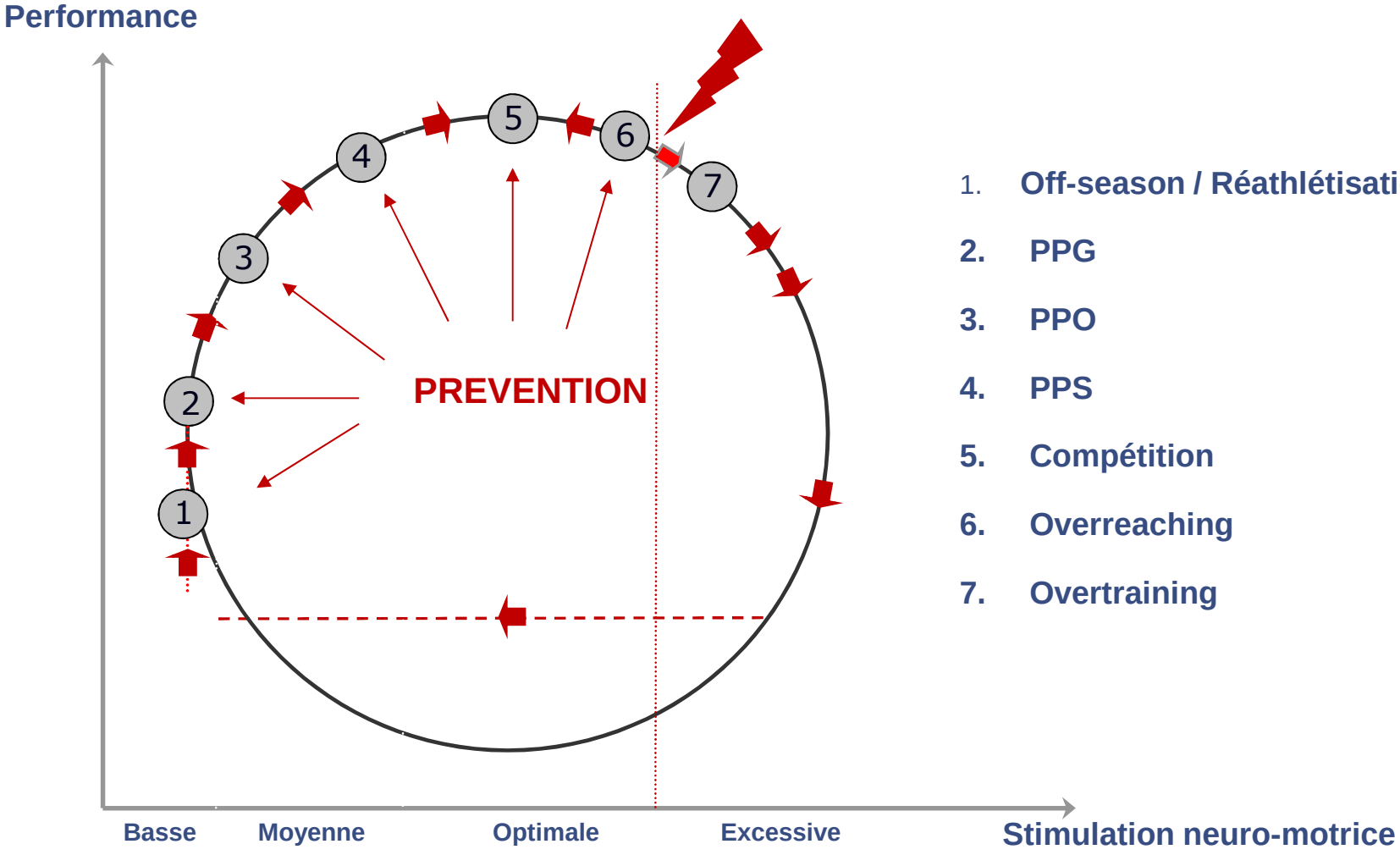
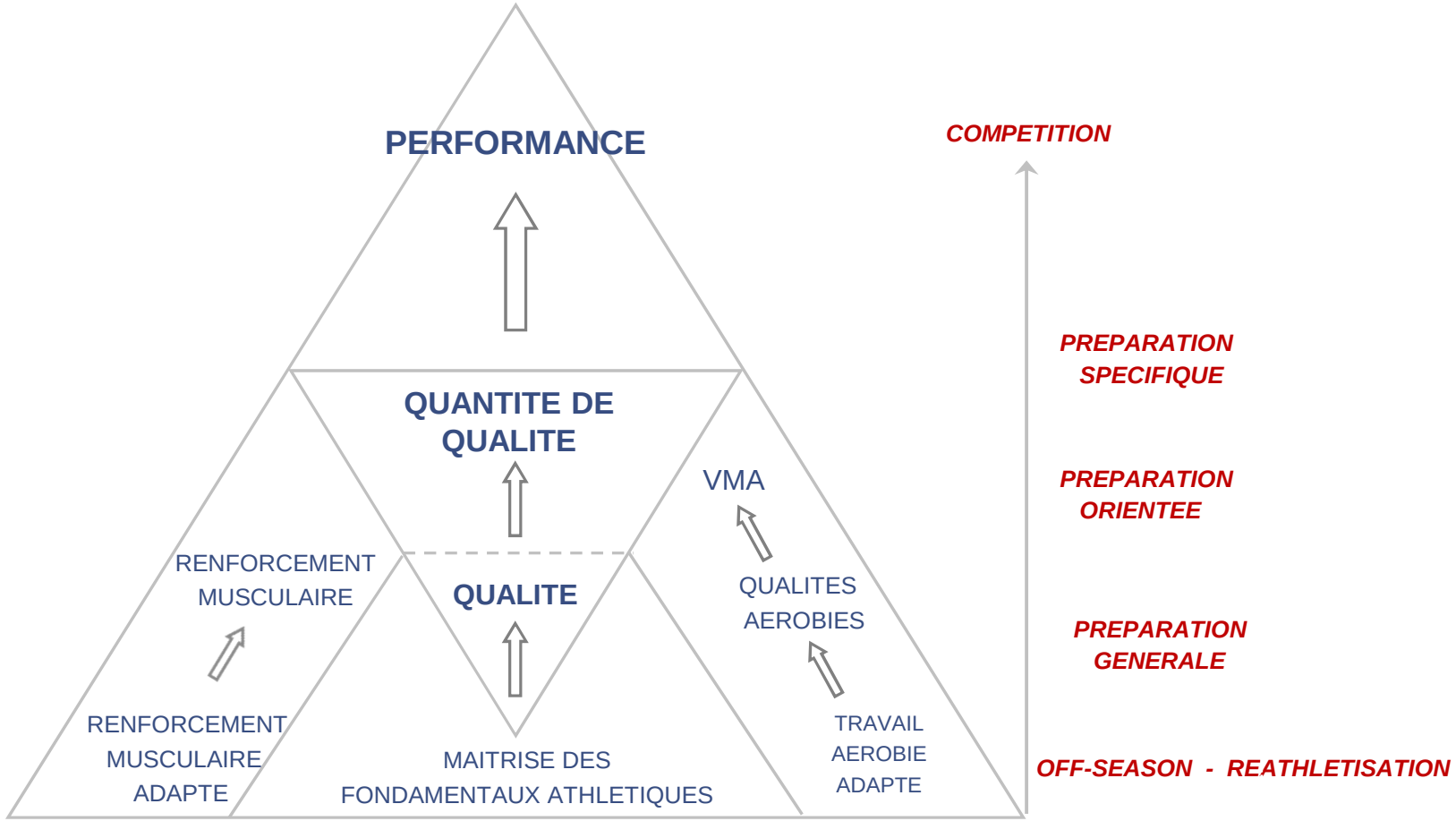
Pubalgie:
Quelles mesures préventives?

C. Lehance, F. Delvaux, N. Vervaeke, G. Berwaert

La Pubalgie du sportif
4ème Colloque Sports² - 22/10/2016



1. Off-season / Réathlétisation
2. PPG
3. PPO
4. PPS
5. Compétition
6. Overreaching
7. Overtraining



(Nauroois, Bury & Lehance – 2005)

La maîtrise des fondamentaux athlétiques…

(J. PIASENTA)

- **La technique de course idéale**
- **Avoir un pied fort et habile**
- **La maîtrise du bassin**
- **Bon placement de la chaîne d'impulsion**
- **Utilisation des segments libres**
- **Maîtrise des étirements et de la connaissance du schéma corporel**

↓

QUALITE GESTUELLE DES EXERCICES

PREVENTION

GROUPES CIBLES

ABDOS-DORSAUX

HANCHES

GENOUX

CHEVILLES

EPAULES

RENFORCEMENT DES ANTAGONISTES

RELACHEMENT DES AGONISTES

MOYENS

CORE STABILITY

EXERCICES DE RENFORCEMENT SPECIFIQUES

EXERCICES D'ETIREMENTS SPECIFIQUES

METHODES

ENDURANCE MUSCULAIRE LOCALE

STRETCHING POSTURES

OUTILS

Elastiques - Haltères

Swissball - Balance Board - Bosu

Trampoline - Kettlebell – TRX - …

Matériel sportif adapté

adidas

PREVENTION

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CORE STABILITY

EMG evaluation of hip adduction exercises for soccer players: implications for exercise selection in prevention and treatment of groin injuries

Andreas Serner,[1,2] Markus Due Jakobsen,[3] Lars Louis Andersen,[3] Per Hölmich,[1,2] Emil Sundstrup,[3] Kristian Thorborg[1]

Serner A, *et al*. *Br J Sports Med* 2014;**48**:1108–1114. doi:10.1136/bjsports-2012-091746

[redacted]

Labsport	Prévention pubalgie TRX Cycle 1	Nom Prénom	Echauffement Cardio 10' Mouvements balistiques Programme Abdos/dorsaux

Circuit TRX

Exercise	Front 1/2 Squat	Hamstring Curl	Front Lunge (Back)	Calf	Add and Hip Press
Sets	2	2	2	2	2
Reps	15	15	12 G/D	2x10 G/D	15
Intensity					
Load					
Rest	1'	1'	1'	1'	1'
Tempo					
Notes	Pieds 45° et écartement > épaules				

Exercise	Chest Press	Row	Triceps Press	T Deltoid Fly	Body Saw
Sets	2	2	2	2	2
Reps	15	15	15	15	12 G/D
Intensity					
Load					
Rest	1'	1'	1'	1'	1'
Tempo					
Notes					

Proprioception

1. ADD & ABD avec élastique (15x G/D)
2. Front BOSU (10x G/D)
3. Side BOSU (10x G/D)
4. Front-Back (6x G/D)
5. Side-Side (10x G/D)
6. Ski de fond (10x G/D)

Abdos/dorsaux (45" or 15 reps)

Foam Roller (45" G/D chaque position)

Stretching (2x30" chaque position)

PREVENTION

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Abdos/dorsaux (45" or 15 reps)

Foam Roller (45" G/D chaque position)

Stretching (2x30" chaque position)

Labsport PERFORMANCE	Name	Foot Work Program	WORKOUT	
	Mayombo	Cycle 1	1. Jump rope 6 x 20" (r=20")	4. Specific program (2 sets R = 2')
	First name		2. Balistic mov. + dynamic stretch	5. Balance exercises
	Noémie		3. Core exercises (1 set) + Athletic Drills	6. Static stretch

SPECIFIC PROGRAM

Exercise			*Short In-Out*				*Shuffle*			
Sets										
Time	20"		2x	Ladder	20"		2 x	Ladder	20"	
Intensity										
Load										
Rest	30"				30"				30"	
Tempo										
Notes			Dissociated feet				Dissociated feet			

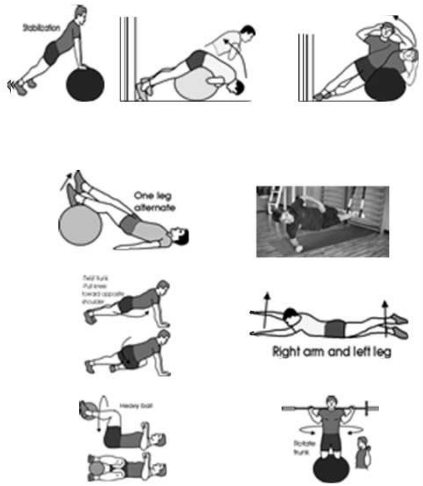
Exercise	*Lateral Highknees (L/R)*				*Slalom*				*2 front/1 back*	
Sets										
Time	2x	Ladder	20"		2x	Ladder	20"		1x	Ladder
Intensity										
Load										
Rest			30"				30"			
Tempo										
Notes										

BALANCE EXERCISES

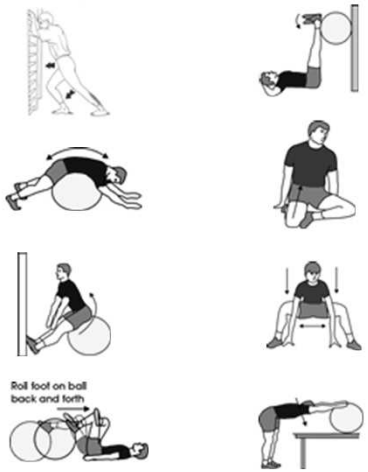
1. ADD & ABD with band (15x L/R)
2. Front - Back (10x L/R)
3. Side - Side (10x L/R)
4. 1/4 Turn inside (10x L/R)
5. Nordic ski (10x L/R)
6. 1/4 Turn outside (10x L/R)

DYNAMIC STRETCHING

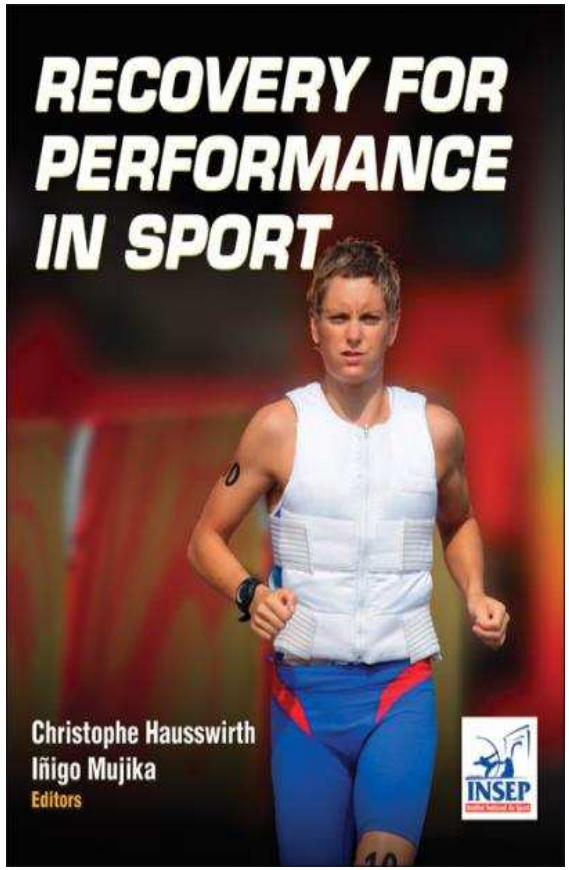
CORE EXERCISES (20 reps or 40")



STATIC STRETCH (20" each position)



Optimiser la récupération



HUMAN KINETICS
MAY, 2013

MOYENS :

- **REPOS DE QUALITE**
- **HYDRATATION : PRE / IN / POST-EXERCICE**
- **ALIMENTATION : PRE / IN / POST-EXERCICE**
- **RECUPERATION ACTIVE (ERGOCYCLE)**
- *FOAM ROLLER*
- *BAS DE CONTENTION*
- *ELECTROSTIMULATION*
- *WBV*
- *COLD BAD*
- *MASSAGES*
- *BALNEOTHERAPIE*
- *…*

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