

TENNIS MEDICINE

ΠΡΟΓΡΑΜΜΑ ΗΜΕΡΙΔΑΣ



ΑΜΦΙΘΕΑΤΡΟ ΙΠΠΟΚΡΑΤΗΣ
ΙΑΤΡΙΚΗ ΣΧΟΛΗ ΛΑΡΙΣΑΣ, ΒΙΟΠΟΛΙΣ



ΩΡΑ ΕΝΑΡΞΗΣ
16:00

24 ΑΠΡΙΛΙΟΥ 2023



Τελικό Πρόγραμμα

Final Meeting Agenda



16:00 – 16:15 Καλωσόρισμα
Welcome
Prof. Theofilos Karachalios

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16:15 – 16:45 Ιατρική Κάλυψη ενός Τουρνουά Grand Slam σε Χόρτο.
Προσωπική Εμπειρία, Περιστατικά και Συμβουλές από το Wimbledon.
Medical Provision at a Grass Court Grand Slam.
Personal Experiences, Cases and Top Tips Working at Wimbledon.
Dr. Philip Bell

16:45 – 17:15 Δουλεύοντας με τον Επαγγελματία Αθλητή:
Προετοιμασία πριν τον Αγώνα, Αποκατάσταση, Προσποιητά Ιατρικά Timeouts.
Dealing with the Professional Athlete:
Preparation for the Match, Post Match Rehabilitation, Fake Medical Timeouts.
Apostolos Michalakas & Konstantinos Moutaftsis

17:15 – 17:35 Αντισφαίριση: Άθλημα με Πολλαπλά Οφέλη.
The Amazing Health Benefits of Tennis.
Dimitrios Mizios

17:35 – 17:55 Κακώσεις Πηγεοκαρπικής σε Αθλητές του Τένις.
Wrist Injuries in Tennis Athletes.
Prof. Zoe Dailiana

17:55 – 18:15 Συζήτηση – Ερωτήσεις
Discussion – Questions & Answers

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18:15 – 18:45 Coffee Break

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18:45 – 19:05 Ανατομία των Βασικών Χτυπημάτων στο Τένις: Forehand, Backhand & Serves.
Anatomy of a Tennis Stroke: Forehand, Backhand & Serves.

Dr. Vasileios Mitrousias

19:05 – 19:25 Επώδυνο Ισχίο σε Αθλητές του Τένις.
The Painful Hip in Tennis Athletes.

Prof. Theofilos Karachalios

19:25 – 19:45 Κακώσεις Ποδοκνημικής και Ποδιού σε Αθλητές του Τένις.
Foot & Ankle Injuries in Tennis Athletes.

Dr. George Bakagiannis

19:45 – 20:05 Ο Αγκώνας του Αθλητή του Τένις: Ποιες Παθήσεις Μπορεί να Εμφανίσει;
The elbow of the Tennis player: Which are the most common painful conditions?

Prof. Sokratis Varitimidis

20:05 – 20:25 Τραυματισμοί του Ώμου σε Αθλητές του Τένις.
Shoulder Injuries in Overhead & Tennis Athletes.

Prof. Michael Hantes

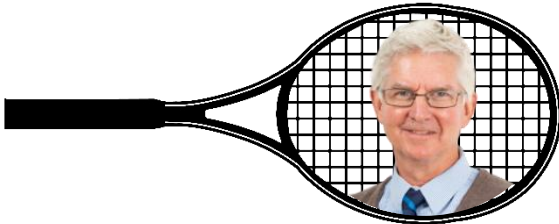
20:25 – 20:35 Συζήτηση – Ερωτήσεις
Discussion – Questions & Answers

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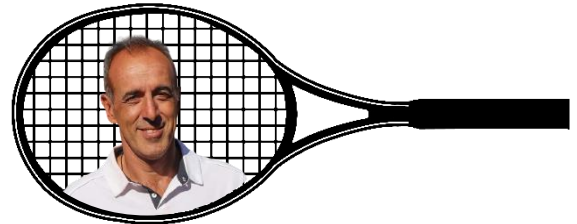
20:35 – 20:45 Σύνοψη – Αποφώνηση
Closing Remarks

Prof. Theophilos Karachalios

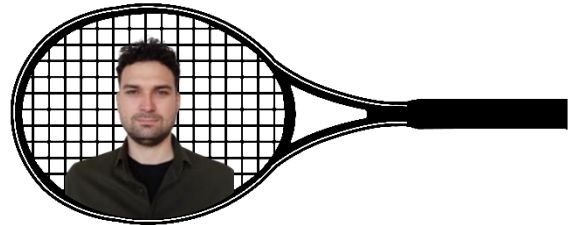
INVITED SPEAKERS



Philip Bell is a Consultant in Sport and Exercise Medicine. He has worked at the Wimbledon Championships for 21 years, the ATP's World Tour Finals at the O2 Arena in London for 12 years, and at the 2012 London Olympic Games. He headed the Primary Care Trust MSK services for Buckinghamshire and NE Oxfordshire for 18 years and he was Clinical Director of Musculoskeletal Services for BUPA (British United Provident Association). He was also the England Cricket team doctor from 1995-2001, touring S. Africa, India and Pakistan, and helping to establish the ECB's Science and Medicine Advisory Group (SMAG), with the remit of establishing world class science and medicine support to England Cricket. He was a founder member of the Royal Ballet Company's Science and Medicine Advisory Group, and he has also worked at the Royal Ballet School in Covent Garden, and at the Derby County FC. He has sat on the FSEM Council (Faculty of Sport and Exercise Medicine) as an elected member, and the committees of the BASEM (British Association of Sport and Exercise Medicine) and the BIMM (British Institute of Musculoskeletal Medicine).



Apostolos Michalakis is a Physiotherapist. He is responsible for the Greek National Tennis Team and has a vast experience in working with high-level tennis athletes. He has worked in many tennis tournaments of the ITF and Tennis Europe series.



Konstantinos Moutaftsis is a Physiotherapist. He is a PhD Candidate at the International Hellenic University. He has worked in many tennis tournaments of the Hellenic Tennis Association in Northern Greece.



Dimitrios Mizios is a federal tennis coach. He is a physical education graduate and holds a master in the field of human performance and health. He has been working in education since 2000 and he is a tennis coach since 1996.

FACULTY



Theophilos Karachalios is the Professor and Chairman of the Department of Orthopaedic Surgery & Musculoskeletal Trauma, at the University of Thessaly. He is also the Dean of the Faculty of Medicine, at the School of Health Sciences, University of Thessaly. He currently serves as the 2nd EFORT Vice President (European Federation of National Associations of Orthopaedics and Traumatology), and he is Editor in Chief at the Hip International medical journal.



Zoe Dailiana is a Professor of Orthopaedic Surgery at the Department of Orthopaedic Surgery & Musculoskeletal Trauma, at the University of Thessaly. She is the President of the Hellenic Association of Orthopaedic Surgery and Traumatology (HAOST). She is also the national representative of Greece to FESSH (Federation of European Societies for Surgery of the Hand) and IOTA (International Orthopaedic Trauma Association).



Michael Hantes is a Professor of Orthopaedic Surgery at the University Hospital of Larissa, Department of Orthopaedic Surgery & Musculoskeletal Trauma, University of Thessaly. He currently serves as the 2nd ESSKA Vice President (European Society of Sports Traumatology, Knee Surgery and Arthroscopy), and he is Associate Editor at the JBJS Case Connector and Member of the Editorial Board of the AJSM and KSSTA medical journals.



Sokratis Varitimidis is a Professor of Orthopaedic Surgery, at the University Hospital of Larissa, Department of Orthopaedic Surgery & Musculoskeletal Trauma, University of Thessaly. He is an affiliate member of the ASSH (American Society for Surgery of the Hand).



George Bakagiannis is a Consultant Orthopaedic Surgeon at the General Hospital of Larissa, Greece. He graduated from the Faculty of Medicine, University of Thessaly and he completed his residency at the University Hospital of Larissa, Department of Orthopaedic Surgery & Musculoskeletal Trauma. He is a former high-level tennis player.



Vasileios Mitrousias is a Senior Resident Orthopaedic Surgeon, at the University Hospital of Larissa, Department of Orthopaedic Surgery & Musculoskeletal Trauma, University of Thessaly. He is teaching Clinical Anatomy, at the Department of Nursing, University of Thessaly. He is an active member of ESSKA (European Society of Sports Traumatology, Knee Surgery and Arthroscopy) and STMS (Society for Tennis Medicine and Science).



Διοργάνωση Ημερίδας

Ορθοπαιδική Κλινική Πανεπιστημίου Θεσσαλίας

Καθηγητής - Διευθυντής: Θεόφιλος Καραχάλιος

