:** Official languages of the Course will be Greek and English (without simultaneous translation)

**Participation Cost:**

MEMBERS OF THE SMAG		NON MEMBERS	
FIMS TPDC	200€	FIMS TPDC	250€
FIMS TPDC AND CONGRESS	300€	FIMS TPDC AND CONGRESS	350€

The costs include:

- Certificate of Attendance\*
- Certificate of the International Olympic Committee
- The FIMS "Team Physician Manual" 2<sup>nd</sup> Edition
- Bag with the printed material
- Access to the exhibition area
- Coffee and light lunch during the breaks of the course

\* Physicians will receive a Certificate by FIMS and observers (other specialists) will receive a Certificate of Attendance by SMAG.

Course Secretariat



**Thessaloniki:** 50 A Stadiou Str., 555 35 Pilea, Thessaloniki, Greece  
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[www.globalevents.gr](http://www.globalevents.gr)

FIMS TPDC PROGRAM

Friday June 28<sup>th</sup>, 2013

- 07:30 – 07:45 Welcome Addresses  
**K. Natsis**  
**A. Smith**  
**F. Pigozzi**
- 07:45 – 11:20 LECTURES – WORKSHOP**  
 Chairpersons: **F. Pigozzi, N. Bachl**
- 07:45 – 08:05 Team's physician: Roles, responsibilities and required qualifications  
**N. Bachl**
- 08:05 – 08:20 Sudden Death Syndrome in athletes: an update  
**F. Pigozzi**
- 08:20 – 08:35 Bronchial asthma and exercise  
**J. Cummiskey**
- 08:35 – 08:55 Medical and other conditions affecting sports participation  
**B. Pluim**
- 08:55 – 09:15 C.P.R.  
**S. Asteriou**
- 09:15 – 09:25 Defibrillation  
**S. Asteriou**
- 09:25 – 10:20 WORKSHOP**  
 C.P.R. – Defibrillation  
**S. Asteriou**  
**S. Apostolidis**  
**N. Anastasopoulos**  
**D. Paramythiotis**
- 10:20 – 10:40 Head and neck injuries in athletes: First aid  
**P. Tsitsopoulos**
- 10:40 – 10:50 Face and teeth injuries: First aid  
**M. Piagou**
- 10:50 – 11:05 Shoulder and elbow injuries in athletes: First aid  
**G. Tsikouris**
- 11:05 – 11:20 Wrist and hand injuries: First aid  
**K. Ditsios**
- 11:20 – 11:40 Coffee Break – Light Lunch**



- 11:40 – 14:55**    **LECTURES – WORKSHOPS**  
Chairpersons: **G. Godolias, K. Natsis**
- 11:40 – 11:50    Clinical examination of the upper limb joints  
**I. Gigis, I. Rallis**
- 11:50 – 12:40**    **WORKSHOP**  
Clinical examination of the upper limb joints  
**I. Gigis**  
**I. Rallis**  
**K. Ditsios**  
**G. Tsikouris**
- 12:40 – 12:55    Bandaging – Splints  
**I. Terzidis**
- 12:55 – 13:40**    **WORKSHOP**  
Bandaging - Splints  
**I. Terzidis**  
**C. Lyrtzis**  
**A. Sideridis**  
**T. Totlis**  
**K. Natsis**
- 13:40 – 13:50    Taping  
**A. DeBruyne**
- 13:50 – 14:00    Kinesiotaping  
**D. Aftosmidis**
- 14:00 – 14:55**    **WORKSHOP**  
Taping – Kinesiotaping  
**D. Aftosmidis**  
**A. DeBruyne**

**FIMS TPDC PROGRAM**

**Saturday June 29<sup>th</sup>, 2013**

- 07:45 – 11:15**    **LECTURES – WORKSHOP**  
Chairpersons: **A. Smith, S. Apostolidis**
- 07:45 – 08:05    The pre – participation examination: a cornerstone of preventing sport injury  
**P. Jenoure**
- 08:05 – 08:20    Nutrition and supplements in athletes  
**M. Hasapidou**
- 08:20 – 08:40    Sports hernia  
**S. Apostolidis**
- 08:40 – 09:00    Muscle injuries in athletes: First aid  
**K. Natsis**
- 09:00 – 09:20    Abdomen injuries in athletes  
**A. Zatiagias**
- 09:20 – 09:35    Pelvic injuries in athletes  
**N. Anastasopoulos**
- 09:35 – 09:55    Acute injuries in children and adolescent  
**A. Smith**
- 09:55 – 10:05    Immobilization – Transportation of the injured  
**D. Paramythiotis**
- 10:05 – 10:55**    **WORKSHOP**  
Immobilization – Transportation of the injured  
**D. Paramythiotis**  
**T. Papavramidis**  
**S. Apostolidis**  
**N. Anastasopoulos**
- 10:55 – 11:15    Rehabilitation in Sports Medicine  
**D. Constantinou**
- 11:15 – 11:35    **Coffee Break – Light Lunch**

<b>11:35 – 13:55</b>	<b>LECTURES - WORKSHOP</b> Chairpersons: <b>P. Nikolaou, K. Grimm</b>
11:35 – 11:50	Hip injuries in athletes: First aid <b>A. Tzaveas</b>
11:50 – 12:10	Knee injuries in athletes: First aid <b>D. Constantinou</b>
12:10 – 12:25	Ankle injuries in athletes: First aid <b>C. Lyrtzis</b>
12:25 – 12:35	Clinical examination of the lower limb joints <b>S. Papastergiou</b>
<b>12:35 – 13:25</b>	<b>WORKSHOP</b> Clinical examination of the lower limb joints <b>S. Papastergiou</b> <b>K. Natsis</b> <b>C. Lyrtzis</b> <b>M. Iosifidis</b>
13:25 – 13:40	Doping in athletes – World Anti-Doping Code <b>N. Raikos</b>
13:40 – 13:55	Olympic Movement Medical Code <b>K. Natsis</b>
<b>13:55 – 14:15</b>	Evaluation form fill in
<b>14:15 – 14:30</b>	Conclusions <b>K. Natsis</b> <b>A. Smith</b> <b>F. Pigozzi</b>



**CHAIRPERSONS' - SPEAKERS' TITLES**

<b>Aftosmidis D.</b> Physiotherapist McS, PAOK BC, Thessaloniki, Greece	<b>8</b>	<b>Godolias G.</b> Professor Dr. Med, St. Anna Hospital Center for Orthopaedics and Traumatology, Germany	<b>8</b>
<b>Anastasopoulos N.</b> MD, PhD, Orthopaedic Surgeon, Lecturer of Anatomy, Aristotle University of Thessaloniki, General Secretary of the Sports Medicine Association of Greece, Greece	<b>7, 9</b>	<b>Grimm K.</b> MD, MSc(Med) Sports Medicine (SA), Director of Medical Affairs, Aspetar Orthopaedic and Sports Medicine Hospital, Doha, Qatar	<b>10</b>
<b>Apostolidis S.</b> MD, PhD, General Surgeon, Assistant Professor of Anatomy, Aristotle University of Thessaloniki, Greece	<b>7, 9</b>	<b>Hasapidou M.</b> Head of the school of Food Science and Nutrition, Professor of Nutrition and Dietetics, Technical Institute of Thessaloniki, Greece	<b>9</b>
<b>Asteriou S.</b> MD, Anesthesiologist, Interbalkan Medical Center of Thessaloniki, Greece	<b>7</b>	<b>Iosifidis M.</b> MD, PhD, Consultant of Orthopaedics and Sports Medicine, "Papageorgiou" General Hospital of Thessaloniki, Greece	<b>10</b>
<b>Bachl N.</b> MD Prof., Department of Sports and Exercise Physiology, Centre for Sports Science and University Sports, University of Vienna, Austria	<b>7</b>	<b>Jenoure P.</b> MD, ARS Medica Clinic, Gravesano / Lugano, Switzerland	<b>9</b>
<b>Constantinou D.</b> Professor, Adjunct Professor, Sports and Exercise Medicine, Director of the Centre for Exercise Science and Sports Medicine, Director of the FIFA Medical Centre of Excellence, South Africa	<b>9, 10</b>	<b>Lyrtzis C.</b> MD, Orthopaedic Surgeon, Kilkis, Greece	<b>8, 10</b>
<b>Cummiskey J.</b> Respiratory Physician, President EFSMA, Dean of the Faculty Sport and Exercise Medicine (RCSI and RCPI)	<b>7</b>	<b>Natsis K.</b> MD, PhD, BSc, Assoc. Professor, President of the Sports Medicine Association of Greece, Director of the Anatomy Lab of Aristotle University of Thessaloniki, Greece	<b>7, 8, 9, 10</b>
<b>DeBruyne A.</b> Dr, Vice President of EFSMA, Teacher at the Flemish Universities for Young Family Physicians in education: Practical skills, taping, Hasselt, Belgium	<b>8</b>	<b>Nikolaou P.</b> MD, PhD, Orthopaedic Surgeon, Director of the Orthopaedic Clinic, Division Sports Medicine, Athens Medical Center, Greece	<b>10</b>
<b>Ditsios K.</b> MD, PhD, Assistant Professor of Orthopaedics, Aristotle University of Thessaloniki, Greece	<b>7, 8</b>	<b>Papastergiou S.</b> MD, PhD, Orthopaedic Surgeon, Director of Orthopaedic Department, "Agios Pavlos" General Hospital of Thessaloniki, Greece	<b>10</b>
<b>Gigis I.</b> MD, PhD, Assistant Professor of Orthopaedics, 2 <sup>nd</sup> Orthopaedic Department, Aristotle University of Thessaloniki, "G. Gennimatas" General Hospital, Greece	<b>8</b>	<b>Papavramidis T.</b> MD, PhD, Lecturer of Surgery, Aristotle University of Thessaloniki, Greece	<b>9</b>

CHAIRPERSONS' - SPEAKERS' TITLES

<b>Paramythiotis D.</b> MD, MSc, PhD, Lecturer of Surgery, Aristotle University of Thessaloniki, 1 <sup>st</sup> Propaedeutic Surgical Clinic, "AHEPA" University Hospital, Thessaloniki, Greece	<b>7, 9</b>	<b>Tsitsopoulos P.</b> MD, PhD, Neurosurgery, Lecturer of Neurosurgery, Faculty of Medicine, Aristotle University of Thessaloniki, "Hippokratio" General Hospital, Thessaloniki, Greece	<b>7</b>
<b>Piagou M.</b> MD, Dentist, Assistant Professor of Anatomy, Medical School, National and Kapodistrian University of Athens, Greece	<b>7</b>	<b>Tzaveas A.</b> MD, PhD, Orthopaedic Surgeon, Interbalkan Medical Center of Thessaloniki, Greece	<b>10</b>
<b>Pigozzi F.</b> MD, Dr. hc Prof., FFIMS, RCPI, RCSI, President, International Federation of Sports Medicine, Professor of Internal Medicine, Deputy Rector, University of Rome "Foro Italico", Rome, Italy	<b>7, 10</b>	<b>Zatagias A.</b> MD, General Surgeon, "Kyanous Stavros Clinic", Thessaloniki, Greece	<b>9</b>
<b>Pluim B.</b> Sports Physician, Royal Netherlands Lawn Tennis Association, Amersfoort, The Netherlands	<b>7</b>		
<b>Raikos N.</b> MD, PhD, Assistant Professor of Forensic Medicine and Toxicology, Aristotle University of Thessaloniki, Greece	<b>10</b>		
<b>Rallis I.</b> MD, Orthopaedic Surgeon, Team Doctor PAOK F.C., Thessaloniki, Greece	<b>8</b>		
<b>Sideridis A.</b> MD, Orthopaedic Surgeon THE.M.I.S. Center, "St Luke's Hospital", Thessaloniki, Greece	<b>8</b>		
<b>Smith A.</b> Nemours/Alfred I DuPont Hospital for Children, Wilmington, Delaware Past President, American College of Sports Medicine, USA	<b>7, 9, 10</b>		
<b>Terzidis I.</b> MD, PhD, BSc, Orthopaedic Surgeon, Thessaloniki, Greece	<b>8</b>		
<b>Totlis T.</b> MD, PhD, Resident Orthopaedic Surgeon, "Papageorgiou" General Hospital of Thessaloniki, Greece	<b>8</b>		
<b>Tsikouris G.</b> MD, Orthopaedic Surgeon, Greece, Postgr. Degree Sports Medicine, University of Nottingham, U.K.	<b>7, 8</b>		

NOTES

Lined area for taking notes.

NOTES

A series of horizontal dotted lines for taking notes, overlaid on a faded background image of people in a gymnasium.



