

WORKSHOP
KINESITHERAPY FOR SOFT TISSUE INJURIES IN ATHLETES

Lecturer: Assoc. prof. Gergana Nenova, PhD

25th October, 2019

South-West University "Neofit Rilski", Faculty of Public Health, Health Care and Sports, Blagoevgrad,
Bulgaria

Agenda

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| 09:00 - 09:30 | 1. Opening and Registration |
| 09:30 - 09:45 | 2. Addresses |
| 10:00 - 11:00 | 3. Preoperative and nonoperative kinesitherapy for soft tissue injuries in the field of shoulder and knee joint in athletes |
| 11:00 - 11:30 | 4. Coffee/Tea break |
| 11:30 - 12:30 | 5. Supra and early kinesitherapy for soft tissue injuries in the shoulder joint in athletes |
| 12:30 - 14:00 | 6. Lunch |
| 14:00 – 16:00 | 7. Supra and early kinesitherapy for soft tissue injuries in the knee joint in athletes |
| 16:00 - 16:30 | 8. Coffee/Tea break |
| 16:30 - 18:00 | 9. Kinesitherapy for the recovery of the ankle after an injury in athletes |