

PHYSIOTHERAPY COURSE - REHAB

21-23 October 2022

Raffles Dubai Hotel
United Arab Emirates



AGENDA

Day 2	Gizza Hall 1	Saturday, 22 October 2022
07:30 - 08:30	Registration	
08:30 - 08:40	Course Introduction and Chairman Welcome Remarks	Usama H. Saleh
08:40 - 10:00	Session 1 Understanding Shoulder Anatomy	
08:40 - 09:00	Shoulder anatomy and biomechanics	Giovanni Di Giacomo
09:00 - 09:20	Exploring anatomy to understand the pathology	Giovanni Di Giacomo Elena Silvestri
09:20 - 09:40	Clinical Evaluation of the Shoulder	Usama H. Saleh
09:40 - 10:00	Rehab Evaluation algorithm & Scapular biomechanics implications	Elena Silvestri
10:00 - 10:30	Coffee Break	
10:30 - 12:40	Session 2 Management of the Rotator Cuff	
10:30 - 11:50	Rotator cuff tears and tendinopathy	Chiara Gallo Elena Silvestri
11:50 - 12:40	Conservative and surgical techniques in rotator cuff pathologies	Chiara Gallo Elena Silvestri
12:40 - 14:00	Lunch Break	
14:00 - 16:00	Session 3 Capsular Properties - From Instability to Frozen Shoulder	
14:00 - 14:15	Frozen shoulder - diagnosis, clinical evaluation, and patient management	Elena Silvestri Lawrence German
14:15 - 14:30	"To do" and "not to do" in the rehab strategy of frozen shoulder	Elena Silvestri Lawrence German
14:30 - 14:45	Classification of shoulder instabilities	Giovanni Di Giacomo Elena Silvestri
14:45 - 15:10	Focus on anterior shoulder instability	Giovanni Di Giacomo
15:10 - 15:25	Patient selection and surgical strategies	Elena Silvestri
15:25 - 15:45	Tips and tricks in shoulder instability rehab	Chiara Gallo Elena Silvestri
15:45 - 16:00	Return to play - set up an assessment and plan a strategy	Chiara Gallo
16:10 - 16:40	Coffee Break	
16:40 - 17:30	Session 4 Practice Session	
16:40 - 17:30	Challenging cases and practice	Chiara Gallo Lawrence German
End of Day 2		