Welcome Address .......................................................02
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Dear colleagues and friends,

It is with enormous pleasure that I welcome you in Malta for the 12th Mediterranean Congress of Physical and Rehabilitation Medicine and the 1st Maltese Rehabilitation Congress. Malta has hosted numerous international activities in various spheres in the past but it is the first time that Malta is hosting an international Rehabilitation Congress and we are very excited and looking forward to the four days of the Congress.

The hosting of this Congress is the fruit of the efforts that our local Association, the Malta Physical and Rehabilitation Medicine Association has made, especially in the international sphere, as we truly believed that hosting the Congress in Malta would also continue to bring Rehabilitation Medicine further into the limelight in our country. Throughout the last few years our National Association, has worked hard to push rehabilitation medicine to a higher level and has managed to convince our policy makers to give the specialty its deserved place in the clinical pathway. I am also glad to reaffirm that our Government has embarked on a Public Private Partnership agreement which should see a radical change in the infrastructure of our Rehabilitation Hospital and in the way we deliver our services. In this Public Private Partnership agreement, the private investors, Vitals Global Healthcare, have agreed to give MPRMA generous support in order to ensure a very successful Congress also through their clinical partners, namely, Partners Healthcare International of Boston, USA.

The theme chosen for the Congress “Rehabilitation: Evolution in Practice” demonstrates, not only the gross improvement in the sector in the recent years, but also developed from a local feeling in our current scenario where we are witnessing a dual evolution: clinically, as well as in the environment in which our patients will be managed. Moreover, one must also emphasise the importance of the continuous drive to intensify the collaboration between the PRM societies, especially in our region, in order to experience, share and improve the quality of our Rehabilitation services together. The Mediterranean Forum of PRM was set up with the motto of “Rehabilitation without frontiers”. The scope of this motto is more than ever evident today, with an intense feeling that we must bring all the diversity in the region much closer together than before. We are really delighted to be able to welcome representatives from more than 30 countries and especially of having representatives from Mediterranean countries which are not regularly present in such congresses. The latter’s presence can serve to be an opportunity for greater collaboration of Rehabilitation services between the representatives from the Mediterranean region irrespective of the different cultures, as well as a wonderful occasion to meet and exchange knowledge and experiences. Physical and Rehabilitation Medicine is rapidly becoming a dynamic area in the field of Medicine with frequent innovative programmes and ever increasing research. Such innovations are
leading to a rapid improvement in the daily lives of those suffering from disabling conditions leading to more independence and better quality of life. Therefore, we definitely need to share such experiences even more! Through this Congress, we are also aiming to attract rehabilitation specialists, trainees, nursing and allied health professionals to come together and share this experience which should help to broaden their vision of Rehabilitation Medicine.

I would like to take this opportunity to thank all the invited lecturers who have accepted to come over to Malta without reservation in order to share their experience and knowledge with us. A big thanks also goes to those participating with their abstracts and posters and all the participants in general. Of course this would not be possible without the support of the sponsors, especially our main sponsors, Vitals Global Healthcare. I simply cannot close without mentioning the Mediterranean Forum of PRM for giving us this opportunity as well as both the organising and scientific committees for their sterling work and dedication throughout the preparations for this Congress which is helping the process of evolution in practice of the Physical and Rehabilitation specialty.

I sincerely wish all the participants a fruitful Congress and an enjoyable stay in Malta.

Merhba f ’Malta... Welcome to Malta!

CONGRESS ORGANISATION

MFPRM BOARD

President - Gulseren Akyuz, Turkey
Vice-President - Stephen Zammit, Malta
Secretary - Milica Lazovic, Serbia
Treasurer - Klemen Grabljevec, Slovenia
Members - Calogero Foti, Italy
  Khalil Alabbadi, Jordan
  Tarek Shaafshak, Egypt
  Jorge Lains, Portugal
  Nicolas Christodoulou, Cyprus
  Franco Cirillo, Italy

Malta Organising Committee

President - Stephen Zammit
Vice President - Roberta Messina
Secretary General - Jesmond Schembri
Vice Secretary General - Gabrielle Ransley
Treasurer - Mark Vella
PR Officer - Cynthia Scerri
Vice PR Officer - Rosanne Scerri

Congress Scientific Committee

Jesmond Attard
Marjorie Bonello
Rita Micallef
Janet Mifsud
Margaret Muscat
Stephen Zammit

Congress Secretariat

Elaine Farrugia
Brigitte Attard
Diana Cassar
Christabelle Spagnol

Prof. Gulseren Akyuz
President
Mediterranean Forum of Physical & Rehabilitation Medicine
The resort rests on its 74,000-square-metre peninsula of the azure waters of the Mediterranean, within the touristic region of St Julians. The conference Centre features state-of-the-art technology and is situated at the heart of the resort. The centre offers all relevant convention activities in one area and is equipped with broadband internet and high speed WI-FI connections.

The Westin Dragonara Resort, Malta
Dragonara Road, St. Julian’s, STJ 3143, Malta
Phone: (356) 2138 1000   Fax: (356) 2138 1347
www.westinmalta.com
**Congress language**
The official language of the Congress is English.

**Parking facilities during the Congress**
The Congress Hotel Venue Car Park is available with the following charges:
- Weekdays: 1st hour = Euro1.50; Subsequent hrs: Euro1.00 p/h; Maximum Euro5.00
- Weekend: 1st hour = Euro1.50; Subsequent hrs: Euro1.50 p/h; Maximum Euro6.50
Alternatively, there is Merkanti Quarry (round the corner from hotel/casino) with the flat rate charge of Euro7.50.

**Congress tag**
Access to all events and presentations is only possible with your personal badge (tag) which you received at registration. All participants are requested to wear their name tag at all times. Participants without badges will not be admitted to congress activities.

**Oral presentations**
The venue is equipped with a computer (running on Microsoft Windows) and projector will be available for speakers during their presentation.

Please make sure to upload your presentation on the computer in the respective session hall where your lecture is taking place during a break prior to your session, at least the day before.

It is not possible to use your own computer or Macintosh laptop.

The slides used for the oral presentation must be in English and compatible with Microsoft Powerpoint.

Each oral presentation lasts 8 minutes, with 2 additional minutes for discussion (10 minutes in total).

**Poster presentations**
Poster display dates: Posters will be on display for the duration of the congress. Presenters must be next to their posters everyday of the congress from 12:30 to 14:00.

Set up and removal times: Posters must be set up between 08:30 and 10:00 on Thursday, 9 November 2017. Materials to affix posters will be provided. Posters may only be taken down between 14:00 and 15:30 on Sunday, 12 November 2017. The congress will not be held responsible for any posters that are left behind.

**On-site registration**
Registration fee covers all congress material including conference bag, final programme and abstract book; certificate of participation; opening ceremony; coffee breaks, lunch breaks and social evening with dinner.

The Networking Official Dinner will be held on Saturday, 11 November 2017 is optional and can be booked separately at the price of €60.

Payment method: only cash payment in EURO is accepted at the Congress Info Point

**On-site Registration Fees**

<table>
<thead>
<tr>
<th>Category</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>Physicians</td>
<td></td>
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<tr>
<td>MFPRM/MPRMA Members</td>
<td>€475</td>
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<tr>
<td>Non-MFPRM Members</td>
<td>€500</td>
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<td>Allied Health</td>
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<tr>
<td>MPRMA Members</td>
<td>€325</td>
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<tr>
<td>Non-MPRMA Members</td>
<td>€350</td>
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<tr>
<td>PRM Trainees (medical)</td>
<td>€325</td>
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<tr>
<td>Students</td>
<td>€275</td>
</tr>
<tr>
<td>Accompanying Persons</td>
<td>€325</td>
</tr>
</tbody>
</table>

PRM Trainees and Students are to provide documentary evidence supporting their status from their respective institution/hospital/university.
LIST OF TOPICS

1. Rehabilitation Services in Mediterranean countries and in Europe
2. PRM Education, Research & Management in Rehabilitation with special focus on Mediterranean countries
3. Regional Interaction in Clinical Research, Education of PRM Professionals
4. Cochrane Rehabilitation
5. PRM Diagnostics
6. PRM in Orthopaedics and Musculoskeletal Disorders
7. Rehabilitation in Complex Blast injuries
8. Rehabilitation in Neurological disease with special mention to Stroke Rehabilitation
9. Robotics, Virtual Reality & innovative techniques in PRM
10. Brain and Spinal Cord Trauma
11. Neuromuscular and Functional Electrical Stimulation
12. Orthotics and Prosthesis in PRM
13. Sports Injury Rehabilitation
14. PRM in Paediatric problems
15. PRM in Geriatric conditions
16. Cardiovascular Pathology in Rehabilitation
17. Pain Management in PRM
18. PRM in Oncological pathology
19. General Function Problems e.g. urinary system, sexuality, spasticity, dysphagia, speech disorders and others
20. Special Therapeutic Methods in PRM
21. Sociological aspects in Rehabilitation
22. Psychobehavioural aspects of Rehabilitation
23. Adjunctive aides in Rehabilitation
24. Vocational Rehabilitation
25. Communication challenges in Rehabilitation
26. Miscellaneous pathology and use of PRM
HALL 3

WORKSHOPS  10:45-12:45

Friday, 10 November 2017
Workshop 1  Hall 3
‘Management of chronic pain syndromes & neuropathic pain’
- Gulseren Akyuz

Saturday, 11 November 2017
Workshop 2  Hall 3
‘Peripheral nerve lesions: role of electrodiagnosis and neuroimaging’
- Ilker Yagci

Sunday, 12 November 2017
Workshop 3  Hall 3
‘Musculoskeletal ultrasound in interventional physiatry’
- Levent Ozçakar

HALL 4

DISCUSSION GROUPS

Friday, 10 November 2017
11:30-12:15 Group (1)  Hall 4
The process of the opening night’s drama display: ‘Everybody’
- Lora Wyatt O’Keafe

Saturday, 11 November 2017
10:45-11:15 Group (2)  Hall 4
Step up for Parkinsons
- Natalie Muschamp

11:30-13:00 Group (3)  Hall 4
Braces and Aides
- Emanuele A. Aliotta, Stefano La Maestra

16:15-17:30 Group (4)  Hall 4
Medical devices for disabled persons: The Baropodometric examination
- Emanuele A. Aliotta, Elisa Aliotta, Vincenzo G. Bombace

HALL 3

GENERAL ASSEMBLY

Saturday, 11 November 2017
13:00-14:30  Hall 3

CONGRESS SESSIONS

Friday, 10 November 2017
10:45-12:45
- Stroke Rehabilitation  Hall 1
- Amputee Rehabilitation  Hall 2

15:30-17:30
- Brain, Spinal and Neuro Rehabilitation  Hall 1
- Geriatric Rehabilitation  Hall 2
- General Topics in Rehabilitation  Hall 3

Saturday, 11 November 2017
10:45-13:00
- Musculo-Skeletal Rehabilitation (1)  Hall 1
- Sport Rehabilitation (1)  Hall 2

16:10-18:30
- Musculo-Skeletal Rehabilitation (2)  Hall 1
- Rehabilitation Education & Management  Hall 2
- Paediatric Rehabilitation  Hall 3

Sunday, 12 November 2017
10:45-12:45
- Sociological Aspects of Rehabilitation  Hall 1
- Orthopaedics / Sport Rehabilitation (2)  Hall 2

MFPRM BOARD MEETINGS

Friday, 10 November 2017
12:45-14:00 Meeting (1)  Hall 4

Saturday, 11 November 2017
17:30-18:30 Meeting (2)  Hall 4

HALL 4

OTHER SESSIONS

Friday, 10 November 2017
16:00-17:30 Haim Ring Session: Research and Education in the Mediterranean area
- Jorge Lains, Calogero Foti

Sunday, 12 November 2017
11:00-12:15 Rehabilitation Services Network Session
- Nicolas Christodoulou

Congress Programme and Timetable  7
# Congress Programme

## Thursday, 9 November 2017

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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</thead>
<tbody>
<tr>
<td>13:00</td>
<td><strong>Registration</strong></td>
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<tr>
<td>15:00</td>
<td><strong>Pre-Congress Session</strong></td>
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<tr>
<td></td>
<td>15:00  <em>Haim Ring School: EMRSS Siracusa</em></td>
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<td></td>
<td>15:30  <em>Cochrane Rehabilitation</em></td>
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<td></td>
<td>16:30  <em>Robotics: Use and their future</em></td>
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<tr>
<td>18:00</td>
<td><strong>Opening Ceremony</strong></td>
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<td>18:45  <em>The Cost effectiveness of Specialist Rehabilitation</em></td>
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<td>19:15</td>
<td><em>Everybody</em> - A drama performance</td>
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<td>19:45</td>
<td>Piano Recital</td>
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**Reception**

## Friday, 10 November 2017

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>7:45</td>
<td><strong>Registration</strong></td>
</tr>
<tr>
<td>8:30</td>
<td><strong>Plenary Session</strong></td>
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<tr>
<td></td>
<td>8:30  <em>Rehabilitating and harnessing innovation successfully</em></td>
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<tr>
<td>9:00</td>
<td><em>Latest updates on amputee rehabilitation</em></td>
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<td>9:30</td>
<td><em>Neurological Speech disorders: Technological advances in diagnosis and assessment</em></td>
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<td>10:15</td>
<td>Coffee Break</td>
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<tr>
<td>10:45</td>
<td><strong>Oral Presentations</strong></td>
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<tr>
<td></td>
<td>10:45  <em>Stroke Rehabilitation</em></td>
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<td>10:45  <em>Amputee Rehabilitation</em></td>
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<td></td>
<td>10:45  <em>Workshop 1</em></td>
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<td></td>
<td>11:30  <em>Discussion Group 1</em></td>
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<td>12:45  <em>MFPRM Board Meeting</em></td>
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<tr>
<td>12:45</td>
<td>Lunch</td>
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<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>14:15</td>
<td><strong>Plenary Session</strong></td>
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<td>14:15  <em>TBI Clinical Trials: what have we learned?</em></td>
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<td></td>
<td>14:45  <em>Lower limb robotic assisted gait rehabilitation: current evidence and future perspectives</em></td>
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<tr>
<td>15:30</td>
<td><strong>Oral Presentations</strong></td>
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<td>15:30  <em>Brain, Spinal and Neuro Rehabilitation</em></td>
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<td>15:30  <em>Geriatric Rehabilitation</em></td>
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<td></td>
<td>15:30  <em>General Topics in Rehabilitation</em></td>
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<tr>
<td>16:10</td>
<td><em>Haim Ring Session</em></td>
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<td>18:45</td>
<td><strong>Mediterranean Night</strong></td>
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<td>Departure from Congress Venue to Limestone Heritage, Siggiewi</td>
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<td><em>Please wear your congress tag to avoid extra charges</em></td>
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8 Congress Programme and Timetable
Saturday, 11 November 2017

HALL 1

Plenary Session
8:30  PRM - What it is and what it isn't
9:00  Neuromodulation update in clinical use
9:30  Rehabilitation of the Complex Blast Casualty

10:15 Coffee Break

Oral Presentations
10:45  Musculo-Skeletal Rehabilitation - Session 1  HALL 1
10:45  Sport Rehabilitation - Session 1  HALL 2
10:45  Workshop 2
13:00  General Assembly  HALL 3
10:45  Discussion Group 2  HALL 4
11:30  Discussion Group 3

13:00 Lunch

HALL 1

Plenary Session
14:30  The role of the PRM physician in breast cancer
15:00  Outcome measures in rehabilitation
15:30  19 reasons why Physiatrists should perform musculoskeletal ultrasound diagnostics

Oral Presentations
16:10  Musculo-Skeletal Rehabilitation - Session 2  HALL 1
16:10  Rehabilitation Education and Management  HALL 2
16:10  Paediatric Rehabilitation  HALL 3
16:10  Discussion Group 4  HALL 4
17:30  MFPRM New Board Meeting

20:00  Official Networking Dinner (optional)

Sunday, 12 November 2017

HALL 1

Plenary Session
8:30  Rehabilitation approach to cardiac comorbidity in rheumatic disease
9:00  Enabling technology and employment outcomes for disabled persons
9:30  Old and new challenges in doctor-patient communication: Delivery of non-positive news to patients

10:15  Coffee Break

Oral Presentations
10:45  Sociological Aspects of Rehabilitation  HALL 1
16:10  Orthopaedics & Sport Rehabilitation - Session 2  HALL 2
16:10  Workshop 3  HALL 3
11:00  Rehabilitation Services Network Session  HALL 4

13:15  Closing Ceremony
Thursday, 9 November 2017

**HALL 1**

13:00 **Registration**

**Pre-Congress Session**

Chairs: Janet Mifsud, Margaret Muscat

15:00 **Haim Ring School: EMRSS Siracusa**

- Franco Cirillo, Italy

15:30 **Cochrane Rehabilitation**

INV-01 *Evidence to rehabilitation and rehabilitation expertise to Cochrane*

- Francesca Gimigliano, Italy

INV-02 *How to read a systematic review*

- Frane Grubisic, Croatia

INV-03 *Knowledge Translation: Cochrane Strategy to disseminate evidence*

- Francesca Gimigliano, Italy

16:30 **Robotics: Use and their future**

INV-04 *Virtual Reality and Gait Training: Focus on Lokomat*

- Rocco S. Calabrò, Italy

INV-05 *Overview of Robotic Technologies and Virtual Realities*

- Corrado Melegari, Italy

INV-06 *Wearable Exoskeletons*

- Serena Filoni, Italy

**HALL 1**

18:00 **Opening Ceremony**

Opening Speeches:

- H.E. Marie-Louise Coleiro Preca
  - President of Malta

- Dr. Stephen Zammit
  - President MPRMA

- Prof. Gulseren Akyuz
  - President MFPRM

- Prof. Nicolas Christodoulou
  - President ESPRM

- Dr. Jorge Lains
  - President ISPRM

- Hon. Chris Fearne
  - Minister for Health

18:45 PL-01 *The Cost effectiveness of Specialist Rehabilitation*

- Anthony B. Ward, UK

19:15 **Everybody**

A drama performance inspired by a series of interviews gathered from Maltese patients who have experienced rehabilitation medicine. ‘Everybody’ is a performance that shares their stories, their hopes and their dreams. Performed by FM Theatre Productions Directed by Laura Wyatt O’Keafe

19:45 **Piano Recital**

Daphne Delicata

**Reception**
### Congress Programme and Timetable

**Friday, 10 November 2017**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Title</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>7:45</td>
<td>Registration</td>
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<tr>
<td>8:30</td>
<td>Plenary Session</td>
<td>Chairs: Gulseren Akyuz, Janet Mifsud</td>
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<tr>
<td></td>
<td>PL-02</td>
<td>Rehabilitating and harnessing innovation successfully</td>
<td>Ian Curran, UK</td>
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<td>PL-03</td>
<td>Latest updates on amputee rehabilitation</td>
<td>Iuly Treger, Israel</td>
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<td></td>
<td>PL-04</td>
<td>Neurological Speech disorders: Technological advances in diagnosis and assessment</td>
<td>Jordan Green, USA</td>
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<tr>
<td>10:15</td>
<td>Coffee Break</td>
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<tr>
<td>10:45</td>
<td>Stroke Rehabilitation</td>
<td>Chairs: Jorge Lains, Marjorie Bonello</td>
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<td></td>
<td>INV-07</td>
<td>Chronic stroke neuroplasticity and plateau in Rehabilitation Medicine</td>
<td>Jorge Lains, Portugal</td>
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<tr>
<td></td>
<td>O-01</td>
<td>A systematic review exploring the relationship of cortical activity and recovery of upper limb sensorimotor impairments after stroke</td>
<td>Lisa Tedesco Triccas, Belgium</td>
</tr>
<tr>
<td></td>
<td>O-02</td>
<td>Prediction of rehabilitation outcome using biomechanical assessment in post-stroke hemiparesis</td>
<td>Eugenia Rosulescu, et al, Romania</td>
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<td>O-03</td>
<td>What happens to swallowing muscles after stroke? A prospective randomised controlled electrophysiological study</td>
<td>Volkan Yilmaz, et al, Turkey</td>
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<td>O-04</td>
<td>Post stroke fatigue; point prevalence, characterization, associations and radiological correlation in a rehabilitation hospital</td>
<td>Aaisha Khan, et al, Ireland</td>
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<tr>
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<td>O-05</td>
<td>Persons with stroke-induced communication disorders: Are we identifying them?</td>
<td>Ritienne Grima, Malta</td>
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<tr>
<td>12:45</td>
<td>Lunch</td>
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<tr>
<td>14:15</td>
<td>Plenary Session</td>
<td>Chairs: Margaret Muscat, Jesmond Schembri</td>
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<td>PL-05</td>
<td>TBI Clinical Trials: What Have We Learned?</td>
<td>Ross Zafonte, USA</td>
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<td>PL-06</td>
<td>Lower limb robotic assisted gait rehabilitation: current evidence and future perspectives</td>
<td>Rocco S. Calabrò, Italy</td>
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<tr>
<td>15:30</td>
<td>Brain, Spinal and Neuro Rehabilitation</td>
<td>Chairs: Klemen Grabljevec, Cynthia Scerri</td>
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<td>INV-09</td>
<td>Innovative Technologies: A change in the Functional Rehabilitation paradigm</td>
<td>Laurent Baranzelli, France</td>
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<td>INV-10</td>
<td>Intrathecal Baclofen for the management of severe spasticity</td>
<td>Anand Nene, Netherlands</td>
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<td>INV-11</td>
<td>New FES Technologies and renewal of its’ clinical applications in stroke patients</td>
<td>Pascal Giraux, France</td>
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<td>INV-12</td>
<td>Approach to lower limbs spasticity patterns after brain injury</td>
<td>Klemen Grabljevec, Slovenia</td>
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<tr>
<td>17:00</td>
<td>Physiatric Management of Dysphagia In Patients With Brain Injury.</td>
<td>Berke Aras, Turkey</td>
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<tr>
<td>Time</td>
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<tr>
<td><strong>Amputee Rehabilitation</strong>&lt;br&gt;Chairs: Ian Fothergill, Jesmond Attard</td>
<td><strong>Geriatric Rehabilitation</strong>&lt;br&gt;Chairs: Yitshal Berner, Roberta Messina</td>
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<tr>
<td>10:45</td>
<td>INV-08 Prosthetic Socket Design: Meeting the needs of a diverse amputee population&lt;br&gt;- Ian Fothergill, USA</td>
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<tr>
<td>11:15</td>
<td>O-07 Validity and Reliability of Accelerometer Data in the Assessment of Unilateral TransTibial Amputee Gait Patterns – A Correlational Study&lt;br&gt;- Daniel Goggi, et al, Malta</td>
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<tr>
<td>11:30</td>
<td>O-08 Forearm replantation after traumatic amputation – how to achieve better outcomes: clinical case&lt;br&gt;- Afonso Oliveira Pegado, Portugal</td>
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<tr>
<td>11:45</td>
<td>O-08 Use of prosthesis in a consecutive cohort of lower limb amputees and its relationship with the presence of stump and phantom limb pain&lt;br&gt;- Carlo Damiani, et al, Italy</td>
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<tr>
<td>12:00</td>
<td>O-10 The National Amputee Database: An Overview&lt;br&gt;- Marcette Cassar, et al, Malta</td>
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<tr>
<td>12:15</td>
<td>O-11 A symmetrical walking of people with transtibial and transfemoral amputation: A biomechanical analysis with a single wearable sensor&lt;br&gt;- Ilenia Sapienza, Sara Lanza, Italy</td>
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<tr>
<td>12:30</td>
<td>O-12 The effects of dual task on gait in people with transfemoral amputation&lt;br&gt;- Senem Demirdel, Turkey</td>
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<tr>
<td>12:45</td>
<td>Lunch</td>
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<td>15:30</td>
<td>INV-14 Rehabilitation Goal Setting in the Aged&lt;br&gt;- Yitshal Berner, Israel</td>
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<tr>
<td>15:50</td>
<td>INV-15 How balance task-specific training contributes to improving physical function in older subjects undergoing rehabilitation after hip fracture&lt;br&gt;- Marco Monticone, Italy</td>
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<tr>
<td>16:10</td>
<td>O-16 Alanine aminotransferase blood levels and rehabilitation outcome in older adults following hip fracture surgery&lt;br&gt;- Dan Justo, et al, Israel</td>
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<tr>
<td>16:25</td>
<td>O-17 Evaluating how information sessions given to carers of people with dementia affect their conversation skills, when communicating with individuals with dementia&lt;br&gt;- Roberta Said, Malta</td>
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<tr>
<td>16:40</td>
<td>O-18 The relationship between physical activity level and functional performance in geriatrics&lt;br&gt;- Senem Demirdel, et al, Turkey</td>
<td></td>
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<tr>
<td>16:55</td>
<td>O-19 The relationship between diabetes mellitus and falls&lt;br&gt;- Teresa Silva, Portugal</td>
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<tr>
<td>17:10</td>
<td>O-20 Quality of Life after Hip Fracture Surgery in Older Persons&lt;br&gt;- Bernice Mizzi, Malta</td>
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</table>
### Friday, 10 November 2017

#### HALL 3

**Workshop 1**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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</table>
| 10:45 | *Management of chronic pain syndromes and neuropathic pain*  
- Gulseren Akyuz                             |

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<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tr>
<td>12:45</td>
<td>Lunch</td>
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**General Topics in Rehabilitation**

Chairs: Milica Lazovic, Rita Micallef

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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| 15.30 | *INV-16 The role of the PRM specialists in a treatment programme for cardiovascular patients*  
- Milica Lazovic, Serbia                        |

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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</table>
| 15:50 | *INV-17 Treatment of psoriasis through balneoclimatological factors at the Dead Sea*  
- Khalil Alabbadi, Jordan                        |

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<th>Time</th>
<th>Session</th>
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</table>
| 16.10 | *O-21 Darier Syndrome a new identity in Physical Medicine and Rehabilitation? What we can do? – a review and case report*  
- André Yee, Portugal                             |

<table>
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<tr>
<th>Time</th>
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</table>
| 16:25 | *O-22 Rehabilitation Healthcare Providers, Mindfulness and Compassion Training, and Perceived Stress: A Pilot Study*  
- Janette Falzon, Malta                           |

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<tr>
<th>Time</th>
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| 16:40 | *O-23 How can dance help express emotions with special reference to people with Parkinson's disease*  
- Natalie Muschamp, Malta                         |

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<tr>
<th>Time</th>
<th>Session</th>
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</table>
| 16:55 | *O-24 Developing an Integrated Care Pathway for Infrainguinal Bypass Surgery*  
- Josephine Cassar, Malta                          |

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<tr>
<th>Time</th>
<th>Session</th>
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</table>
| 17:10 | *O-25 The effect of alpha lipoic acid on the recovery of traumatic sciatic nerve injury in rats: Possible benefits*  
- Kubra Neslihan Kurt, Turkey                      |

### Friday, 10 November 2017

#### HALL 4

**Discussion Group 1**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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| 11:30 | *The process of the opening night's drama display: 'Everybody'*  
- Lora Wyatt O'Keafe                              |

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>12:30</td>
<td>MFPRM Board Meeting</td>
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<th>Time</th>
<th>Session</th>
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<tr>
<td>12:45</td>
<td>Lunch</td>
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<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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</table>
| 16.00 | **Haim Ring Session**  
*Research & Education in the Mediterranean area*  
- Jorge Lains, Calogero Foti                      |
Saturday, 11 November 2017

**HALL 1**

**Plenary Session**
Chairs: Calogero Foti, Stephen Zammit

8:30   PL-07  *PRM - What it is and what it isn't*
       - Luigi Tesio, Italy

9:00   PL-08  *Neuromodulation update in clinical use*
       - Felipe Fregni, USA

9:30   PL-09  *Rehabilitation of the Complex Blast Casualty*
       - Paul F. Pasquina, USA

10:15  Coffee Break

**Musculo-Skeletal Rehabilitation - Session 1**
Chairs: George I. Vasileiadis, Janet Mifsud

10:45  INV-18  *Rating of heterotropic classification in the HTP*
       - George I. Vasileiadis, Switzerland

11:15  INV-19  *Anticipatory synergy and postural adjustments in persons with and without LBP support*
       - Cesare G. Cerri, Italy

11:30  O-26  *Clinical and ultrasound evaluation of the efficacy of extracorporeal shock wave therapy on calcinosis - a case report of patient with scleroderma*
       - Frane Grubišić et al, Croatia

11:45  O-27  *Prolotherapy in musculoskeletal conditions: a single-centre one-year analysis*
       - Alparslan Bayram Carli, Turkey

12:00  O-28  *Widespread chronic musculoskeletal pain syndrome in secondary osteoporosis and primary hyperparathyroidism*
       - Oliviera Ilic Stojanovic, Serbia

12:15  O-29  *The use of butilonium toxin in the management of low back pain*
       - Bruno Guimarães, Portugal

12:30  O-30  *Acupuncture and fibromyalgia: personal experience*
       - Lara Cantini, et al, Italy

12:45  O-31  *The Potential of Therapeutical Cannabinoids for the Treatment of Fibromyalgia*
       - Diogo Martins, et al, Portugal

13:00  Lunch

**Plenary Session**
Chairs: Khalil Alabbadi, Roberta Messina

14:30  PL-10  *The role of the PRM physician in breast cancer*
       - Raquel Valero Alcaide, Spain

15:00  PL-11  *Outcome measures in rehabilitation*
       - Franco Franchignoni, Italy

15:30  PL-12  *19 reasons why Physiatrists should perform musculoskeletal ultrasound diagnostics*
       - Levent Özçakar, Turkey

**Musculo-Skeletal Rehabilitation - Session 2**
Chairs: Tarek Shafshak, Margaret Muscat

16:15  INV-21  *Vibration Therapy in PRM*
       - Calogero Foti, Italy

16:30  INV-22  *Responsiveness and minimal important changes of the fear avoidance and beliefs questionnaire in Italian subjects with chronic low back pain undergoing motor and cognitive rehabilitation*
       - Marco Monticone, Italy
Saturday, 11 November 2017

**HALL 1**

16.45  INV-23 *Effect of running on femoral bone density in PRM*
- Tarek Shafshak, Egypt

17:00  O-39 *What is the impact of introducing static progressive splinting early in the treatment process on the restoration of forearm passive range of motion after a distal radius fracture?*
- Vicky Camilleri, Malta

17:15  O-40 *Correlation between MRI and EMG findings in the lumbosacral part of the spine in patients with chronic low back pain*
- Gordana Devercevski, Serbia

17:30  O-41 *Outcome after a comprehensive outpatient rehabilitation programme in chronic low back pain patients*
- Thomas Kienbacher, Austria

17:45  O-42 *Virtual Reality Rehabilitation in Patients with Total Knee Replacement: Preliminary Results*
- Sanaz Pournajaf, Italy

18:00  O-43 *Assessing the Validity, Reliability and Usability of a Newly Developed Smartphone Based Application in Measuring Chronic Low Back Pain*
- Jake Fenech, Malta

18:15  O-44 *Can the toilet sitting position influence the development of knee osteoarthritis?*
- Bushra Kaffoura, Syria
### Saturday, 11 November 2017

#### HALL 2

**Sport Rehabilitation - Session 1**  
Chairs: Nicolas Christodoulou, Marjorie Bonello

<table>
<thead>
<tr>
<th>Time</th>
<th>Session/Topic</th>
<th>Speaker/Institution</th>
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<tbody>
<tr>
<td>10:45</td>
<td>INV-20 Patellofemoral biomechanics and disorders management</td>
<td>Nicolas Christodoulou, Cyprus</td>
</tr>
<tr>
<td>11.15</td>
<td>O-32 How does a standing exercise programme focusing on hip abduction strength affect anterior knee pain in runners?</td>
<td>Laura Schembri, Malta</td>
</tr>
<tr>
<td>11.30</td>
<td>O-33 Do shoulder ultrasound findings relate to physical performance in quadriplegic athletes? Preliminary results of the Padua Study on Italian Wheelchair Rugby Team</td>
<td>Stefano Masiero, Italy</td>
</tr>
<tr>
<td>12.00</td>
<td>O-35 Effects of Dynamic Tape in uniped horizontal jump and dynamic balance in young Handball male athletes</td>
<td>Bruno Guimarães, Portugal</td>
</tr>
<tr>
<td>12.15</td>
<td>O-36 Performance after Anterior Cruciate Ligament Rupture in Elite Athletes</td>
<td>Diogo Martins, et al, Portugal</td>
</tr>
<tr>
<td>12.30</td>
<td>O-37 How much is too much? Two crossfit clinical cases</td>
<td>Ana Ursula Martins, Portugal</td>
</tr>
<tr>
<td>12.45</td>
<td>O-38 Long-term outcome after ultrasound therapy for calcific tendinitis of the shoulder: Results of the ten years follow up of an RCT</td>
<td>Gerold Ebenbichler, Austria</td>
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<tr>
<td>13.00</td>
<td>Lunch</td>
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#### HALL 2

**Rehabilitation Education and Management**  
Chairs: Mark Vella, Gabrielle Ransley

<table>
<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>16:15</td>
<td>INV-24 Rehabilitation: Health strategy for the 21st century</td>
<td>Jorge Lains, Portugal</td>
</tr>
<tr>
<td>16.30</td>
<td>INV-25 What is new in the PRM branch?</td>
<td>Gulseren Akyuz, Turkey</td>
</tr>
<tr>
<td>16.45</td>
<td>O-45 Importance and role of psychobehavioral aspects in rehabilitation in the reference frame of ICF</td>
<td>Cesare G. Cerri, Italy</td>
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<tr>
<td>17:00</td>
<td>O-46 Patient in a PRM facility: Can we rely on referral diagnoses?</td>
<td>Piotr Tederko, Poland</td>
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<tr>
<td>17:15</td>
<td>O-47 The Establishment of the New Rehabilitation Department in Soroka University Medical Center. Conceptions and Expectations of Staff and Management</td>
<td>Iuly Treger, et al, Israel</td>
</tr>
<tr>
<td>17:30</td>
<td>O-48 Management of Patients with Multi Drug Resistant Organisms in Rehabilitation Facilities Throughout Europe</td>
<td>Mark Delargy, et al, Ireland</td>
</tr>
<tr>
<td>17:45</td>
<td>O-49 International education exchange for Physical and Rehabilitation Medicine trainees within the Mediterranean Forum of Physical and Rehabilitation Medicine</td>
<td>Maria Amparo Assucena, Spain</td>
</tr>
<tr>
<td>18:00</td>
<td>O-50 Trauma Rehab in England - The journey so far</td>
<td>Clive Bezzina, UK</td>
</tr>
<tr>
<td>18:15</td>
<td>O-51 Physiotherapy students are not aware of the PRM role in healthcare</td>
<td>Piotr Tederko, Poland</td>
</tr>
</tbody>
</table>
Saturday, 11 November 2017

**HALL 3**

**Workshop 2**
10:45 *Peripheral Nerve Lesions: Role of electrodagnosis & neuro imaging*
- Ilker Yagci

13:00 Lunch / **General Assembly**

**Paediatric Rehabilitation**
Chairs: Cynthia Scerri, Rosanne Curmi

16:15 INV-26 *Diagnosis and treatment of pain conditions in children with spinal deformities*
- Ivana Petronic, Serbia

16:30 INV-27 *Treatment of Congenital Idiopathic Talipes Equinovarus with Ponseti method*
- Vito Pavone, Italy

16:45 O-52 *Adolescent Idiopathic scoliosis: Relevance of early diagnosis and adequate treatment*
- Stefano La Maestra, Italy

17:00 O-53 *The Effect of Lycra Based Compression Orthosis on Trunk, Sitting and Gross Manuel Dexterity in Children with Cerebral Palsy: A randomised controlled study*
- Esra Giray, et al, Turkey

17:15 O-54 *To brace or not to brace? Efficacy of bracing in adolescent idiopathic scoliosis*
- Andre Yee, Portugal

17:30 O-55 *Adolescent Idiopathic Scoliosis: what kind of exercise for better outcomes*
- Afonso Oliveira Pegado, Portugal

17:45 O-56 *Case Report Childhood Leukaemia Survivor: A growing child with musculoskeletal disability*
- Marwa Abdullah Amer, Egypt

18:00 O-57 *Musculoskeletal deformities and orthopaedic surgical treatment trends by cerebral palsy subtype and GMFCS level in children and adolescents - Data derived from the Greek cerebral palsy registry, member of SCPE Network*
- Maria Pyrgeli, Greece

**HALL 4**

**Discussion Group 2**
10:45 *Step up for Parkinsons*
- Natalie Muschamp

**Discussion Group 3**
11:30 *Braces and Aides*
- Emanuele A. Aliotta, Stefano La Maestra

13:00 Lunch

**Discussion Group 4**
16:15 *Medical devices for disabled persons: The Baropodometric examination*
- Emanuele A. Aliotta, Elisa Aliotta, Vincenzo G. Bombace

17:30 *MFPRM New Board Meeting*
### Plenary Session

**Chairs:** Franco Cirillo, Cynthia Scerri

<table>
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<tr>
<th>Time</th>
<th>Session</th>
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<th>Presenter(s)</th>
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<tbody>
<tr>
<td>8:30</td>
<td>PL-13</td>
<td>Rehabilitation approach to cardiac comorbidity in rheumatic disease</td>
<td>Ilker Yagci, Turkey</td>
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<tr>
<td>9:00</td>
<td>PL-14</td>
<td>Enabling technology and employment outcomes for disabled persons</td>
<td>Vickie Gauci, Malta</td>
</tr>
<tr>
<td>9:30</td>
<td>PL-15</td>
<td>Old and new challenges in doctor-patient communication: Delivery of non-positive news to patients</td>
<td>Pina R. Frazzica, Italy</td>
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**Coffee Break**

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<th>Presenter(s)</th>
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### Sociological Aspects of Rehabilitation

**Chairs:** Rita Micallef, Jesmond Schembri

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<th>Presenter(s)</th>
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<tbody>
<tr>
<td>10:45</td>
<td>O-58</td>
<td>Mutual care approach in rehabilitation – findings of the “Mutual caring-from knowledge to action” project</td>
<td>Eugenia Rosulescu, Romania</td>
</tr>
<tr>
<td>11:00</td>
<td>O-59</td>
<td>The Rollercoaster Ride: The Lived Experience of People Acquiring a Physical Impairment in Youth</td>
<td>Maria Cynthia deBono, Malta</td>
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<tr>
<td>11:15</td>
<td>O-60</td>
<td>Mortality in a Rehabilitation Department</td>
<td>Iuly Treger, et al, Israel</td>
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<tr>
<td>11:30</td>
<td>O-61</td>
<td>Visually Connect - Older Adults’ Reflections around a Programme of Visual Art Dialogues</td>
<td>Priscilla Cassar, Malta</td>
</tr>
<tr>
<td>11:45</td>
<td>O-62</td>
<td>Determinants of quality of life in Tunisian stroke survivors</td>
<td>Soumaya Boudokhane, Tunisia</td>
</tr>
<tr>
<td>12hrs</td>
<td>O-63</td>
<td>Social Participation: The Perception of Four People with Stroke-Induced Aphasia</td>
<td>Loridana Buttigieg, Malta</td>
</tr>
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<td>12:15</td>
<td>O-64</td>
<td>Sex after being diagnosed</td>
<td>Matthew Bartolo, Malta</td>
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<tr>
<td>12:30</td>
<td>O-65</td>
<td>Growth and Nutritional status of Tunisian multidisabled children</td>
<td>Soumaya Boudokhane, et al, Tunisia</td>
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**Closing Ceremony**
## Congress Programme and Timetable

### Sunday, 12 November 2017

**HALL 2**

**Orthopaedics & Sports Rehabilitation - Session 2**

Chairs: Mark Vella, Jesmond Attard

<table>
<thead>
<tr>
<th>Time</th>
<th>Session/Workshop</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>10:45</td>
<td>INV-28  Vertebroplasty in the treatment of fractures and vertebral collapses</td>
<td>Egidio Avarotti, Italy</td>
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<tr>
<td>11:00</td>
<td>O-66   News in degenerative pathologies of the knee</td>
<td>Giuseppe Condorelli, Italy</td>
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<td>11:15</td>
<td>O-67   Non surgical conservative treatment in the degenerative hip and knee</td>
<td>Roberto Morello, Italy</td>
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<td>Pathology</td>
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<td>11:30</td>
<td>O-68   The Effect of Kinesio Tape on strength, flexibility, proprioception in</td>
<td>Pauline Fenech, Malta</td>
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<td>hamstrings in football players</td>
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<td>11:45</td>
<td>O-69   Irreparable massive Posterosuperior Rotator cuff Tears: Latissimus Dorsi</td>
<td>Massimiliano Cassarino, Italy</td>
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<td>Transfer pro Rotator Cuff</td>
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<td>12:00</td>
<td>O-70   Balance evaluation and proprioceptive training on ballerinas Part I:</td>
<td>Lucia D’Ingianna, Italy</td>
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<td>questionnaire design and proprioceptive training program for ballet dancers</td>
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<td>12:15</td>
<td>O-71   Functional results of anterior cruciate ligament-reconstructed knees with</td>
<td>Ana Golež, Slovenia</td>
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<td>hamstring tendon autograft: A prospective six-month follow-up study</td>
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<tr>
<td>12:30</td>
<td>O-72   Disability and Sport: The Experiences of Athletes and their Coaches</td>
<td>Dorianne Cauchi, Malta</td>
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</table>
POSTER PRESENTATIONS

P-01: WHY PATIENTS AFTER FRACTURES OF THE DISTAL PART OF THEIR LOWER LIMB ASK FOR IN-HOSPITAL REHABILITATION? Atzmon Tsur, Israel


P-03: NEMALINE MYOPATHY: CASE REPORT A. Ú. Martins, B. Guimarães, J. Matos, J. Gomes, I. Táboas, Portugal

P-04: EFFECTS OF SPECIFIC EXERCISES AND RELAXATION TECHNIQUES ON PERICRANIAL SENSITIVITY AND CERVICAL MOBILITY OF PATIENTS WITH TENSION HEADACHE Á. C. Álvarez Melcón, R. Valero Alcaide, Spain


P-06: AN EXPLORATION OF THE LIVED EXPERIENCES OF PARENTS WITH MULTIPLE SCLEROSIS S. Gauci, Malta

P-07: THE USE OF VIRTUAL REALITY IN REHABILITATION OF PEOPLE WITH LOWER LIMB AMPUTATION: A REVIEW S. Demirdel, F. Erbahçeci, Turkey

P-08: PELVIC FLOOR PATHOLOGY C. Baamonde, J. No, M. Vazquez, M. Doval, A. Barca, Spain


P-10: THE EFFECTS OF THE CONTINUOUS PASSIVE MOTION MACHINE ON KNEE RANGE OF MOTION FOLLOWING A TOTAL KNEE REPLACEMENT D. Gauci, Malta

P-11: EFFECTIVENESS OF PHYSICAL REHABILITATION IN PATIENTS WITH PERIPHERAL ARTERY OCCLUSIVE DISEASE S. Stojicic Djulic, U. Nedeljkovic, E. Dubljanić Raspopovic, S. Tomanovic Vuajdinovic, N Ilic, Serbia

P-12: THE EFFECT OF LOW MAGNETIC FIELD ON SELECT PARAMETERS AS CONSERVATIVE TREATMENT MODALITY IN PATIENT WITH DIABETES POLINEUROPATHY (DPN) S. Kostic, M. Hrkovíc, D. Bulatovic, I. Burazor, Ij. Sekularac, Serbia


P-14: BASILAR ARTERY OCCLUSION DUE TO FACTOR V LEIDEN MUTATION: PAEDIATRIC CASE REPORT E. Adıgüzel, B. Aras, Ö. Kuzu, S. Kesikburun, E. Yaşar, Turkey

P-15: OSTEOGENESIS IMPERFECTA AND CENTRAL CORE DISEASE: A CASE REPORT E. Adıgüzel, Ö. Kuzu, Ö. Köröğlu, S. Kesikburun, E. Yaşar, Turkey

P-16: FLUDROCORTISONE TREATMENT FOR ORTHOSTATIC HYPOPOTENSION DUE TO SPINAL CORD INJURY: A CASE REPORT E. Adıgüzel, Ö. Kuzu, S. Kesikburun, B. Yılmaz, Turkey

P-17: PROGRESSIVE PSEUDORHEUMOTOID DYSLASIA: IS IT ALWAYS PROGRESSIVE? PRESENTATION OF FOUR CASES WITH SLOW AND RAPID PROGRESSION AND EFFECTS OF EARLY REHABILITATION PROGRAMME. E. Giray, Turkey

P-18: VOCATIONAL REHABILITATION: CASE STUDY S. Hercegovic, Malta

P-19: THEMED GROUP PROGRAMME ON GERIATRIC REHABILITATION WARDS S. Hercegovic, Malta
P-20: BALNEOTHERAPY IN TREATMENT OF PERSONS WITH POLYTRAUMA. G. Stefanovski, M. Stefanovski, Bosnia and Herzegovina


P-22: SEXUAL DYSFUNCTION (SD) AMONG PATIENTS SUFFERING FROM SPINAL CORD INJURY IN A TUNISIAN POPULATION. H. Migaou, S. Boudoukhane, I. Belhaj Youssef, A. Jellad, Z. Ben Salah Frih, Tunisia

P-23: A BIDIRECTIONAL HAND PROSTHESIS WITH TRANSCUTANEOUS ELECTRICAL NERVE STIMULATION SENSORY FEEDBACK. I. Simanic, Serbia

P-24: CARDIAC REHABILITATION IN A PATIENT WITH ANKYLOSING SPONDYLITIS: SINGLE PROGRAM, DOUBLE EFFECT. I. Yagci, Turkey


P-26: EXTRACORPOREAL SHOCKWAVE THERAPY FOR FRACTURE NON-UNIONS. T. Silva, F. Carvalho, Portugal

P-27: THREE YEARS FOLLOW UP OF NEW FRACTURES IN ELDERLY WOMEN WITH OSTEOPOROSIS AND VERTEBRAL FRACTURES. J. Jovanovic1, M. Karadzic1, V. Jovanovic2, Serbia

P-28: STRUCTURAL DIABETIC NEUROPATHIC FOOT ULCER RISK FACTORS ASSOCIATED WITH ELEVATED FOREFOOT PEAK PLANTAR PRESSURE. M. D. Sanchez, Spain


P-30: ENDURANCE EXERCISE, HIGH-IMPACT ACTIVITY AND RESISTANCE TRAINING TO PROMOTE BONE HEALTH IN POSTMENOPAUSAL WOMEN: A REVIEW. J. Cardona, Wales

P-31: BROWN–SEQUARD SYNDROME DUE TO STAB INJURY: A CASE REPORT. J. Mamo, N. Mamo, R. Jayasinghe, United Kingdom

P-32: MEDICAL COMPLICATIONS IN ACUTE SPINAL CORD INJURED UNDERGOING REHABILITATION AT A SPINAL TREATMENT CENTRE IN THE UNITED KINGDOM. J. Mamo, R. Jayasinghe, Ch. P. Vinod, A. Mashoof Fard, S. Bandi, United Kingdom

P-33: EFFECTIVENESS OF REHABILITATION IN MULTIPLE SCLEROSIS RELAPSE ON SELF EFFICACY. U. Nedeljkovic, N. Ilic, S. Stojicic Djulic, S. Tomanovic Vujadinovic, E. Dubljanić Raspopovic, Serbia

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SOCIAL PROGRAMME

The Malta Experience
The Malta Experience is a 30 minute audio-visual show (available in 17 languages) that tells the dramatic story of the islands’ 7000 year history. Educational, informative and entertaining, the show runs through the turbulent history of a small island nation that has overcome almost unimaginable odds to survive and prosper. Situated in a purpose-built panoramic auditorium, the show chronicles Malta’s unique history in just 45 minutes. Price including transport from St Julians: Euro22.00

Mdina: Full-Day Tour with Lunch
Take a full-day tour of central Malta and discover its history and culture. Visit the Mosta Church, stroll through San Antons Gardens, watch artisans and glass blowers at work in Ta’ Qali. See St Paul’s Grotto, tour Mdina, enjoy lunch and much more. Price including transport from St Julians: Euro55.00

Harbour Cruise
Join us on a Harbour Cruise and witness Malta’s living past. Cruise around Malta on within the two natural harbours on either side of Valletta - Marsamxetto Harbour and the Grand Harbour. The cruise is around 2 hours. A detailed commentary will unfold the history of Valletta and the Three Cities connected with the two Great Sieges of 1565 and 1942, as well as all the other places of interest including the historical forts, battlements and creeks which can only be admired from the sea. Price including transport from St Julians: Euro20.00

Valletta: Historical Walking Tour
Explore Malta’s vibrant capital on a 4-hour walking tour of Valletta. Wander among beautifully preserved medieval buildings and enjoy breathtaking views from the Upper Barracca Gardens. Learn about the famous knights at the Cathedral museum and more much more. Price including transport from St Julians: Euro44.00