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1st National Congress on Sports Physiotherapy

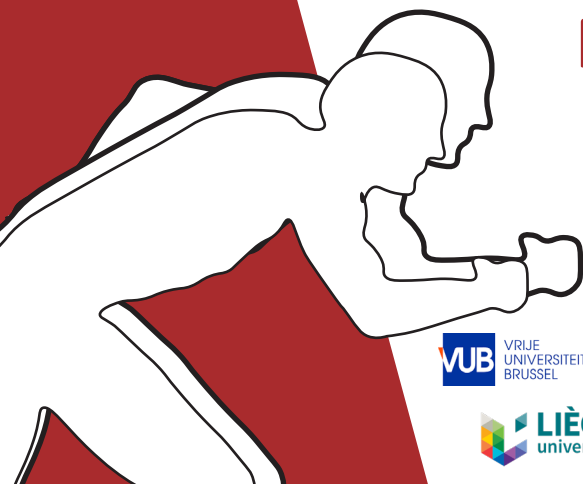
What's wrong with muscle injuries?

Latest insights in optimising prevention, rehabilitation
and return to performance

Saturday 21 May 2022

ULB - Campus Erasme, Brussels

PROGRAMME



Committees & BFSP Board



ORGANISING COMMITTEE

MSc Styn Vereecken, KULeuven
Dr. Jo Verschueren, VUB
PhD Séverine Abellaneda, ULB
MSc Fabian Dandois, UCLouvain
Prof. Dr. Bénédicte Forthomme, CHU de Liège

SCIENTIFIC COMMITTEE

The BFSP board led by Prof. Dr. Erik Witvrouw.

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	Fabian Dandois

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Welcome Address



Dear Colleagues,

Welcome to the **1st National Congress on Sports Physiotherapy!**
The board of the Belgium Federation of Sports Physiotherapy (BFSP) is happy to welcome you today in Brussels.

This national congress is the result of a strong collaboration between universities and clinicians who jointly support Sports Physiotherapy in Belgium.

We have put together an exceptional programme and look forward to sharing our passion for sports physiotherapy with you.

Since 2019, we are the official partner of the International Federation of Sports Physiotherapy (IFSPT) and we have built a strong collaboration with the IFSPT. Many of you have placed your trust in us. We thank you for that and remain committed to building the future of sports physiotherapy together.

We wish you an inspiring day!

Yours sincerely,

The board of the Belgian Federation of Sports Physiotherapy

Programme



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
- 08.30 **Welcome** Auditoire De Genst
Erik Witvrouw, President of the BFSP
- 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: Pauline Couckuyt & Licai Pourtois
- 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 & Tom Mertens

The interactive workshops take place in building W: Auditoire De Genst; Auditoire Popelin and Auditoire Wollast, located on the first floor.

Programme



- 13.45 - 16.30 **Hands-on clinical sessions on ankle injuries, shoulder injuries and variability training**

Clinical examination and management 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

Flywheeltraining in rehabilitation and performance management: Scientific arguments & practical tactics

Thomas Daly & Arno Parmentier

BlackRoll

Fascia release with BLACKROLL

Patrick Stegemann

Fysiomed

Anterior Cruciate Ligament Injury: Preventive Diagnosis with BTS EMG Device and Drop Fall test

Diana Crognale

Naqi

Introduction to Blood Flow Restriction (BFR) Training: Guidelines, Indications and Working Mechanisms

Gerrit Hens

Runeasi

Evaluating real-time biofeedback cues for modifying running and walking patterns in rehab and prevention

Kurt Schütte and Philip Cortvriendt

The hands-on and the sponsored workshops take place in building N - Faculté Des Sciences De La Motricité - FSM (see map on page 8). For participants having signed up for any of these workshops, we propose to assemble at the registration desk in the foyer at 13.30 hrs /14.30 hrs /15.30 hrs to walk to building N in group.

Registration



Registration Fees

	As of 01/05
Participant	€ 180,00
Member ABCIG Sports Physiotherapy/BFSP	€ 140,00
Student*	€ 100,00

*Student status must be proved (student card or enrolment confirmation).

Registration includes:

- Participation in all scientific sessions,
- Participation in the workshops,
- Programme and congress related documents (certificate of attendance, badge, ...),
- Coffee breaks and lunch as indicated in the programme.

Payment

On-site registrations can be paid cash or by credit card (VISA and MasterCard).

Cancellations

Participants cancelling their registration before 15 April will receive a 50% refund. No refunds can be made for cancellations received after this date.

Certificate of Attendance

All participants will receive a certificate by email at the end of the day. The congress has been accredited by the RIZIV/INAMI and Pro-Q-Kine.

General information



Venue

ULB – Campus Erasme
Building W
Route de Lennik / Lenniksebaan 808
1070 Anderlecht

Language

The speakers of the plenary talks (morning) will speak in their mother tongue. All slides will be in English.

Exhibition and Catering

An exhibition with technical and pharmaceutical products will take place in the foyer on the ground floor. Access to the exhibition is free of charge for all participants. The coffee and lunch break will also take place in the foyer.

WiFi

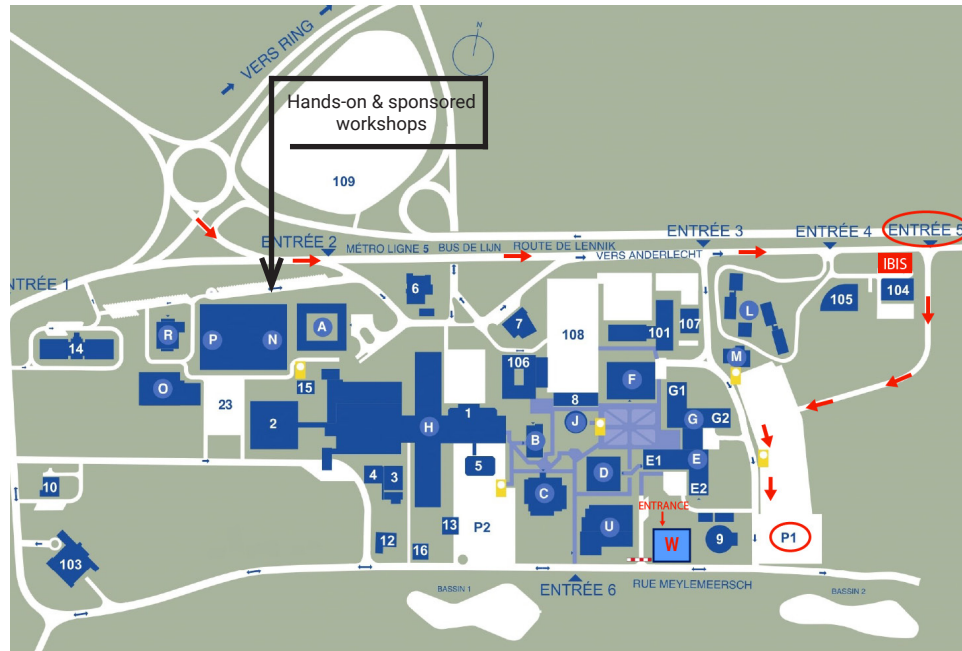
Free WiFi is available. Network: ULB GUEST.

Liability

Neither the local organizers, BFSP nor Medicongress accept liability for damages and/or losses of any kind which may be incurred by Congress participants or exhibitors during the Congress.

Participants and exhibitors are advised to take out insurance against loss, accidents or damage which could be incurred during the Congress.

Map of the Venue



The interactive workshops take place in building W: Auditoire De Genst; Auditoire Popelin and Auditoire Wollast, located on the first floor.

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Notes



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Exhibitors



Media Partner

