

ACHARYA'S NR INSTITUTE OF PHYSIOTHERAPY

INTEGRATING STRENGTH AND CONDITIONING INTO SHOULDER REHABILITATION

26th June 2025 | 09:00 am to 05:00 pm

Main Auditorium, Acharya Campus

About the Program

"Integrating Strength and Conditioning Into Shoulder Rehabilitation" is a focused program designed to bridge the gap between injury recovery and optimal physical performance. This event brings together physiotherapists, sports scientists, fitness professionals, and rehabilitation experts to explore evidence-based strategies for enhancing shoulder function through progressive strength and conditioning techniques. Attendees will gain practical insights into rehabilitation protocols, injury prevention, and performance optimization tailored to athletes and active individuals

Objectives of the Program

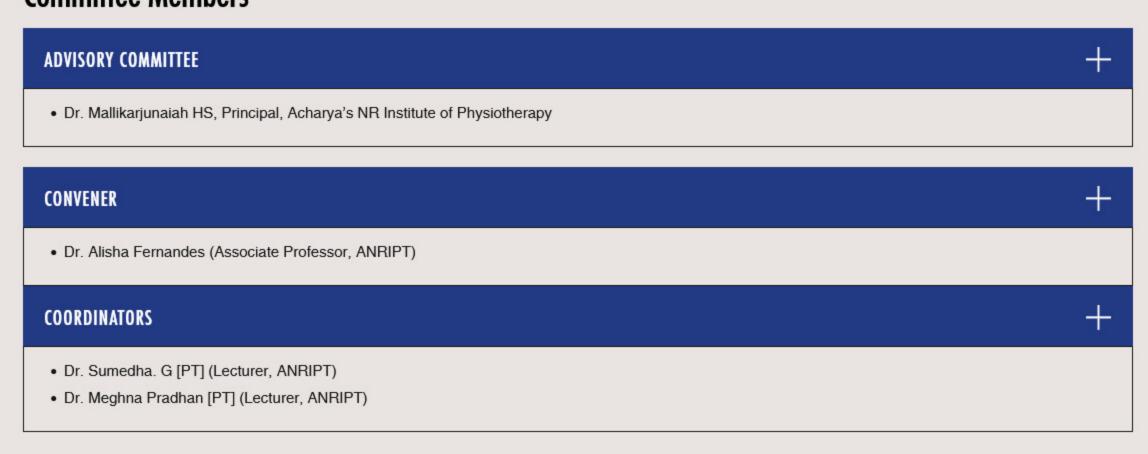
- Integrate progressive overload, periodization, and neuromuscular control principles into rehab programming
- Create rehabilitation plans that evolve from early-stage recovery to return-toperformance using strength and conditioning strategies.
- stage, patient goals, and pain levels.

Target Audience: Staffs and Students of Acharya's NR Institute of Physiotherapy

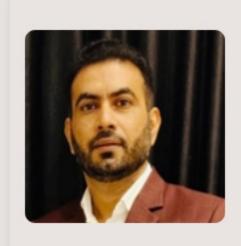
Expected Outcomes of the Program

- To develop and justify individualized rehabilitation plans incorporating progressive strength and conditioning.
- To understand how to reduce reinjury risk through proper load management and conditioning strategies.
- Modify and Adapt training load, volume, and complexity depending on injury
 To be equipped to facilitate a safe and effective return to sport, work, or daily

Committee Members



Resource Person Details



Dr. Zubair Khan [PT], Designation: BPT, MPT, Fellowship Shoulder (England) SFMA(AUS), Founder The Physio Human Performance, Consultant Shoulder

Therapist (Apollo Spectra Hospitals), HOD -Centre for Sports Science, Sri Kanteerva Stadium, HOD - Mallige Hospital













Acharya's NR Institute of Physiotherapy

Acharya Dr. S. Radhakrishnan Road, Acharya P.O Soladevanahalli, Bangalore - 560107, Karnataka, India.

LOCATE US

Event Coordinator

Dr. Meghna Pradhan (PT) (Lecturer, ANRIPT)