

May 7, 2022

EM218: VERBANIA - Principles of S&C: Applications for maladaptive features



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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 May 2, 2022

Total: €390.00
CALENDAR

07 - 08 May 2022

LANGUAGE

Italian

 Course Location: **VERBANIA (VB)**

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	L'importanza della forza massima: <ul style="list-style-type: none"> • Caratteristiche maladattive nella produzione di forza
13.00 – 14.00	Pausa pranzo
14.00 – 16.00	L'importanza della forza massima: <ul style="list-style-type: none"> • Prescrivere maximal strength training per modificare i deficits

16.00 – 16.15	Coffee Break
16.15 – 18.00	<p>L'importanza della rate of force development (RFD):</p> <ul style="list-style-type: none"> • Caratteristiche maladattive in RFD • Prescrizione di training per modificare deficits in RFD

Giorno 2

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