

Workshop Course Details:

2nd February: (9.30 am to 12.00 Noon)

1. The principles of sports pre-assessment as a tool for injury prevention and performance optimisation.
2. The sport of golf will be used as an example.

Resource person: Dr Debashish Das.

3rd February: (9.00 am to 5.00 pm)

The principles of assessing and treating sporting injuries, using running as an example. Running, apart from being a popular individual sport in itself, is also an aspect of many other sports and the ability to assess running technique and to consider training modifications as well as treatment of injuries are essential skills for physiotherapists.

1. An overview of the sport of running.
2. Concepts of tissue loading.
3. Know your athlete and what has caused their injury: practice of sports specific;
 - a) Subjective assessment (including detailed investigation of training programs and identifying training errors as well as assessing psychosocial aspects common in runners).
 - b) Objective assessment (including detailed lower limb and trunk assessment as well as assessment of running biomechanics).
4. Optimizing strength and conditioning (including practice of exercise prescription).
5. Prescribing and interpreting a training diary/track pack.
6. Common running injuries: management principles using case studies as examples.

Resource person: Dr Shuchi Kataruka (PT)