

November 10, 2019

EM140: Pain, High Performance and Rehabilitation



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MSc. Sports Physiotherapy, MSc. Exercise Science (Strength and Conditioning)

This single day will cover the impact that pain can have on sports performance and the consequent pain management strategies of the athlete.

Muscle injuries to the Hamstrings will be analyzed starting from the clinical evaluation and the injury mechanism. The most appropriate intervention strategies will be implemented for returning to full performance (Force / capacity / velocity) and reducing the risk of injury.

In the afternoon session a wide focus will be placed upon the athlete's return to the elite performance. Considerations regarding how to plan training sessions will be discussed with particular attention also to the tissues involved (tendon / muscle / bone) and the type of sport and skills required.

In addition, strategies for recovery, the role of fatigue and how to improve athletes' compliance will be explained.


35 Seats

€200.00

8 Hours

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INTENDED FOR

Doctors,
Physiotherapists, Degree
in Scienze Motorie (ita)

PAYMENTS

Deposit €100.00 + VAT
22% (€122.00) within 7
days from the
registration

Balance €100.00 + VAT
22% (€122.00) by date
November 2, 2019

Total: €200.00 + VAT
22% (**€244.00**)

CALENDAR

10 November 2019

LANGUAGE

English with continuous
italian translation

SCHEDULE

Agenda:
08:30 - 09:00 Registration
09:00 - 10:30 Section 1 - Pain and Performance

Why understanding pain is important in sport

Effect of pain on athletic performance

Pain management as a performance enhancer

How to coach an athlete who has pain

10:30 - 10:45 Coffee break

10:45 - 13:00 Section 2 - High Performance Hamstring Management

The problem we face

Anatomy refresher

Mechanisms of injury - implications for rehab

Assessing the damage and being accurate with prognosis

Risk reduction programming

Management strategies (Force / Capacity / Velocity)

Exit criteria

13:00-14:00 Lunch break**14:00 - 15:30 Section 3 - Returning to Elite Performance**

My philosophies underpinning rehab

Fact-based decision making

How to structure the re-training programme

Specific tissue considerations (muscle / tendon / bone)

Functional demand considerations (returning to contact / open-skill invasion sports)

15.30 - 15:45 Coffee break**15:45 - 16:45 Section 4 - Recovery**

What is recovery

What is fatigue

Overtraining / overstress

Recovery options

Behavioural nudges to increase compliance

Putting it all together

16:45 - 17:30 Questions and wrap up