



AFC Sports Physiotherapy Course 3rd March 2023

PROGRAMME (@ 31 December 2022)

Target Audience: Allied health professionals (Physiotherapists)

Activity code: HGI-03-P117

Venue: Aspire Auditorium, indoor track and field area, and indoor football pitch

Time: 08:15 – 17:00

Registration: 07:30 – 08:15 hrs.

Overall Learning Objectives:

On completion of this activity, participants will be able to:

1. Identify the needs of the female footballer from a sport physiotherapist's perspective
2. Apply up-to-date monitoring techniques of the exercise load during rehabilitation
3. Identify and analyze the psychological profile of the injured footballer and provide appropriate guidance
4. Apply up-to-date post-match recovery strategies
5. Apply evidence-based clinical examination techniques for the major upper and lower limb joints and make informed decisions regarding return-to-play
6. Analyze the results of basic biomechanical assessment drills done with portable sensor technology, for lower limb injuries, and make informed decision regarding return-to-play

This activity is an Accredited Group Learning Activity (Category 1) as defined by the Ministry of Public Health's Department of Healthcare Professions - Accreditation Section and is approved for maximum of **7.0 credit hours**.

وزارة الصحة العامة
Ministry of Public Health
دولة قطر + قطر
State of Qatar





Morning Session: Lectures at Auditorium

- 08:15 - 08:30 *Introduction & Welcome*
Presenter: **Kostas Epameinontidis** (Chair of SPC) / **Riadh Miladi**
(Director of Rehabilitation)
- 08:30 - 08:50 *The female footballer: special considerations for the
sports physiotherapist*
Presenter: **Olivia Barbosa**, Sports Physiotherapist
- 08:50 - 09:10 *Monitoring the exercise load when training and
rehabbing at the club*
Presenter: **Karim Chammari, PhD**
- 09:10 - 9:30 *Psychological support of the injured footballer: What the
club physiotherapist should know and apply*
Presenter: **Karim Khalladi**, Sports Psychologist
- 09:30 - 09:50 *Post-match recovery strategies: Implications for the club
physiotherapist*
Presenter: **Bruna Antunes**, Sports Physiotherapist
- 09:50 - 10:10 Questions – Discussion
- 10:10 - 10:30 COFFEE BREAK

Afternoon Session: Workshops at Track & Field Area & Indoor Football Pitch

Standardised Assessment and Clinical Reasoning strategy for Return to Play

- **Station 1** – Indoor Track & Field Area
Shoulder Injuries in Football
- **Station 2** – Indoor Track & Field Area
Knee ligament Injuries in Football
- **Station 3** - Indoor Track & Field Area
Ankle ligament injuries in Football
- **Station 4** - Indoor Track & Field Area
Objective biomechanical Assessment of the lower limb
- **Station 5** - Indoor Football Pitch
Sport-specific Rehabilitation for the Lower limb in Footballers





Time	Session 1	Session 2	Session 3	Session 4	Session 5
10:30-11:30	A	B	C	D	E
11:30-12:30	E	D	B	C	A
12:30-13:30	Lunch Break				
13:30-14:30	B	A	D	E	C
14:30-15:30	C	E	A	B	D
15:30-16:30	D	C	E	A	B

Final Lecture

16:40 - 16:55 *The role of the physiotherapist as a member of a high-performance medical team: The Qatar National Football Team Experience*
Presenter: Hercules Paquet

Scientific Planning Committee:

Konstantinos Epameinontidis (Chair), Sofie Nelis (Co-chair), Kate Kai-Yee Yung, Martina Jakob Emersic, Carla Pereira, Noor Al Marri, Rodney Whiteley, Andrew Robert Cole, Elaine Zammit, Heloise Jorge and Joanne Lambert

The Scientific Planning Committee has reviewed all disclosed financial relationships of speakers, moderators, facilitators, and/or authors in advance of the CPD activity and has implemented procedures to manage any potential or real conflicts of interest.

Overall time: 6 hours and 55 min: Lecture: 95 min
Interactive session: 320 min (77%)

