

Is there a place for temperature-derived recovery modalities in managing and rehabilitating musculoskeletal injuries?

Abstract of the course:

From the 'World Conferences on Injury Prevention' we have learned that optimal rehabilitation is the most important preventive approach in recreational, competitive and elite sports by preventing re-occurrence of the injury. However, risk profiling and early detection in the pre-clinical stage, part of secondary injury prevention, are essential parts to support such an optimal rehabilitation program.

Based upon the healing time-lines of the injured tissues and the principles of rehabilitation, we know that such a rehab program contains different phases:

Phase 1: Acute Care Management, Early Motion and Basic Movement Retraining.

Phase 2: Basic Strength/Power and Proprioception.

Phase 3: Dynamic Neuromotor Strength, Endurance and Coordination.

Phase 4: Athletic Enhancement and Return to Activity.

Phase 5: Rehabilitation of Athletic Movement and Return to Competition.

For each of those phases the goals, precautions, needed physical therapy modalities, exercise progression and progression criteria are well defined to evolve to the next phase as they are all needed to make the return to competition of the injured athlete to his competitive level successful.

The question arises if, in addition to such a complete rehab protocol, recovery modalities based upon a temperature-derived approach can deliver additional value. Even though the landscape of such recovery modalities is still quite confusing, for each phase of rehabilitation these recovery modalities will be presented, discussed and demonstrated in a workshop.

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Biographical Information



Pat Viroux

40 years experience in Sports Physical Therapy & Rehabilitation

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Served since 1982 as a certified sports physical therapist in his private practice in Antwerp Belgium. During his professional career as rehab specialist, he worked for many professional sports organizations and clubs such as the Belgian Tennis Federation and the Belgian National basketball team. He worked with many elite athletes from John McEnroe (ATP), Didier Mbenga (NBA) to Kim Clijsters (WTA). He was one of the first experts to integrate the kinetic chain principles in sports injury rehabilitation and prevention.

His interest in cooling and heating as a therapeutic modality originated in 2000 when a new therapeutic modality was introduced. Starting a journal club on the use of cooling and heating as a therapeutic and recovery modality, an extensive scientific library was the result. Build on all this proof different treatment protocols concerning different regions and phases of repair were developed. Presenting and introducing this method to some high-level sport medical departments during the ESSKA Conference in Oslo Norway, integration as standard care by soccer teams like Manchester United FC and PSV Eindhoven was the result.

Ever since he presented at several international conferences on the value of cold, heat and compression therapy. Together with his colleagues, Pat founded a new organization called ProCcare in January 2015 to develop their method further. Within this cooling and heating method, the approach is divided into Injury Rehabilitation Care, Performance Recovery Care, and Athletes General Care. Based upon a well-validated thermo-physiological model each protocol is customized by counterbalancing the impact of personal characteristics.

Currently, he is an independent consultant in the management and rehabilitation of sports injuries in elite athletes. In 2016 he was elected as the head physical therapist within the sport

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medical team of the Chinese Olympic Committee to support the Chinese team doctors and athletes such as Shi Zhiyong in the training camp in Sao Paolo before the Rio Olympic Games.

Together with his colleagues from Europe, all rehab specialists in elite sports, he has been giving current concept courses in sports rehabilitation on topics such as knee & shoulder rehabilitation, muscle & tendon rehabilitation and youth injury rehabilitation and prevention.