

Current concepts in prevention and rehabilitation of muscle injuries in sport

Introductie

Spieraandoeningen zijn één van de meest voorkomende aandoeningen bij veldsporten die te maken hebben met sprinten, van richting veranderen en schoppen. Binnen deze cursus zullen we current state-of-the-art theoretische en praktische kennis bespreken met betrekking tot:

- 1: epidemiologie, risicofactoren en mechanismen van spierblessures in de sport
- 2: classificatie, diagnose en prognose van spierblessures
- 3: conservatieve behandeling van letsel aan de onderste ledematen
- 4: strategieën voor preventie van spierletsels in de sport

Bijzondere aandacht zal worden geschonken aan wetenschappelijk onderbouwde en effectieve revalidatiestrategieën, het kiezen voor de juiste oefeningen bij de revalidatie van de spieren van de onderste ledematen en aan objectieve criteria voor terugkeer naar sport na spierbeschadiging.

Leerdoelen

Na afloop van de cursus is de cursist in staat om:

Generiek:

- Kennis en begrip te hebben van etiologie, risicofactoren, en mechanismen van spieraandoeningen in sport en hoe dit middels preventie voorkomen kan worden.
- Kennis en begrip te hebben van diagnostiek, prognose en behandeling van spieraandoeningen in sport en hoe dit toe te passen binnen de conservatief management van sportaandoeningen in de dagelijkse Praktijk

Specifiek

- Een nauwkeurige en objectieve diagnose en prognose te maken uit van belangrijke spierletsels in de onderste extremiteit (quadriceps, hamstrings)
- Evidence-based en effectieve revalidatie-strategieën uit te voeren bij spierblessures in de onderste extremiteit
- Evidence-based preventiestrategieën uit te voeren voor spierblessures in de onderste extremiteit

Inhoud en vorm van de cursus

De cursusinhoud zal bestaan uit de volgende onderwerpen:

- Evidente-based practice
- Klinimetrie
- Klinische redeneren bij liesklachten
- Patroonherkenning
- Specifieke testmethodiek-
- De pathologieën

-Casuïstiek echte patiënten

De volgende onderwijsvormen worden gehanteerd:

- Interactief hoorcollege
- Praktijklessen
- Zelfstandig werken met opgedane kennis middels gerichte opdrachten
- Zelfstudie

De cursus zal bestaan uit twaalf docent gebonden lesuren. Bij een in company traject zal de indeling van deze lesuren na overleg met de betreffende contactpersoon van de cursisten bepaald worden.

Deel 1

Interactief hoorcollege met betrekking tot de voor de cursus relevante klinimetrie. Daarnaast zullen de theoretische achtergronden van patroonherkenning en het kunnen uitvoeren van specifieke testmethodiek mbt spieraandoeningen in de sport besproken worden.

Deel 2

Korte theoretische inleiding over spieraandoeningen in de sport.

Daarna een uitgebreide interactieve praktijkles waarin de diverse specifieke testenmethodiek doorgenomen wordt. Hierbij zullen de cursisten zelf actief moeten participeren.

Deel 3

Korte theoretische inleiding over behandelplannen bij spieraandoeningen in de sport.

Daarna een uitgebreide interactieve praktijkles waarin de diverse behandeltechnieken doorgenomen worden. Hierbij zullen de cursisten zelf actief moeten participeren.

Toetsing van de cursus

Gedurende de cursus wordt 100% aanwezigheid verwacht. Tevens dient er actief geparticeerd te worden.

Literatuur

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Indeling inhoud cursus per dagdeel:

Dag 1	
Ochtend:	<ul style="list-style-type: none"> ▪ Biomechanica, epidemiologie, risicofactoren en mechanismen van spieraandoeningen ▪ Diagnose & prognose van spieraandoeningen <ul style="list-style-type: none"> ○ voorgeschiedenis, palpatie, klinisch onderzoek
Middag:	<ul style="list-style-type: none"> ▪ Diagnose & prognose van spieraandoeningen <ul style="list-style-type: none"> ○ voorgeschiedenis, palpatie, klinisch onderzoek ▪ Evidence based behandeling van spieraandoeningen - quadriceps <ul style="list-style-type: none"> ○ planning ○ fysiotherapeutische modaliteiten ○ oefentherapie ○ progressie & terugkeer naar sport
Dag 2	
Ochtend:	<ul style="list-style-type: none"> ▪ Evidence basedbehandeling van spieraandoeningen – hamstrings <ul style="list-style-type: none"> ○ planning ○ fysiotherapeutische modaliteiten ○ oefentherapie ○ progressive en terugkeer naar sport ▪ Evidence based strategien voor preventie van quadriceps en hamstrings aandoeningen in sport <ul style="list-style-type: none"> ○ Evaluatie van risicofactoren ○ load monitoring & load management ○ individuele preventieve oefeningen ○ warming-up en groepsgebaseerde preventieve oefeningen