



- 8h30 - 9h15 Registration
- 9h15 - 9h30 Welcome and introduction  
**Dr<sup>ª</sup> Paloma Valdívía (Lisboa, Portugal)**  
*Head of Physical Therapy & Rehabilitation Department of Hospital da Luz, Lisboa*
- 9h30 - 10h30 History of shockwaves and future prospects  
Extracorporeal Shock Wave Therapy (ESWT) state of the art - *Recent study update*  
Focused or radial shock wave therapy - what is the future?  
**Prof. Dr. Ludger Gerdesmeyer (Germany)**
- 10h30 - 10h50 Focal, radial or combined shock wave therapy - is there a difference?  
**Dr. Jaime Milheiro (Porto, Portugal)**  
*Clinical Director of CMEP - Clínica Médica do Exercício do Porto*
- 10h50 - 11h10 Musculoskeletal disorders and ESWT in neurological patients  
**Dr<sup>ª</sup> Margarida Sizenando Cunha (Aveiro, Portugal)**  
*Physical Therapy & Rehabilitation MD*
- 11h10 - 11h30 *Coffee-break*
- 11h30 - 11h50 Ligament pathologies and ESWT  
**Dr. João Pedro Araújo e Dr. Nuno Loureiro**  
*MDs of FIFA Medical Center of Excellence - Clínica Espregueira Mendes, Porto*
- 11h50 - 12h10 Chronic tendinopathies and ESWT  
**Dr. Pedro Granate (Lisboa, Portugal)**  
*Orthopaedic Surgeon of Hospital da Luz*
- 12h10 - 12h30 Bone pathologies and ESWT  
**Dr<sup>ª</sup> Paloma Valdívía e Dr. João Pinto Coelho**  
*MDs of Physical Therapy & Rehabilitation Department of Hospital da Luz, Lisboa*
- 12h30 - 13h30 ESWT - Exceptional and Experimental Indications  
A Portuguese Shock Wave Association - yes or no?  
**Prof. Dr. Ludger Gerdesmeyer**
- 13h30 - 14h30 *Lunch buffet*
- 14h30 - 18h00 Workshops (each: 60min with 25 participants, everyone participates in all 3)  
Shock Wave Therapy and Diagnostic Ultrasound - **Prof. Dr. Ludger Gerdesmeyer (Germany)**  
Trigger Point Treatment - **Corry Ullrich (Germany)**  
Combined focused and radial shock wave therapy - **Dr. Asterios Papanikolaou (Greece)**  
  
*Coffee-break served at 16h30*
- 18h00 - 18h30 Take home message and closing