



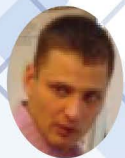
Sports Injury Prevention Conference

27.02.2016



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Speakers and topics:



“Preventing shoulder injuries” Kestutis Laurinkas (LTU)



“Preventing low back pain” Peter Halen (FIN)



“Preventing knee and ankle injuries” Rolandas Kesminas (LTU)



“Monitoring athletes training loads” Jarek Mäestu (EST)



49 EUR



Tartu, Estonia



Registration: sporditeraapiakeskus@gmail.com or +372 566 456 18



Timetable

Saturday 27.02.2016

9.30 - 10.00 REGISTRATION, MORNING COFFEE

10.00 - 10.30 OPENING AND INTRODUCTION

10.30 - 11.10 „Preventing shoulder injuries“ Kestutis Laurinskas (Lithuania)

- Comments & questions with Janno Jürgenson (Estonia)
- Group discussions
- Exercise break

11.30 - 11.10 „Prevention of low back pain“ Peter Halen (Finland)

- Comments & questions with Mati Arend (Estonia)
- Group discussions
- Exercise break

12.30 - 13.30 LUNCH BREAK

13.30 - 14.15 „Preventing knee & ankle injuries“ Rolandas Kesminas (Lithuania)

- Comments & questions with Mati Arend (Estonia)
- Group discussions
- Exercise break

14.40 - 15.15 „Monitoring athlete´s training loads“ Jarek Mäestu (Estonia)

- Comments & questions with Ott Meerits (Estonia)
- Group discussions
- Exercise break

15.30 - 16.00 COFFEE BREAK

16.00 - 16.30 CONCLUSIONS „Putting it all together“ Mati Arend (Estonia)

Speakers



KESTUTIS LAURINSKAS (Physiotherapist, MSc)

Professional sports physiotherapist with additional specialization in Orthopedic Manual Therapy (OMT). Received his Bachelor degree in Public Health and Bachelor degree in physical-therapy from Kaunas Medical University and Master's degree in Health and Rehabilitation with Physical Exercises from

Lithuanian University of Health Sciences. Practical experience working with Lithuanian Olympic Team; National Team of Athletics; National Team of Weight Lifting; National Team of Sailing; National Team of Handball, National Team of Judo, Lithuanian Tennis Team for Davis Cup. Assisting Individual Olympic Team athletes (Virgilius Alekna). Worked as a physiotherapist in Athens (2004), Beijing (2008) and London (2012) Olympic Games. Also, has assisted as a physiotherapist in athletics World Championships, European Games and European Championships.



PETER HALÉN (Physiotherapist, COMT)

A certified sports-neuromusculoskeletal physiotherapist specialized in Orthopedic Manual Therapy (OMT). Chairman of the Finnish Sport Physiotherapy Association. Product manager and head trainer at DBC International Ltd in 2005 and from early 2006 until late 2010 he worked in Singapore. He was as the regional trainer

and regional executive for DBC International Ltd in South East Asia. Peter has been a visiting lecturer in several physiotherapy faculties and universities both in Finland and internationally. He has worked at two Olympic Games (Sydney 2000, Athens 2004) for the Finnish Olympic Team. In 2008 he was the physiotherapist for the Singapore Paralympic team in Beijing, China. Since 2010 he was the senior physiotherapist to all the Finnish Youth Olympic Teams until 2013. He has served (2012-2014) as the senior physiotherapists for the national team in mens artistic gymnastics.

Speakers



ROLANDAS KESMINAS (Physiotherapist, MSc)

Has over 9 years of clinical and teaching experience in orthopedic manual and sports physiotherapy. He is an executive member of Lithuanian Physiotherapy Association. He received a Bachelor's Degree in Physiotherapy (2002) and Master's degree in Rehabilitation Sciences and Adapted Physical Activity from

Lithuanian Academy of Physical Education and KU Leuven (2004). He received Fulbright scholarship and specialized in Orthopedic and Sports Physiotherapy at Marquette University (2006). He is currently teaching evidence based Physiotherapy at Lithuanian Sports University. He has also been actively participating in teacher exchange and intensive physiotherapy programs in Nordic countries as well as giving continuing education courses for physiotherapists within Lithuania. He is also consultant physiotherapist for research groups at Lithuanian Sports University. He provides physiotherapy for variety of athletes with spine, lower and upper extremity injuries at outpatient clinic.



JAREK MÄESTU (PhD, Sports and Exercise Sciences)

Jarek Mäestu is a highly respected researcher at University of Tartu and a member European College of Sport Sciences. His main research fields are training physiology, fatigue and overtraining. He has published more than 50 research articles in international peer reviewed journals. He is also the head of the Institute of Sport

Biology and Physiotherapy at University of Tartu. He is the co-founder and Chief Sports Scientist at Sportlyzer. As an athlete he has been part of Estonian National Rowing team and achieved bronze medal at the FISU Universiade (World University Championships in 2002 in double scull rowing) and he is 8 time Estonian champion. Today Jarek mostly keeps in shape with inline speed skating and running. He has also worked as a rowing coach, raising successful athletes in Estonia (including the Estonian champions in U18 quadruple sculls).



Speakers



MATI AREND (Physiotherapist, MSc, PhD candidate; COMT)

Physiotherapist at University of Tartu Sports Medicine and Rehabilitation Clinic and in University of Tartu/ Rock Basketball Academy. PhD candidate at University of Tartu where his main research fields are inspiratory muscle training and warm-up, overuse injury prevalence and injury risk factor screening in adolescent and team sport athletes. Teaching assistant in Sports Physiotherapy, Manual Therapy and Sports Traumatology courses at University of Tartu. Mati has extensive training and specialization in Orthopedic Manual Therapy and Advanced Sports Rehabilitation from Portugal, Ireland, USA and Australia with the focus of injury prevention. Mati has organized Orthopedic Manual Therapy continuing education courses in cooperation with North American Institute of Orthopedic Manual Therapy (NAIOMT), Andrews University and University of Tartu in Estonia for 3 past years. He has worked many years with Estonian national basketball boys U16 team during their European Division B Championships.