



SKAA 2025
SHOULDER KNEE
ARTHROSCOPY
TO ARTHROPLASTY
SYMPOSIUM 2025

SCIENTIFIC PROGRAM

Rehabilitation

Mediterranea room

PORTOROŽ,
SLOVENIA

6TH AND 7TH
NOVEMBER
2025

November 6th - SHOULDER DAY

7.00 – 8.00 **Registration**

8.00 – 9.50 **Shoulder Joint in Sports**
(Moderators: N. Majdič, I. Hrvatin)

8.00 – 8.05	WELCOME (I. Hrvatin, N. Majdič)	
8.05 – 8.20	Epidemiology and Mechanisms of the Most Common Musculoskeletal Injuries of the Upper Limb	Žiga Kozinc
8.20 – 8.35	Prevention of shoulder injuries: addressing common risk factors	Rok Vatovec
8.35 – 8.50	Innovative Light and Neurostimulation Therapies in Clinical Rehabilitation of the Shoulder Joint	Primož Hostnik
8.50 – 9.05	More Than a Shoulder Problem: A Clinical Reasoning Journey Through Cervical-Spinal Interaction in a CrossFit Athlete	René Bakodí
9.05 – 9.20	Attentions and Key Factors in Rotator Cuff Injury Rehabilitation	Janja Štavar
9.20 – 9.35	Adhesive Capsulitis of the Shoulder	Fabrizio Brindisino
9.35 – 9.50	DISCUSSION	
9.50 – 10.05	Coffee Break	
10.05 – 11.00	Keynote Lecture <i>(Moderators: P. Novak, F. Brindisino)</i>	
10.05 – 10.50	Tackling Shoulder Instability and Biceps Injuries in Sport: Sport-Specific Rehabilitation and Return-to-Play Strategies	Martin Asker
10.50 – 11.05	DISCUSSION	
11.05 – 12.05	Shoulder Joint Testing <i>(Moderators: P. Novak, F. Brindisino)</i>	
11.05 – 11.20	Ultrasound Assessment of the Shoulder Joint	Žiga Snoj
11.20 – 11.35	Conducting Isokinetic Testing of the Shoulder Joint	Matej Kovač
11.35 – 11.50	How to Interpret Results from the Isokinetic Testing?	Katarina Cunder
11.50 – 12.05	DISCUSSION	

12.05 – 12.50 Lunch Symposiums

Emerald II Room	Artificial intelligence and Shoulder Navigation Sponsored by Exatech	Bruno Gobbato
Adria II Room	Live Cadaveric Demonstration: Rectus Femoris Tendon Harvesting – Surgical Pearls Sponsored by SBM	Nicolas Bouguennec
Mediterranea Room	Integrating Advanced Physiotherapy Technologies (HIL, TECAR, ESWT, SIS) in Shoulder and Knee Joint Rehabilitation Sponsored by KREJA d.o.o.	

12.50 – 14.20 Shoulder Arthroscopy to Arthroplasty

(Moderators: K. Cunder, B. Oblak)

12.50 – 13.05	Early Rehabilitation After Rotator Cuff Repair	Maria Papatzikou
13.05 – 13.20	Peripheral Neurological Impairments as a Cause of Limited Shoulder Function	Primož Novak
13.20 – 13.35	Shoulder Pseudoparalysis – How to Spot and Treat it?	Christos Koukos
13.35 – 13.50	The Role of the Scapula After Shoulder Arthroplasty	Ivana Hrvatin
13.50 – 14.05	Chronic Pain of the Shoulder	Zala Kuret
14.05 – 14.20	DISCUSSION	

14.20 – 14.35 Coffee Break

14.35 – 16.45 Workshops 1 and 2

Attendance at the workshop is subject to successful registration. A certificate of attendance will be issued separately.

Adria II Room	Differentiation Techniques for the Cervical Spine and Shoulder Based on Maitland Principles	René Bakodí
Mediterranea Room	Modern Approaches in Muscle Inhibition Treatment	Ivana Hrvatin, Stephane Laducette

16.45 – 18.00 Workshop 3 and 4

Attendance at the workshop is subject to successful registration. A certificate of attendance will be issued separately.

Adria II Room	Ultrasound Assessment and Guided Injections of the Shoulder Joint	Žiga Snoj
Mediterranea Room	Pull Up Deficits: From Assessment to Function. The Impact of Global Patterns	Matej Bombač, Janja Štavar

19.30 Conference Dinner



November 7th – KNEE DAY

7.00 – 8.00 **Registration**

8.00 – 9.40 **Knee Joint in Sports**
(Moderators: K. Cunder, R. Vatovec)

8.00 – 8.15	Use of Blood Flow Restricted Exercise Training in Physiotherapy of Athletes with Knee Impairment	Alan Kacin
8.15 – 8.30	Females and Knee Injuries	Renata Vauhnik
8.30 – 8.45	The Specifics of Adolescent Athletes with Knee Impairment	Lana Jović
8.45 – 9.00	The Role of Nutrition in the Prevention and Rehabilitation of Sports Injuries	Neža Majdič
9.00 – 9.15	Return to Sports Activity after Arthroscopic Knee Surgery	Nejc Šarabon
9.15 – 9.30	Muscle Inhibition After Knee Impairment	Stephane Ladoucette
9.30 – 9.40	DISCUSSION	

9.40 – 9.55 **Coffee Break**

9.55 – 10.55 **Keynote Lecture**
(Moderators: N. Majdič, R. Vauhnik)

9.55 – 10.40	360° of Knee Rehabilitation	Amy Bowzaylo
10.40 – 10.55	DISCUSSION	

10.55 – 12.05 **Knee Joint Testing**
(Moderators: N. Majdič, R. Vauhnik)

10.55 – 11.10	Functional Tests to Guide Rehabilitation and Prevention	Tomaž Gustinčič
11.10 – 11.25	Conducting Isokinetic Testing of the Knee Joint	Luka Vukan
11.25 – 11.40	How to Interpret Results from the Isokinetic Testing?	Katarina Cunder
11.40 – 11.55	Ultrasound Assessment of the Knee Joint	Žiga Snoj
11.55 – 12.05	DISCUSSION	

12.05 – 12.50 Lunch Symposiums

Emerald II Room	PICO Wound Care Sponsored by Smioth &Nephew	Blaž Mavčič
Mediterranea Room	ACL injury prevention; From Research Papers to Practical Implementation	Amelia Arundale
Adria I Room	VALEYS™ hands on workshop; Robotic – Assisted Solution Sponsored by Johnson&Johnson <i>Attendance at the workshop is subject to successful registration.</i>	Kathrin Sekyra

12.50 – 14.20 Knee Arthroscopy to Arthroplasty (Moderators: K. Cunder, A. Kacin)

12.50 – 13.05	Where to Start When you Have Patellar Instability?	Marko Sikirca
13.05 – 13.20	Kinesiophobia Should be Considered in Knee Joint Rehabilitation	Julija Kralj
13.20 – 13.35	From Arthroscopy to Arthroplasty	Neil Jain
13.35 – 13.50	Preoperative Physiotherapy in Knee Arthroplasty	Vanja Šeničar
13.50 – 14.05	Tips and Tricks to Consider in Rehabilitation After Knee Arthroplasty	Benjamin Oblak
14.05 – 14.20	DISCUSSION	

14.20 – 14.35 Coffee Break

14.35 – 16.45 Workshop 5 and 6

Attendance at the workshop is subject to successful registration. A certificate of attendance will be issued separately.

Adria II Room	Ultrasound Assessment and Guided Injections of the Knee Joint	Žiga Snoj
Mediterranea Room	Acceleration and Deceleration Bio-Mechanics. Identifying Risk Factors, Injury Prevention and Return to Play Testing	Matej Bombač, Tomaž Gustinčič

16.45 – 17.30 Closing Ceremony and Best Speech Awards