

## Presentation

On April 21 and 22, the “San Juan de Dios” **Physiotherapy Meetings**, organized by the University School of Nursing and Physiotherapy “San Juan de Dios” at Universidad Pontificia Comillas, arrive at their 7th edition.

The success of the latest International Meetings, with about 350 people enrolled and 50% of international speakers, encourage us to keep working on the internationalization of Physiotherapy. Comillas Pontifical University knows the value of excellence that international education provides and therefore, complements the education of all its undergraduate students with a compulsory Foreign Language Diploma (English) that prepares them to follow the content of these Meetings, which will be fully delivered in English without simultaneous interpreting and in Spanish.

These free of charge and informative Meetings will take place over the course of two days:

**On April 21**, when everyone is welcome to attend, the conferences will be held at the university’s Aula Magna, located at 23 Alberto Aguilera Street, which can accommodate up to 500 attendees. On this day, the speakers, grouped in round tables, will give their presentations on the subject matter of Sports Physiotherapy and will facilitate discussion and scholarly exchange with all the participants wishing to do so. The aim of these conferences is to expose the attendees to the main lines of research being conducted by our international partners, with a special focus on their latest results and their relevance in Sports Physiotherapy.

**On April 22**, the speakers will facilitate workshops, involving both theory and practice, at the facilities of the “San Juan de Dios” School of Nursing and Physiotherapy in Ciempozuelos. These workshops will be addressed only to Comillas undergraduate Physiotherapy majors and will be held in the different skills and simulation rooms, as well as classrooms, reserved and fitted for this event. At each workshop, adapted to match the students’ seniority, each speaker will have the opportunity to engage a small audience in exchanges about his/her area of expertise and main line of work. The facilitator will also provide the students with hands-on demonstrations and training to allow them to acquire and master new skills that will complement their concurrent academic work at Comillas.

Comillas would like to thank each and every one of the speakers, as well as the universities they represent, for their participation in this event. Undoubtedly, they are the pillars on which the value of these meetings rests and the interdisciplinary synergy of their contributions will certainly enrich each and every one of the participants.

We hope that all the participants will find the upshot of the speakers’ selfless contributions as well as the endeavors of the organizing committee appealing and informative.

You are welcome to register for this event at the following URL:  
<http://eventos.upcomillas.es/go/jornadasinternacionalesfisioterapia>.

Sincerely,

Head of the Organizing and Scientific Committee

Please note that due to high turnout in prior years, the registration website will be blocked once maximum seating capacity is reached.

## Presentación

El 21-22 de Abril de 2016, las **Jornadas de Fisioterapia “San Juan de Dios”** que organiza la Escuela de Enfermería y Fisioterapia “San Juan de Dios” Universidad Pontificia Comillas, llegan a su 7ª edición.

El éxito de la pasada jornada internacional con cerca de 350 inscritos y más del 50% de participantes internacionales, nos animan a continuar por la senda de internacionalización de la Fisioterapia. La Universidad Pontificia Comillas ICAI-ICADE, conoce el valor de la excelencia que la formación internacional aporta y por ello, complementa la formación de sus estudiantes en la formación de Grado, con un Diploma de Competencias Comunicativas y Estudios en Lenguas Extranjeras (Inglés) que todos los alumnos cursan y les capacita para poder seguir el contenido de estas Jornadas que serán en Inglés sin traducción simultánea y en español.

Las Jornadas se dividirán en dos sesiones:

**El jueves 21 de abril**, abierto a todo el público que desee asistir. Se desarrollarán en el Aula Magna de la sede que la Universidad tiene en Alberto Aguilera 23, con capacidad para 500 asistentes. Durante este día, los ponentes agrupados en mesas redondas, expondrán sus contenidos sobre el área de la Fisioterapia Deportiva y mantendrán una ronda coloquio con todos aquellos que deseen participar. Buscamos en estas conferencias, la aportación de lo que se realiza en las distintas Universidades invitadas, así como las líneas prioritarias de investigación, aportando los últimos resultados obtenidos en cada institución, que sean relevantes en el área de la fisioterapia deportiva.

**El Viernes 22 de Abril**, se realizarán talleres teórico-prácticos únicamente para los estudiantes de la titulación de Fisioterapia de la Escuela de Enfermería y Fisioterapia “San Juan de Dios” en la sede de Ciempozuelos, en las distintas aulas de habilidades y simulación, así como salas habilitadas para estas jornadas. Dichos talleres se realizarán en grupos reducidos y estarán adaptados al nivel que los estudiantes adquieren en sus distintos cursos. Los profesores abordarán la temática que cada uno domina en sus respectivas universidades, y trabajarán con el alumnado de la Escuela para que adquieran un complemento a su correspondiente curso académico

Queremos agradecer a los diferentes ponentes y a las Universidades de estas Jornadas su participación ya que, sin duda, son los ejes de este evento, del que todos saldremos enriquecidos con sus aportaciones dentro de estas complejas disciplinas con una marcada interdisciplinaridad.

Esperamos que este esfuerzo de los ponentes que colaboran de forma desinteresada desde sus Universidades de origen, así como todos nosotros, resulte atractivo a todos los asistentes.

Os animamos a inscribros en la web de la Escuela <http://eventos.upcomillas.es/go/jornadasinternacionalesfisioterapia>

Atentamente: Dirección del Comité organizador y científico.

PD: Debido al aforo de años previos, una vez cubierta las plazas se procederá a bloquear la inscripción.



**AULA MAGNA**  
de la Universidad Pontificia  
Comillas ICAI-ICADE  
C/ Alberto Aguilera 23.  
(Madrid)

**Teléfono de Información:**  
34 91 893 37 69



7<sup>as</sup> Jornadas  
Internacionales de Fisioterapia  
“SAN JUAN DE DIOS”

21 ABRIL 2016

Fisioterapia deportiva.  
Ocio y calidad de vida

7<sup>as</sup> Jornadas  
Internacionales de Fisioterapia  
“SAN JUAN DE DIOS”  
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# THURSDAY 21 APRIL 2016

9:00 Reception.

9:30 Welcome to the VII INTERNATIONAL PHYSIOTHERAPY MEETINGS "San Juan de Dios"

**Dra. D.ª Rosa M.ª Fernández Ayuso.** Director of San Juan de Dios School of Nursing and Physiotherapy. Comillas Pontifical University.

**Dr. D. Néstor Pérez Mallada.** Head of Physiotherapy Studies San Juan de Dios School of Nursing and Physiotherapy. Comillas Pontifical University.

## ROUND TABLE 1

**Moderator: Mrs. María Galán Lominchar**

10:00 Objectivity in Evaluating and Treating the effects of Whiplash Associated Disorders in the Neck Cervical Area.

**Mr. Waldo Vazquez joined BTE Technologies.** Director of International Business Development and today serves as Vice-President for the Products Division. He is responsible for all International Operations for BTE with presence in over 40 countries, supporting Physiotherapists, Occupational Therapists, Athletic Trainers, MDs, Researches, and other health care professionals. He leads and coordinates BTE's international initiatives with a focus on patient results. He has been a speaker before the International Federation of Sports Medicine (FIMS).

10:30 Deporte Federado y Discapacidad Intelectual.

**D. Alfredo Salaza Vera.** Director deportivo de FEEDI, Licenciado en Ciencias de la Actividad Física y deportiva. Máster en Gestión de Instalaciones y Entidades deportivas por la Universidad Politécnica de Madrid.

11:00 Discussion

11:15 Coffee Break

11:45 The challenge to return to sports post ACL reconstruction.

**Mr. Guy Simoneau PT, PhD** is a professor in the Department of Physical Therapy at Marquette University in Milwaukee WI, USA. He is actively engaged in teaching entry level physical therapy students evidence-based practice and clinical reasoning for sports and orthopedic physical therapy. He was the editor-in-chief of the Journal of Orthopaedic & Sports Physical Therapy (JOSPT) between 2002 and 2015.

12:15 APP in Physiotherapy; Goniometry and evaluation.

**D. Gonzalo Alcañiz Rivera.** Ingeniero Técnico Industrial, I.C.A.I. Director en Human Computer Technology, S.L. [www.appsamedida.com](http://www.appsamedida.com).

13:00 Concussion management and return to sport.

**Mrs. Ann Newstead, PT, PhD, GCS, NCS, CEEAA.** She is a graduate of the University of Alabama with a Masters in Community Health with a concentration in Physical Therapy (1978) and completed her PhD from University of Texas in Austin in Kinesiology/Movement Science (2010). She has practiced and conducted research in various settings in the area of neurological rehabilitation and aging. Dr. Newstead is an active member of the American Physical Therapy Association and currently works at West Coast University in Los Angeles, California.

13:30 Discussion

14:00 Break

## ROUND TABLE 2

**Moderator Prof. D. Ricardo Blanco Méndez**

16:00 Ankle stability, new insights in an old problem.

**Mr. Nieuwenhuijzen Henk.** PT, PhD Senior lecturer Physiotherapy. Main focus points: EBP, research, clinical reasoning, general practice, biomechanics. Profesor Universidad HAN Nijmegen.

16:30 Muscle Monitoring is the Key for Prevention and Rehabilitation.

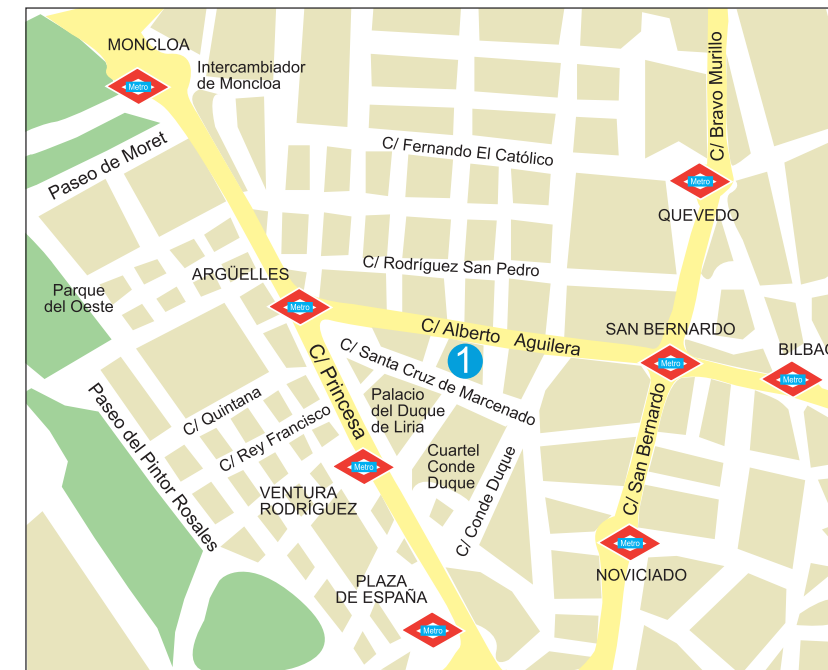
**Mr. Pekka Tolvanen.** Pekka Tolvanen is founder and Vice President of Myontec, Finnish company behind the intelligent sportswear used by sports teams, professional athletes and physios around the world. Tolvanen holds a Master of Science degree in Applied Physics from the University of Helsinki.

17:00 Influencia del Vendaje Neuromuscular sobre parámetros de Fuerza.

**D.ª M.ª Jesús Martínez Beltrán.** Profesora de Fisioterapia de la Escuela de Enfermería y Fisioterapia "San Juan de Dios". Directora Sanitaria de la Clínica NF Fisioterapia en Aranjuez. Master en Biomecánica y Valoración del Daño.

17:30 Discussion

18:00 End of the event.



1. Alberto Aguilera, 23  
Comillas Pontifical University ICAI-ICADE  
is located in Albeto Aguilera street, in the center of Madrid, between Princesa and San Bernardo streets.

### TRANSPORT:

#### Subway:

Argüelles (Lines 3, 4 and 6)  
San Bernardo (Line 2)

#### Bus:

EMT, lines 21, 2 and C

with the collaboration of:



Hogeschool van Arnhem en Nijmegen  
HAN University of Applied Sciences



Fisioterapia y Rehabilitación



Registration:

<http://eventos.upcomillas.es/go/jornadasinternacionalesfisioterapia>