

GREEK & ENGLISH  
SESSIONS

2021  
Virtual Scientific Meeting  
Of PRM Department, General Hospital “ G.Gennimatas”



*in collaboration with*

PRM  
Department of  
414 Military  
Hospital of  
special Diseases



Hellenic Spinal Cord Section  
of the Hellenic Society of PRM  
Affiliated member of ISCoS



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HeSCoS-ISCoS  
Spinal Cord Section  
Hellenic Society of PRM



HeSCoS 2021

with International Participation

**“Overactivity” & Spinal Cord Injury**

13-15 May 2021

**11 CME-CPD**  
according to  
UEMS-EACCME

## 2021 virtual Scientific Meeting

### ORGANIZING COMMITTEE

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George Athanasiou  
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### STEERING COMMITTEE

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OF THE HELLENIC SOCIETY OF PHYSICAL & REHABILITATION  
MEDICINE**

**President:** Christina-Anastasia Rapi  
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### HONORARY SCIENTIFIC COMMITTEE

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James Middleton  
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Dear colleagues,

Dear friends,

With great pleasure we announce the 2021 Virtual Scientific Meeting of the PRM Department of General Hospital of Athens "G. Gennimatas". The Meeting is organized in collaboration with the PRM Department of 414 Military Hospital of Special Diseases and is incorporated in the scientific activities of the Hellenic Spinal Cord Section (HeSCoS) of the National PRM Society. With the invaluable participation of the Hellenic Associations of persons with Spinal Cord Injuries.

The topic of the meeting will be: **"Overactivity" and Spinal Cord Injuries (SCI).**

Following SCI, many organs, systems, functions of the organism are affected. "Overactivity" may develop in many different ways under a view of physiology, pathophysiology as well as a psychologic & philosophic approach with excessive positive or negative reaction, and excessive needed or useless effort. "Overactivity" that may contribute to organism's adaptation mechanisms or to the appearance of complications and secondary conditions. "Overactivity", excess effort and innovation that are needed in extreme situations like COVID-19 pandemic. The different sessions of the Meeting are dealing with overactivity of:

- autonomic nervous system
- somatic nervous system
- efferent and afferent pathways
- muscle tone
- telerehabilitation implementation
- detrusor and sphincter mechanism function
- ambulation goals
- bone turn over
- reorganization of healthcare strategies

We are honored to have with us experts on SCI with exceptional clinical and academic experience. Greek lecturers will speak in Greek. Lecturers from other countries will speak in English and the discussion following their talk will be in English. These English-speaking sessions will be available for colleagues all over the world live and on demand on YouTube channel after the 15<sup>th</sup> of May 2021.

We are excited to invite everyone interested in persons with SCI to participate for free in this 3-day meeting, 13-15 May 2021.

On behalf of the Organizing Committee

**Christina-Anastasia Rapidi**, MD, PhD, LFEBPRM

Head of PRM Department, General Hospital "G. Gennimatas"

Dear colleagues,

Dear friends,

"The international symbol of disability is the wheelchair and the stereotype of a person with disability is a young man with paraplegia" (Dr Margaret Chan, Director-General WHO, IPSCI 2013). With pleasure we announce the session of **"Rehabilitation 2030. A Call for Action - WHO. Time for (Over)activity on a National level"**, at HeSCoS 2021 virtual scientific meeting.

Spinal cord injury challenges the health and social security system, the person him/herself, the family, the society. Greece is a country that does not provide people with SCI every potential opportunity to ameliorate family, vocational and social reintegration, and their overall quality of life. Is it a matter of financial issues, of culture or is it a matter of weak advocacy? Could it be the lacunae of the law?

We strongly believe that facilitating conversation on these topics would bridge the gaps amongst state holders, policy makers, patients, peers, care givers, healthcare professionals and patients' federations. We invite you in this discussion and in taking a step together towards an ideal health and social security system, functionality oriented.

On behalf of the Organizing Committee

**Eleni Moutzi**, MD, FEBPRM

Head of PRM Department, Lieutenant Colonel, 414 Military Hospital of Special Diseases

# Thursday, 13 May 2021

15.30		<b>Welcome</b>
	Konstantina Petropoulou	Hellenic Society of Physical Medicine & Rehabilitation, President's message
	Nikolaos Barotsis	UEMS Physical Medicine & Rehabilitation Board, President's message
15.45		<b>"Overactivity" &amp; Spinal Cord Injury</b>
	Christina-Anastasia Rapidi	
16.00-16.45		<b>Impact of "overactivity" after SCI on Respiratory function (I)</b> <b>State of the art lecture</b> <i>Klemen Grabljevec, Brigitte Perrouin-Verbe, Antonios Kontaxakis</i>
	Eimear Smith	<b>Impact of "overactivity" after SCI on Respiratory function, Acute phase</b>
Discussion		
16.45-16.55		Break
16.55-17.40		<b>Impact of "overactivity" after SCI on Respiratory function (II)</b> <i>Marianna Fragkaki, Aikaterini Kotroni, Antonia Koutsoukou</i>
	Aggeliki Stavrianou	Inpatient rehabilitation phase
	Prokopios Manthos	Chronic phase
Discussion		
17.40-17.50		Break
17.50-18.35		<b>Impact of "overactivity" after SCI on Respiratory function (III)</b> <i>Aggeliki Stavrianou, Aggeliki Galata, Maria Panagiotou</i>
	Christina Athanasiadi	Speech-language therapy during inpatient rehabilitation in high tetraplegia
	Marios Kalyviotis	Secretion self-management in high SCI- Assistive technology in respiratory management
Discussion		
18.35-18.45		Break
18.45-19.30		<b>Pain after SCI</b> <b>State of the art lecture</b> <i>Markos Sgantzos, Nikolaos Roussos, Nikolaos Barotsis</i>
	Antigone Argyriou	<b>Medical marijuana for neuropathic pain in SCI</b>
Discussion		

# 14 May 2021, Friday

15.50-16.00	Introduction	<b>Innovations in the management of «overactivity» after SCI under extreme situations like COVID-19</b>
16.00-17.00	<b>State of the art lectures</b>	
<i>Chairpersons/Panelists</i>	<i>Carlotte Kiekens, Charalambos Konstantinidis, Jean- Jacques Wyndaele</i>	
 <b>Alexander Marcalee</b>	<b>Maximizing the abilities of persons with SCI through telerehabilitation: a vision of the future</b>	
 <b>Gianluca Sampogna</b>	<b>Telerehabilitation programs for neurogenic bladder dysfunction in Italy</b>	
Discussion		
17.00-17.10	Break	
17.10-17.55	<i>Chairpersons/Panelists</i>	<i>Theodoros Vontetsianos, Maria Papakyritsi, Eleftheria Antoniadou, Georgia Thanasa</i>
 <b>Antonios Kontaxakis</b>	Telerehabilitation programs in Greece	
Eleni Bekiari	Telerehabilitation of muscle overactivity after SCI	
Discussion		
17.55-18.05	Break	
<b>Innovative approaches in rehabilitation &amp; «overactivity» after SCI</b>		
18.05-18.55	<b>State of the art lecture</b>	
<i>Chairpersons/Panelists</i>	<i>Jean-Gabriel Previnaire, Daiana Popa, Athanasios Kyriakides</i>	
 <b>Andrei Krassioukov</b>	<b>Spinal Cord Stimulation to control autonomic/somatic “overactivity”</b>	
Discussion		
18.55-19.05	Break	
19.05-20.30	<i>Chairpersons/Panelists</i>	<i>Nikos Karandreas, Sotirios Plakas, Nikolaos Stamoulis, Nikolaos Tsolis</i>
 <b>Sarantis Spyridonos</b>	Surgical procedures improving upper limb function	
<b>Georgios Georgoulis</b>	Hypertonia and micro-neurosurgery techniques	
<b>Nikolaos Paidakakos</b>	Neuroprosthetics in spinal cord injury	
<b>Kalliopi Lappa</b>	Brain computer interface and SCI- new perspectives in ADL	
Discussion		

# 15 May 2021, Saturday

09.50-10.00		Introduction <b>Bone turn-over "overactivity" &amp; SCI</b>
10.00-10.40	<i>Chairpersons/Panelists</i>	<b>State of the art lecture</b> <i>Belgin Erhan, Abel Rainer, Yannis Dionyssiotis</i>
	<b>Ruth Marshall</b>	<b>Lower limb over-exercise – When Less is More</b>
	Discussion	
10.40-10.50		Break
10.50-11.50	<i>Chairpersons/Panelists</i>	<i>Vassiliki Tsiakalou, George Simeakis, Styliani Papakosta</i>
	Yannis Dionyssiotis	Bone and muscle impairment in SCI
	Eleni Moumtzi- Nakka	Shock waves intervention in heterotopic ossification management
	Dimitra Emmanouil	Case report: management of sub-lesional bone loss in sub-acute phase of SCI
	Discussion	
11.50-12.00		Break
12.00-12.40	<i>Chairpersons/Panelists</i>	<b>State of the art lecture</b> <i>Piotr Tederko, Mark Delargy, Prokopios Manthos, Maria Pyrgeli</i>
	<b>James Middleton</b>	<b>SCI-induced pain: overactivity, imbalance, and reorganization mechanisms</b>
	Discussion	
12.40-12.50		Break
12.50-14.30		<b>Rehabilitation 2030: A Call for Action – WHO Time for (Over)activity on a National level</b>
	<i>Chairpersons/Panelists</i>	<i>Mary Adamopoulou, Dimitris Athanasiou, George Avgoustidis, Konstantis Konstantinos, Eleni Moumtzi- Nakka</i>
	George Stamatis	Planning a National Action Plan for People with Disabilities for 2021
	TBA	Actions at the level of the World Health Organization
	Anna Tsetoura	Legal lacunae and the National Action Plan for Disabled People's Rights
	Vaitsa Giannouli	Advocacy in Greece. Prospects for elderly patients with disabilities.
	Discussion	
	Christina- Anastasia Rapidi	Closing Remarks

## LECTURERS/PANELISTS

<b>Abel Rainer</b>	MD, Head of Department, Spinal Cord Injury Klinikum Bayreuth, Germany
<b>Adamopoulou Mary</b>	President of "95", Rare Alliance Greece, Patient Advocate, EUPATI Academy
<b>Antoniadou Eleftheria</b>	MD, PhD, SFEBPMR, SCI Rehabilitation Department, University Hospital, Rio, Greece
<b>Argyriou Antigone</b>	MD, PM&R, Director, Chronic Pain Options, Interventional Pain Management, NY, USA
<b>Athnasiadi Christina</b>	MSc, Speech-Language Therapist, National Rehabilitation Center, Athens, Greece
<b>Athnasiou Dimitrios</b>	Greek Patient Association, MDA Hellas, 95 Rare Alliance Greece
<b>Avgoustidis George</b>	President of Macedonia-Thrace section, Panhellenic Association of Paraplegics
<b>Barotsis Nikolaos</b>	MD, PhD, SFEBPRM, PRM Physician, President of UEMS PRM Board, Greece
<b>Bekiari Eleni</b>	MSc, Military Physiotherapist, PRM Department, 414 Military Hospital for Special Diseases, Athens, Greece
<b>Delargy Mark</b>	Honorary Associate Clinical Professor, FRCPI- Royal College of Physicians Ireland, FRCPS Glasgow, Dublin, Ireland
<b>Dionysiotis Yannis</b>	MSc, PhD, SFEBPRM, PRM Physician, 1 <sup>st</sup> Dept, National Rehabilitation Center, Athens, Greece
<b>Emmanouil Dimitra</b>	MD, MSc, FEBPRM, PRM Physician, General Hospital "G.Gennimatas", Athens, Greece
<b>Erhan Belgin</b>	Professor, Administrative Head of PRM Department, Istanbul Medeniyet University, School of Medicine
<b>Fragkaki Marianna</b>	MD, SFEBPRM, PRM Physician, Scientific Head of Rehabilitation Center «ANIMUS», Larissa, Greece
<b>Galata Aggeliki</b>	MD, PhD, SFEBPRM, PRM Physician, Greece
<b>Georgoulis Georgios</b>	MD, Neurosurgeon, General Hospital "G.Gennimatas", Athens, Greece
<b>Giannouli Vaitsa</b>	PhD, Psychologist, Aristotle University of Thessaloniki, Greece
<b>Grabljevec Klemen</b>	MD, Head of Brain Injury Rehabilitation Department of National Rehabilitation Institute in Ljubljana
<b>Kalyviotis Marios</b>	MSc, Physiotherapist, National Rehabilitation Center, Athens, Greece
<b>Karandreas Nikos</b>	Emeritus Professor of Neurology and Clinical Neurophysiology, National & Kapodistrian University of Athens
<b>Kiekens Carlotta</b>	MD, ISCoS Fellow, Spinal Unit Director, Montecatone Rehabilitation Institute, Imola, Bologna, Italy

<b>Konstantinidis Charalambos</b>	MD, FEBU, FECSM, Head of Urology & Neuro-Urology Unit, National Rehabilitation Center, Athens, Greece
<b>Konstantis Konstantinos</b>	President of Panhellenic Association of Paraplegics, Athens, Greece
<b>Kontaxakis Antonios</b>	MD, FEBPRM, PRM Physician, 414 Military Hospital for Special Diseases, Athens, Greece
<b>Kotroni Aikaterini</b>	MD, MSc, SFEBPRM, Head of PRM Department General Hospital "KAT", Athens, Greece
<b>Koutsoukou Antonia</b>	Professor of Medicine, Head of 1 <sup>st</sup> Pulmonology Department, National & Kapodistrian University of Athens, General Hospital for the Diseases of the Chest 'Sotiria', Athens, Greece
<b>Krassioukov Andrei</b>	MD, PhD, FRCPC, Professor, Dep. Medicine, Div. Phys .Med. & Rehab. Chair, Rehabilitation Medicine Associate Director and Scientist, ICORD, Director of Autonomic Research Unit, Staff physician, Spinal Cord Program, GF Strong Rehabilitation Centre, University of British Columbia, Vancouver, Canada <i>President of American Spinal Injury Association (ASIA)</i>
<b>Kyriakides Athanasios</b>	MD, PhD, SFEBPRM, PRM Physician, Scientific Head of Rehabilitation "Mediterraneo Hospital" & "Performance 22 Lab", Greece
<b>Lappa Kalliopi</b>	MSc, Occupational Therapist, National Rehabilitation Center, Athens, Greece
<b>Manthos Prokopios</b>	MD, MSc, FEBPRM, PRM Physician, General Hospital "G.Gennimatas", Athens, Greece
<b>Marcalee Alexander</b>	MD, President, Telerehabilitation International Clinical Professor of PM&R UAB SOM, USA
<b>Marshall Ruth</b>	Clinical Associate Professor, University of Adelaide MBBS, DPRM, FAFRM (RACP), Medical Director, South Australian Spinal Cord Injury Service, Central Adelaide Local Health Network Hampstead Rehabilitation Centre, Australia <i>President of ISCoS</i>
<b>Middleton James</b>	Professor of Rehabilitation Medicine, University of Sydney, John Walsh Centre for Rehabilitation Research
<b>Moumtzi- Nakka Eleni</b>	MD, MSc, FEBPRM, Head of PRM Department, 414 Military Hospital for Special Diseases, Athens, Greece
<b>Paidakakos Nikolaos</b>	MD, FRCS, Neurosurgeon, General Hospital "G.Gennimatas", Athens, Greece
<b>Panagiotou Maria</b>	MD, Neurologist, General Hospital "G.Gennimatas", Athens, Greece
<b>Papakosta Styliani</b>	MD, PhD, FEBPRM, Head of ELEPAP Volou, Scientific Head of Rehabilitation Center "Kentavros", Volos, Greece
<b>Papakyritsi Maria</b>	MD, FEBPRM, PRM Physician, 414 Military Hospital for Special Diseases, Athens, Greece
<b>Perrouin-Verbe Brigitte</b>	Professeur, Chef du Pôle Hospitalo-Universitaire de Médecine Physique et Réadaptation, Hôpital St Jacques, CHU Nantes, France
<b>Petropoulou Konstantina</b>	MD, PhD, LFEPRM, Head of 2 <sup>nd</sup> PRM Department & President of Scientific Committee of National Rehabilitation Center, President of the Hellenic Society of Physical Medicine & Rehabilitation, President of the Hellenic section for Rehabilitation of Neurological Diseases, European Trainer Diploma of PRM, Elected member of European Academy of Rehabilitation Medicine, Athens, Greece



<b>Popa Daiana Mihaela</b>	MD, PhD, Rehabilitation Hospital Felix Spa, General Secretary of the Romanian Society of Rehabilitation Medicine, Bucharest, Romania
<b>Plakas Sotirios</b>	MD, PhD, Neurologist, 401 General Military Hospital of Athens, Greece
<b>Previnaire Jean-Gabriel</b>	MD, ISCoS Prevention Committee Chair, Spinal Unit, Berck Sur Mer, France
<b>Pyrgeli Maria</b>	MD, MSc, PhD, SFEBRM, Pediatric Rehabilitation Specialist, Scientific Director of ELEPAP-Rehabilitation for the Disabled, Athens, Greece
<b>Rapidi Christina-Anastasia</b>	MD, PhD, LFEBPRM, Head of PRM Department, General Hospital "G.Gennimatas", Athens, Greece, President of the Hellenic Spinal Cord section of Hellenic PRM Society (HeSCoS)
<b>Roussos Nikolaos</b>	MD, LFEBPRM, PRM Physician, General Hospital "Asklipieio Voulas", Greece
<b>Sampogna Gianluca</b>	MD, Department of Urology, Milan, Italy
<b>Sgantzos Markos</b>	Associated Professor, PRM Physician, Faculty of Medicine, School of Health Science, University of Thessaly
<b>Simeakis George</b>	MD, Endocrinologist/ Military Doctor, Research Associate- Dept. Clinical Therapeutics, National Kapodistrian University of Athens, Greece
<b>Smith Eimear</b>	Consultant in Rehabilitation Medicine, Mater Misericordiae University & National Rehabilitation Hospital, Dublin, Ireland
<b>Spyridonos Sarantis</b>	MD, PhD, Head offhand Surgery-Upper Extremity & Microsurgery Unit, General Hospital "KAT", Greece
<b>Stamatis George</b>	Secretary General for Social Solidarity and Fight Against Poverty, Ministry of Labour and Social Affairs
<b>Stamoulis Nikolaos</b>	MD, PRM Physician, Athens, Greece
<b>Stavrianou Aggeliki</b>	MD, MSc, FEBPRM, PRM Physician, Head of KEFIAp Amyntaiou, General Hospital of Florina "Eleni Dimitriou", Greece
<b>Tederko Piotr</b>	MD, PhD, Rehabilitation Department, Medical University of Warsaw
<b>Thanasa Georgia</b>	RN, MSc, Prevention and Health education office General Hospital "G.Gennimatas", Athens, Greece.
<b>Tsetoura Anna</b>	PhD, Lawyer, Hellenic Open University, Greece
<b>Tsiakalou Vassiliki</b>	MD, Rheumatologist, 401 General Military Hospital of Athens, Greece
<b>Tsolis Nikolaos</b>	BSc, MSc, PhD(c), Head of Application Software Management Department, General Hospital "G.Gennimatas", Athens, Greece
<b>Vontetsianos Theodoros</b>	MD, Pulmonologist, Head of E-Health Unit, General Hospital "Sotiria", Athens, Greece
<b>Wyndaele Jean-Jeacques</b>	Em Ordinary full time Professor at University of Antwerp MD, DBMSci, PhD, FISCOS, FEBU

