

Abschluss-Symposium “Good Vibrations”

Efficacy of whole-body vibration exercise to treat patellar tendinopathy

Datum /Date: 10. März 2020

Ort / Location: Paracelsus Medizinische Privatuniversität, Strubergasse 21, 5020 Salzburg

PROGRAMM / PROGRAM

11:00 REGISTRIERUNG / REGISTRATION DESK

12:30 FIRST SESSION (Tendon properties in tendinopathy)

- **Dr. Florian Rieder** OPENING REMARKS AND INTRODUCTION 12:30

Dr. Hans-Peter Wiesinger ERÖFFNUNGSWORTE UND EINFÜHRUNG

Prof. Erich Müller

- **Prof. Olivier Seynnes** SEHNENFUNKTION 13:00

 TENDON FUNCTION

- **Dr. Hans-Peter Wiesinger** PROJEKT: QUERSCHNITTSSTUDIE 13:20

 CROSS-SECTIONAL STUDY

 Mechanical and material tendon properties in patients with proximal patellar tendinopathy

- **Dr. Herbert Tempfer** **ROLLE VON SYSTEMISCHEN ENTZÜNDUNGEN** 13:50

 ROLE OF SYSTEMIC INFLAMMATION

 Systemic inflammatory diseases in tendinopathy (animal model)

- **Prof. Andreas Traweger** **IMMUNANTWORT** 14:10

 IMMUNOLOGICAL RESPONSE

 Tendinopathy – vascular permeability and immunological response

- **Dr. Yuske Sato** **SEHNEN ECHOGENITÄT NACH K-TEP** 14:30

 TENDON ECHOGENICITY IN TKA

 Altered tendon echogenicity after TKA



Snacks

16:00 SECOND SESSION (Treatment of tendinopathy)

- **Dr. Florian Rieder** ERGEBNISSE „GOOD VIBRATIONS“ RESULTS “GOOD VIBRATIONS” 16:00
 “Good Vibrations” Efficacy of vibration training to treat patellar tendinopathy
 - **Dr. Jürgen Herfert** TENDINOPATHIE IM LEISTUNGSPORT TENDINOPATHY IN ELITE SPORTS 16:30
 - **Dr. Johannes Zwerver** BEHANDLUNGSSTRATEGIEN TENDINOPATHY TREATMENTS FOR TENDINOPATHY 16:50
 - **Dr. Renate Gehwolf** **MAGNETFELDTHERAPIE** 17:10
 MAGNETIC FIELD THERAPY
 - **Dr. Christian Couppé** 17:30
 KRAFTTRAINING BEI TENDINOPATHIE
 STRENGTH TRAINING IN TENDINOPATHY
 - **Dr. Florian Rieder/ Dr. Hans-Peter Wiesinger** 17:50
 ABSCHLUSSWORTE
 CONCLUDING WORDS
-



Dinner 19:00-open end



Trumerei; Strubergasse 26; Salzburg



SPRECHER /SPEAKERS

Dr. Florian Rieder

Institute of Physical Medicine and Rehabilitation, Paracelsus Medical University Salzburg, Austria

Department of Sport und Exercise Science, University of Salzburg, Austria

Profession: Sport Scientist & Exercise Therapist

Dr. Hans-Peter Wiesinger

Department of Sport and Exercise Science, University of Salzburg, Austria

Profession: Sport Scientist

Prof. Erich Müller

Department of Sport and Exercise Science, University of Salzburg, Austria

Profession: Sport Scientist

Prof. Olivier R. Seynnes

Department of Physical Performance, Norwegian School of Sport Sciences, Oslo, Norway

Profession: Sport Scientist

Dr. Herbert Tempfer

Institute of Tendon & Bone Regeneration, Spinal Cord Injury and Tissue Regeneration Center Salzburg, Paracelsus Medical University Salzburg, Austria

Profession: Molecular Biologist

Prof. Andreas Traweger

Institute of Tendon & Bone Regeneration, Spinal Cord Injury and Tissue Regeneration Center Salzburg, Paracelsus Medical University Salzburg, Austria

Profession: Molecular Biologist

Dr. Yuske Sato

Eastern Chiba Medical Center, Chiba, Japan

Profession: Orthopedic Surgeon

Dr. Jürgen Herfert

Red Bull Salzburg, Salzburg, Austria

Profession: Physician, Physical Medicine and Rehabilitation

Dr. Johannes (Hans) Zwerver

Ziekenhuis Gelderland Valley Hospital, Netherlands

Profession: Physician, Sports Medicine

Dr. Renate Gehwolf

Institute of Tendon & Bone Regeneration, Spinal Cord Injury and Tissue Regeneration Center Salzburg, Paracelsus Medical University Salzburg, Austria

Profession: Molecular Biologist

Dr. Christian Coupé

Institute of Sports Medicine, University of Copenhagen; Denmark

Profession: Physiotherapist