

1A. Programma met per programmaonderdeel het doel en de urenindeling

Urenindeling:

- Pre-readings opdracht voorafgaand aan het webinar: ~ 1 uur

10:00 – 12:30 (inclusief korte pauze van 5-10min en vragen & discussie):

- Presenter background and introduction to hamstring strain injury (~10 minutes)
- Conventional rehabilitation progression (~10 minutes)
- Objective assessments to inform rehabilitation progression (~20 minutes)
- Pain during rehabilitation (~20 minutes)
- Progressive approach to eccentric loading during rehabilitation (~20 minutes)
- Future directions for researchers and practitioners (~10 minutes)

Goals:

Improve the practitioner's ability to implement objective assessments and progress exercise in the presence of pain during hamstring rehabilitation