

July 18, 2021

EM168: Advanced Rehabilitation Strategies for Lower Limb Injuries in Sport



ENDA KING

Manip Ther. C.S.C.S.
M.I.S.C.P.

Using biomechanics and technology to build better performing, more robust athletes

The course will discuss the factors that influence acute and chronic injury in athletes, with a particular focus on lower limb injuries and how to use biomechanics and technology to improve our assessments and outcomes.

The course will cover:

- Pathomechanics and risk factors for lower limb injury
- How to build a rehabilitation programme to improve rehabilitation efficiency and efficacy
- There are no such thing as bad exercises!
- Intersegmental Control
- Strength and Power development
- Plyometric and Reactive Strength Development
- Linear Running and Acceleration Mechanics
- Change of Direction and Agility Mechanics
- Sports Specific Conditioning Considerations

The learning objectives:

- Understand the pathomechanics of acute and chronic injury of the lower limb and how that influences goals for athlete development
- Understand all the components that make up a comprehensive athlete assessment and rehabilitation/development programme
- Review the importance of exercise technique in the development of motor patterns and the achievement of strength and power goals
- Review the use of technology in the profiling of strength, power and plyometric qualities and how to programme accordingly
- Understand the role of linear running mechanics in injury and athletic performance and expand skill

set to be able to identify and modify biomechanical deficits

- Understand the role of change of direction mechanics in injury and athletic performance and expand skill set to be able to identify and modify biomechanical deficits
- Review energy system re-development after injury and during rehabilitation. Review sports specific differences in re-conditioning to peak performance.



32 Seats



€414.80



16 Hours



17,4 ECM

INTENDED FOR

Doctors, Physiotherapists Deposit €207.40 within 7 days from the registration

Balance €207.40 by date June 16, 2021

Total: €414.80

PAYMENTS

CALENDAR

18-19 July 2021

LANGUAGE

English with continuous Italian translation

€ 83.00 discount (20% off!) on the EM 168 "Advanced rehabilitation strategies for lower limb injuries in sport" course if already enrolled in the EM 167 "ACL Rehabilitation" course

Deposit: € 207.40

Balance: € 207.40 - € 83.00 = € 124.40

SCHEDULE

Day 1

08.30 – 09.00 Registration and opening

09.00 – 11.00 Pathomechanics, risk factors for lower limb injury

11.00 – 11.15 Coffee Break

11.15 – 13.00 How to break down an athlete to build them back up

13.00 – 14.00 Lunch

14.00 – 15.45 Intersegmental Control & Strength (part 1)

15.45 – 16.00 Coffee Break

16.00 – 17.30 Intersegmental Control & Strength (part 2)

Day 2

08.30 – 11.00 Plyometric and Reactive Strength Development

11.00 – 11.15 Coffee Break

11.15 – 13.00 Linear Running and acceleration mechanics 13.00 – 14.00 Lunch

13.00 – 14.00 Lunch

14.00 – 15.45 Change of Direction and Agility Mechanics

15.45 – 16.00 Coffee Break

16.00 – 17.00 Sports Specific Conditioning

17.00 – 17.30 Considerations and Test ECM