Pre-congress Workshop Sports Seminar Budapest, Hungary 2018

Budapest Congress Centre
Date: Thursday, May 24 – 8:30-4:45pm
Room Location: Brahms I-II

Speakers: Ståle Hauge, FICS European Representative, FICS Secretary
John Downes, FICS 2nd Vice President, FICS Member At Large

Program Agenda

8:30 – 9:00 Registration
9:00 – 10:30 Speaker: Ståle Hauge, DC ICCSP

The McGill Method; The detailed back assessment – converging on a precise diagnosis.

10:30 – 10:45 Break
10:45 – 12:00 Speaker: Ståle Hauge, DC ICCSP
A functional diagnostic procedure. To elicit functional movement deficits that may predispose for compensatory movement patterns and the development of back pain.

12:00 – 12:30 Lunch
12:30 – 13:30 Speaker: John Downes, DC
A hands-on assessment protocol as a screening tool for performance of the neuromusculoskeletal system of the athlete / patient.

Introduction
Goals and Objectives of the workshop
Current research on the sensorimotor system
Current literature on non-contact sports injuries

13:30 – 14:30 Theory
Neuromechanics of sport
Sensorimotor dis-integration
Synergistic de-coupling
Impact of core dysfunction on performance

14:30 – 15:30 Testing
Introduction of the global assessment
Hands-on assessment utilizing the global assessment

15:30 – 15:45 Break
15:45 – 16:45 Application
Integration of the theory of corrupted muscle response patterns and specific adaptation to imposed demand. Integration into management paradigms.