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Sports rehabilitation programs at the work-out/weight lifting room

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Most rehabilitation programs will go through an acute stage immediately after injury i.e., a middle stage where the aim is to regain normal movement and strength and finally a functional or sports specific phase where exercises are more relevant to the activity. Hence, the sports rehabilitation programs at the work-out/weight lifting room will make a plus in your daily practice, in addition to all other techniques and equipment you may use, therefore, speeding the athlete's recovery.

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Return-to-play after a muscle injury in football

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Muscle injuries are still the number one problem in football and it represents the most incident injury with a significant impact on players' absence for training and matches. Besides being a usual injury in a sports set-up, it only started to be conveniently studied in the last decade. Since then, a significant amount of muscle injuries' risk factors have been unveiled, leading to the changes in the focus and modalities of its treatment. Nowadays, muscle injuries' rehabilitation is massively supported with exercise modalities, considering the benefits of it on the healing process and conditioning of the injured muscle and athlete as well. However, a deep knowledge on the biological processes of the muscle healing is needed to assure a fast rehabilitation without recurrence. This presentation intends to focus on the state-of-the-art knowledge about muscle injuries management, since the acute phase until the return-to-play stage, highlighting the clinical reasoning regarding the progression criteria during muscle injuries rehabilitation.

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