

September 25, 2022

## EM237: Advanced Rehabilitation Strategies for Lower Limb Injuries in Sport



ENDA KING

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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.



**36 Seats**



**€440.00**



**16 Hours**



**18 ECM**

#### INTENDED FOR

Doctors, Physiotherapists Deposit €220.00 within 7 days from the registration

Balance €220.00 by date August 19, 2022

**Total: €440.00**

#### PAYMENTS

#### CALENDAR

25-26 September 2022

#### LANGUAGE

English with continuous Italian translation

**66,00 (-15% off!) on the EM237 "Advanced rehabilitation strategies for lower limb injuries in sport" course if already enrolled in the EM236 "ACL Rehabilitation" course**

**Deposit: € 220,00**

**Balance: € 154,00**

**Course Location: BRESCIA @ Edumed Formazione ECM**

## 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