

21st Century Rehab Programme Design

Early philosophies, current concepts, successful strategies

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Performance Enhancement Specialist

This presentation will be of particular interest to physios, osteos, chiro, sports therapists,
sports rehab professionals & strength coaches

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The Speaker:

Nick has become recognised as a specialist in athletic preparation and has worked in high performance sport for more than 10 years. He has worked closely with professional teams, National Governing Bodies and home institute medical teams assisting in the management, monitoring and implementation of injury management programmes. Nick continues to develop his knowledge of advanced training concepts and evidence based training principles. A sought after 'expert' Nick has presented seminars and practical workshops for the Football Association, BASEM, British Olympic Association and UK Strength & Conditioning Association. Nick has successfully transferred his detailed knowledge of training athletes into the public arena for rapid results and has a great ability to make the complex seem obvious and simple, making it easy to apply in your clinics.

Venue - date

Venue address

Registration: 17.45 - 18.00, Presentation: 18.00 - 20.30
(light refreshments available at interval)

Outline:

In this workshop Nick will show you why rehabilitation programme design principles from the 1940's are simply not acceptable. Rehabilitation programme design and exercise selection are simple concepts that we make more complex than necessary. Nick will show you simple evidence based principles that will allow you to produce effective rehab programmes that meet your client's needs. Nick will show how effective programme design will improve compliance and rehabilitation outcomes.

Topics / issues covered during the evening will include:

- The repetition continuum - learn how to manipulate it to bring about specific adaptations
- Sequencing - discover how exercise sequence impacts on rehabilitation goals
- Training Variables - understand how to manipulate every training variable, not just sets and reps to achieve successful outcomes
- Programme Design - design evidence based prescriptions that deliver results!

Fee: £40 (inclusive of vat) includes handouts, light refreshments and CPD certificate (2.5hrs)

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