

# ASPETAR WORLD CONFERENCE 2025

09<sup>th</sup> - 11<sup>th</sup> October 2025, Aspire Zone

ASPETAR  
أسبیتار

## AGENDA

### ADVANCED WORKSHOP ON SHOULDER REHABILITATION

7 - 8 October 2025

#Aspetarcon25



**Target Audience:** Allied Health Practitioners (Physiotherapists only)

**Activity code:** HGI-03-P173

**Venue:** Aspetar, west expansion, rehabilitation training room, ground floor

**Time:** 08:00-16:00

**Please note that this activity is offered as a part of the Aspetar World Conference 2025, therefore, you must be registered for the conference to be able to sign up for this workshop.**

**Overall Learning Objectives:**

On completion of this activity, participants will be able to:

1. **Discuss** the anatomical, biomechanical, and pathophysiological aspects of shoulder function and dysfunction.
2. **Identify** key subjective and objective clinical findings to inform diagnosis and management decisions.
3. **Design and apply** comprehensive examination procedures, including special tests, motor control assessment, and strength evaluation.
4. **Develop and implement** evidence-informed rehabilitation strategies integrating motor control, strength development, and return-to-sport programming.
5. **Analyze** laboratory-based biomechanical data to guide rehabilitation progression and return-to-play decision-making.
6. **Evaluate** current evidence regarding the management of shoulder injuries across various sporting populations.

**This activity is an Accredited Group Learning Activity (Category 1) as defined by the Ministry of Public Health's Department of Healthcare Professions - Accreditation Section and is approved for a maximum of 12.5 hours.**

Time	Topic	Session Learning Objectives By the end of this session, participants will be able to:	Speaker
<b>Day 1 7 October 2025</b>			
07:30 - 08:00	Registration		
08:00 - 08:45	Clinical Anatomy and Biomechanics of the shoulder girdle: Setting the Scene (Lecture)	<ul style="list-style-type: none"> <li>Discuss anatomical considerations and analyze their biomechanical implications in shoulder pathologies</li> </ul>	Rodney Whiteley
08:45-10:00	Subjective examination - Extracting the Key Information: Directing your clinical exam Yellow (Pain) Red (Referred) Flags (45min lecture - 30min interactive)	<ul style="list-style-type: none"> <li>Identify and interpret subjective findings to inform clinical reasoning</li> </ul>	Abdallah Itani, Tony Awaida
10:00 - 10:30	Coffee break		
10:30 - 12:00	Clinical Examination, Special Tests (that are not so special), use of radiology/ pain modulation (injections) and establishing a Differential Diagnosis to help devise a treatment plan (45min lecture - 45min interactive)	<ul style="list-style-type: none"> <li>Develop and apply comprehensive examination protocols including special tests</li> </ul>	Andrew Cole, Abdallah Itani
12:00 - 13:00	Lunch break		
13:00 - 14:30	Motor Control Assessment & Development (30min lecture - 60min Interactive)	<ul style="list-style-type: none"> <li>Describe and design motor control assessment procedures and interventions</li> </ul>	Kathryn Fahy
14:30 - 14:45	Coffee break		
14:45 - 16:00	When does motor control transition to strength development (15min lecture - 60min interactive)	<ul style="list-style-type: none"> <li>Utilize specific exercises to target strength deficits after shoulder injury</li> </ul>	Leopoldo Buttinoni, Hercules Paquet

16:00	Finish		

Time	Topic	Session Learning Objectives By the end of this session, participants will be able to:	Speaker
<b>Day 2 8 October 2025</b>			
08:00 - 09:30	Key considerations for designing an effective rehabilitation journey. From epidemiology to RTS Testing (60min lecture - 30min interactive)	<ul style="list-style-type: none"> <li>Analyze management options and design evidence-informed rehabilitation plans</li> </ul>	Matthew Rees
9:30-10:30	Data Driven Rehab - Lab Based Assessment Post Shoulder Stabilisation (RAMAL) (20min lecture - 40min interactive)	<ul style="list-style-type: none"> <li>Explain and apply RTP testing protocols using lab-based assessments</li> </ul>	Simone Kallonen
10:30 - 11:00	Coffee break		
11:00 - 12:30	Strength to power development (30min lecture - 60min interactive)	<ul style="list-style-type: none"> <li>Apply strength training principles to address strength deficits after shoulder injury</li> </ul>	Archie Ogden, Francis Kattoura
12:30 - 13:30	Lunch break		
13:30 - 14:45	Reactive strength and the importance of the kinetic chain (15min lecture - 60min interactive)	<ul style="list-style-type: none"> <li>Apply strength training methods to address reactive strength deficits after shoulder injury</li> </ul>	Archie Ogden, Ahmed Al Jawad
14:45 - 15:00	Coffee break		
15:00 - 15:45	The tricky ones: Overhead athlete and return to contact for the collision athlete (interactive)	<ul style="list-style-type: none"> <li>Apply new knowledge to use advanced clinical reasoning skills in rehab planning and decision-making processes</li> </ul>	Kathryn Fahy, Matthew Rees
15:45 - 16:00	Bringing it all together (Interactive)	<ul style="list-style-type: none"> <li>Discuss the key points of all the components of rehabilitation outlined throughout the workshop</li> </ul>	Leopoldo Buttinoni
16:00	Finish		

**Scientific Planning Committee:**

Konstantinos Epameinontidis (Chair), Abdallah Itani (Co-Chair), Matthew Rees, Kathryn Fahy, Andrew Cole

**The Scientific Planning Committee has reviewed all disclosed financial relationships of speakers, moderators, facilitators and/or authors in advance of the CPD activity and has implemented procedures to manage any potential or real conflicts of interest.**

Overall time: 750 min; lecture: 445 min; interactive: 305 min (41%)