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Programma: The shoulder in elite sports medicine and rehabilitation op 15 & 16 oktober 2020.

Advies is om eerst de basis- en gevorderdencursus te volgen

Locatie: Regio Arnhem / Duiven (nog te bepalen)

Docenten: Prof. dr. Ann Cools, Universiteit Gent, België, vakgroep Revalidatiewetenschappen en Kinesithérapie
Dr. Fredrik Johansson, PT, PhD, Scandinavian College of manual therapy Stockholm and Swedish Tennis Federation, Sweden.

Accreditatie: Aangevraagd voor de registers algemeen, sport en manueel

Introduction:

In the area of sports medicine, scientific knowledge as well as clinical practice evolved remarkably the past few years. In particular, in the field of the shoulder, injury prevention, return to play after injury and high performance training gained interest in research as well as in the clinical setting. The purpose of this shoulder course is to provide theoretical insights, clinical reasoning processes and practical skills for the 'sports shoulder', bringing an update as well as an extension of the existing knowledge, especially for elite athletes.

This advanced course is science based, but also offers multiple practical opportunities with a large amount of exercises, based on video material or practical sessions.

Day 1: Injury prevention in the elite overhead athlete

08.30 – 09.00	Registration
09.00 – 10.45	General models for injury prevention and return to play: how can we use them in practise <ul style="list-style-type: none">• Discussion on 'injury risk' model, 'injury prevention' model, 'decision based' return to play model
10.45 – 11.00	Break
11.00 – 12.30	Preventive screening and assessment of the overhead athlete's shoulder <ul style="list-style-type: none">• Practical session including functional performance tests (field testing) and discussion on reference values and RTP criteria



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12.30 – 13.30	Lunch
13.30 – 15.15	The shoulder in the elite adolescent tennis player <ul style="list-style-type: none">• MRI results in elite healthy tennis players, the role of deceleration mechanism, eccentric deceleration exercises
15.15 – 15.30	Break
15.30 – 17.00	Assessment of the physical capacity and the kinetic chain in elite athletes: what does clinical experience teach us? <ul style="list-style-type: none">• Physical testing in elite athletes, screening of musculoskeletal system, using FMS and high performance testing

Day 2: Shoulder pain in the overhead athlete: risk factors and preventive programs

08.30 – 09.00	Registration
09.00 – 10.45	Risk factors for shoulder pain in overhead athletes: from the shoulder to the kinetic chain <ul style="list-style-type: none">• Risk factor analysis for shoulder pain in different sports disciplines: what does science tell us and what can clinical experience add?
10.45 – 11.00	Break
11.00 – 12.30	Implementation of an injury prevention program in overhead athletes <ul style="list-style-type: none">• Specific high level exercises for athletes in different sports disciplines
12.30 – 13.30	Lunch
13.30 – 15.15	High performance training in elite adolescent tennis players: where should our focus go to? <ul style="list-style-type: none">• Preventive exercises for adolescent elite athletes, focus on whole-body training, core strength and training, hip mobility and stability, general strengthening
15.15 – 15.30	Break
15.30 – 17.00	Everyone should perform squatting exercises! Practical workshop