

## **What's wrong with muscle injuries? Latest insights in optimising prevention, rehabilitation and return to performance**

Chairs: Filip Staes and Séverine Abellaneda

- 08.00 Registration
- 09.00 **Prevention muscle injuries**  
François Delvaux
- 09.30 **Multidisciplinary management in muscle injuries: PRP, imaging, operation technique**  
Jean-François Kaux
- 10.00 **Rehabilitation muscle injuries**  
Erik Witvrouw
- 10.30 **Coffee Break**
- 11.00 **Return to performance, recovery & load management in muscle injuries**  
James Moore
- 11.30 **Coach & athlete perceptions on sports physiotherapy**  
Coach: Fernando Oliva  
Athletes: Camille Laus & Pauline Couckuyt
- 12.00 **Round Table Discussion**
- 12.30 **Lunch**

## **Simultaneous Workshops**

- 13.45 - 16.30 **Interactive workshops on prevention, rehabilitation and return to play in muscle injuries**  
**Implementing injury prevention strategies**  
François Delvaux & Manu Wemel  
**Muscle injury rehabilitation**  
James Moore & Erik Witvrouw  
**On field return to play decision-making in muscle injuries**  
Jean-François Kaux & Thalia Kindt
- 13.45 - 16.30 **Hands-on clinical sessions on ankle injuries, shoulder injuries and variability training**  
**Clinical examination of the shoulder in athletes - Hands-on**  
Styn Vereecken & Bénédicte Forthomme  
**Clinical examination & functional testing in lateral ankle sprain & chronic ankle instability**  
Jo Verschueren & Bruno Tassignon
- 13.45 - 16.30 **Sponsored workshops**  
**Arseus Medical**  
**BlackRoll**  
**Naqi**  
**Procure**  
**Runeasi**

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**Each workshop takes 45 minutes. After each workshop a 15 minute break is scheduled to allow participants to change rooms.**

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