



Copenhagen Shoulder Conference 2021

## PROGRAM

08.15 - 08.45 Registration

08.45 - 09.00 Welcome by Moderator Behnam Liaghat

9.00 - 09.45 **SESSION 1 | Etiology and Diagnosis**

Ann Cools | The Sporting Shoulder: What can we learn from testing and screening?  
Jo Gibson | AC-Joint Injuries in the Sporting Shoulder: time to reflect?

09.45 - 10.30 **SESSION 2 | Etiology and Diagnosis**

Chris Littlewood | New Horizons for People with Shoulder Pain – 2000 years later!  
Anju Jaggi | Psychosocial Factors in Shoulder Dysfunction & Predictors of Success!

10.30 - 11.00 Coffee Break

11.00 - 12.15 **SESSION 3 | Greetings from Abroad (Video presentation)**

Jeremy Lewis | Frozen Shoulder: don't be left out in the cold!  
Sarah Warby | Multidirectional Instability: complexities surrounding classification, diagnosis and treatment.  
Presented by Sarah Warby on behalf of Lyn Watson and the Melbourne Shoulder Group

12.15 - 12.45 **SESSION 4 | A Surgeons Perspective**

Klaus Bak | Rotator Cuff Ruptures, SLAP lesions and AC-Joint Injuries: when not to operate?

12.45 - 13.45 Lunch Break

13.45 - 14.30 **SESSION 5 | Management**

Ann Cools | The Sporting Shoulder: from early rehab towards return to play in 30 minutes!  
Jo Gibson | AC-Joint Injuries in the Sporting Shoulder: best value exercises!

14.30 - 15.15 **SESSION 6 | Management**

Chris Littlewood | Rehabilitation following Rotator Cuff Repair: individualized or standardized, early or delayed.  
Anju Jaggi | Psychosocial factors in Shoulder Dysfunction: manage the person not just the shoulder.

15.15 - 15.45 Coffee Break

15.45 - 16.30 **SESSION 7 | Panel Discussion**

Speakers | Discussion of various shoulder-related topics

16.30 - 16.45 Conference Closing by Moderator Behnam Liaghat

**VENUE** | Professionshøjskolen | Metropol Sigurdsgade 26 | 2200 København N

**DATE** | Friday 12th November 2021

**PRICE** | 1500 DKK | Student Price 750 DKK

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