

# OPTIMISING STRENGTH & POWER: A Connective Tissue Approach

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## OVERVIEW

Understanding normal muscle mechanics is key to designing effective rehabilitation programmes. To rehabilitate musculotendinous tissues, you must first understand what tissues are responsible for force production and transmission, how this occurs and how specific tissues adapt to different loads. Then you can target specific tissues through focused assessment and rehabilitation. This course will teach you about the muscle-tendon properties that underpin force production, how to assess those properties, and design programmes to target specific tissues. Better understanding enables a more specific approach to rehabilitation to improve muscle and tendon function.

## WHAT'S INCLUDED

- 10 mini-video lectures
- Masterclass, Assessment & Exercise Zone activities
- Weekly quizzes, case studies and review activities
- Extra resources and readings



## BONUS:

For signing up through Southern MSK Seminars, in Week 4 you will also get FREE access to:

- Q&A with John Cronin followed by....
- Webinar: “*Rehabilitation Principles for Connective Tissues in Injured Muscle*” with John Cronin and Angela Cadogan (Specialist Physiotherapist)
- Downloadable webinar handouts.

## FORMAT

This course is designed to be completed over four-weeks - at your own pace. We suggest planning 2-3 hours per week to fully review the course material, complete the case studies and quizzes, try the exercises and integrate the theoretical and practical learning into your daily practice. All course activities are optional, but encouraged to support learning. Learn by doing. The resources only work if you work! You will have access to the course material for the lifetime of the site.

## OUTCOMES

In this course you will learn:

- The structure and function of the components of the muscle-tendon unit
- How each component contributes to strength and power
- How targeted testing can identify a weakness in a component of the muscle-tendon unit
- How to design programmes that will improve strength and power through targeted training

Additional topics covered:

- How to get good data when you test for strength
- How to determine the level of variability in your test results

## WHO IT'S FOR...

Anyone wanting to understand muscle-tendon mechanics to improve testing and rehabilitation of specific musculotendinous tissues.



## WEBINAR and CLINICAL RESOURCES

Chat directly with the instructor in a live Q&A session. Log in to the week 4 webinar for live questions, discussion, content review and to download your copy of “*Rehabilitation Principles for Connective Tissues in Injured Muscle*”.



[MORE INFO OR SIGN UP HERE](#)