Janus Sistema Administrativo da Pós-Graduação

Discipline Information

The following dates are in (dd/mm/yyyy) format.

Code: RAL5888 - 1 Type: POS
Name: Updates and Advances in the Methods of Evaluation, Prevention and Rehabilitation of Sports Injuries
Concentration area: Ciências da Saúde Aplicadas ao Aparelho Locomotor (17142)

Approval dates:
CCP: 12/12/2017 CPG: 06/02/2018 CoPGr:
Activation date: 28/02/2018 Inactivation date:

Workload:
Total: 60 h Theory: 1 h Practice: 6 h Study: 8 h
Credits: 4 Duration: 4 weeks

Professors:
1288302 - Marcelo Riberto - 04/01/2018 until today
8090041 - Marcelo Papoti - 05/05/2020 until today
3693382 - Marcelo Camargo Saad - 04/01/2018 until 05/04/2020

Objectives:

Allow the student to recognize the various techniques or means of evaluation of the locomotor system that allow him to identify and critically highlight the advantages and disadvantages for its use in clinical research and, thus, guide the researcher to rethink the use of existing techniques and also to develop new techniques for assessing movement.

Rationale:

To place the health professionals in contact with simple and sophisticated assessment techniques that are scientifically proven, which will contribute to the improvement of knowledge and techniques to the prevention of sports injuries, since that, in recent years, the number of osteomioarticular injuries has been increasing due to the increase in the number of practitioners of the most varied sports modalities, the lack of adequate orientation in the beginning of these physical activities and also due to lack of knowledge of techniques and resources accessible for the accomplishment of a good evaluation.

Content:

General properties of instruments and functional assessment techniques in rehabilitation.
2. Methods and techniques of motion assessment 1.
3. Methods and techniques of motion assessment 2.
4. Methods and techniques of evaluation and quantification of muscle strength.
5. Methods and techniques for evaluation of pain parameters.
6. Functional Evaluations.
7. How to plan an intervention and rehabilitation study for functional outcomes 1.
8. How to plan an intervention and rehabilitation study for functional outcomes 2.

Bibliography:

1. Bahr R. Why screening tests to predict injury do not work-and probably never will…: a critical review. Br J Sports Med.

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Discipline Information

2016 Jul;50(13):776-80.

2. EPIDEMIOLOGIA. Abordagem Prática. Isabela M. Bonseñor. Paulo A. Lotufo. Editora Savier.

3. Dvir Z. Clinical application of the DEC variables in assessing maximality of muscular effort: report of 34 patients. Am J Phys Med Rehabil. 2002 Dec;81(12):921-8.

4. Myer GD, Ford KR, Barber Foss KD, Liu C, Nick TG, Hewett TE. The relationship of hamstrings and quadriceps strength to anterior cruciate ligament injury in female athletes. Clin J Sport Med. 2009 Jan;19(1):3-8.

5. Opar DA, Serpell BG. Is there a potential relationship between prior hamstring strain injury and increased risk for future anterior cruciate ligament injury? Arch Phys Med Rehabil. 2014 Feb;95(2):401-5.

6. Krosshaug T, Steffen K, Kristianslund E, Nilstad A, Mok KM, Myklebust G, Andersen TE, Holme I, Engebretsen L, Bahr R. The Vertical Drop Jump Is a Poor Screening Test for ACL Injuries in Female Elite Soccer and Handball Players: A Prospective Cohort Study of 710 Athletes. Am J Sports Med. 2016 Apr;44(4):874-83.

7. Monajati A, Larumbe-Zabala E, Goss-Sampson M, Naclerio F.The Effectiveness of Injury Prevention Programs to Modify Risk Factors for Non-Contact Anterior Cruciate Ligament and Hamstring Injuries in Uninjured Team Sports Athletes: A Systematic Review. PLoS One. 2016 May 12;11(5):e0155272.

8. Freckleton G, Pizzari T. Risk factors for hamstring muscle strain injury in sport: a systematic review and meta-analysis. Br J Sports Med. 2013 Apr;47(6):351-8.

9. Goode AP, Reiman MP, Harris L, DeLisa L, Kauffman A, Beltramo D, Poole C, Ledbetter L, Taylor AB. Eccentric training for prevention of hamstring injuries may depend on intervention compliance: a systematic review and meta-analysis. Br J Sports Med. 2015 Mar;49(6):349-56.

10. Bahr R, Holme I. Risk factors for sports injuries--a methodological approach. Br J Sports Med. 2003;37(5):384-92.

11. Bahr R, Krosshaug T. Understanding injury mechanisms: a key component of preventing injuries in sport. Br J Sports Med. 2005 Jun;39(6):324-9.

Type of Assessment:

Presentation of seminars, "Case study" - evaluation - rehabilitation program.

Note:

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