

2022

ONLINE TALK

REGISTRATION

**HAMSTRING INJURY PREVENTION
DIAGNOSTICS & TRAINING
(FREE ONLINETALK)**

Johan Lahti PhD, CSCS
(R5 Athletics & Health - FIN)

SA
23.07.

SCHEDULE AND DESCRIPTION

23.07.22

HAMSTRING INJURIES! GET RID OF THEM!

Hamstring problems are among the most common muscle injuries in sprint and jump related sports! Professional clubs are investing a lot amount of money and time into preventing such sprains. For a long time the S&C world had two answers to that:

- ↗ test and train Nordics and
- ↗ achieve a certain number of sprints per week

Unfortunately this didn't solve the problem for some players (or even in general)!

This leads to the following questions:

- ↗ Why is it, that some players are prone to that kind of injury?
- ↗ How can we predict such injuries?
- ↗ How can we train it sufficiently?

In this FREE ONLINETALK our expert Johan Lahti will lead you through the actual research on hamstring injuries, diagnostics and training.

He is a leading expert in this field, who combines the knowledge of a scientist and more than 10 years of experience as a S&C coach! Don't miss this opportunity, you can even ask questions at the end of this LIVE webinar.

Don't hesitate any longer, just get your ticket. Its a free course!

TARGET GROUP AND LEVEL: WHO SHOULD ATTEND THIS COURSE?

- ↗ Track & Field Coaches
- ↗ Sports Scientists
- ↗ S&C Coaches
- ↗ Physiotherapists
- ↗ Sports Students

BENEFITS: WHY SHOULD YOU ATTEND THIS COURSE?

- ↗ Learn how to diagnose a hamstring related risk of injury
- ↗ Dig into objective parameters you can measure to support your decision making
- ↗ Figure out strategies to prevent hamstring injuries
- ↗ Benefit from Johan`s experience, ask questions and connect to other coaches and our network

Do not miss out!

Johan works with leading scientists and coaches like Jonas Doodoo and JB Morin!

ABOUT THE SPEAKER

23.07.22



JOHAN LAHTI PHD, CSCS (R5 ATHLETICS & HEALTH - FIN)

Sports Science lecturer at the Applied University of Arcada, Helsinki, Finland.

S&C coach for the Jokerit Ice-Hockey Academy, U20 group.

S&C Coach and test performer at R5 Athletics & Health.

Currently based in Helsinki (Finland) Johan works as an S&C coach, lecturer and researcher!

As a S&C coach Johan has a broad range of experience in different kinds of sport (ice-hockey, soccer, martial arts, running, Basketball, Swimming, Lacrosse, Tennis, Rugby, ...) and at various age and performance levels. His research focuses on sprint related topics in terms of training and biomechanics. He recently defended his doctoral thesis (10.12.2021), which was a highly practical project with the aim to reduce hamstring injuries in professional football (soccer).

Look forward to meet Johan and get some deep insights into hamstring injury prevention!

RESEARCH

Lahti J, Huuhka T, Romero V, Bezodis I, Morin JB, Häkkinen K. Changes in sprint performance and sagittal plane kinematics after heavy resisted sprint training in professional soccer players. PeerJ. 2020 Dec 15;8:e10507.

Lahti J, Mendiguchia J, Ahtiainen J, et al. Multifactorial individualised programme for hamstring muscle injury risk reduction in professional football: protocol for a prospective cohort study. BMJ Open Sport & Exercise Medicine. 2020;6:e000758.

Lahti J, Jiménez-Reyes P, Cross MR, Samozino P, Chassaing P, Simond-Cote B, Ahtiainen JP, Morin JB. Individual Sprint Force-Velocity Profile Adaptations to In-Season Assisted and Resisted Velocity-Based Training in Professional Rugby. 2020. Sports. Aug ;8(5):74

and many more...

ABOUT THE TALK

23.07.22

AGENDA

SATURDAY, 23.07.2022 (UTC +2)

10:00-11:30 AM	Hamstring Injuries - Testing and Training.
11:30-12:00 AM	Q&A with Johan Lahti

RECORDING

AVAILABLE IN YOUR USER ACCOUNT

SA 23.07.2022
10:00 - 12:00 AM
(UTC +2)

ONLINE
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ENGLISH
LANGUAGE

FREE OF CHARGE
ONLINE TALK

NO LIMIT
ON PARTICIPANTS

WHERE TO FIND THE TALK

23.07.22



ONLINE TALK

This talk will take place online using the video call system Cisco Webex. You will find all information about this in your confirmation mail or in your account at www.courseticket.com.

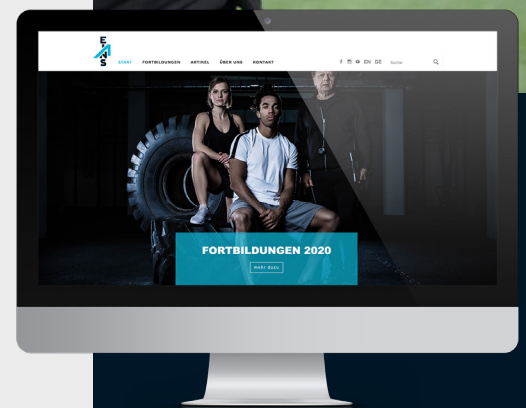
For the best experience we recommend to install the Cisco Webex software before the talk. If you can't install it for any reason, you can also take part with your browser.

The recording of the Onlinetalk will be available for registered participants. You will find the stream in your account > event > online modules.

Most asked questions are answered here:

<https://www.eins-a-coaching.at/faq/>

If you need help with anything, don't hesitate to get in touch via mail, facebook or instagram.



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We are looking forward to read from you!
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