



Pre-congress Workshop Sports Seminar Budapest, Hungary 2018

Budapest Congress Centre

Date: Thursday, May 24 – 8:30-4:45pm

Room Location: **Brahms I-II**

Speakers: *Ståle Hauge, FICS European Representative, FICS Secretary*
John Downes, FICS 2nd Vice President, FICS Member At Large

Program Agenda

8:30 – 9:00 **Registration**

9:00 – 10:30 **Speaker: Ståle Hauge, DC ICCSP**

The McGill Method; The detailed back assessment – converging on a precise diagnosis.

10:30 – 10:45 **Break**

10:45 – 12:00 **Speaker: Ståle Hauge, DC ICCSP**

A functional diagnostic procedure. To elicit functional movement deficits that may predispose for compensatory movement patterns and the development of back pain.

12:00 – 12:30 **Lunch**

12:30 – 13:30 **Speaker: John Downes, DC**

A hands-on assessment protocol as a screening tool for performance of the neuromusculoskeletal system of the athlete / patient.

Introduction

Goals and Objectives of the workshop

Current research on the sensorimotor system

Current literature on non-contact sports injuries

13:30 – 14:30 *Theory*

Neuromechanics of sport

Sensorimotor dis-integration

Synergistic de-coupling

Impact of core dysfunction on performance

14:30 – 15:30 *Testing*

Introduction of the global assessment

Hands-on assessment utilizing the global assessment

15:30 – 15:45 **Break**

15:45 – 16:45 *Application*

Integration of the theory of corrupted muscle response patterns and specific adaptation to imposed demand. Integration into management paradigms.