

SPORTS REHABILITATION – LEVEL 2

	DAY 1
TIMINGS	TOPICS
8:00 – 8:30 am	<ul style="list-style-type: none"> • Registration
8:30 - 9:30 am	<ul style="list-style-type: none"> • Module 13: CORTEX, PROPRIOCEPTIVE, BALANCE EXERCISES IN SPORTS REHABILITATION FOR ANKLE, KNEE, HIP SPORT INJURIES
9:30 - 10:30 am	<ul style="list-style-type: none"> • Module 14: BILATERAL FUNCTIONAL EXERCISES IN SPORTS REHABILITATION FOR ANKLE, KNEE, HIP SPORT INJURIES
10:30 - 10:45 am	<ul style="list-style-type: none"> • Coffee break
10:45 - 11:45 am	<ul style="list-style-type: none"> • Module 15: UNILATERAL FUNCTIONAL EXERCISES IN SPORTS REHABILITATION FOR ANKLE, KNEE, HIP SPORT INJURIES
11:45 am - 12:45 pm	<ul style="list-style-type: none"> • Module 16: DYNAMIC PLYOMETRIC STABILIZATION EXERCISES IN SPORTS REHABILITATION FOR ANKLE, KNEE, HIP SPORT INJURIES
12:45 - 1:45 pm	<ul style="list-style-type: none"> • Lunch and prayer break
1:45 - 2:45 pm	<ul style="list-style-type: none"> • Practical session of Module 15 and 16
2:45 - 3:45 pm	<ul style="list-style-type: none"> • Module 17: EXPLOSIVE EXERCISES IN SPORTS REHABILITATION FOR ANKLE, KNEE, HIP SPORT INJURIES • Module 18: THE MOST COMMON UPPER BODY SPORT INJURIES
3:45 – 4:00 pm	<ul style="list-style-type: none"> • Coffee break
4:00 – 5:00 pm	<ul style="list-style-type: none"> • Module.: 19.: BIOMECHANICS OF SHOOTING, HITTING, THROWING IN SPORT
5:00 – 6:00 pm	<ul style="list-style-type: none"> • Module 20: ISOLATED ACTIVATION MUSCULAR STRENGTH • Module 21: 10X10 PLATFORM MODEL FOR SHOULDER INJURIES IN SPORT REHABILITATION

	DAY 2
TIMINGS	TOPICS
8:00 – 8:30 am	<ul style="list-style-type: none"> • Review of Day 3
8:30 - 9:30 am	<ul style="list-style-type: none"> • Module 22: SOFT TISSUE MOBILIZATION FOR UPPER BODY SPORT INJURIES • Module 23: THORAX/SCAPULA/GLENOHUMERAL MOBILIZATION EXERCISES •
9:30 - 10:30 am	<ul style="list-style-type: none"> • Practical session of Module 22 and 23
10:30 - 10:45 am	<ul style="list-style-type: none"> • Coffee break
10:45 - 11:45 am	<ul style="list-style-type: none"> • Module 25: SERRATUS ANTERIOR ACTIVATION EXERCISES
11:45 am - 12:45 pm	<ul style="list-style-type: none"> • Module 26: RHOMBOIDS/TRAPEZIUS ACTIVATION EXERCISES IN SPORT REHABILITATION
12:45 - 1:45 pm	<ul style="list-style-type: none"> • Lunch and prayer break
1:45 - 2:45 pm	<ul style="list-style-type: none"> • Practical session of Module 25 and 26
2:45 - 3:45 pm	<ul style="list-style-type: none"> • Module 27: ROTATOR CUFF ACTIVATION EXERCISES IN SPORT REHABILITATION • Module 28: PROPRIOCEPTIVE EXERCISES IN SPORT REHABILITATION
3:45 – 4:00 pm	<ul style="list-style-type: none"> • Coffee break
4:00 – 5:00 pm	<ul style="list-style-type: none"> • Module 29: PUSHING PULLING EXERCISES IN SPORT REHABILITATION • Module 30.: POWER AND SPORT SPECIFIC EXERCISES IN SPORT REHABILITATION
5:00 – 6:00 pm	<ul style="list-style-type: none"> • Practical Session of module 27, 28 and 29
6:00 – 6:30 pm	<ul style="list-style-type: none"> • Review of Day 4 and Certificate Distribution

