



Saturday 03.02.2024 09:30 – 17:30


09:00 – 09:30	Arrival
09:30 – 10:00	Introduction and Science: What do we know, how does it work and what is new! What are the differences of radial and focus shockwave? Why is it important to treat with 20-25hz frequency? Why does highest energy delivery make better results?
10:00 – 10:30	Theory of modern shockwave therapy: Lower extremity
10:30 – 11:00	Coffee break
11:00 – 13:00	Practical Part 1: Radial and focus shockwave: Lower extremity Patella tip syndrome, Achilles tendinopathy, all types of muscle injuries, plantar fasciitis, ankle sprain, trochanteric pain syndrome, Schlatter disease, heel spur, fractures, arthrosis, bone bruise, lymphatic oedema, Sever disease and many more.
13:00 – 14:00	Lunch
14:00 – 14:30	Theory of modern shockwave therapy: Lower back
14:30 – 16:00	Practical Part 2: Radial and focus shockwave: Lower back Low back pain, lumboischialgia, sacroiliitis, muscle dysfunctions and more
16:00 – 16:15	Coffee break
16:15 – 17:15	Practical Part 3: Radial and Focus shockwave: Lower back Special treatments: Ways of treating kinetic chains, trigger points, cellulites and soft tissue release
17:15 – 17:30	Discussion and Questions


Sunday 04.02.2024 09:00 – 16:00

09:00 – 10:30	Theory of modern shockwave theory: Upper extremity, upper back and neck
10:30 – 12:30	Practical Part 1: Radial and focus shockwave: Upper extremity Tendinopathies biceps and triceps, frozen shoulder, fractures, tennis elbow, golfers' elbow, muscle injuries, soft tissue and others
12:30 – 13:30	Lunch
13:30 – 14:30	Practical Part 2: Radial and focus shockwave: Upper back and neck Neck pain, stiff neck, headache, migraine, intercostal neuralgia and more
14:30 – 16:00	Special treatments: Ways of treating kinetic chains and trigger points









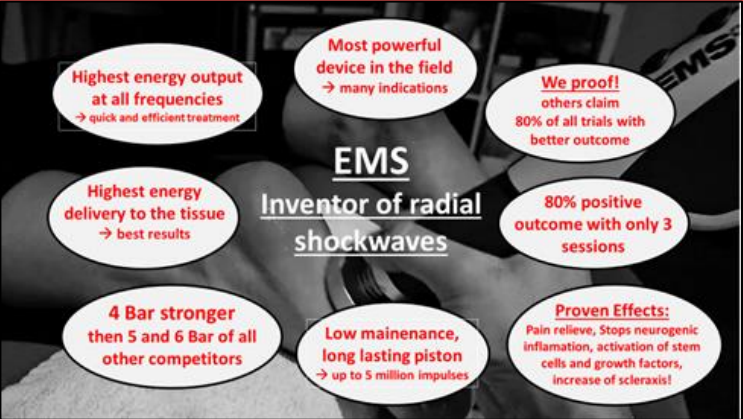


Alexander Ablaß

- Naturopath for Physiotherapy,
- Physiotherapist, Manual Therapist
- Physiotherapist of Augsburger Panther (1st league icehockey)
- Former Head of the Youth Academy of FC Augsburg 1907
- Member of the Science Board of Sports Medicine Newspaper







EMS
Inventor of radial shockwaves

- Highest energy output at all frequencies → quick and efficient treatment
- Highest energy delivery to the tissue → best results
- 4 Bar stronger than 5 and 6 Bar of all other competitors
- Low maintenance, long lasting piston → up to 5 million impulses
- Most powerful device in the field → many indications
- We proof! others claim 80% of all trials with better outcome
- 80% positive outcome with only 3 sessions
- Proven Effects: Pain relieve, Stops neurogenic inflammation, activation of stem cells and growth factors, increase of scleraxis!

