



Mercredi
15.05.2019

13h00-18h00
Amphithéâtre CHL-Centre
Luxembourg

J o u r n é e K i n é 2 0 1 9



EXERCISE WORKS:
putting science into action

Académie Luxembourgeoise
de Médecine, de Kinésithérapie et des Sciences du Sport

sport-kine.lu

inscription: physio@chl.lu

EXERCISE WORKS: putting science into action

13:00 Registration

13:30 Welcome

Patrick FEIEREISEN, PT, PhD; Head of Physiotherapy Department CHL, Luxembourg

1.SESSION: Evidence-based education and exercise therapy in osteoarthritis

Chair: Daniel THEISEN, PT, PhD, Prof; ALAN, Luxembourg

13:45 **Good Life with Osteoarthritis from Denmark (GLA:D)-
evidence based treatment for people with knee-osteoarthritis**

Ewa M. ROOS, PT, PhD, Prof; University of Southern Denmark, Odense; Denmark;

14:15 **The role of exercise in hip-osteoarthritis**

May Arna RISBERG, PT, PhD, Prof; Oslo University Hospital, Oslo, Norway

14:45 Open discussion

15:00 - 15:30: Coffee-break et visit of sponsor stalls

2.SESSION : New strategies in musculoskeletal rehabilitation

Chair : Jean-Paul WEYDERT, PT; CHL-Centre, Luxembourg

15:30 **Rehab management of Achilles tendinopathy**

Paul KIRWAN, PT, PhD; Royal College of Surgeons in Ireland, Dublin; Ireland

16:00 **Blood flow restriction training in musculoskeletal rehabilitation**

Bruce PATON, PT, PhD; University College London, London, United Kingdom

16:30 Open discussion

16:45 - 17:00: Break

3.SESSION : Enhancing rehabilitation

Chair : Jérôme PAULS, PT; CHL-Eich, Luxembourg

17:00 **Stratégies nutritionnelles pour la réhabilitation de blessures**

Myriam JACOBS, Diététicienne, BSc, LIHPS, Luxembourg

17h30 **Sports medical testing - a collection of tests and their practical application**

Nina GOEDERT & Anouk URHAUSEN, PT, CHL-Eich, Luxembourg

18h00 Open discussion and closing

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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*