



Programme
SPORT ET PERINEE
Stabilisation Lombo-pelvienne
(2 jours / 14 heures)

Journée 1

8h00 : Accueil des participants
Footings et/ou marche Nordique 30mn (Départ 8h30)

Théorie (Accompagnée de démonstrations pratiques)

Présentation, évaluation des compétences (1h)

Présentation, objectif de la formation
Table ronde d'évaluation des pratiques professionnelles
Mise en place de cas cliniques.
Définitions
a) Troubles de la statique pelvienne
b) Contrôle postural
c) APS, sport, sédentarité
d) Triade de la sportive

Rappels anatomiques. (45mn)

La région lombo-abdo-pelvi-périnéale. L'appareil locomoteur.

Rappels biomécaniques. (1h)

Biomécanique spécifique du bassin et de la région lombo-pelvienne.
Biomécanique de la locomotion et du port de charge.
Etude statique & étude dynamique.
Ateliers pratiques.
Analyse de cas cliniques.

Les étiologies. (30mn)

Epidémiologie
Étiologie de l'IU, des POP, de l'HAV et des PGP.
Triade de la sportive.
Rôle de l'information.
Neurophysiologie spécifique des abdominaux, spinaux et MPP.
Associations morbides.
Causes posturales. Causes obstétricales. Causes iatrogènes.
Formation « Sport et périnée »
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Revue de la littérature. (1h)

Les niveaux de preuve, l'evidence based.
Activité physique, sportive et santé
Sport et Périnatalité
Sport et IU/HAV

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Pause déjeuner (90mn)

Le concept thérapeutique (15mn)

Encadrement de la patiente sportive.

Education de la patiente sédentaire.

Spécificité de l'homme.

Proposition d'une modélisation de la protection périnéale dans le sport et la vie courante.

Bilan complet (Pratique / Théorie) (3h)

- Méthodologie, modélisation CIF.
- Proposition d'une sous classification en pelvi-périnéologie.
- Facteurs personnels, facteurs environnementaux
- Déficiences des structures et des fonctions.
- Restriction et préservation d'activité.
- Spécificité du geste sportif.
- Conclusion : Projet de soin du patient, objectif du kinésithérapeute.

Journée 2

8h00 : Accueil des participants

Séance de relaxation/sophrologie collective (30 mn)

Traitement

Techniques cognitivo-comportementales (1h)

- Population générale
- Population sportive

Conscientisation (1h)

- Travail non invasif
- Place du travail manuel endo-cavitaire
- Place du biofeedback postural.
- Stabilométrie.

Travail manuel lombo pelvien (1h)

- Techniques myofasciales externes
- Techniques myofasciales endocavitaires

Pause déjeuner (90mn)

Techniques de réhabilitation musculaire (60mn)

- Contrôle moteur adapté au geste sportif

Techniques gymniques adaptées à la pratique sportive (90mn)

- Travail de gymnastique douce
- Rééducation posturale sensori-motrice
- Core stability & stabilisation lombo-pelviennne.

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