



## INTEGRATING STRENGTH AND CONDITIONING INTO SHOULDER REHABILITATION

26<sup>th</sup> 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-to-performance using strength and conditioning strategies.
- Modify and Adapt training load, volume, and complexity depending on injury stage, patient goals, and pain levels.

#### 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.
- To be equipped to facilitate a safe and effective return to sport, work, or daily activities

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

### Committee Members

#### ADVISORY COMMITTEE

- Dr. Mallikarjunaiah HS, Principal, Acharya's NR Institute of Physiotherapy

#### CONVENER

- Dr. Alisha Fernandes (Associate Professor, ANRIPT)

#### COORDINATORS

- Dr. Sumedha. G [PT] (Lecturer, ANRIPT)
- Dr. Meghna Pradhan [PT] (Lecturer, ANRIPT)

### 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)

