

DAY 1

09.00-09.15	Registration of participants
09.15-10.30	The tendons • Types of injury • Loads • Progressive evaluation with demonstration
10.30-10.45	Coffee break
10.45-11.45	Practical session of differential diagnosis
11.45-13.00	Subjective evaluation and imaging
13.00-14.00	Lunch break
14.00-14.45	Objective evaluation
14.45-15.30	Theory of rehabilitation and brain [first part]
15.30-15.45	Coffee break
15.45-16.30	Theory of rehabilitation and brain [second part]
16.30-17.45	Differences between competitive season management and rehabilitation
17.45-18.30	Questions and answers with review of what was discussed on the first day

DAY 2

08.30-9.30	Doubts about the topics of the first day
09.30-10.45	Division into groups to work on tendon programs [practical session]
10.45-11.00	Coffee break
11.00-13.00	Practical session of rehabilitation on tendons • Patellar tendon • Hamstring tendons
13.00-13.45	Lunch break
13.45-14.45	Practical session of rehabilitation on tendons • Achilles tendon • Gluteal tendons
14.45-16.00	Practical session of rehabilitation on tendons • Competitive season • Tendons of the lower leg
16.00-16.15	Analysis of case studies
16.15-16.30	Review of what was covered in the entire training, questions and doubts, evaluations, delivery of certificates of participation and closing of the course

Note: timing, order and some content are likely to alter