

PROGRAMMA ECM

TITOLO: "Hamstring Rehabilitation & Performance Workshop"

SEDE: La Ghirada, Strada Nascimben, 1/b 31100 Treviso (TV)

DATA: 10 e 11 Ottobre 2026

Provider ECM: n. 314 Radiovision

Segreteria Organizzativa: Verde Sport Treviso, 0422 324343, info@highperformanceacademy.it

Numero crediti ECM: 15,2

Numero ID: 487967

Responsabile Scientifico: **Giacomo Mazzon**, Fisioterapista, Benetton Rugby (MZZGCM85C13L407H)

Relatore: **David Power**, Physiotherapist, Athletic Therapist, Certified Strength & Conditioning Specialist (CSCS), and Certified Performance & Sport Scientist (CPSS), currently working at Aspetar Orthopaedic and Sports Medicine Hospital in Doha

Razionale:

Day 1 – Foundations of Hamstring Injury Rehabilitation

Day 1 focuses on establishing the scientific and clinical foundations of hamstring injury management. Participants will develop an understanding of the epidemiology, mechanisms of injury, and muscle-tendon structure of the hamstring complex, alongside the biological processes involved in tissue healing. The day will also explore clinical assessment, motor control and diagnostic frameworks, including the interpretation of imaging findings and strength testing strategies. Through a combination of lectures, practical sessions, and case discussions, participants will learn how to design early-stage rehabilitation programmes, implement progressive loading strategies, and utilise objective monitoring tools to guide rehabilitation decisions.

Day 2 – Advanced Rehabilitation and Return-to-Play

Day 2 builds upon the foundational knowledge from Day 1 by focusing on advanced rehabilitation strategies and return-to-play decision-making. Participants will examine the role of the hamstrings during running biomechanics and high-speed sprinting, and how movement strategies and motor control deficits can contribute to hamstring injury risk. Participants will learn a systematic framework to assess acceleration and high speed running mechanics on pitch and in clinic, how to progressively reintroduce athletes to high-speed running, plyometrics, and sport-specific loading. Practical sessions will demonstrate how to integrate late-stage rehabilitation exercises, field-based progressions, and sprint mechanics coaching. The day concludes with discussions on return-to-play testing frameworks, injury risk reduction strategies, and prevention programmes, equipping clinicians with a structured approach to safely return athletes to sport while minimising reinjury risk.

N. Destinatari: 40

Discipline: Fisioterapia

Obiettivo formativo: (a nostra cura): n. 18

Quote di iscrizione: 419,00€

GIORNO 1

Time	Session	Content	Format
08:30 – 09:00	Registration	Participant registration and welcome coffee	Arrival
09:00 – 09:10	Course Introduction	Course structure, objectives	Lecture
09:10 – 09:50	Current State of Play: Epidemiology & Mechanisms	Hamstring injury incidence, mechanisms and key clinical questions in hamstring rehabilitation	Lecture
09:50 – 10:30	Clinical Assessment	Examination strategies, strength, motor control and ROM testing, imaging interpretation	Interactive
10:30 – 10:45	Coffee Break	-----	Break
10:45 – 11:30	Clinical Assessment Practical	Practical examination of strength, range of motion and motor control	Practical
11:30 – 12:15	Muscle-Tendon Unit Structure & Healing	Hamstring anatomy, structure, biological healing processes & implications for rehabilitation	Lecture
12:15 – 13:00	Early Loading Principles	Early rehabilitation priorities and key considerations	Interactive
13:00 – 14:00	Lunch	-----	Break
14:00 – 15:00	Early Rehabilitation Practical	Early loading & motor control practical	Practical (Gym)
15:00 – 15:45	Strength Development in Hamstring Rehabilitation	Strength training and what actually matters	Lecture
15:45 – 16:00	Coffee Break	-----	Break
16:00 – 17:00	Strength Training Practical	Practical strength training methods and coaching considerations	Practical

GIORNO 2

Time	Session	Content	Format
09:00 – 09:15	Recap	Summary of key points from Day 1	Discussion
09:15 – 10:00	Ready to Run?	Key decision-making for returning to run readiness and on-feet planning	Interactive
10:00 – 10:45	Running Pathomechanics	Hamstring function in different modes of running and assessment methods	Interactive
10:45 – 11:00	Coffee Break	-----	Break
11:00 – 12:00	Running Pathomechanics Practical	Running assessment, progressions and coaching cues	Practical
12:00 – 12:30	Explosiveness & Reactive Strength Development	Explosiveness, Reactive Strength and Coordination	Interactive
12:30 – 13:00	Explosiveness & Reactive Strength Practical	Practical Explosiveness & Reactive Strength & Assessment Methods	Practical
13:00 – 14:00	Lunch	-----	Break
14:00 – 15:00	Reconditioning for Return to Performance	Conditioning methods, specificity, and performance readiness	Interactive
15:00 – 15:45	Return-to-Play	Key considerations in return to play decision-making	Interactive
15:45 – 16:00	Coffee Break	-----	Break
16:00 – 17:30	Staying Available & Discussion Compilazione Modulistica ECM	Key Take Homes & Group Discussion with Q&A	Interactive

Totale ore formative: 13 ore e 30 minuti di cui 4 ore e 15 minuti di pratica

Faculty:

Nome e Cognome	Professione	Disciplina	Ente di Appartenenza/Libera Professione	Descrizione Attività Professionale/Formativa
Davide Power	Athletic Therapist		Aspetar Orthopaedic and Sports Medicine Hospital in Doha	