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PONENCIA:

A functional approach of adductor & hamstring injuries.

RESUMEN:

Muscle strains are the most prevalent type of injury in sports, with the majority affecting the hamstring and adductor muscles. There is also a high incidence of recurring strains, which are more serious than the original injury and require a longer absence from training and competition.

In spite of the belief in sports medicine that especially muscle injuries are preventable, muscle strain injury and re-injury rates have not improved over the last 30 years. In this presentation the injury mechanisms and risk factors associated with hamstring and groin strain injury are identified. There is evidence to support that altered activation patterns are also implicated in the mechanism of hamstring and adductor strain injuries and reinjuries. This presentation focusses on the rehab and training interventions to address the risk factors and exercises that help to restore proper activation patterns and intermuscular coordination.