

3 Free Webinar - January 2021

KINEO INTELLIGENT LOAD

Monday 11: Risk & benefits of eccentric training

Monday 18: Functional assessment with KINEO:
Dynamic, Isometric and Isokinetic Tests

Monday 25: Anterior Cruciate Ligament (ACL) injury:
from the scientific literature to proper training strategies

The Specialist



Filippo Baldasso

BSc, MSc in Sport and Health Sciences (University of Exeter, UK)

UEFA B soccer coach

S&C coach in rugby: - 2015, Benetton Rugby

- 2017 HPP University of Exeter

- youth teams



Topics

Monday 11 at 9.30 am CEST

Risk & benefits of eccentric training

- Scientific literature of risk & benefits of eccentric training
- Eccentric tests with KINEO
- Eccentric training with KINEO
- Important parameters to quantify eccentric loads

Monday 18 at 9.30 am CEST

Functional assessment with KINEO:

Dynamic, Isometric and Isokinetic Tests

- Scientific literature of functional assessments
- Dynamic test with KINEO
- Isometric test with KINEO
- Isokinetic test with KINEO

Monday 25 at 9.30 am CEST

Anterior Cruciate Ligament (ACL) injury:

from the scientific literature to proper training strategies

- Scientific literature of ACL injuries
- Rehab phases following ACL reconstruction
- Strength training after ACL reconstruction
- Testing sessions after ACL reconstruction

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Kineo Webinar

- Time length 45"
- You can interact in real time with our specialist during the whole session

How to join

- Have a good internet connection and a device (smartphone, tablet, or PC)
- Click "Join the webinar" on the day and time indicated above

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