

1ST RETURN-TO-SPORTS GROUP LUXEMBOURG



AGENDA 2015
Wednesdays / 6h00 PM to 7h30 PM

SALLE DE SPORTS LYCÉE TECHNIQUE E.C.G. 21, rue de Brabant Luxembourg (Geesseknäppchen)

Background

To allow a safe return to the sports, there is consensus that athletes need to perform adapted functional and sport-specific exercises. In other words, after a successful rehabilitation with mobility, strength, proprioceptive and coordination exercises, the athlete needs to train these skills in increasingly sports-like situations and conditions. Due to the lack of structures permitting to do a secure «re-athletisation», the physiotherapists and the doctors of the CHL-Sports Clinic created the «1st Return-to-Sports Group Luxembourg».

Objectives

- Get athletes back to the playground on the previous level of performance
- Restore complete function of the injured limb
- Minimize the risk of re-injury
- Education of injury prevention exercises

Inclusion criteria

- About 6 months after ACL surgery
- Sufficient functional scores for strength and stability
- Permission by the medical overhead
- Signature of agreement by athlete or parent

Training content

- Running, sprinting and cutting
- Coordination exercises
- Jumping and Plyometrics
- Neuro-muscular control
- Sport-specific exercises
- Agility Test performed the 1st and last session

More informations

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www.chl.lu | www.sport-kine.lu | www.slms.lu

Fee: 100€ for 12 sessions

Organizer:

In collaboration with:

