

SUMMER SCHOOL PROGRAMME (1st – 5th July 2019, Izola, Slovenia)



	MONDAY 1 st July	TUESDAY 2 nd July	WEDNESDAY 3 rd July	THURSDAY 4 th July	FRIDAY 5 th July
8:00 - 8:45	Lecture – Anatomy, functional anatomy, biomechanics and motor control of lower limbs	Lecture – movement therapy; strength and power	Lecture – integration of different training modalities; analytical and synthetical approach; cyclization	Practical in Central Slovenia Region – bandaging techniques, use of orthotic devices and other supplementary therapy approaches (herbal techniques, ultrasound, thermotherapy, balneotherapy, electro and magnetic stimulation); assessment of lower limb neuromuscular functions – strength and power (dynamometry and dynamics analysis); ultrasound diagnostics	Project presentations
8:45 - 9:30		Practical – strength training for lower limbs			
Break					
9:40 - 10:25	Practical – In-vivo anatomy and palpation	Practical – strength and power training for lower limbs	Practical – integration of different training modalities; analytical and synthetical approach		Project presentations
10:25 - 11:10		Lecture – movement therapy; mobility and flexibility			
11:10 - 11:55	Lecture – Epidemiology and etiology	Practical – flexibility and mobility training for lower limbs			
Lunch					
14:00 -14:45	Lecture – Etiology and injury mechanisms, external stress factors	Lecture – movement therapy; balance and joint stabilization training	Practical – integration of different training modalities and cyclization		
14:45 - 15:30	Practical – analysis of posture and movement patterns	Practical – balance and joint stabilization training			
15:30 - 16:15					