

PRE-COURSE DETAILS

THE FIVE PHASES OF KNEE REHABILITATION

Tutor: Mike Antoniadis

Duration: 1 Day

Content: Practical & Theory

Cost: Standard Price: £145 member/ £165 non-member

Online Discount Price: £135 member/ £155 non-member

This high energy course offers members theory and application of the protocols for knee rehabilitation as applied to surgical and non-surgical knee problems.

You will learn the latest techniques for ACL and knee rehabilitation and how to progress patients through the five phases of rehabilitation; from pain management, early motion and basic movement retraining, to strength and Neuro-motor development.

Participants will also learn how to structure an accelerated and conventional physical therapy and rehabilitation programme for both recreational and elite athletes and what exercises and training programmes to use at the various stages of rehabilitation. A detailed handbook will be given detailing the different exercises and progression criteria for the 'five phases'.

Practical element

Delegates are advised to wear suitable clothing i.e. t-shirt, tracksuit, leggings and trainers. Delegates are also requested to bring a floor mat or towel for lying on.

Learning outcomes

- Understand the principles of the five phases of knee rehabilitation and neuromuscular retraining
- Know how to structure and progress an individual rehabilitation programme and tailor this to your private practice
- Demonstrate the variety of exercise techniques in the sport dimensions, knee rehabilitation protocol

Who should attend this course?

Good knowledge and understanding of anatomy and physiology is strongly recommended for these courses.

The sport dimensions workshops are suitable for sports, exercise and medical professionals including:-

- Physiotherapists, osteopaths, chiropractors and other medical professionals
- Sports therapists & rehabilitation professionals
- Personal trainers and fitness instructors
- Exercise and sports scientists/physiologists
- Occupational health workers

Biography

Mike Antoniadis is the founder and Coaching Director of 'Sport Dimensions Physiotherapy & Rehabilitation'. Mike has been a coach for 26 years and has worked in the UK, Europe and the USA. He has worked with a number of

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professional athletes and clubs from different sports including soccer, rugby, basketball and track and field. Mike is a qualified UEFA A Licensed Coach, Speed Coach, Strength & Conditioning Coach and Rehabilitation Specialist.

Mike runs coaching workshops and seminars in Europe and the USA, on knee and back rehabilitation techniques, with a specialisation on ACL prevention methodologies, speed and power development, and the long Term development of young athletes, and is a guest lecturer at Sheffield University and St Mary's University on injury prevention and rehabilitation techniques.

He has been featured in a number of newspapers and magazines for his work with elite athletes and football clubs, such as Running Fitness, Athletics Weekly, The Times,

Telegraph Mirror, Daily Mail, Ultrafit, Men's Fitness, Men's Health and Esquire Magazine etc.

His training methodologies have also been highlighted on the BBC Sports Academy. His reputation as a coach in speed development and rehabilitation has seen him work with professional and elite athletes from football, rugby and athletics as well as recreational athletes. For this purpose he has developed specific rehabilitation protocols for recovery from back problems and knee injuries or surgery, which are being used in hospitals and professional sports clubs.

His client list includes teams and athletes from Chelsea FC, Chelsea Academy, Arsenal, Fulham FC, Blackburn, Crystal Palace, Queens Park Rangers, West Ham, Watford FC, Ipswich Town FC, London Wasps, Bath, London Irish, Harlequins, and the RFUW, the English Institute of Sport, GB Bobsleigh and a host of international and recreational tri-athletes and track & field athletes.

Timetable

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| Arrival and registration | 8.30hrs to 9.00hrs |
| Introduction | 9.00hrs |
| Phase 1 | 9.15hrs |
| Phase 2 and 3 | 10.00hrs |
| Break | 11.00hrs |
| Practical phases | 11.15hrs |
| Lunch | 12.30hrs |
| Practical phases | 13.30hrs |
| Practical phases | 14.00hrs |
| Break | 15.30hrs |
| Question and answer session | 15.45hrs |
| Course close | 17.00hrs |