

Saturday 19th November 2022

08:00 Registration and welcome bags

Coque Amphithéâtre

2, rue Léon Hengen L-1745 Luxembourg

08:45 Welcome & Opening

Jérôme Pauls, SLKS President

### Session 1: Medical treatment of ankle injuries – Moderator: Nicolien van Giffen

09:00 The medial ankle complex: facts, red flags and still a lot of questions

Joé Wagener, LUX

09:30 The common lateral ankle sprain: refining a generic diagnosis for rational treatment

Pietro Spennacchio, LUX

10:00 Discussion

\* Coffee, snacks, social time and sponsor exhibition 45 min \*

### Session 2: Rehabilitation, prevention, and RTS after an ankle injury – Moderator: Christian Nührenbörger

11:00 A therapeutic journey of an ankle sprain. From injury back to the field

Nina Goedert, Stéphanie Vieillevoye, Ben Moes, LUX

11:30 The importance of neurocognition and neuroplasticity and ankle injuries

Alexandre Maricot, BE

11:50 Injury prevention and return-to-sports in ankle injury

Jo Verschueren, BE

12:10 Discussion

\* Lunch, social time and sponsor exhibition 1h \*

### Session 3: Practical Workshops – Animators: Tiago Neto & Louis Wennig

13:30 Clinical examination and testing of the ankle

Pietro Spennacchio & Joé Wagener

14:00 How and when to tape an ankle: different perspectives in basketball and football

Yannick Zenner & Yves de Waha

14:30 Functional testing in lateral ankle sprain and chronic ankle instability

Jo Verschueren & Alexandre Maricot

15:00 Closing words

Presented by the Luxembourgish Academy of Sports Physiotherapy, Medicine and Science

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