



**8<sup>th</sup> BIENNIAL**  
**EMIRATES**  
**PHYSIOTHERAPY**  
**CONFERENCE**  
**15 – 16 OCT 2022**  
**CONRAD DUBAI, UAE**

**ORGANIZED BY**



## Fundamental Principles in Sports Injuries

17 - 18 October 2022

Course Director: Prof. Qassim Muaidi

### Course Description:

This course is considered as the foundation for specializing in sports physical therapy, it will enhance students' career opportunities and prepare them for specialist roles within sport physical therapy. It will allow the students to develop confidence and expertise in the assessment of patients/client with various sport injuries. The course will build upon students' current knowledge and experience to facilitate an in-depth exploration of sport physical therapy. It will provide expertise in the assessment of patients with various sport injuries. Refine skills in clinical reasoning, movement analysis, use of standardized assessment tools for individuals with sport related impairments to maximize participation in functional activities and to promote recovery and prevent injuries. It will help the student to understand the medical management of various sport injuries and classify various sport injuries.

### Learning Outcomes:

Following successful completion of this workshop, you will be able to:

- Define sports injury
- Describe the rate and percentage of sports injuries
- Understand the mechanisms of sports injuries
- Classify sports injuries
- Understand common causes, risk factors of sports injuries
- Understand how the body reacts to being injured
- Explain key principles of sports injury assessment
- Explain key principles of sports injury managements

### Target Audiences:

- Physicians
- Physical Therapists
- Physical Trainers
- Coaches
- Athletes