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Sports Rehabilitation Course

COURSE AGENDA

3	21	In person
DAYS	HOURS	FORMAT

DAY 1

TIME	SESSION
8:30 AM – 9:00 AM	**Registration & Attendance Sign-in** Arrive, sign in your attendance and settle in before the course starts at 9:00 AM.
9:00 AM – 10:00 AM	**The Sports Rehab Model & Common Injuries** From physiotherapy to functional post-rehabilitation: protection phases, test-based progression and the most common muscle, tendon, ligament, cartilage and fascia injuries.
10:00 AM – 10:45 AM	**Postural & Movement Assessment** NASM postural assessment, overhead squat and single-leg squat tests.
10:45 AM – 11:00 AM	**Coffee Break**

TIME	SESSION
11:00 AM – 12:00 PM	**3D Stability & Plyometric Tests** Unilateral stability tests in all three planes (Gray Institute), drop jump / LESS test and gait analysis.
12:00 PM – 1:00 PM	**ROM, Motor Control & Isolated Strength Testing** Range of motion and motor control tests, manual isolated strength testing (25–100%) and gluteus maximus / medius switch-on sequence tests.
1:00 PM – 1:45 PM	Lunch & Prayer Break
1:45 PM – 3:15 PM	**Correction Based on Test Results** Turned-out foot, pronation, knee valgus, upper and lower crossed syndrome: release, stretching and isolated strengthening.
3:15 PM – 5:00 PM	**Myofascial Release & Mobilisation** Anatomy Trains lines; SMR, sport cupping, IASTM, flossing and trigger point release; dynamic and static stretching; manual and power-band joint mobilisation.

DAY 2

TIME	SESSION
9:00 AM – 10:45 AM	**3-Platform Model & Proprioceptive Training** Unstable-surface training, anti-extension / anti-lateral flexion / anti-rotation, eyes-closed (cortex) training and perturbation training.
10:45 AM – 11:00 AM	Coffee Break
11:00 AM – 1:00 PM	**Plyometric Stabilisation** Drop jumps in three planes, single-leg and 1-foot-to-1-foot landings, non-counter-movement, counter-movement and continuous jumps.
1:00 PM – 1:45 PM	Lunch & Prayer Break
1:45 PM – 3:15 PM	**Muscle Injuries** Minimal protection phase: contraction-based loading and plyometric progressions after calf, hamstring, adductor and quadriceps strains.

TIME	SESSION
3:15 PM – 5:00 PM	**Tendon Injuries** Minimal protection phase: traction-based loading and plyometric progressions for Achilles and patellar tendinopathy.

DAY 3

TIME	SESSION
9:00 AM – 10:45 AM	**Ligament Injuries** Minimal protection phase: tension-based loading and hop progressions after ankle sprains and knee ligament (ACL, MCL) injuries.
10:45 AM – 11:00 AM	Coffee Break
11:00 AM – 1:00 PM	**Cartilage & Meniscus Injuries** Minimal protection phase: compression-based loading and jump progressions after meniscus injuries.
1:00 PM – 1:45 PM	Lunch & Prayer Break
1:45 PM – 3:15 PM	**Return to Sport** Depth and box jumps in three planes, running with load and re-testing before return to sport.
3:15 PM – 4:30 PM	**Global Stabilisation** Core and LPHC stabilisation and strength, plus kinesio taping.

TIME	SESSION
4:30 PM – 5:00 PM	**Review, Q&A & Certificates** Case discussion, key takeaways and certificate distribution.

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Upcoming dates, venue and fees are on the course page at www.learnovate.ae. Timings may vary for some batches.



Approved by DOH, DHA & SHA

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