

The Sporting Shoulder!

14-15 maj 2022

Edel Fanning, axelspecialist, från SSC, Dublin
kommer hit igen och ger en grym axelkurs
med concept a la Enda King!



Kostnad:

5 600:- + moms,
anmälan är
bindande.

Plats:

Idrottskliniken
Rehab,
Vintervägen 50 A
Solna.

Lunch, för- och efter-
middagsfika ingår.
Begränsat antal
platser.

Anmälan med
namn, epost och
mobilnummer till:
reception@
idrottsklinikenrehab.se

The course includes assessment and treatment of the Sporting Shoulder, including instability, ACJ dysfunction, slap, cuff tendinopathies. A large component will be practical and will give you competence in assessment, exercise selection, execution and progression: control, strength, reactive strength & power and return to play/phased contact drills. Edel combines evidence based principles with a step by step exercise approach that will give you an effective shoulder rehabilitation program to meet your client's needs!



Edel has a keen interest in shoulder biomechanics the sporting shoulder and injury prevention and has worked with elite athletes from a wide range of sporting disciplines. Her latest study was published -21 Sports Science 2021 Aug; Epub 2021 Apr 19. Biomechanical upper-extremity performance tests and isokinetic shoulder strength in contact sports