4th Physical Medicine & Rehabilitation Research – Copenhagen (PMR-C) Research Symposium in collaboration with Metropolitan University College and IOC Sports Medicine Copenhagen.

“Prevention and Treatment of Knee Injuries”

Date: 16.09.2016
Place: The “big” Auditorium, Metropolitan University College, Sigurdsgade 26, DK-2200 Copenhagen N.

8.15-8.30: Welcome
Tina Lambrecht, Chairman for the Association of Danish Physiotherapists

8.30-9.15: Adolescents with knee injury - Treatment and prevention strategies
Mikkel Bek Clausen, PT, PhD-student
Kristian Thorborg, PT, PhD

9.15-10.15: Assessing the biomechanics of “at risk” knee injury situations in sports: From the lab to the clinic
Jesper Bencke, MSc, PhD
Mette Zebis, MSc, PhD
Sinead Holden, MSc, PhD

10.15-10.30: Break

10.30-11.15: From mechanisms of acute ACL injuries towards their prevention
Markus Walden, MD, PhD

11.15-11.45: Improving knee health in adolescents!
Panel debate with all speakers
Moderator: Kristian Thorborg, PT, PhD

11.45-12.15: Lunch

12.15-13.00: Treatment of meniscal injuries and prevention of future knee OA
Ewa Roos, Professor, PT, PhD

13.00-13.45: ACL injury, reconstructive surgery and osteoarthritis?
Adam Culvenor, PT, PhD

13.45-14.00: Break

14.00-14.45: Exercise or surgery in patients with knee osteoarthritis?
Søren Skou, PT, PhD
Anders Troelsen, Professor, MD, PhD

14.45-15.15: Total knee replacement: Pre- and/or post-operative rehabilitation?
Rasmus Skov Husted, PT, MSc
Thomas Bandholm, PT, PhD
15.15-15.45: Improving knee health in the middle-aged population!
Panel debate with all speakers
Moderator: Thomas Bandholm, PT, PhD

15.45: Closing

Speakers and moderators:
Tina Lambrecht, Chairman for the Association of Danish Physiotherapists
Mikkel Bek Clausen, PT, PhD student, Metropol University College, Copenhagen
Jesper Bencke, MSc, PhD, Amager-Hvidovre Hospital and Copenhagen University
Mette Zebis, MSc, PhD, Metropolitan University College, Copenhagen
Sinead Holden, MSc, PhD, Aalborg University
Markus Walden, MD, PhD, Linköping University
Ewa Roos, Professor, PT, PhD, University of Southern Denmark
Adam Culvenor, PT, PhD, University of Southern Denmark
Søren Skou, PT, PhD, University of Southern Denmark
Anders Troelsen, Professor, MD, PhD, Amager-Hvidovre Hospital and Copenhagen University
Rasmus Husted Skov, PT, MSc, Amager-Hvidovre Hospital
Kristian Thorborg, PT, PhD, Amager-Hvidovre Hospital and Copenhagen University
Thomas Bandholm, PT, PhD, Amager-Hvidovre Hospital and Copenhagen University

Costs and registration:
The symposium is free of charge for all, but please note that no meals will be served. Either bring your own food and drinks, or expect to buy in the Metropol's canteen. Allocation of participants follows the "first come first served" principle. There is allocated 150 seats for students and teachers at Metropolitan University College and 325 seats for participants not affiliated with Metropolitan University College. Registration for Metropolitan University College-affiliated participants is handled internally at Metropolitan University College. Non Metropolitan University College-affiliated participants are requested to send an email to: fysio-ergoterapi.hvidovre@regionh.dk with "PMR-C Symposium 2016" in the subject line, and name and place of work in the mail itself. People from abroad are very welcome – the allocation principle outlined above applies to all, irrespective of nationality. Registration is valid when you receive an email with confirmation of participation.

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