

Prévention des blessures

Renforcement et Mobilité

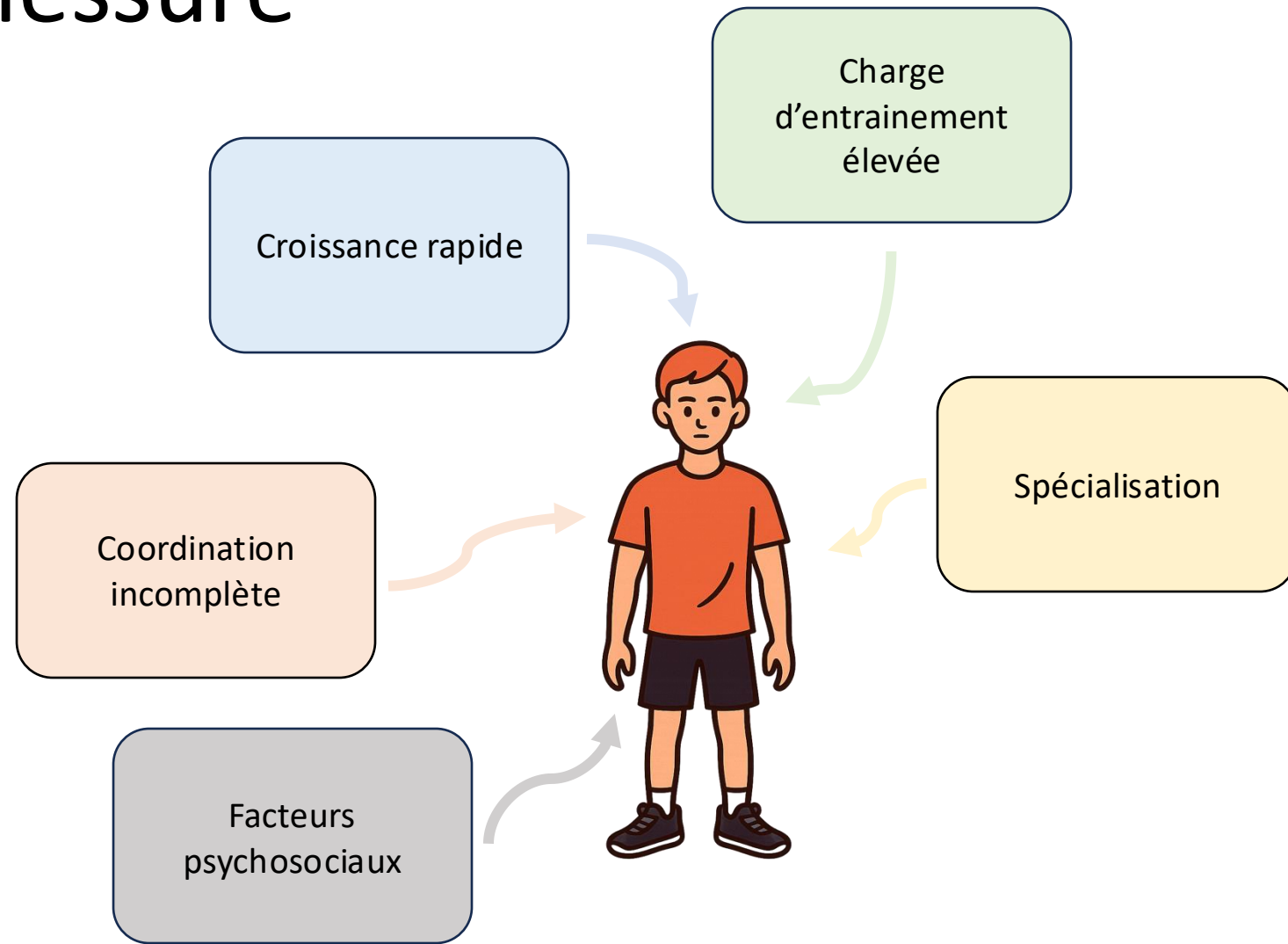
Jérémie Rosset

Responsable testing

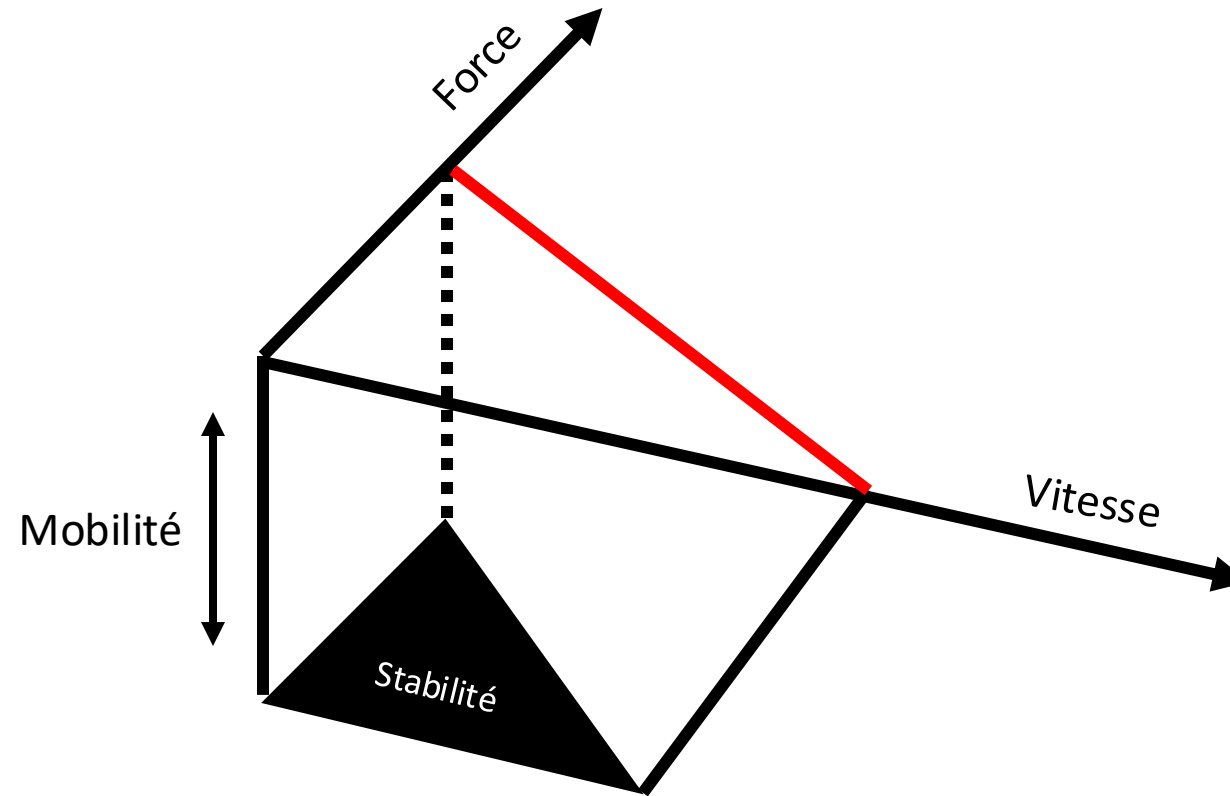
Comprendre la blessure

- ➔ Les blessures « soudaines »
- ➔ Les blessures « cachées »

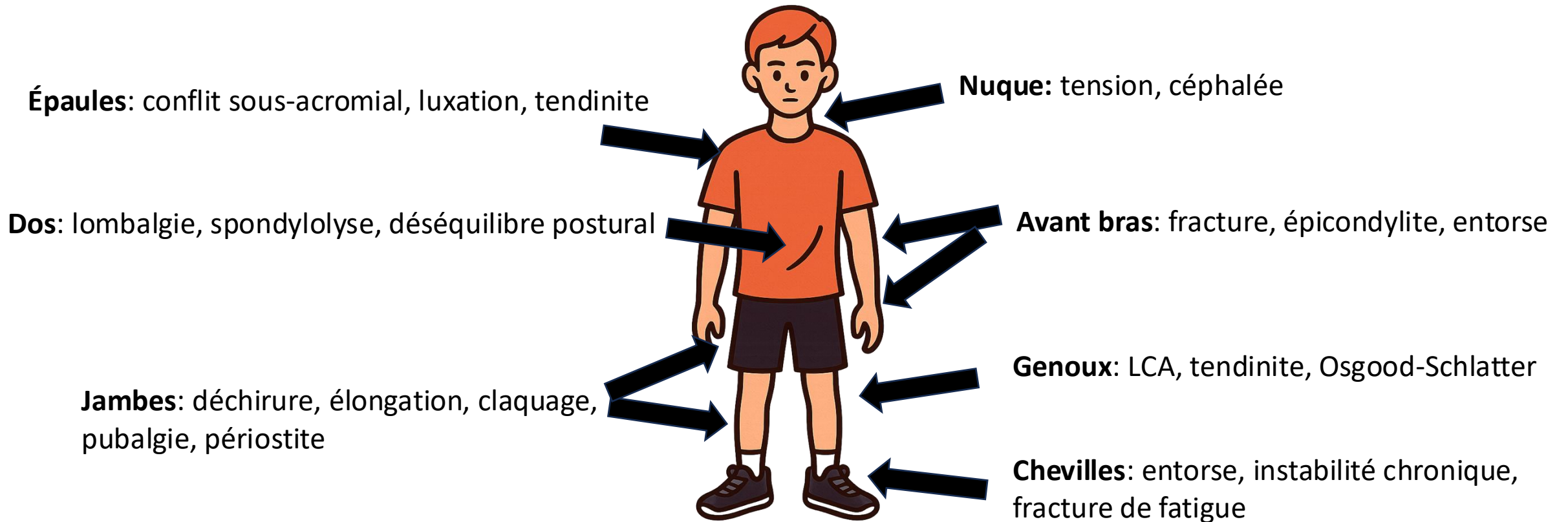
15-20 ans = âge critique



Comprendre la blessure



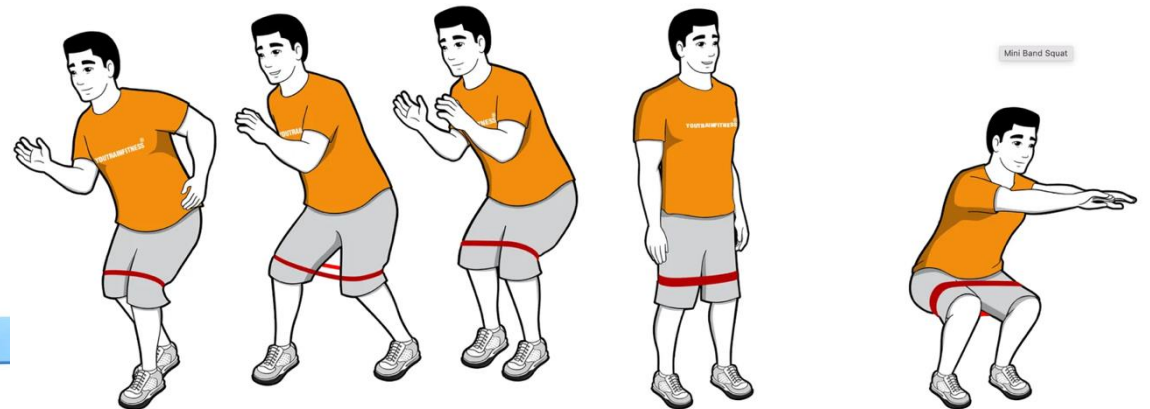
Blessures fréquentes



Prévention

Genoux

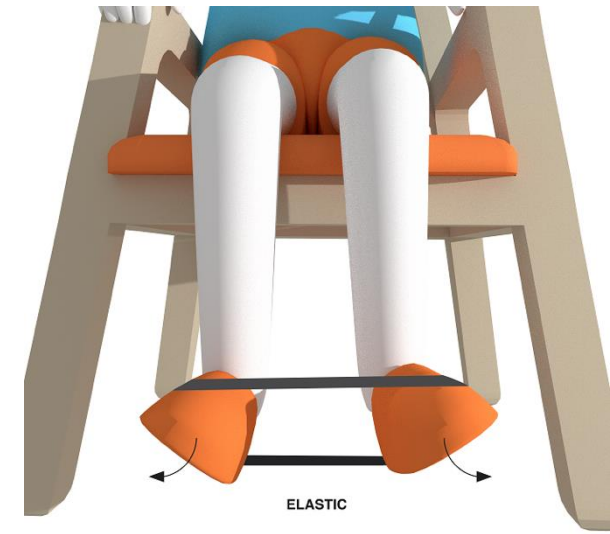
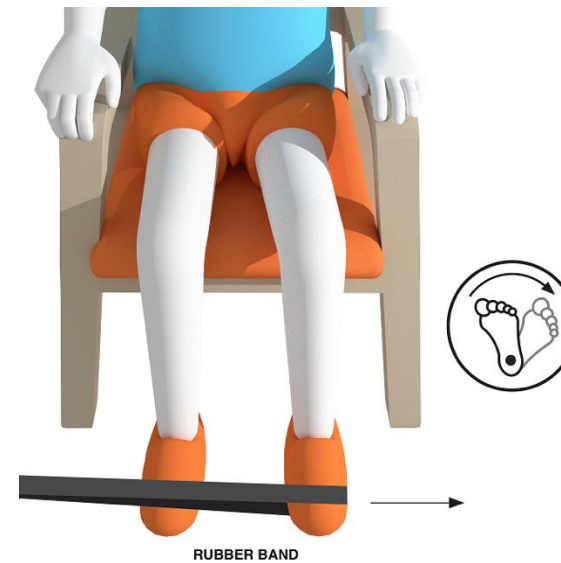
- Renforcement ischio/quad équilibré
- Travail technique et excentrique
- Proprioception



Prévention

Chevilles

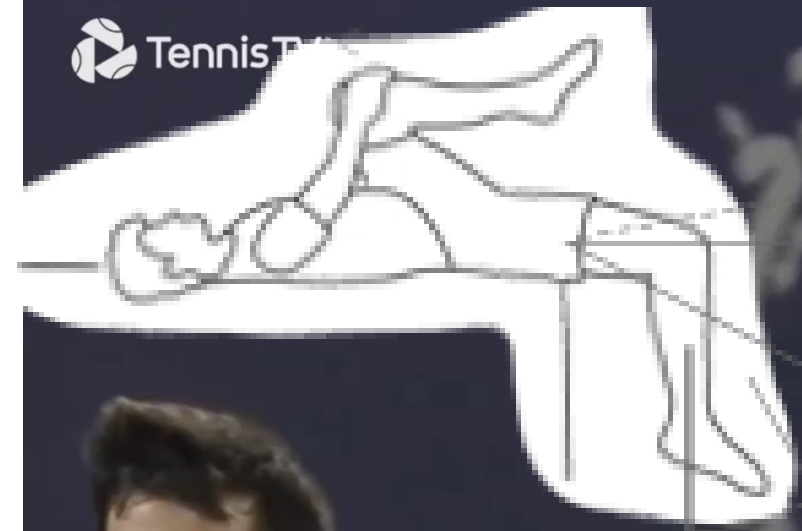
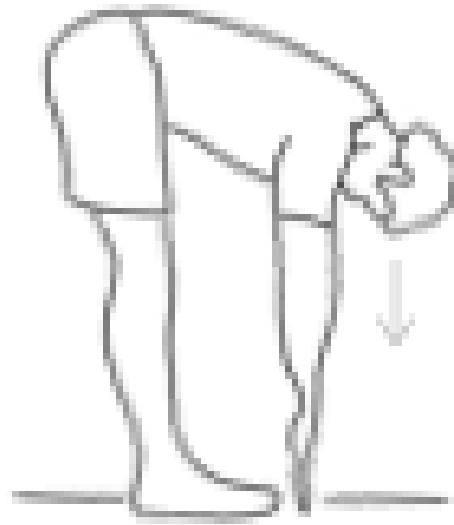
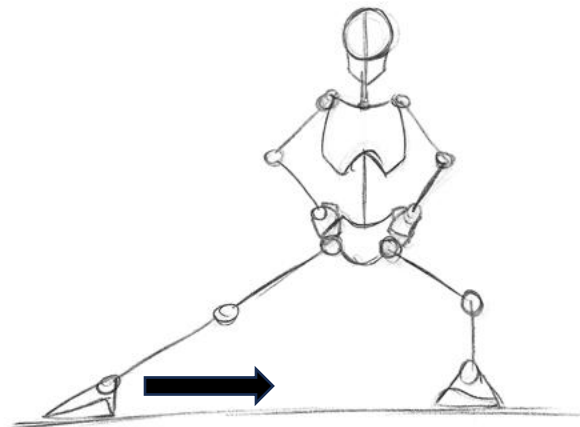
- Renforcement
- Proprioception
- Mobilité



Prévention

Cuisses :

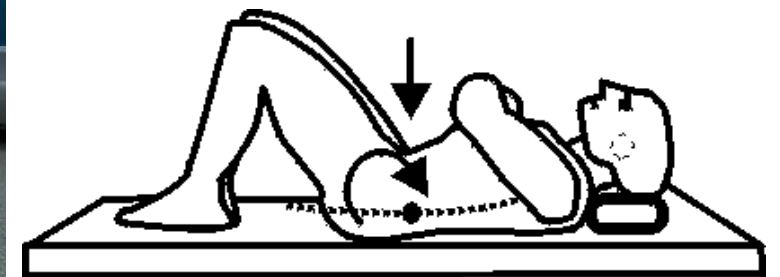
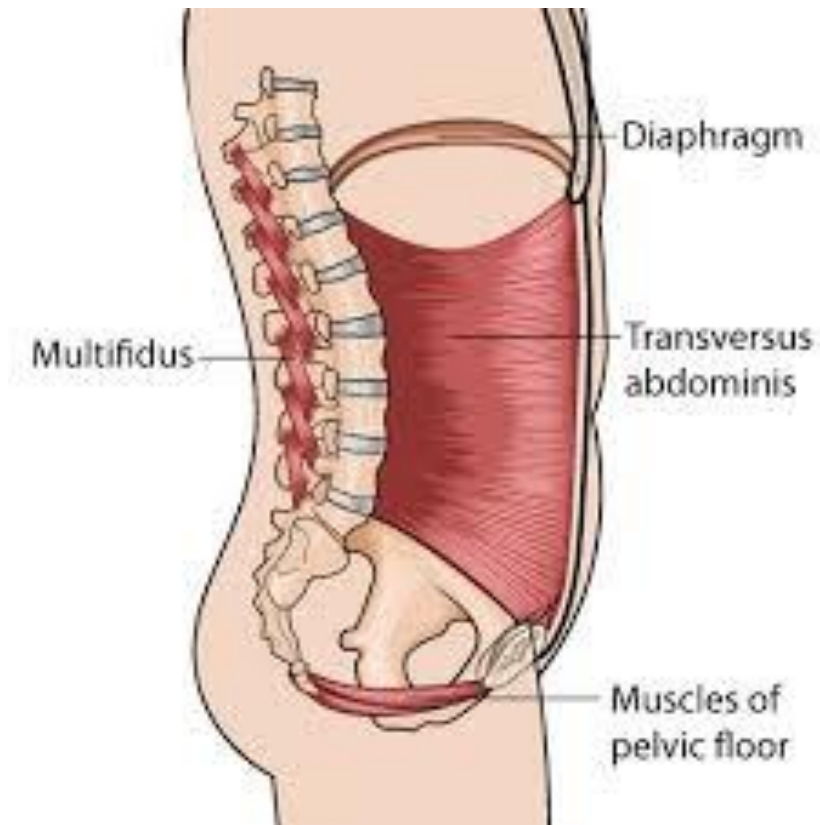
- Mobilité - renforcement



Prévention

Dos :

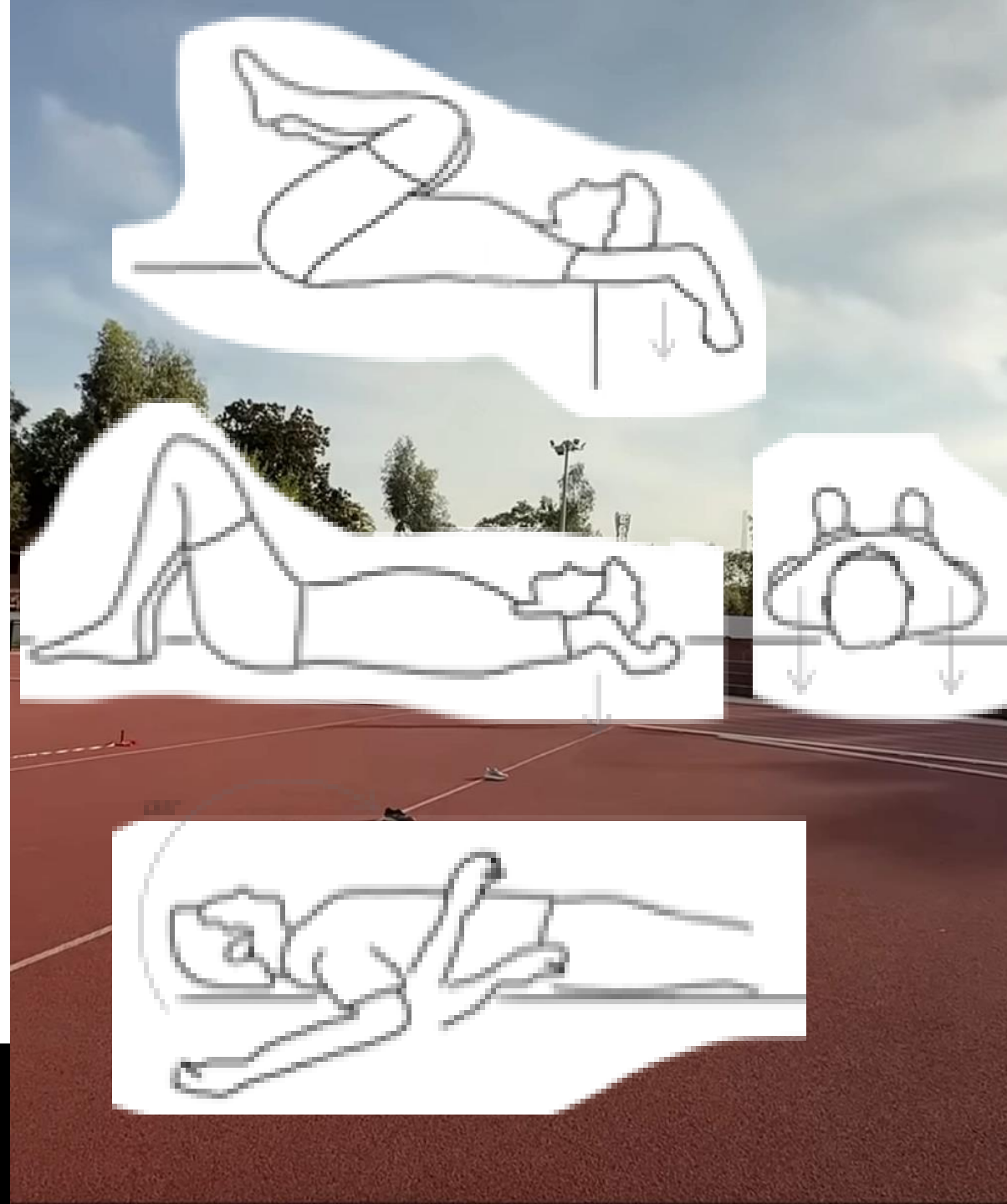
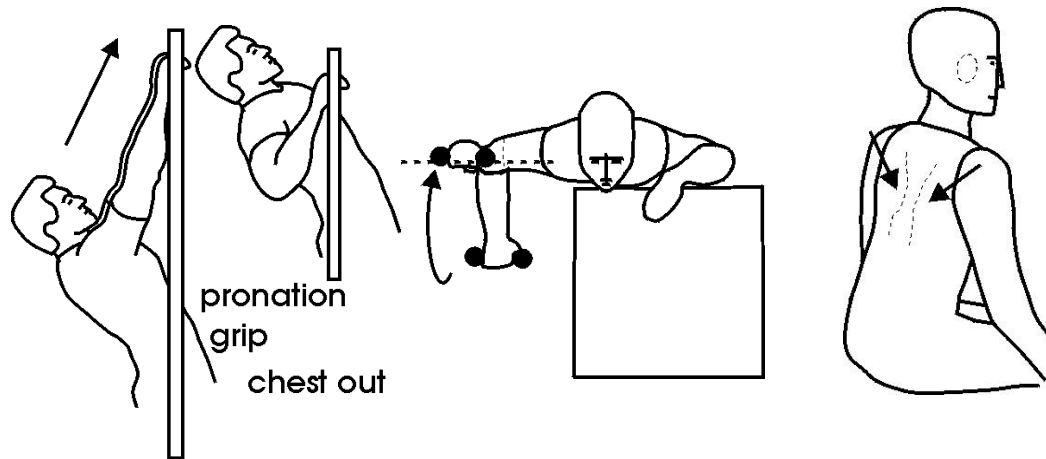
- Gainage profond
- Posture
- Mobilité



Prévention

Épaules :

- Mobilité – renforcement
- Equilibre poussée/tirage
- Renforcement de la coiffe des rotateurs



Take home message

La prévention, c'est 10 minutes de travail par jour pour éviter des mois d'arrêt.

Merci pour votre attention

www.centresportetsante.ch

→ Abonnement annuel : 770.-/an

