



Copenhagen Shoulder Conference 2020

PROGRAM

08.15 - 08.45

Registration

08.45 - 09.00

Welcome by moderator Seif Wardani

09.00 - 10.15

SESSION 1 | Etiology and diagnosis

Jeremy Lewis | Frozen shoulder; Don't be left out in the cold!

Lyn Watson | MDI – the complex Instability; Diagnosis and how to recognize it! What we know so far & where we need to go!

Anju Jaggi | Psychosocial factors in Shoulder Dysfunction; Predictors of success!

10.45 - 12.00

SESSION 2 | Etiology and diagnosis

Jo Gibson | AC-joint injuries in the Sporting Shoulder; Time to reflect?

Ann Cools | The Sporting Shoulder; What can we learn from testing and screening?

Klaus Bak | Rotator cuff ruptures, SLAP lesions and AC-joint injuries; When not to operate?

12.00 - 13.00

Lunch

13.00 - 14.15

SESSION 3 | Management

Jeremy Lewis | The role of virtual reality in the management of shoulder problems; Is seeing, believing and achieving?

Lyn Watson | Conservative Management of Multidirectional Instability; What the research tells us and how to apply it practically?

Anju Jaggi | Psychosocial factors in Shoulder Dysfunction; Manage the person not just the shoulder!

14.45 - 15.45

SESSION 4 | Management

Jo Gibson | AC-joint injuries in the Sporting Shoulder; Best value exercises!

Ann Cools | The Sporting Shoulder; From early rehab towards return to play in 30 minutes!

15.45 - 16.30

SESSION 5 | Panel discussion

All speakers | Discussion of various shoulder-related topics.

16.30 - 16.45

Conference closing by moderator Seif Wardani.

VENUE | Professionshøjskolen | Metropol Sigurdsgade 26 | 2200 København N

DATE | Friday 13th November 2020

PRICE | 1500 DKK | Student price 750 DKK

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