



# JOURNÉE KINÉ 2019

ACADÉMIE LUXEMBOURGEOISE DE MÉDECINE,  
DE KINÉSITHÉRAPIE ET DES SCIENCES DU SPORT

inscription: [physio@chl.lu](mailto:physio@chl.lu)

sport-kine.lu

## EXERCISE WORKS: PUTTING SCIENCE INTO ACTION

15 MAI 2019

DE 13H00 À 18H30 | AMPHITHÉÂTRE CHL - CENTRE

13h00	Registration	
13h30	Welcome	<b>Patrick Feiereisen</b> , PT, PhD; Head of Physiotherapy Department CHL, Luxembourg
	<b>1.SESSION: Evidence -based education and exercise therapy in osteoarthritis</b>	<b>Chair: Daniel Theisen</b> , PT, PhD, Prof; ALAN, Luxembourg
13h45	Good Life with Osteoarthritis from Denmark (GLA:D) evidence based treatment for people with knee -osteoarthritis	<b>Ewa M. Roos</b> , PT, PhD, Prof; University of Southern Denmark, Odense; Denmark
14h15	The role of exercise in hip -osteoarthritis	<b>May Arna Risberg</b> , PT, PhD, Prof; Oslo University Hospital, Oslo, Norway
14h45	Discussion libre	
15h00 / 15h30	Coffee - Break et visit of sponsor stalls	
	<b>2.SESSION: New strategies in musculoskeletal rehabilitation</b>	<b>Chair: Jean-Paul Weydert</b> , PT; CHL - Centre, Luxembourg
15h30	Rehab management of Achilles tendinopathy	<b>Paul Kirwan</b> , PT, PhD; Royal College of Surgeons in Ireland, Dublin; Ireland
16h00	Blood flow restriction training in musculoskeletal rehabilitation	<b>Bruce Paton</b> , PT, PhD; University College London, London, United Kingdom
16h30	Discussion libre	
16h45 / 17:00	Pause	
	<b>3.SESSION: Enhancing rehabilitation</b>	<b>Chair: Jérôme Pauls</b> , PT; CHL - Eich, Luxembourg
17:00	Stratégies nutritionnelles pour la réhabilitation de blessures	<b>Myriam Jacobs</b> , Diététicienne, BSc, LIHPS, Luxembourg
17:30	Sports medical testing - a collection of tests and their practical application	<b>Nina Goedert &amp; Anouk Urhausen</b> , PT, CHL - Eich, Luxembourg
18:00	Discussion libre et clôture de la journée	



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Pas de frais de participation

La Journée Kiné 2019 est validée de 10 crédits pour le certificat de formation continue de l'Académie Luxembourgeoise de Médecine, de Kinésithérapie et des Sciences du Sport

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# Welcome to the Journée Kiné 2019.

## What is the GLA:D programme?

GLA:D means : good life with osteoarthritis from Denmark;

- is an evidence-based education and personalized, targeted exercise programme for people with symptomatic hip and knee osteoarthritis to manage their symptoms, improve their function and quality of life, and increase their physical ability
- is a new evidence-based solution toolbox for clinicians who manage middle-aged and older people with painful knees and hips.
- it provides an effective, high value alternative to current standard of care in patients not needing total joint replacement
- it is a standardized, but individualized, treatment consisting of 2 patient education sessions and 12 neuromuscular exercise therapy sessions
- was developed by 2 researchers : Ewa M ROOS and Soren T SKOU from the Research Unit for Musculoskeletal Function and Physiotherapy, Institute of Sports Science and Clinical Biomechanics of University of Southern Denmark in Odense in 2013.
- implemented across four continents (GLA:D Denmark ; CANADA; AUSTRALIA; CHINA)

source: Roos EM, et al Br J Sports Med December 2018 Vol 52

More informations on GLA:D : <https://www.glad.dk/english.html>

## What is Blood Flow Restriction Training ?

Strength training forms a pivotal part of rehabilitation. Heavy load strength training (60-70% one-repetition maximum, 1RM) has been traditionally described to import muscle strength, body mass and function. The challenge by clinicians is to safely adapt training loads throughout the different rehabilitation phases. Blood flow restriction training (BFR) is a novel approach to augment clinical rehabilitation with low loading.

Research has proven that BFR during light load training ( 20-30% of 1RM) can produce significant gains in muscle strength and size.

In this novel approach of training limb blood flow is restricted via a cuff throughout the contraction and rest period. Given the light load nature and strengthening capacity of BFR training, it can provide an effective clinical rehabilitation stimulus without the high levels of joint stress and cardiovascular risk association with heavy-load exercise.

Source: Patterson SD et al. Br J Sports Med, 2017, Vol 51

Hughes L et al. Br J Sports Med, 2017 Vol 51

Bjørnson T et al. Med Sci Sports Exerc. 2018

Bond W.C. et al. JOSPT 2019, Vol 49

## Treatment of Achilles tendinopathy: eccentric versus heavy slow resistance treatment

Mid portion Achilles tendinopathy is a common overuse injury requiring several month of rehabilitation. Exercise therapy is considered as being the most beneficial and effective. In the last decades have been numerous trends in the treatment management of Achilles tendinopathy. Number of treatments have been supported by a good level of research. First we had eccentrics. The Alfredson's Protocol . This loading based treatment in the form of eccentric training has become the principal choice of treatment for Achilles tendinopathy; These we're backed by numerous studies involving good numbers of patients. But there is no convincing evidence that it is the most effective exercise regimen. A recent systematic review concluded that there is little clinical or mechanistic evidence that supports using eccentric component alone. More recently a more slow strength based programme became the trend. Why should we change to use new loading based exercise regimens -such as isolated concentric training , use isometrics and progressive strength protocols, to heavy slow resistance training or eccentric-concentric progression exercises?

What is the evidence today for choosing the most appropriate program for our patients?

Source: Habets B et al. Sports Med 2018 Vol48

Habets B et al. BMC Musculoskeletal Disorders 2017 Vol 18

Beyer R et al Am J Sports 2015 Vol 43

O'Neil Seth: PhD thesis 2016, University of Leicester

# The Speakers of the Journée Kiné 2019



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**Bruce PATON**

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