



International
Federation
of Sports Medicine



Sports Medicine
Association
of Greece



FIMS Team Physician Development Course
Emergency & First Aid
in Sports Medicine
Hands on Training

Tuesday, September 21st, 2021
Divani Caravel Hotel
Athens, Greece



SCIENTIFIC PROGRAM



07:30-07:45 **Welcome Coffee-Registrations**

07:45-08:00 **Welcome Addresses**

*President FIMS 2020 Congress - **K. Natsis (Greece)***

*FIMS Chair Education Committee - **D. Constantinou (South Africa)***

*FIMS President - **F. Pigozzi (Italy)***

08:00-09:30 **LECTURES**

Chair: **D. Constantinou (South Africa), K. Natsis (Greece)**

08:00-08:15 Team's physician: roles, responsibilities and required qualifications
D. Constantinou (South Africa)

08:15-08:30 Sudden Death Syndrome in athletes: an update
A. Anastasakis (Greece)

08:30-08:45 Bronchial asthma and exercise
E. Kaimakamis (Greece)

08:45-09:00 Medical and other conditions affecting sports participation
D. Constantinou (South Africa)

09:00-09:30 **LECTURE**

Chair: **D. Constantinou (South Africa)**

C.P.R. & Defibrillation

M. Didagelos (Greece) & E. Papatheodorou (Greece)

09:30-10:30 **WORKSHOP**

C.P.R. - DEFIBRILLATION

M. Didagelos (Greece)

E. Papatheodorou (Greece)

G. Sofidis (Greece)

K. Natsis (Greece)



10:30-11:15 LECTURES

Chair: **D. Constantinou (South Africa), K. Natsis (Greece)**

10:30-10:45 Face and teeth injuries: First aid
M. Piagkou (Greece)

10:45-11:00 Shoulder and elbow injuries in athletes: First aid
Chr. Chrysanthou (Greece)

11:00-11:15 Wrist and hand injuries: First aid
K. Ditsios (Greece)

11: 15-11:45 Coffee break

11:45-12:00 LECTURE

Chair: **K. Natsis (Greece)**

Clinical examination of the upper limb joints
Chr. Chrysanthou (Greece)

12:00-13:00 WORKSHOP

CLINICAL EXAMINATION OF THE UPPER LIMB JOINTS

A. Piskopakis (Greece)
K. Ditsios (Greece)
Chr. Chrysanthou (Greece)
T. Totlis (Greece)

13:00-13:15 LECTURE

Chair: **K. Natsis (Greece)**

Bandaging - Splints
T. Totlis (Greece), Chr. Lyrtzis (Greece)

13:15-14:15 WORKSHOP

BANDAGING - SPLINTS

T. Totlis (Greece)
Chr. Lyrtzis (Greece)
A. Piskopakis (Greece)
K. Natsis (Greece)



14:15-14:30 LECTURE

Chair: **D. Constantinou (South Africa)**
Taping- Kinesiotaping
D. Aftosmidis (Greece), K. Diamantopoulos (Greece)

14:30-15:30 WORKSHOP

TAPING - KINESIOTAPING
D. Aftosmidis (Greece)
K. Diamantopoulos (Greece)

15: 30-16:00 Break

16:00-17:15 LECTURES

Chairs: **K. Natsis (Greece), D. Constantinou (South Africa)**

16:00-16:15 The pre - participation examination: a cornerstone of preventing sport injury
J. Almeida (Portugal)

16:15-16:30 Muscle injuries in athletes: First aid
K. Natsis (Greece)

16:30-16:45 Abdomen injuries in athletes
I. Tsiaousis (Greece)

16:45-17:00 Pelvic injuries in athletes
A. Zibis (Greece)

17:00-17:15 LECTURE

Chair: **K. Natsis (Greece)**

Immobilization - Transportation of the injured
N. Anastasopoulos (Greece)

17:15-18:15 WORKSHOP

IMMOBILIZATION - TRANSPORTATION OF THE INJURED

M. Didagelos (Greece)
Ch. Lyrtzis (Greece)
T. Totlis (Greece)
I. Terzidis (Greece)

18:15-18:45 Break



18:45-19:45 LECTURES

Chairs: **K. Natsis (Greece), D. Constantinou (South Africa)**

- 18:45-19:00 Hip injuries in athletes: First aid
T. Totlis (Greece)
- 19:00-19:15 Knee injuries in athletes: First aid
M. Iosifidis (Greece)
- 19:15-19:30 Ankle injuries in athletes: First aid
Ch. Lyrtzis (Greece)

19:30-19:45 LECTURE

Chair: **K. Natsis (Greece)**

Clinical examination of the lower limb joints
I. Terzidis (Greece)

19:45-20:45 WORKSHOP

CLINICAL EXAMINATION OF THE LOWER LIMB JOINTS

- I. Terzidis (Greece)**
- T. Totlis (Greece)**
- M. Iosifidis (Greece)**
- Ch. Lyrtzis (Greece)**

- 20:45-21:00 Fill in evaluation form
- 21:00-21:15 Conclusions
N. Natsis (Greece), D. Constantinou (South Africa), F. Pigozzi (Italy)

