

Programma

Dag 1

Neck & Shoulder

9.00-10.00u: Imaging the scapular stabilisers: lower & upper trapezius and serratus anterior in low & higher load tasks

10.00-11.00u: Rotator cuff assessment & retraining

11.00-12.00: Dynamic assessment of subacromial impingement & immediate biofeedback to improve

12.00-13.00u: Cervical extensor assessment & retraining

13.00-13.45u: Lunch

Knee, Foot, Ankle

13.45-14.45u: Vastus medialis retraining

14.45-15.45u: Popliteus retraining for posterolateral corner pain & instability

15.45-16.00u: Pauze

16.00-17.00u: Assessment & retraining of the foot intrinsics

17.00-18.00u: Bed based and more dynamic functional imaging will be explored

Dag 2

Hip

9.00-10.00u: Assessment & retraining of the hip flexors

10.00-11.00u: Assessment & retraining of the hip abductors

11.00-12.00u: Assessment & retraining of the deep external rotators

12.00-13.00u: Bed based and more dynamic functional imaging will be explored

13.00-13.45u: Lunch

Gluteal tendinopathy

13.45-18.00u: Tendinopathies of the hip and pelvis