

May 30, 2025

EM375: Strength and Power During Rehabilitation: Restoring Functional Capacity, Reducing Inter-limb Asymmetry, and Optimizing Patient Physical Performance



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The two-day course, “Strength and Power During Rehabilitation: Restoring Functional Capacity, Reducing Inter-limb Asymmetry, and Optimizing Patient Physical Performance,” is designed specifically for sports physical therapists who wish to deepen their skills in applying the principles of strength and power in rehabilitation. In fact, many athletes report imbalances, intermini of strength and power, following injuries (e.g., ACL, tendinopathies, ankle sprain, muscle strain etc) that not only increase the risk of re-injury but also decrease sports performance. This course addresses the key challenges in restoring physical function post-injury, with a focus on both scientific aspects and practical techniques.

To date, in fact, it is still unclear what tests and, consequently, what types of exercise are needed to lead the patient back to full performance following injury. The course begins with a session on the fundamentals of strength and power, where participants will understand the importance of these elements in rehabilitation, not only to restore functional capacity but also to improve post-injury performance. They will then move on to periodization strategies to structure training programs targeted to the different phases of rehabilitation, ensuring optimal progression. Practical sessions will provide hands-on experience on techniques for developing strength and power, which are critical for recovery.

Day 2 will address post-injury asymmetries, discussing whether perfect symmetry should be pursued for recovery and performance, with evidence-based insights. Practical sessions will focus on unilateral training to reduce asymmetries and improve strength in patients. Finally, real-world clinical examples will be presented to show how to use data in guiding post-injury rehabilitation plans.

At the end of the course, participants will know:




Understand the role of strength and power in rehabilitation to restore functional capacity and improve post-injury physical performance.

Develop and periodize strength and power training programs, adapting them to different phases of rehabilitation to ensure effective progression.

Critically evaluate the importance of symmetry in recovery and performance, using scientific evidence to make informed treatment decisions.

Use clinical data to tailor rehabilitation pathways, monitoring progress and adapting programs to maximize outcomes.

If your goal is to return athletes to performance after injury, this course will give you the tools you need to do so competently, confidently, and based on sound scientific evidence.

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28 Seats	€480.00	16 Hours	18,4 ECM
INTENDED FOR	PAYMENTS	CALENDAR	LANGUAGE
Doctors, Physiotherapists	Deposit €240.00 within 7 days from the registration Balance €240.00 by date April 30, 2025 Total: €480.00	30-31 May 2025	Italian
Course location: Brescia @ Edumed			
ATTENTION.			
EARLY BOOKING ENROLLMENTS BY 28/03/2025: 450€ instead of 480€ (save 30€). For Early Booking payments, installments will be divided as follows: Down payment: €240.00 Balance: €210.00.			

SCHEDULE

Day 1:

9-11: Lecture 1: Fundamentals of Strength and Power During Rehabilitation (Francesco)

Gain a comprehensive understanding of how strength and power play critical roles in rehabilitation, enhancing recovery and performance in patients after injuries.

11-13: Lecture 2: Periodization and Programming of Strength and Power Training During Rehabilitation (Chris)

Discover effective strategies for structuring strength and power training programs, ensuring optimal progress and outcomes for patients throughout their rehabilitation journey.

13-14: Lunch

14-16: Practical 1: Resistance Training Techniques (Bilateral) (Francesco)

Master essential resistance training techniques that can be applied bilaterally, promoting balanced muscle development and functional capacity after injuries.

16-18: Practical 2: Power Training Techniques (Chris)

Experience dynamic power training techniques that enhance explosive strength, rate of force development, and power crucial for improving physical performance and rehabilitation results.

Day 2:

9-12: Lecture 3: Inter-limb Differences – Do We Need to Chase Perfect Symmetry? (Chris and Francesco)

Explore the significance of inter-limb differences in rehabilitation, and learn whether striving for perfect symmetry is essential for optimal patient outcomes.

12-13: Practical 3: Exercises to Reduce Inter-limb Asymmetry (Unilateral Resistance Training) (Chris)

Participate in practical exercises focusing on unilateral resistance training to address and mitigate inter-limb asymmetries, enhancing overall strength and performance.

13-14: Lunch

14-16: Practical 4: Exercises to Reduce Inter-limb Asymmetry (Unilateral Power Training) (Chris)

Experience unilateral power training exercises designed to effectively reduce inter-limb asymmetries, optimizing athletic performance and rehabilitation success.

16-18: Practical 5: Clinical Examples of How to Use Data During a Patient's Rehabilitation Journey (Chris and Francesco)

Discover how to use patient data at every stage of the rehabilitation journey. Through real-life clinical cases, participants will learn strategies for personalizing treatment plans, making informed decisions, and tracking progress to optimize patient outcomes.