

REHAB SHOULDER Agenda

Day 2 | Saturday, Oct 24, 2026

 Time	Activity	 Faculty
08:30 - 09:00	Registration	
	09:00 - 09:55 Session 1 : Shoulder anatomy and biomechanics Moderator: Filippo Parisi	
09:00 - 09:10	Introduction	Usama Saleh & Filippo Parisi
09:10 - 09:25	Functional Anatomy and biomechanics	Elena Silvestri
09:25 - 09:40	Cuff balance: what “normality” means	Elena Silvestri
09:40 - 09:55	Capsular Properties: Elasticity VS Stability	Elena Silvestri
	09:55 - 10:20 Session 2 : The Athlete's Shoulder: Management	
09:55 - 10:10	Anterior Shoulder Instability	Elena Silvestri
09:55 - 10:05	On track – Off track lesion: what therapists have to know	Matthew T. Provencher
10:05 - 10:20	Bankart repair - Indications and Surgical approach	Fares Noor Uddin
	10:20 - 10:35 Coffee Break	
	10:35 - 12:45 Session 3 : Shoulder Instability	
10:35 - 10:45	Anterior Shoulder Instability	Hasan Baydoun
10:45 - 10:55	On-Track – Off-Track Lesion: What Therapists Have to Know	Elena Silvestri
10:55 - 11:10	Bankart repair - Indications and Surgical approach	Khalid Al-Khelaifi (Aspetar)
11:10 - 11:25	Bankart repair - Know the surgery: rehabilitation strategies	Matthew Paul Rees (Aspetar)
11:25 - 11:40	Latarjet procedure - Indications and Surgical approach	Philippe Landreau
11:40 - 11:55	Latarjet procedure - Know the surgery: rehabilitation strategies	Elena Silvestri
11:55 - 12:05	Posterior instability: To know ABC	Philipp Moroder
12:05 - 12:20	Posterior instability: Know the rehabilitation strategies	Elena Silvestri
12:20 - 12:30	AC instability: Surgical Approach	Fares Noor Uddin
12:30 - 12:45	Clavicle management: rehabilitation strategies	Elena Silvestri & Isa Ali Es'Haqi
	13:05 - 14:00 Lunch Break	
	14:00 - 15:00 Session 4 : Practice Hands on Session- Aspetar & Shoulder Academy combined session Moderators :Filippo Parisi & Omar Moustafa	
14:00 - 14:45	Assessment of Shoulder Instability From Range of Motion to Cuff Readiness	Elena Silvestri & Filippo Parisi
14:45 - 15:00	Rehabilitation of shoulder Instability	Matthew Paul Rees (Aspetar)
	15:00 - 15:30 Session 5 : Back to Sport - Return to Play/Performance	
15.00 - 15.20	Return-to-Play Assessment: Which Additional Tests Are Required?	Marco Macri
15.20 - 15.30	Beyond Exercise: Integrating Nutrition to Enhance Rehabilitation	Marco Macri
15:30 - 16:00	Q&A	
	18:00 End of Day 2	