



European College Of Sports and Exercise Physicians

Ευρωπαϊκό Κολλέγιο Αθλητιών

**Αντιμετώπιση Τραυματία-Αθλητή**  
**Sports On Field Trauma Emergency**  
**S.O.F.T.E. COURSE**



Θεσσαλονίκη 2011



**E.C.O.S.E.P.**

## **Sports on Field Emergencies COURSE - SOFTE COURSE**

**Date** : Mars 19, 2011, Thessaloniki, Hellas

**Venue** : Kautatzoglion National Stadium, Thessaloniki, Greece

**COURSE DIRECTORS** : Prof Nicola Maffulli & Dr N. Malliaropoulos

**Duration**: One day

**LANGUAGE** : English & Greek

### **COURSE FEES**

	SOFTE	SOFTE + SPORTS REHABILITATION
DOCTORS, PHYSIOS, COACHES ,PE TEATCHERS	150	300
STUDENTS	100	200

**Full details at :**

<http://www.athleticsclinic.gr>

<http://www.ecosep.eu>

**and registration at :**

Email : [ikakthess@hol.gr](mailto:ikakthess@hol.gr)

[info@ecosep.eu](mailto:info@ecosep.eu)

Or Tel: 0030 2310 202 190 (17.00-20.00)

**COURSE ADMINISTRATOR** : Ms .Sofia Papadopoulou

## **Preface**

Part of being a Sports Physician consists of looking after athletes in the field of play, and all of us will continue to do so for our professional life. It is necessary to develop a well concerted approach to emergencies arising during sports practice to allow Sports and Exercise Physicians to be confident to use an effective set of skills. The teaching style adopted in the course will inevitably seem too didactic to some: it is a necessity arising from a concentrated instruction period, and will surely be just one way of tackling the problems. Indeed, there are many ways of reaching the same objective.

We have selected the ones that work for most of us, and the aim is for the candidates to develop a quasi-automatic response, so that they will be able not to panic and to respond with confidence to the daunting job at hand.

**Nicola Maffulli MD, MS, PhD, FRCS(Orth)**

The European College of Sports medicine and Exercise Physicians (ECOSEP) Sports on Field Trauma Emergencies course SOFTE, founded to improve the care of the injured athlete on field. In accordance with that role, and recognizing that injuries on field is so common, the ECOSEP Committee on Trauma has worked to establish guidelines for the care of the injured athlete on field.

Injured athletes present a wide range of injuries on the field. The SOFTE Course presents a concise approach for assessing and managing the injured athlete. The course aim is to provide to the doctors & physios, coaches with knowledge and techniques that are comprehensive easily adapted and fits their needs. The skills presented in the SOFTE manual recommend one, safe way to perform each technique. The ECOSEP Trauma Board recognizes that there are other acceptable approaches. However, the knowledge and skills taught in the course are easily adapted to all venues for the care of the injured athletes.

By introducing this course and maintaining its high quality, the ECOSEP Board hopes to provide another instrument to SEM Physicians and their medical team, by which the morbidity related to sports trauma can be reduced. The ECOSEP Board recommends that doctors & physios must update their skills every 4 years to maintain both their current status in the program and their knowledge of current SOFTE core content.

**Dr Nikos G.Malliaropoulos MD, Msc Dipl in SEM, Phd. FFIMS, F.FSEM(UK)**

## **COURSE LECTURERS**

**Nicola Maffulli MD, MS, PhD, FRCS(Orth)**

Centre Lead and Professor of Sports and Exercise Medicine Consultant Trauma and Orthopaedic Surgeon Queen Mary University of London Barts and The London School of Medicine and Dentistry Institute of Health Sciences Education Centre for Sports and Exercise Medicine Mile End Hospital

**Nikos G. Malliaropoulos**

MD, Msc Dipl in SEM, Phd.FFIMS, F.FSEM(UK)

Director National Athletics SEGAS Sports Medicine Center Thessaloniki, Chair ECOSEP

**Gourtsas Nikolaos**, EMS Paramedic - Trainer, BLS/AED Course Organiser / Director ERC, PHTLS,ECOSEP, Instructor

**Karagiozidis George**, EMS Paramedic, PHTLS Instructor

**Kotlidas Konstantinos**, EMS Paramedic, PHTLS Instructor

**Papakostas E.**, MD. Sports Orthopaedic Surgeon ,Director Sports Clinic Thessaloniki , ECOSEP a member

**Papalexandris S.**, MD. Sports Orthopaedic Surgeon

**Perdikopoulos Iordanis**, EMS Paramedic, PHTLS Instructor

**Tsitas Konstantinos**, MD,MSc, Resident in Orthopedics, Scientific Associate SEGAS



E.C.O.S.E.P.

## Sports on Field Trauma Emergencies COURSE, **SOFT** COURSE

PREPARATION					
08:30	Registration				
<b>LECTURES</b>					
09:00	Welcome & Organizing the medical services during a sport event				
09:20	Initial assessment of the Patient on field				
09:45	Airway Management and Ventilation				
10:10	Shock (& the collapsed athlete)				
10:40	Break				
11:00	Spinal Injuries				
SKILL STATIONS (IN GROUPS)					
	Airway Management Ventilation	A,B,C,D,E Initial Patient Assessment	Immobilisation 1 Log-roll Cervical Collar Helmet Removal	Immobilisation 2 Spineboard Lifting techniques	Immobilisation 3 Dislocations & Splinting
11:30	Red	Blue	Green	Yellow	Orange
12:15	Blue	Green	Yellow	Orange	Red
13:00	Break				
<b>LECTURE</b>					
13:30	Head Injuries, Concussion, Treatment, RTP guidelines				
13.50	Dislocations in Sport - Shoulder, AC Joint, Elbow, Hand, Hip, Patella, Ankle.Toe				
SKILL STATIONS (IN GROUPS)					
	Airway Management Ventilation	A,B,C,D,E Initial Patient Assessment	Immobilisation 1 Log-roll Cervical Collar Helmet Removal	Immobilisation 2 Spineboard Lifting techniques	Immobilisation 3 Dislocations & Splinting
14:10	Green	Yellow	Orange	Red	Blue
14:55	Yellow	Orange	Red	Blue	Green
15:40	Orange	Red	Blue	Green	Yellow
16:25	Training in Real Time				
18.00	Certificates of Attendance				