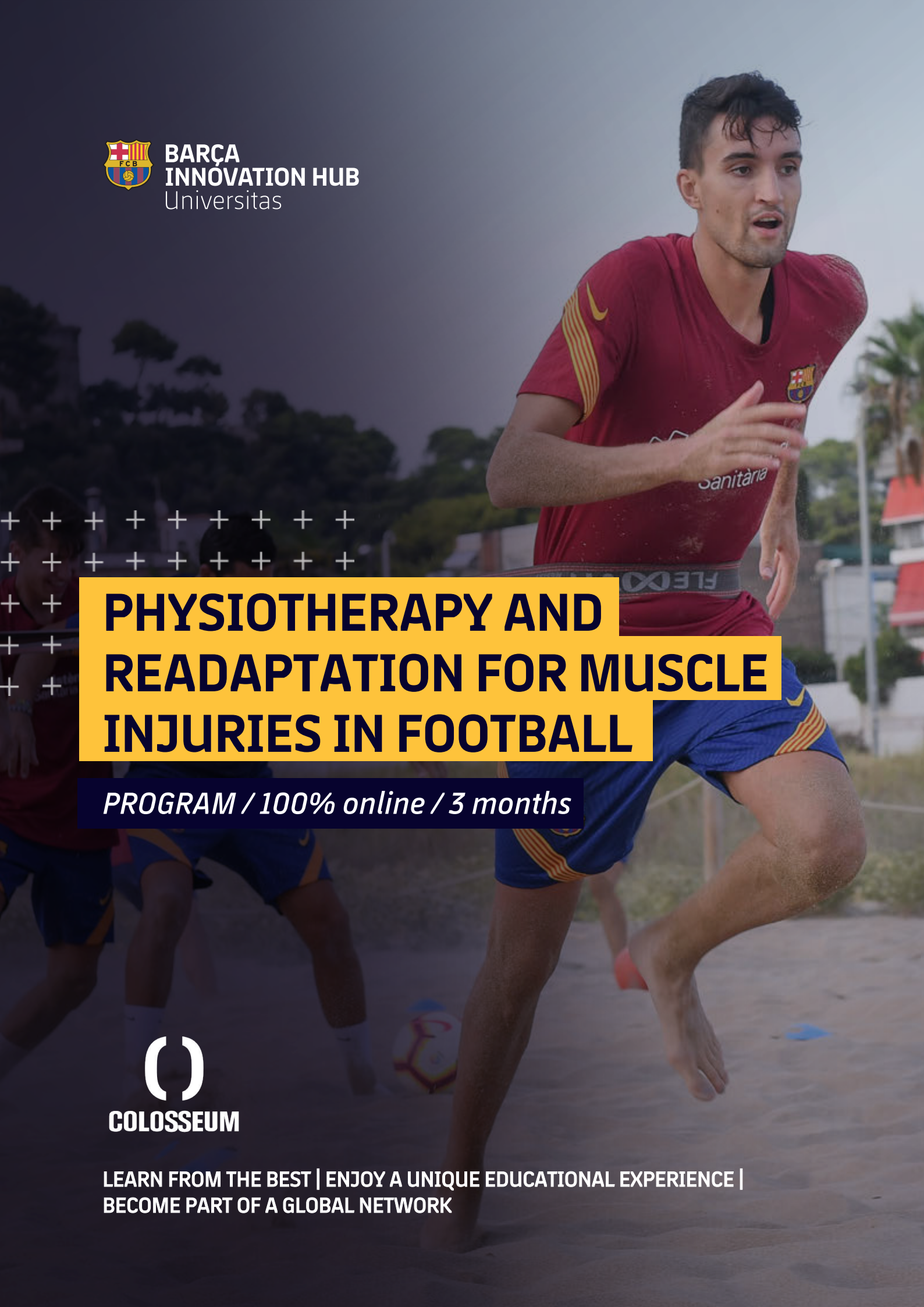

BARÇA
INNOVATION HUB
Universitas

PHYSIOTHERAPY AND READAPTATION FOR MUSCLE INJURIES IN FOOTBALL

PROGRAM / 100% online / 3 months

COLOSSEUM

LEARN FROM THE BEST | ENJOY A UNIQUE EDUCATIONAL EXPERIENCE |
BECOME PART OF A GLOBAL NETWORK

COLOSSEUM

From the beginning of sports, injuries are very common in people involved in different motor actions they are subjected to throughout their sports lives. Currently, athletes are exposed to possible detrimental situations because of the high requirement levels that competing schedules present. The time players have to remain out of the field will depend on the gravity of the injury. Apart from having an impact on the athltes, this situation also affects the composition of the team and the institutional economy. Because of this, with the passing of the years, the role of readaptation specialist has become essential within the club interdisciplinary working teams.

This programme is aimed at those professionals in sports science and health who are interested in expanding their knowledge in readaptation of muscle injuries. Accordingly, the knowledge is presented from two essential aspects: on the one hand, the updated scientific information about the developed topics, and, on the other hand, Juanjo Brau's experience, a professional who offers 30 years of work in the high performance practice field. Thus, a proposal analysed from the different points of view that form a player's injury will be presented. The approach consists of a pedagogical construct that suggests the reduction of the distance between the theory and the practise.

From the point of view of the Barcelona Football Club, throughout this programme the participant will be able to analyse and interpret a work proposal consistent with the need for relearning the approach of injuries through an optimised management of such injuries. With that in mind, initiating readaptation processes according to the involved muscle pathology is key, respecting the inflammatory and regeneration steps, while the different athletes' structures and abilities interrelate and connect. In pursuit of an improvement in the interpretation of the presented theoretical framework, participants will be provided with practical examples, which are not considered to be offered as "recovery recipes", but as tools based on the theory, in a specific context, and applied to particular needs in particular moments. In the end, the practical material will try to organise the theoretical concepts used, which are essential in the daily decision-making during professional practice. This experience will finish with asynchronous Master classes, where the expert will deepen and complement all the information learned about the topic and contents discussed previously.

Juanjo Brau

EXPERT INSTRUCTOR

FC Barcelona physiotherapist and fitness coach.

- DELIVERY MODE: ONLINE
- DURATION: 3 MONTHS
- TYPE OF COURSE: EXECUTIVE EDUCATION
- DELIVERED IN ENGLISH - SPANISH

OBJECTIVE

Learning to manage injuries through a correct integrated analysis in which qualitative and quantitative factors are associated, allowing an optimised process of readaptation in the athlete.

TARGET AUDIENCE

- Physiotherapists.
- Athletic trainers.
- Doctors.
- Licensed in Physical Activity and Sports Sciences.
- Personal trainers.
- Readaptators.
- Strength and conditioning coaches.
- Performance coaches.

LEARN TO

- Recording the components forming part of an injury, starting with the type and mechanism, including each ones diagnostic and prognosis.
- Identifying the steps involved in the process of readaptation in order to get an optimised decision-making.
- Understanding the player physical demands to identify the specific needs during the process of readaptation.
- Designing field tasks according to the type of injury and depending on the athlete's specific demands.

PROGRAM

COURSE 1: INJURIES ARE NOT DEALT WITH... THEY ARE "MANAGED"

MODULE 1: Muscle injuries
- Epidemiology of types of injuries to be treated.
- Injury mechanisms

MODULE 2: Management of the injured (Diagnosis and prognosis)
- Rectus femoris.
- Biceps femoris.
- Semimembranosus.
- Adductors.
- Soleus.

MODULE 3: Readaptation
- Sport readaptation phases.
- The strength as essential quality.
- Resistance for strength training.
- Manifestations and actions of strength in football.
- Biomechanical disadvantages and cognitive abilities in readaptation tasks.
- Circuit for strength training in the field.

MODULE 4: Return to play
- Relapse minimisation (re-injury)
- Guidance of training tasks.
- Load control in the return to play.
- Training programming in the return to play.
- Player integration to group and collective training.

COURSE 2: INJURY MANAGEMENT: PRACTICAL APPLICATIONS

MODULE 1: Manual therapy: contextualisation and practical applications
MODULE 2: Gym: contextualisation and practical applications
MODULE 3: Field: contextualisation and practical applications
MODULE 4: Practical activities

COURSE 3: BIHUB MASTERCLASSES

COMPLEMENTARY MODULE:
- Master Class 1: Readaptation in minor divisions and young athletes.
- Master Class 2: Readaptation process and return to play from the FC Barcelona perspective

EXPERIENCE

All your learning experience will take place in an online platform where you will find all the resources you need to study:

LECTURES
which address the main topics.

VIDEOS
with an explanatory and practical perspective.

SELF-ASSESSMENTS
which will help you measure your learning progress.

ACTIVITIES
to apply the content addressed in each module.

ONLINE EXPERT
In every course, you will have the support and virtual follow-up of a subject-matter expert. This online expert will perform interventions throughout the di˜er ent modules to ensure your learning, as well as the interaction with the rest of your peers.

In addition, he will be available in the forum and by internal messaging so that you can appeal to him as many times as you need.

BIHUB MASTERCLASSES
It consists of special asynchronous classes taught by the expert advisor, where he deepens and complements the content addressed with state-of-the-art practices and case studies.

BENEFITS

- World-class content, designed by experts and sports-industry oriented for an immediate impact.

- Round-the-clock access to study material, wherever you want and from any device.

- Custom feedback for every individual and teamwork activity.

- Spaces of discussion and interaction with industry professionals from all over the world.

- Certificate of participation for each course, issued by Barça Innovation Hub - Universitas. If you pass each of the courses that make up the program, and complete and pass the comprehensive final exam, you will also receive a verified certificate of completion for the entire program, with confirmation of identity, issued by Barça Innovation Hub - Universitas.

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