

# European Congress of Shoulder & Elbow Rehabilitation - "Brain & Pain"

## Friday 13<sup>th</sup> December

08:30 Registration

### 09:00 Block 1 - Introduction

- 09:00 Welcome & Update  
*Karin Hekman, Suzanne Gard, Kevin Kuppens*
- 09:10 Understanding Pain  
*Iris Coppieters*
- 09:35 Shoulder apprehension? Is it really instability?  
*Gregory Cunningham*
- 10:00 Junior Researcher Award Presentations  
*Yasmaine Karel*
- 10:08 Abstracts presentation
- 10:18 Abstracts presentation
- 10:28 Abstracts presentation
- 10:38 Public Vote  
*Yasmaine Karel*

10:45 Break

### 11:15 Block 2 - Brain and upper limb pain

- 11:15 Shoulder Pain orchestrated by the brain  
*Kevin Kuppens*
- 11:45 Shoulder Pain and movement patterns  
*Jo Gibson*
- 12:15 Discussion

12:30 Lunch Break

### 13:30 Block 3 - Parallel Sessions & Masterclasses\*

- Session 1: Neuro Rehabilitation
- Session 2: Elbow
- Session 3: Biomechanical changes Shoulder Pain
- Session 4: Prognostic Factors & Risk Factors

Session 5: Unusual causes of shoulder pain

Session 6: Shoulder rehabilitation: are we on the right track?

Session 7: Cuff related pain

MCL 1: Neuromuscular Training

MCL 2: Motor Learning

MCL 3: Worst Cases

15:00 Break

### 15:30 Block 4 - Free Papers

### 16:30 Block 5 - Beyond the joint

- 16:30 Self efficacy and risk of shoulder pain: CART analysis  
*Rachel Chester*
- 17:00 Shoulder pain: Cognitive and behavioural aspects  
*Prof. Vlaeyen*

17:30 Award Giving Ceremony / Public Vote

17:45 Drinks at exhibition

## Saturday 14<sup>th</sup> December

09:00 Registration

09:30 Block 1 - Keynote lecture  
Update of evidence in shoulder rehab  
*Ann Cools*

10:00 Block 2 - Workshop round 1

WS 1: Tendinopathy

*Ann Cools*

WS 2: Complex Instability

*Anju Jaggi*

WS 3: Return to sport after shoulder injury: tests and exercise

*Suzanne Gard*

WS 4: Functional Training in complex pain patients

*Jo Gibson*

WS 5: Elbow tendinopathy

*Val Jones*

WS 6: A cognitive functional approach for the targeted management of complex shoulder pain

*Céline Labie*

WS 7: Functional Electro Stimulation

*Andre Le Leu*

WS 8: Diagnostic ultrasound and shoulder pain: how does it fit into the patient care pathway, who can use it and how do you train. A pan-European, cross-profession approach

*Mike Smith*

11:00 Break

11:30 Block 3 - Workshop round 2  
Workshops are similar to Workshop round 1

12:30 Lunch Break

13:00 General Assembly EUSSER

# European Congress of Shoulder & Elbow Rehabilitation - “Brain & Pain”

## \* Friday 13<sup>th</sup> December 2019: Parallel Sessions & Masterclasses

Session 1: Neuro Rehabilitation	Session 2: Elbow	Session 3: Biomechanical changes Shoulder Pain	Session 4: Prognostic Factors & Risk Factors
13:30 Focal Dystony in musicians <i>Hans Koelman</i>	13:30 Trauma and instability of the elbow <i>Lex Boerboom</i>	13:30 Biomechanical changes at SAPS <i>Ewoud van Arkel</i>	13:30 Psychosocial factors associated with shoulder pain <i>Rachel Chester</i>
13:55 Unravelling shoulder pain after stroke <i>Anke Van Bladel</i>	13:55 Rehabilitation of the unstable elbow <i>Val Jones</i>	13:55 Result of 3D Scapula (IMMS) <i>Pol Huijsmans</i>	13:55 Screening with 3S Questionnaire <i>Gerard Koel</i>
14:20 Rehabilitation of neuralgic amyotrophy <i>Jos Ijspeert</i>	14:20 Elbow arthritis: treatment options <i>Michel van den Bekerom</i>	14:20 Effect of exercise therapy on strengths, mobility and coordination in SAPS: a systematic review <i>Lennart Voogt</i>	14:20 Influence of cognitions, emotions and behavioral factors <i>Liesbet de Baets</i>

Session 5: Unusual Causes of Shoulder pain	Session 6: Shoulder rehabilitation: are we on the right track?	Session 7: Cuff related pain
13:30 Winging scapula on the basis of neuritis of the long thoracic nerve <i>Lisbeth Rejsenhus</i>	13:30 Scandinavia: development & vision <i>Ingrid Hultenheim Klintberg</i>	13:30 The Dutch KALK study: treatment options for calcific tendinitis of the rotator cuff <i>Jan Louwerens</i>
13:55 Shoulder pain after breast cancer treatment <i>An de Groef</i>	13:52 Croatian development & vision <i>Ivana Kotri Mihajic</i>	13:55 Subacromial Decompression Surgery <i>Julia Noorduyt</i>
14:20 Upper trapezius paralysis <i>Wieger Heijnen</i>	14:14 English development & vision <i>Anju Jaggi</i>	14:20 Massive rupture associated pain <i>Ronald Wessel</i>
	14:36 Dutch development & vision <i>Karin Hekman</i>	

MCL 1: Neuromusculair Training	MCL 2: Motor Learning	MCL 3: Worst Cases
13:30 Control over Motor Control <i>Karin Geryszewski</i>	13:30 Introduction	13:30 Frozen Shoulder & the Brain / CNS
14:20 Functional Electro stimulation in shoulder instability <i>Andre Le Leu</i>	13:35 Talk 1 - <i>Henri Kiers</i>	13:55 Case 2
	13:50 Talk 2 - <i>Peter Glashouwer</i>	14:20 Case 3
	14:05 Talk 3 - <i>Allard Bakker</i>	
	14:20 Talk 4 - <i>Norman D'hondt</i>	
	14:35 Small moderated group discussions	
	14:50 General conclusions & future directions	