

April 30, 2022

## EM216: CATANIA - Principles of Strength & Conditioning: Applications for maladaptive features



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MSc. Manipulative Physiotherapy and MSc. Sports Physiotherapy MSc. Manipulative Physiotherapy and MSc. Sports Physiotherapy, PhD Cand.

Injuries have a negative impact on both individual and team performance. Additionally, a history of lower limb injury is a major risk factor for a subsequent injury.

Deficits in maximum strength, rate of force development (RFD), and reactive strength are common in musculoskeletal pain and injuries. However, these persist for a long time and are often not adequately resolved.

This course will examine the deficits in basic physical abilities that persist in musculoskeletal disorders. It will provide methods for evaluating them, as well as intervention strategies for their resolution. For example, the different strategies for the recovery of muscle mass, maximum strength, power and plyometric capacity will be examined.

These will be presented in a logical order for their maximum capitalization.

They will then be integrated for more complex sports actions such as acceleration and change of direction.

Examples to improve clinical practice will then be discussed together with the formulation of rehabilitation plans with the aim of returning to full performance.

This will facilitate the understanding and achievement of criteria for returning to sport and full athletic recovery.

Luca Maestroni is involved in an international research project (PhD) on this topic and will present the topics of the course in the light of the latest scientific evidence.



24 Seats



€390.00



16 Hours



20 ECM

#### INTENDED FOR

Doctors, Physiotherapists Deposit €195.00 within 7 days from the registration

#### PAYMENTS

Balance €195.00 by date April 26, 2022

**Total: €390.00**

#### CALENDAR

30 April - 01 May 2022

#### LANGUAGE

Italian

## SCHEDULE

### PROGRAMMA

#### Giorno 1

|               |  |
|---------------|--|
| 08.30 – 09.00 | Registrazione iscrizioni   |
| 09.00 – 10.30 | Introduzione   |
| 10.30 – 10.45 | Coffee Break   |
| 10.45 – 13.00 | <b>L'importanza della forza massima:</b> <ul style="list-style-type: none"> <li>• Caratteristiche maladattive nella produzione di forza</li> </ul>           |
| 13.00 – 14.00 | Pausa pranzo   |
| 14.00 – 16.00 | <b>L'importanza della forza massima:</b> <ul style="list-style-type: none"> <li>• Prescrivere maximal strength training per modificare i deficits</li> </ul> |
| 16.00 – 16.15 | Coffee Break   |
|               |  |

|               |  |
|---------------|--|
| 16.15 – 18.00 | <b>L'importanza della rate of force development (RFD):</b> <ul style="list-style-type: none"> <li>• Caratteristiche maladattive in RFD</li> <li>• Prescrizione di training per modificare deficits in RFD</li> </ul> |
|---------------|--|

## Giorno 2

|               |   |
|---------------|---|
| 09.00 – 10.30 | <b>L'importanza della forza reattiva:</b> <ul style="list-style-type: none"> <li>• Caratteristiche maladattive in forza reattiva</li> <li>• Prescrizione di training per modificare deficits in forza reattiva</li> </ul> |
| 10.30 – 10.45 | Coffee Break  |
| 10.45 – 13.00 | <b>L'importanza della forza reattiva:</b> <ul style="list-style-type: none"> <li>• Caratteristiche maladattive in forza reattiva</li> <li>• Prescrizione di training per modificare deficits in forza reattiva</li> </ul> |
| 13.00 – 14.00 | Pranzo  |
| 14.00 – 16.00 | <b>La necessità di testare multiple capacità fisiche</b>  |
| 16.00 – 16.15 | Coffee Break  |
| 16.15 – 17.15 | <b>Programmazione riabilitazione</b>  |
| 17.15 – 18.00 | <b>Casi clinici</b>   |
| 18.00 – 18.30 | Esame pratico. Compilazione schede di valutazione consegna attestati e chiusura dei lavori  |