

# ASPETAR WORLD CONFERENCE 2025

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

ASPETAR  
سبيتار

## AGENDA

### COPENHAGEN ADDUCTION EXERCISE WORKSHOP

7 October 2025

#Aspetarcon25



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

**Activity code:** HGI-03-P170

**Venue:** Aspetar, west expansion, surgery training center (SSTC classroom), basement

**Time:** 10:00 – 12:15

**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 science behind the Copenhagen Adduction Exercise (CAE)
2. Outline the benefits of the CAE for groin injury reduction in football.
3. Identify the best practice to implement the CAE for football teams.
4. Develop an evidence-based educational video about the application of the CAE in football club setting.
5. Apply the CAE and its different progressions.

**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 2.0 hours.**

Date	Topic	Session Learning Objectives By the end of this session, participants will be able to:	Speaker
(10:00 - 10:25)	A theoretical overview covering the scientific background, injury epidemiology, preventive efficacy of the CAE, and its real-world application insights in football setting.	<ul style="list-style-type: none"> <li>Outline the science behind the Copenhagen Adduction Exercise</li> <li>Discuss the benefits of the Copenhagen Adduction Exercise for groin injury reduction in football.</li> <li>Discuss the implementation of the Copenhagen Adduction Exercise in the real-world environment of football teams.</li> <li>Show an evidence-based educational video about the application of the Copenhagen Adduction Exercise in football club settings.</li> </ul>	Moderator: Raouf Nader Rekik Speaker: Oussama Skhiri.
(10:25 - 10:45)	We want to hear from you (a survey for the participants to assess the use of the CAE in sport via Live MENTI)	<ul style="list-style-type: none"> <li>Assess the use of the CAE in sport via Live MENTI</li> </ul>	Ramadan Daoud, Mourad Jelassi, Oussama Skhiri,
(10:45 - 11:15)	Discussion: Q & A session (interactive and comprehensive discussion between the audience and speakers)		Raouf Nader Rekik, Oussama Skhiri, Ramadan Daoud, Mourad Jelassi, Anas AbuEsba, Shilpa Patil, Abderrazak Aouadi
(11:15 - 11:30)	Break		
(11:30 - 12:15)	Hands-on CAE practical session: Mastering the CAE	<ul style="list-style-type: none"> <li>Apply the correct technique and progressions of the CAE.</li> </ul>	Raouf Nader Rekik, Oussama Skhiri,

			Ramadan Daoud, Mourad Jelassi, Anas AbuEsba, Shilpa Patil, Abderrazak Aouadi
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**Scientific Planning Committee:**

Raouf Nader Rekik (Chair), Souhail Chebbi, Oussama Skhiri, Ramadan Daoud

**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: 120 min; lecture: 25 min; interactive: 95 min (80%)