

# - Lesões na Canoagem - Prevenção/Redução



Luís Alves



@luisalvesfisio



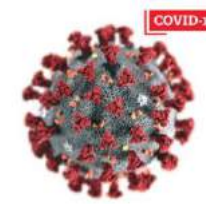
luisalves2@gmail.com

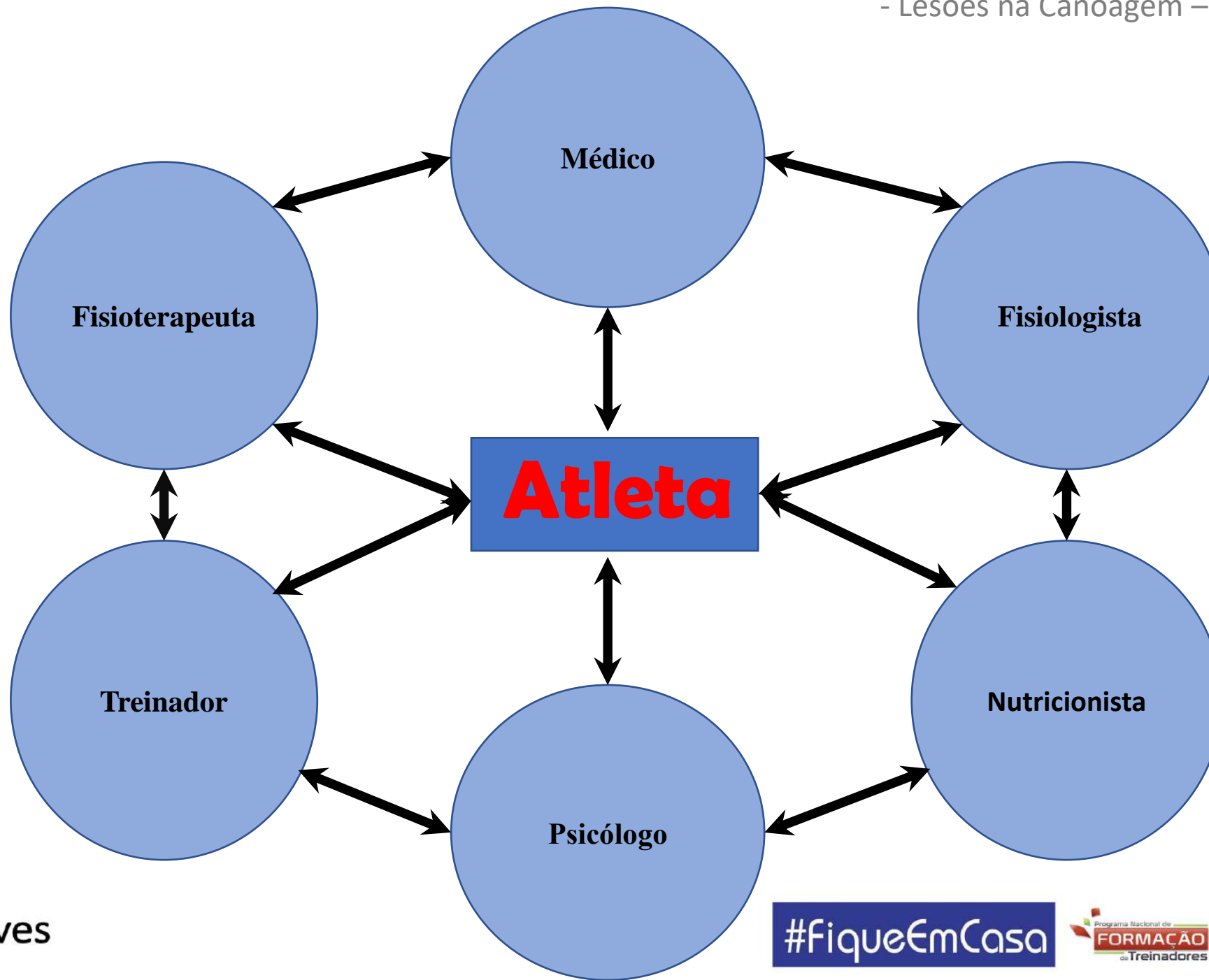


**Motricidade Humana  
Fisioterapia**

Pós-graduado em Reabilitação no Desporto  
Master Em Técnicas Osteopáticas do Aparato Locomotor  
Osteopata  
Professor Assistente da Escola de Osteopatia de Madrid

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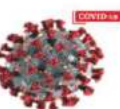
# Reduzir (prevenir) lesões na canoagem

1. Lesões mais frequentes
2. Mecanismos e fatores de risco de cada lesão
3. Prescrição de programa de exercícios



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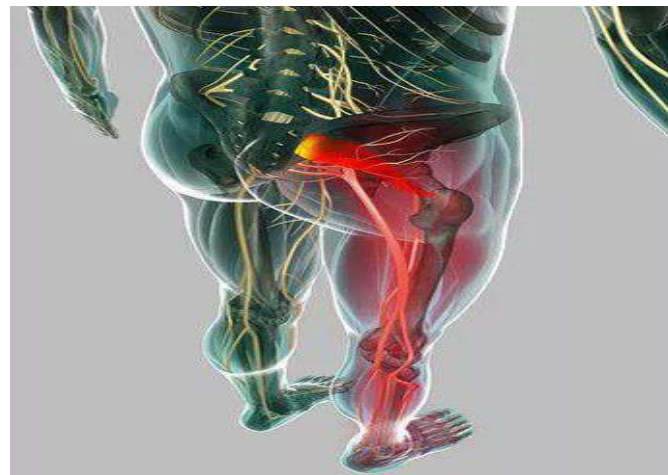
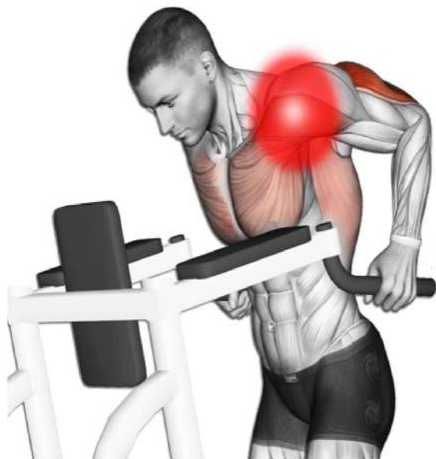
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# Zonas e Lesões mais frequentes

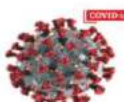


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# Fatores de Risco de lesão Desportiva

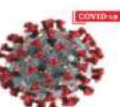
Três Grupos Principais:

1. Fatores intrínsecos
2. Fatores extrínsecos
3. Fatores de risco relacionados com atividade em específico



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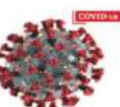
# Fatores de Risco de lesão Desportiva

- Déficit no controlo postural dinâmico
- Redução da amplitude de movimento do ombro
- Fraqueza muscular Discinesia escapular
- Deficit de mobilidade de coluna toracolombar
- Deficit de mobilidade da cintura pélvica
- Encurtamento da cadeia posterior da perna
- Etc...



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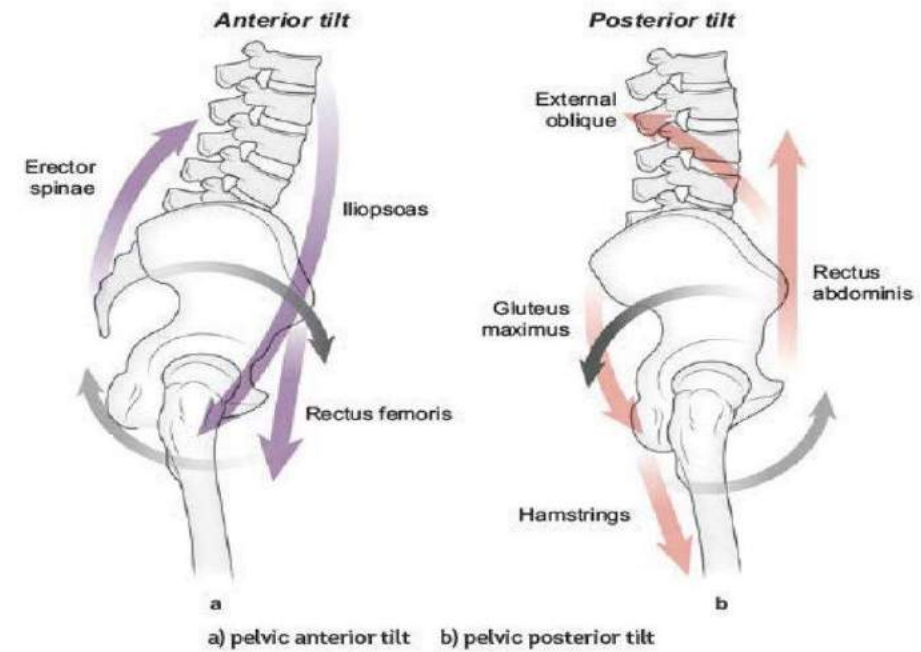
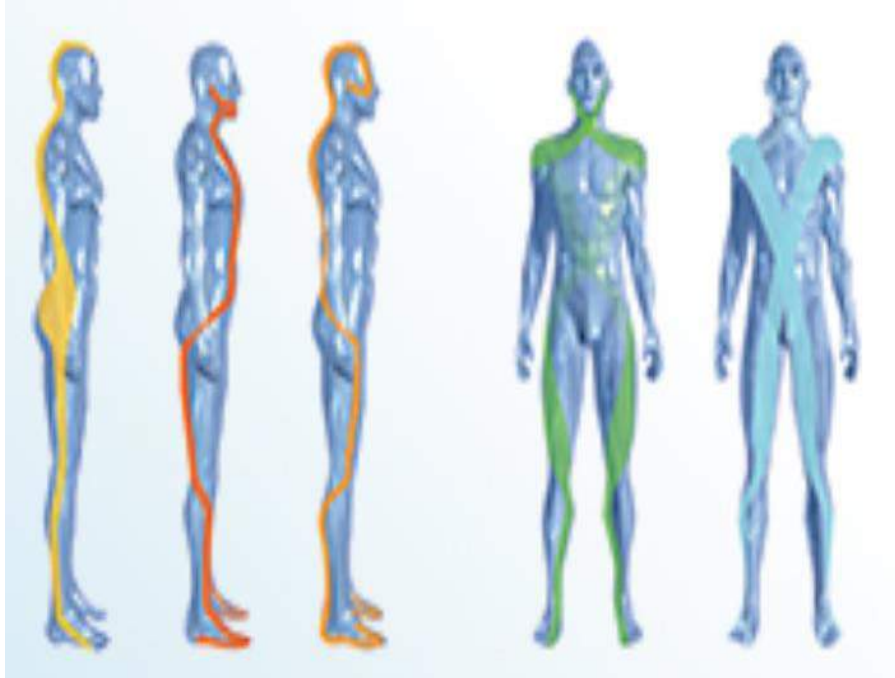
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# Postura



# Postura




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 Las cadenas Musculares – Leopold Busquet



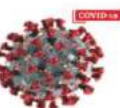


 boneman.pro



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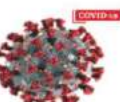


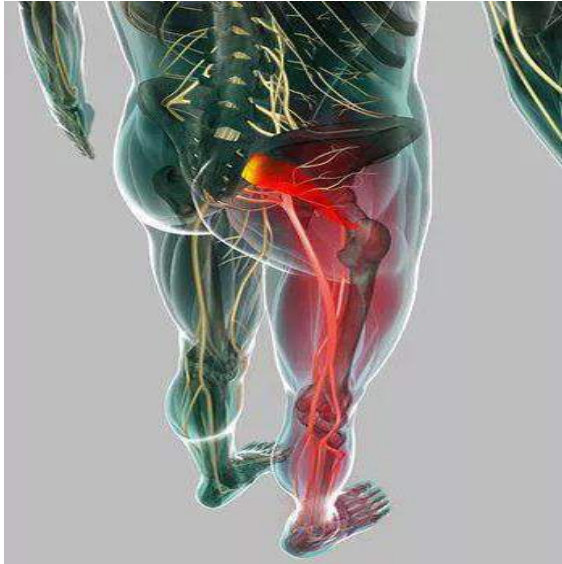
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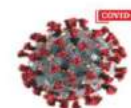


# Como Prevenir/Reduzir??????



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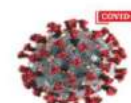
## Como reduzir o risco de Lesão

- Aquecimento muscular adequado
- Fortalecimento muscular, incidindo nos principais músculos usados na prática desportiva
- Recuperar das lesões a 100% de forma a não agravar e evitar novas lesões.
- Usar o equipamento e vestuário de forma adequada à modalidade/exercício
- Baixar o ritmo gradualmente no fim do exercício
- Alongar no final dos treinos para a evitar o encurtamento muscular e aliviar as tensões.
- Ingerir líquidos antes, durante e após o treino ou competição



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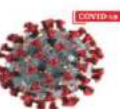


# Erros Mais comuns no Ginásio



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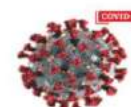
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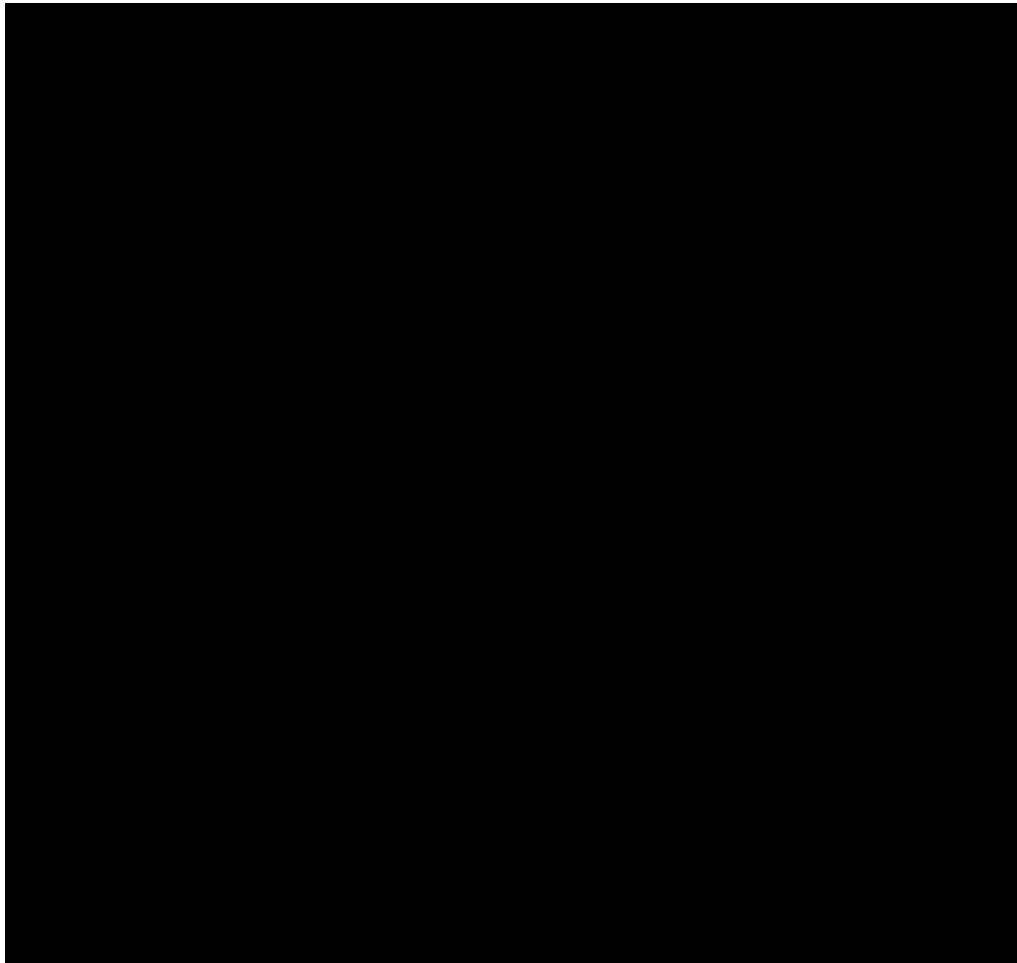




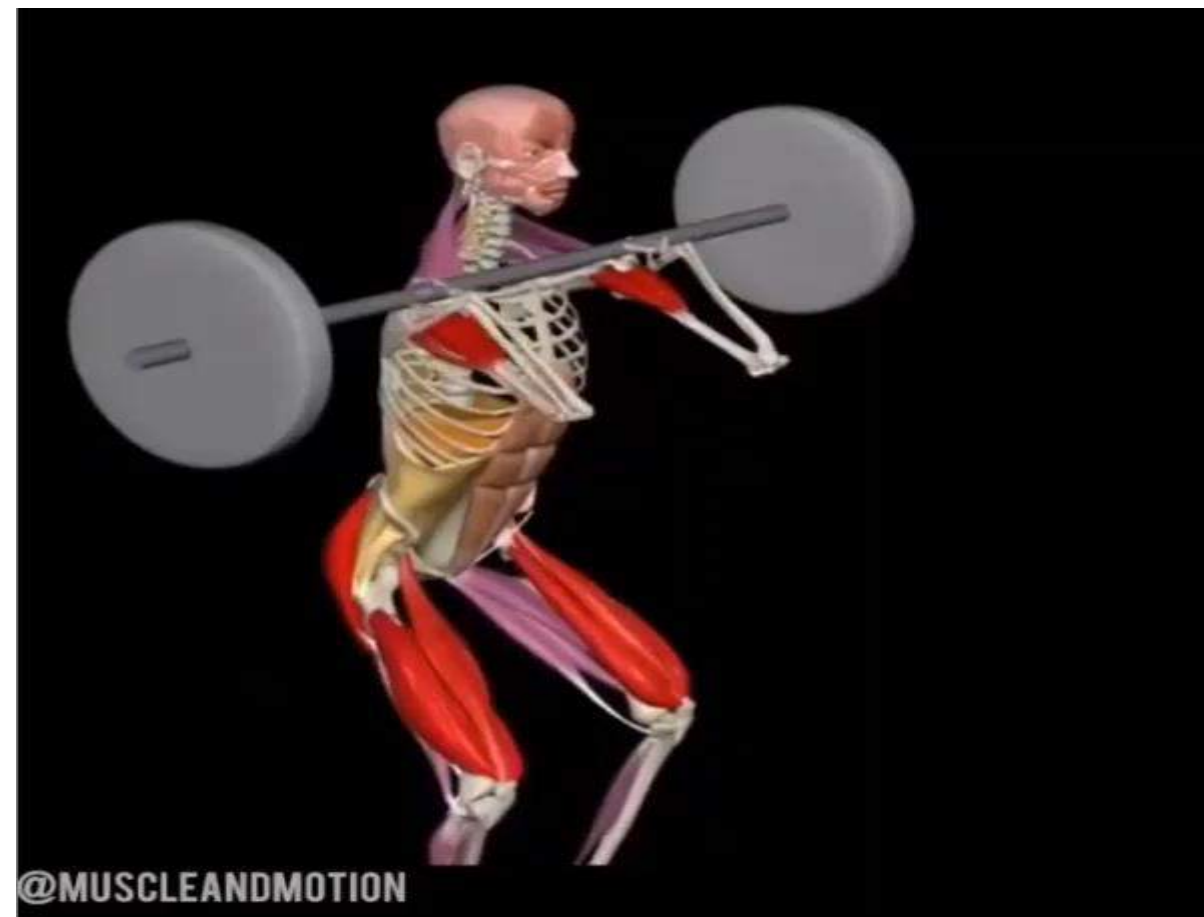
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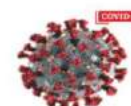




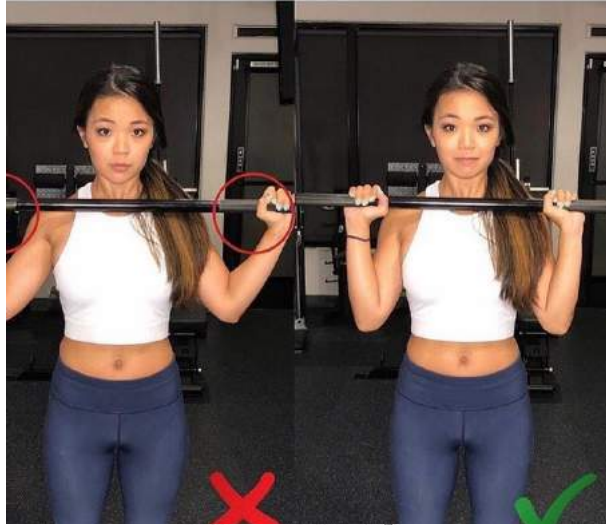


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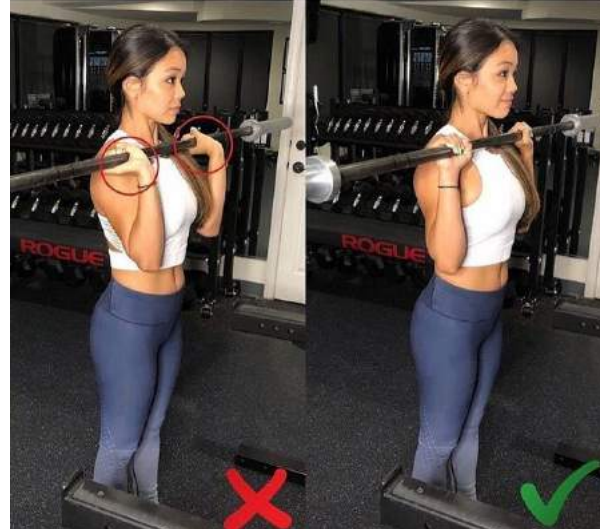
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## Grip Width



## Wrist Position



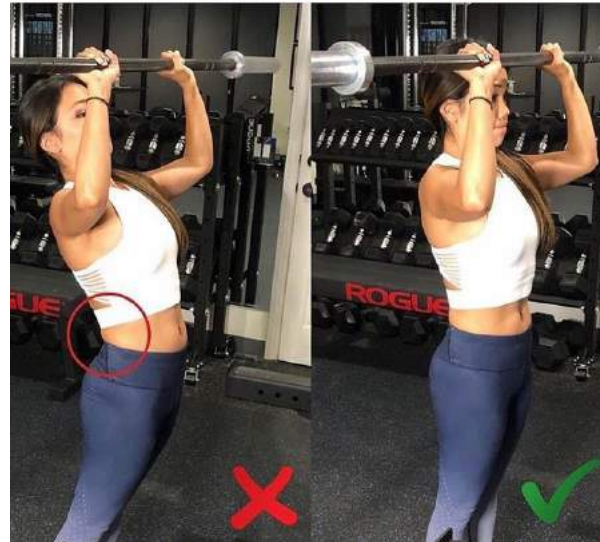
## Lockout



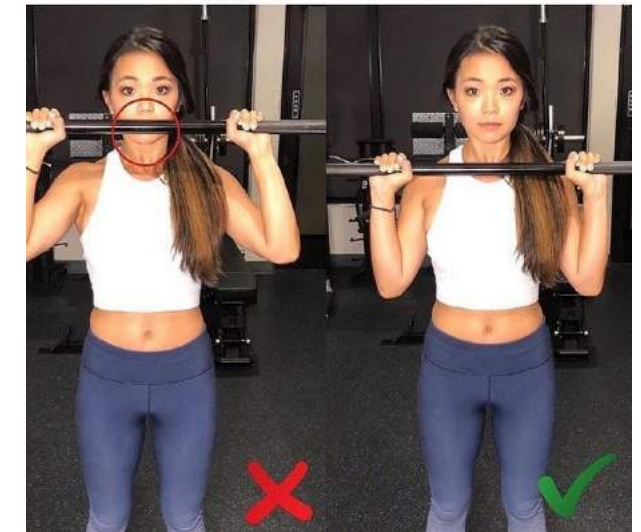
## Bar Path



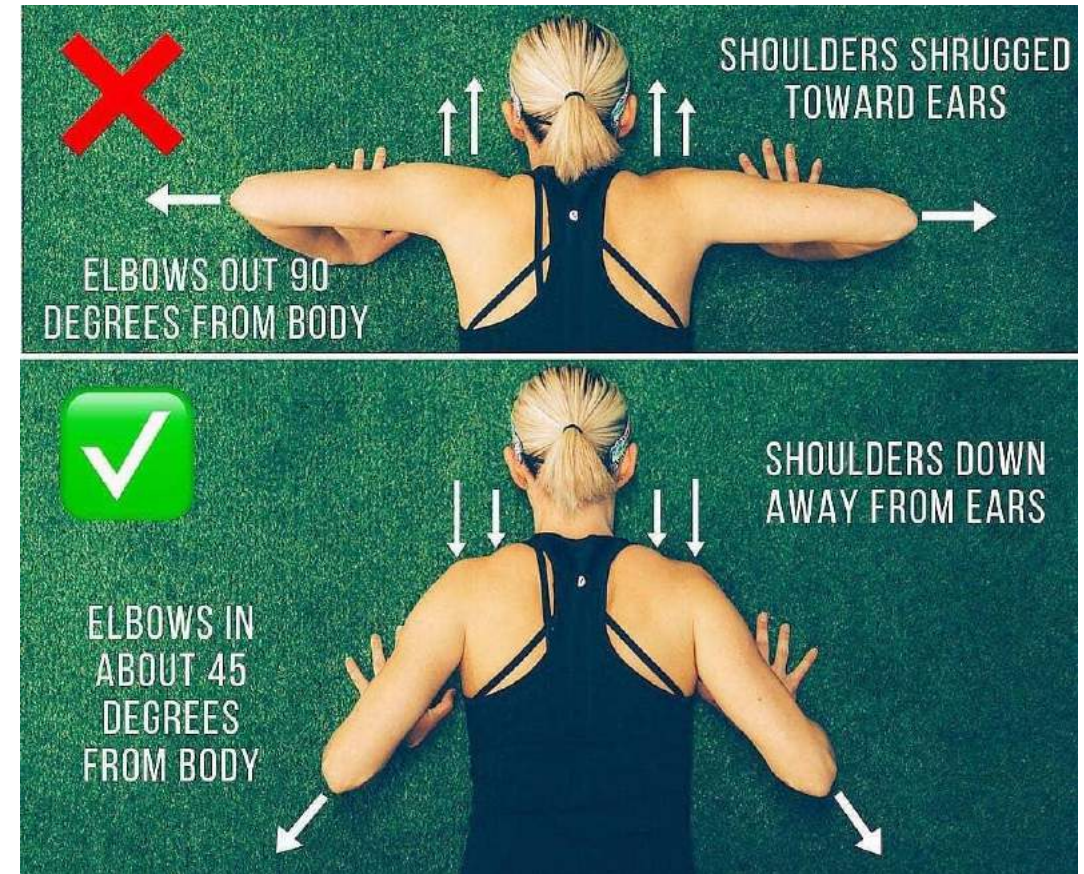
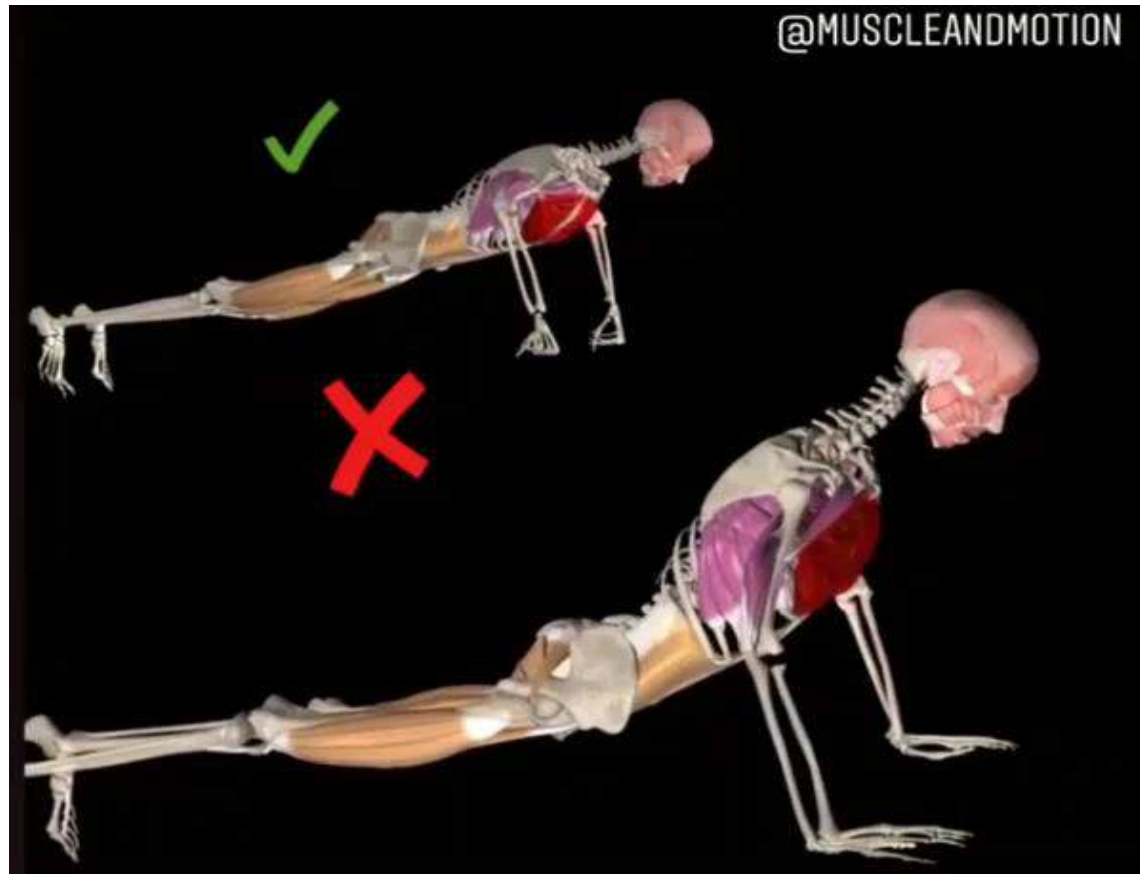
## Torso Lean

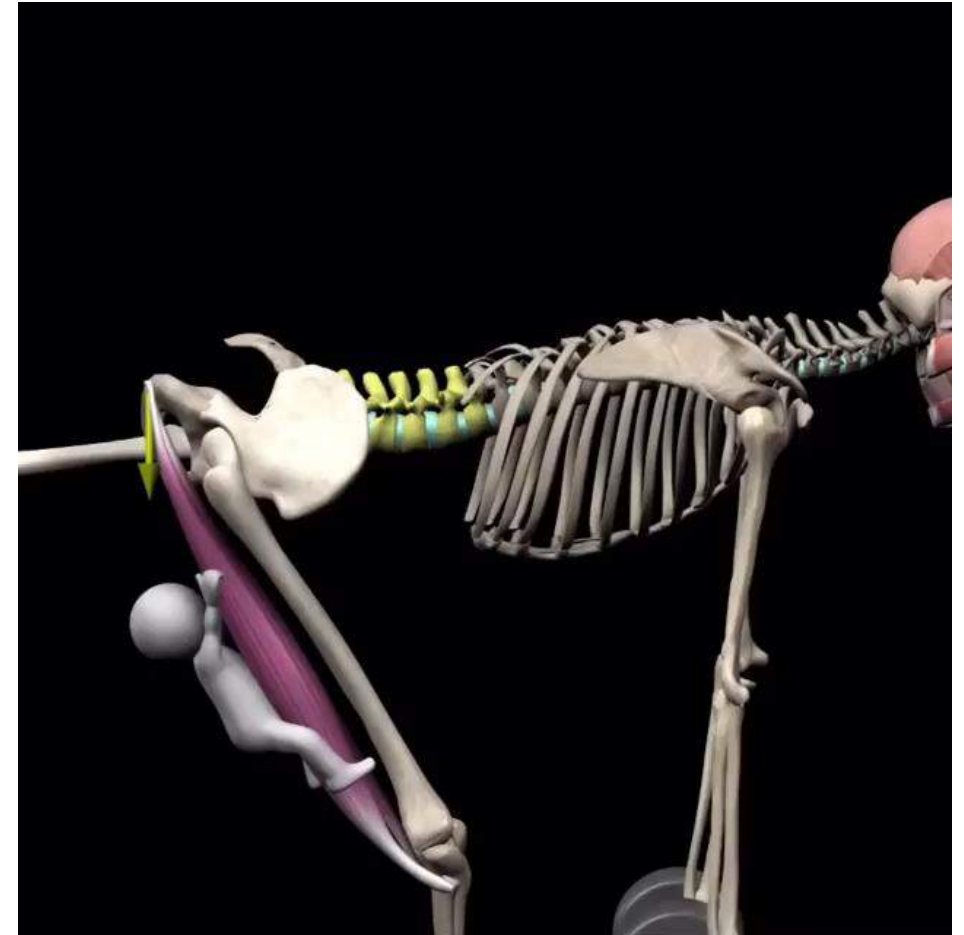


## Range of Motion

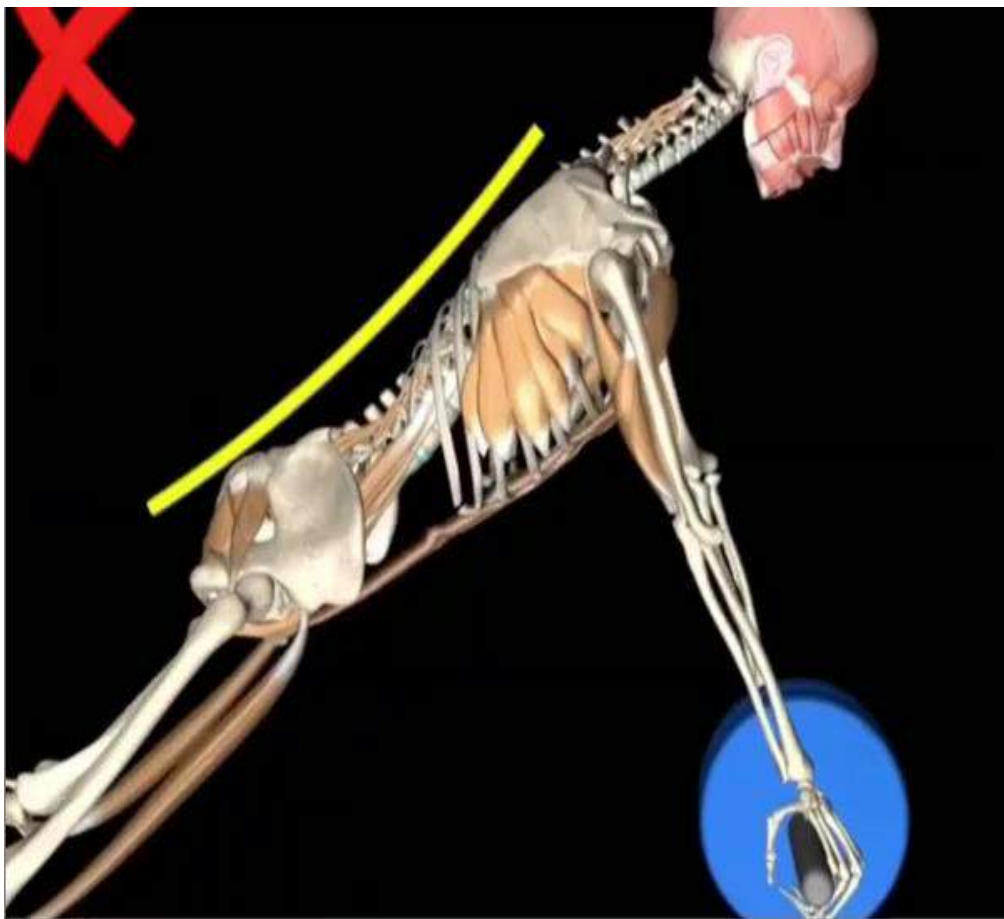


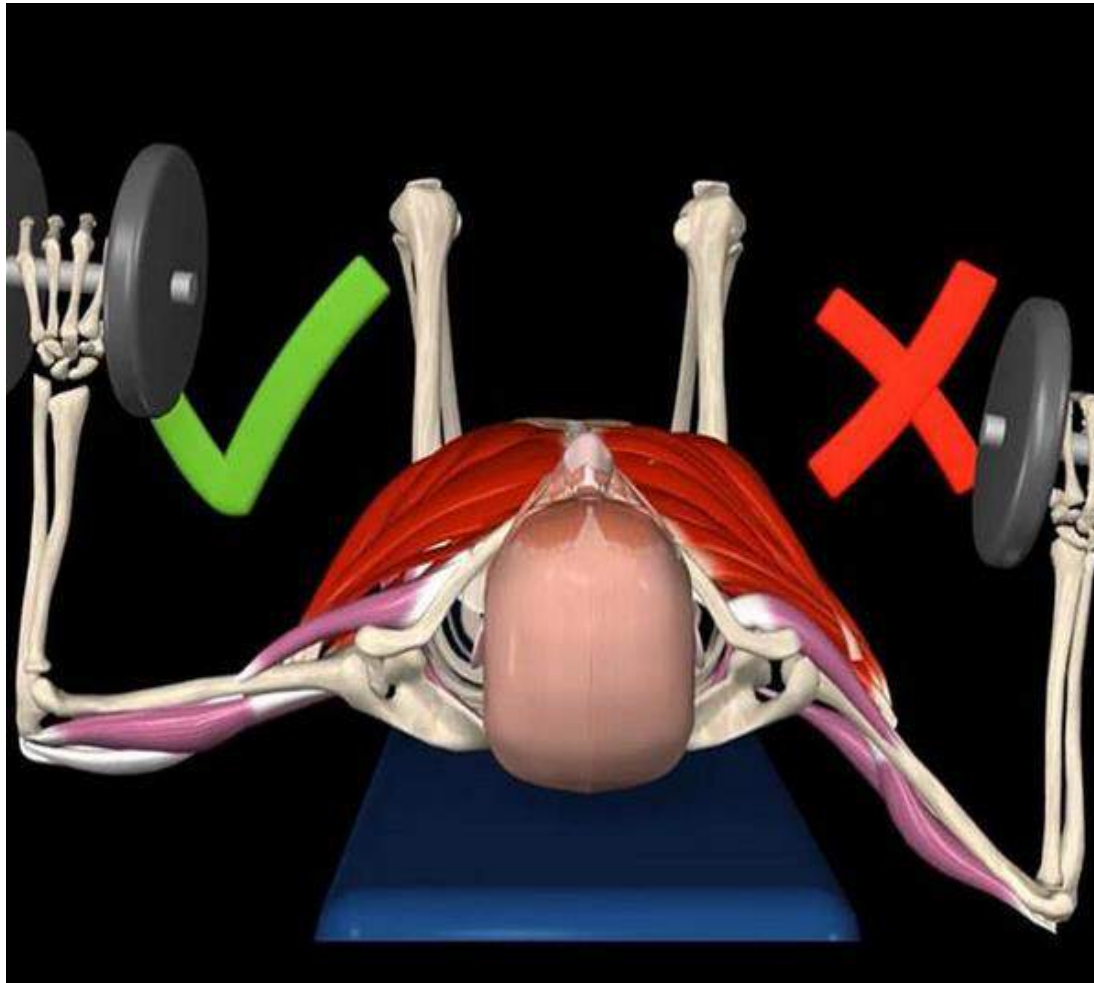




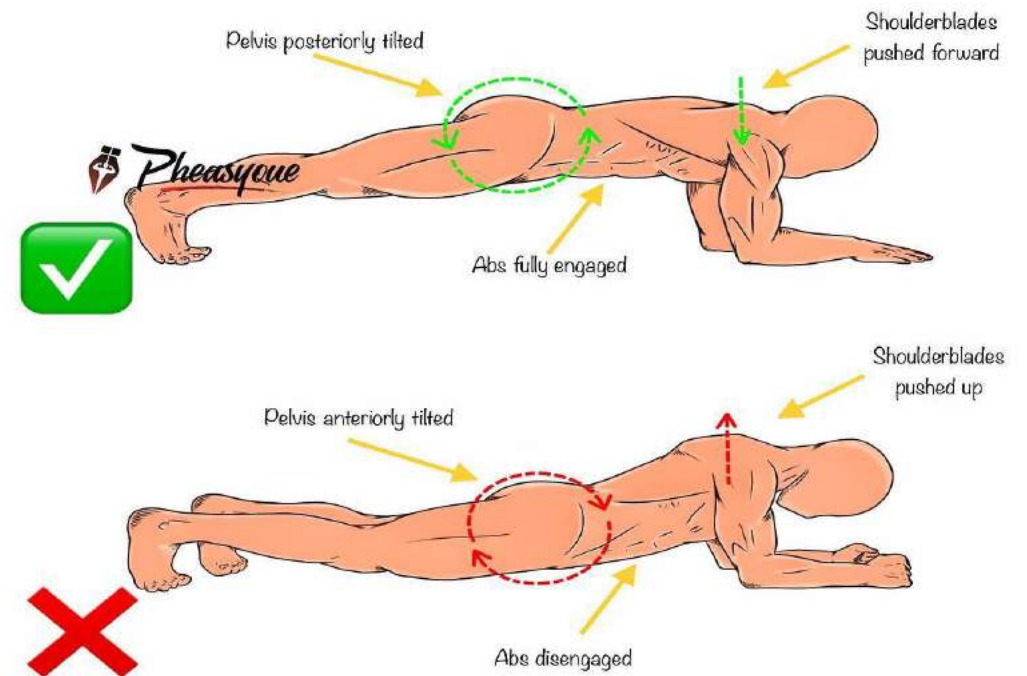


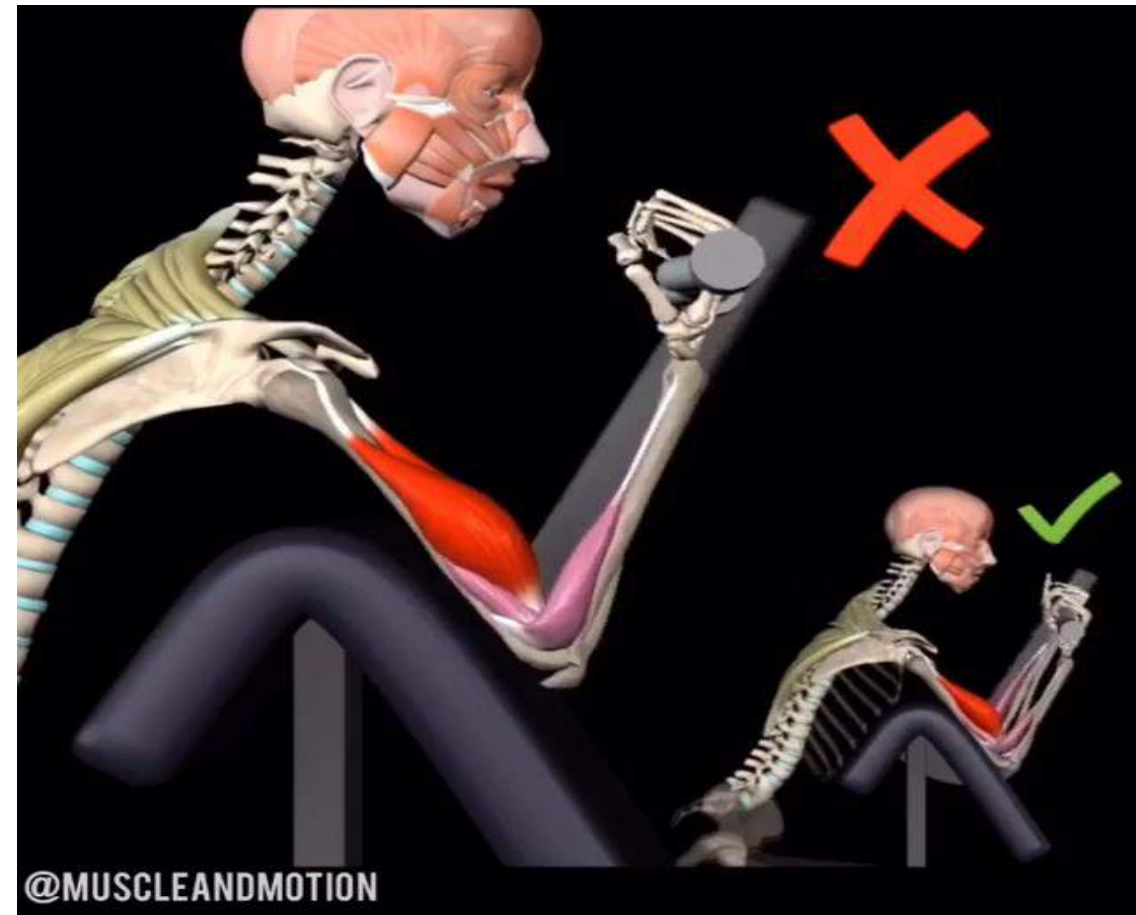




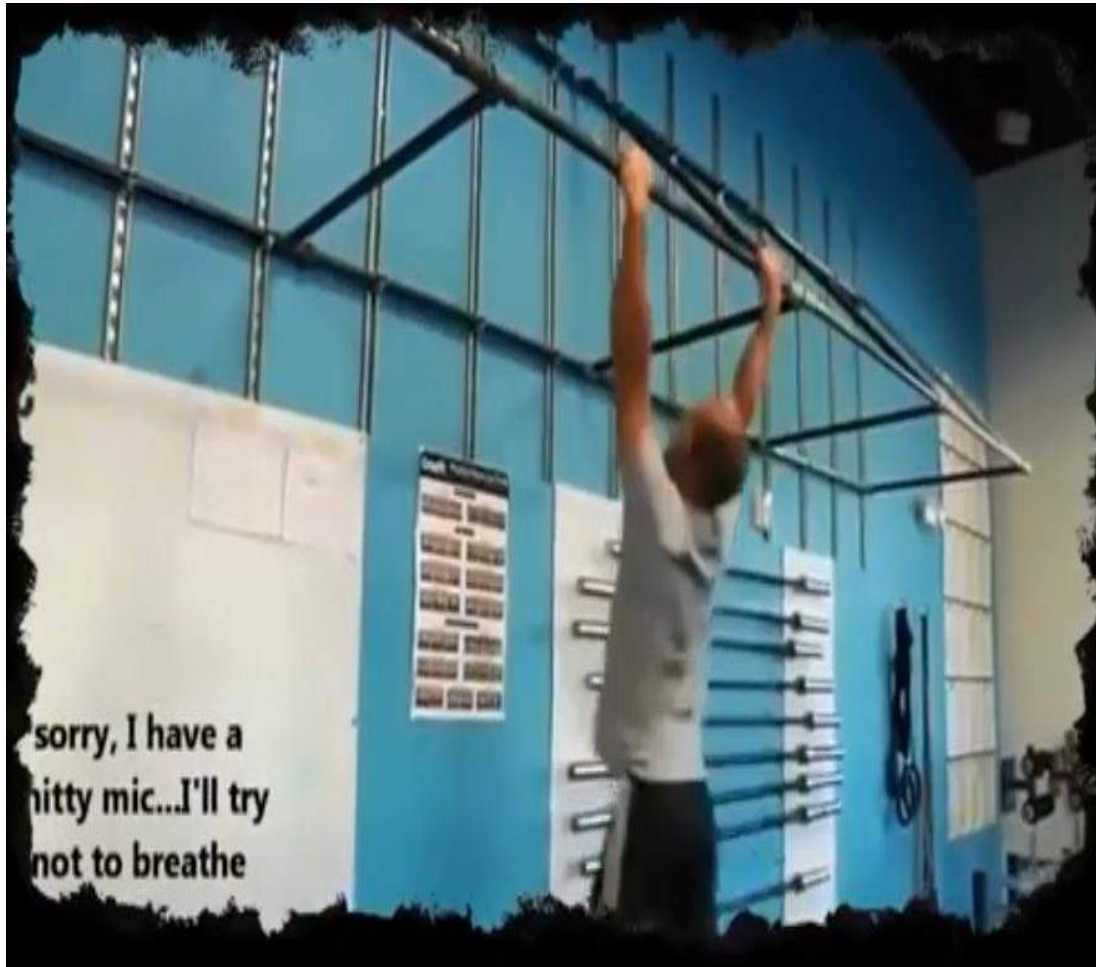


## HOW TO PLANK







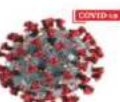


Sorry, I have a  
chitty mic...I'll try  
not to breathe



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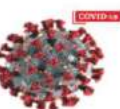


# Aquecimento



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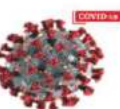
# Aquecimento

- Aumentar a prontidão mental e física
- Mitigar lesões e melhorar o desempenho
- Aumentar o fluxo sanguíneo, a temperatura muscular
- Ativar os principais grupos musculares e mobilizar as articulações



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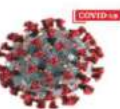


## - Lesões na Canoagem – Prevenção/Redução -



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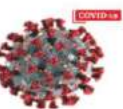


## - Lesões na Canoagem – Prevenção/Redução -



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- Lesões na Canoagem – Prevenção/Redução -

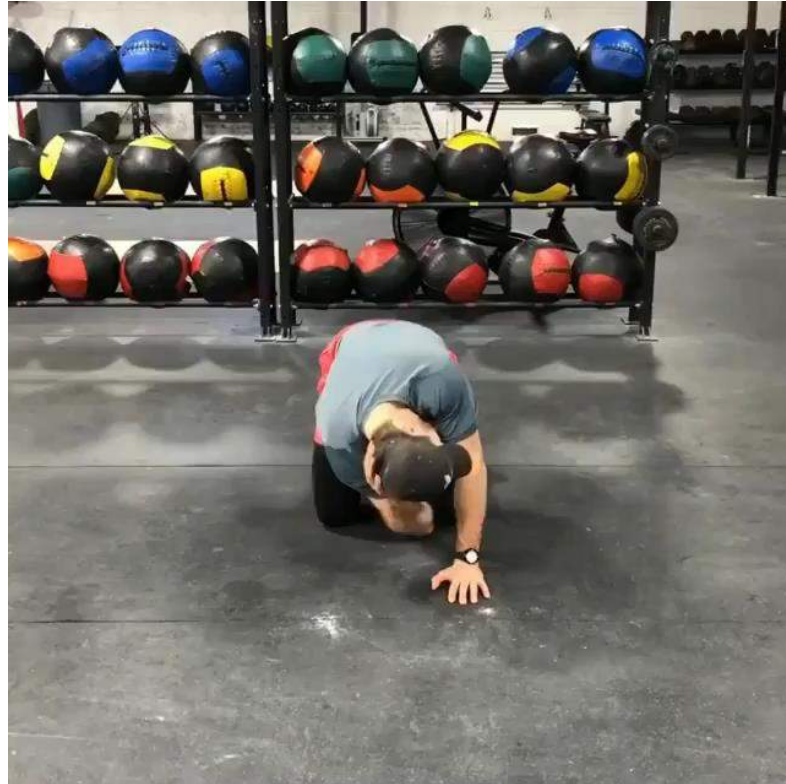


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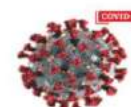






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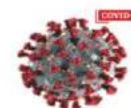


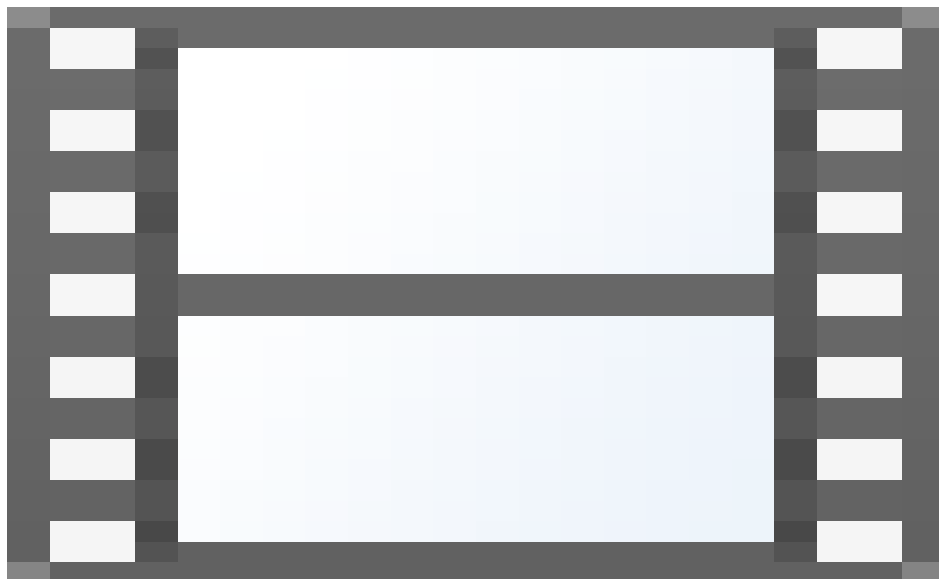
# Treino CORE



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# Treino CORE

## Level 1 (Hips flexed ~90 degrees)



- Keep abdominals tight
- Reach out as far as possible without letting back sag downward

## Level 2 (Hips flexed ~45 degrees)



- Keep abdominals tight
- Reach out as far as possible without letting back sag downward

## Level 3 (Hips flexed 20 degrees or less)



- Keep abdominals tight
- Reach out as far as possible without letting back sag downward

## Level 4 (On toes, feet wide)

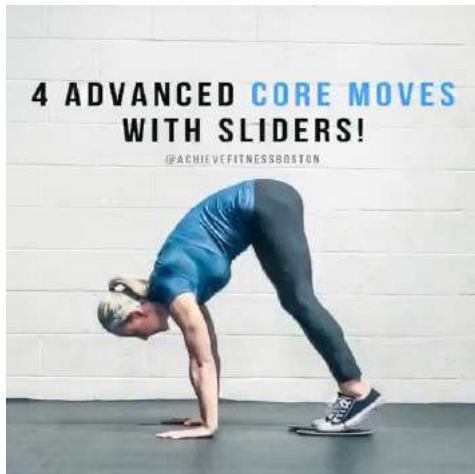


- Keep abdominals and glutes tight
- Reach out as far as possible without letting back sag downward

## Level 5 (On toes, feet narrow)



- Keep abdominals and glutes tight
- Reach out as far as possible without letting back sag downward









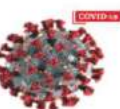


# Treino Ombro



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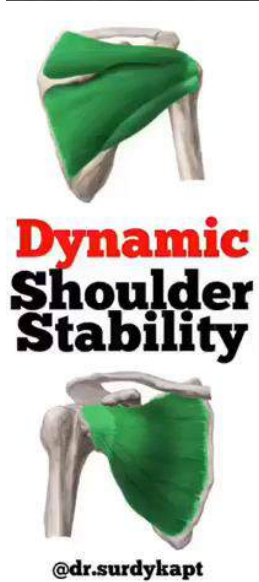
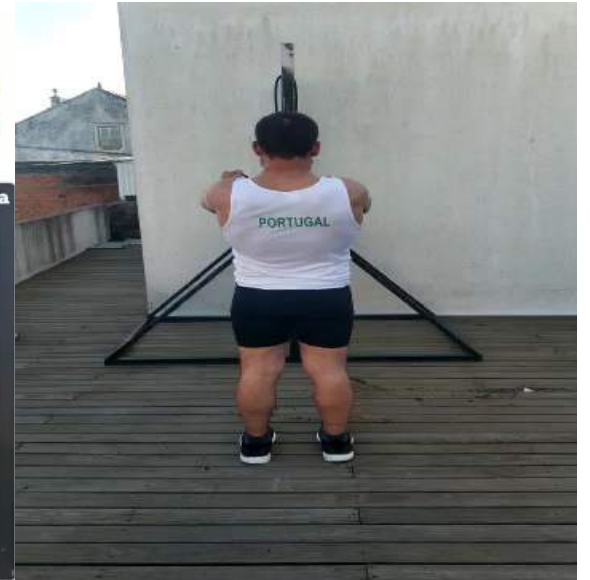
## HEALTHY SHOULDERS

(Band Drills)



## HEALTHY SHOULDERS

(Band Drills)







## Face Pull - Above head



- Sit back into a partial squat
- Pull fists (thumb first) above head while pulling elbows out as well
- Return to start and repeat



## Face Pull - to forehead



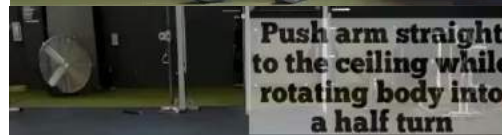
- Sit back into a partial squat
- Pull fists (thumb first) toward forehead while pulling elbows out as well
- Return to start and repeat

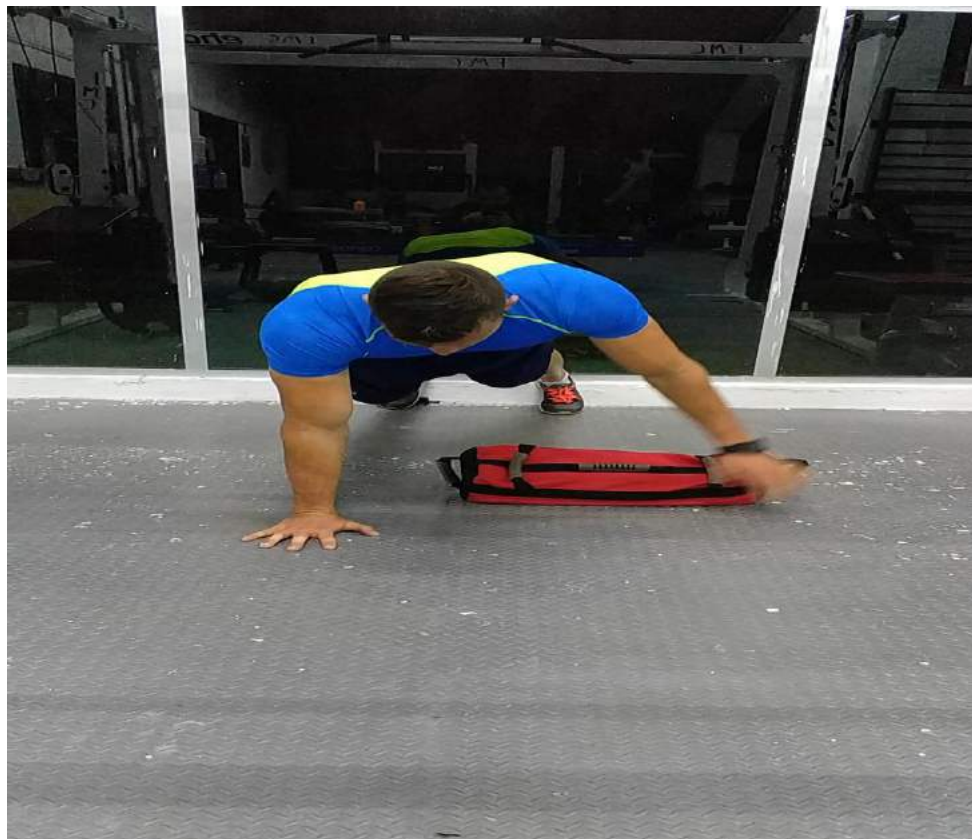
## Face Pull - to chin/mouth



- Sit back into a partial squat
- Pull fists (thumb first) toward chin/mouth while pulling elbows out as well
- Return to start and repeat











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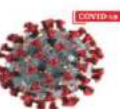


# Punho



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**Wrist Extension**



**Mobilization with Movement**

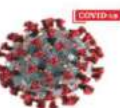


# Mobilidade



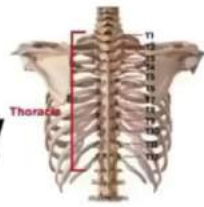
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# SPINE MOBILITY

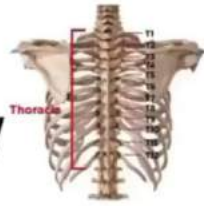


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## SEGMENTAL CAT COW



# SPINE MOBILITY



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## SEATED SEGMENTAL CAT COW



# SPINE MOBILITY

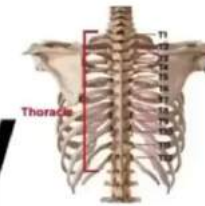


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## GLOBAL CAT COW



# SPINE MOBILITY

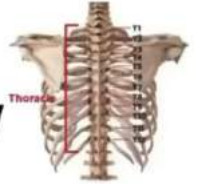


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## THORACIC CAT COW



# SPINE MOBILITY



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## LUMBAR CAT COW



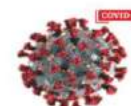


O que se faz lá fora.....



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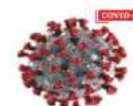






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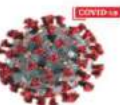


E quando há lesão... O que fazer???????



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## Effectiveness of 1% diclofenac gel in the treatment of wrist extensor tenosynovitis in long distance kayakers (2005)

### Practical implications:

- During competition, diclofenac gel gives no additional benefit over standard treatment of ice, massage and stretching for wrist extensor tenosynovitis.
- During competition, diclofenac gel does not improve performance when used in addition to standard treatment for wrist extensor tenosynovitis.
- Oral non-steroidal anti-inflammatory medication may be more beneficial than topical non-steroidal anti-inflammatory medication for the treatment of soft tissue injuries in athletes who continue to compete.

- Sports Medicine ACT, Suite 9 Calvary Clinic, Bruce, ACT 2617, Australia

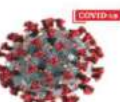
- Dept of Sports Medicine, Australian Institute of Sport, Bruce, ACT, Australia

- New Zealand Institute of Sport and Recreation Research, Auckland University of Technology, Auckland, New Zealand



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# Como Tratar????

"HI-RICE" – Hydration, Ibuprofen, Rest, Ice, Compression, and Elevation

"PRICE" – Protection, Rest, Ice, Compression, and Elevation

"PRICE" – Pulse (Typically Radial or Distal), Rest, Ice, Compression, and Elevation

"PRICES" – Protection, Rest, Ice, Compression, Elevation, and Support

"PRINCE" – Protection, Rest, Ice, NSAIDs, Compression, and Elevation

"RICER" – Rest, Ice, Compression, Elevation, and Referral

"DRICE" – Diagnosis, Rest, Ice, Compression, and Elevation

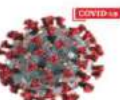
"POLICE" – Protection, Optimal Loading, Ice, Compression, and Elevation

<b>P</b>		<b>PROTECCIÓN</b> Cesar todas la actividades que provoquen dolor durante los primeros días.
<b>E</b>		<b>ELEVACIÓN</b> Mantener el miembro afectado en alto lo más a menudo posible, de manera que lo situemos más alto que el corazón.
<b>A</b>		<b>ANTI-INFLAMATORIOS, EVITARLOS</b> Abstenerse de tomar anti-inflamatorios y de aplicar hielo.
<b>C</b>		<b>COMPRESIÓN</b> Colocar un vendaje elástico, o mejor aun un taping compresivo, para reducir el hinchazón inicial.
<b>E</b>		<b>EDUCACIÓN</b> Enseñar las buenas prácticas con el fin de evitar los tratamientos pasivos innecesarios y todas las pruebas médicas innecesarias.
<b>&amp;</b>		
<b>L</b>		<b>LOAD (CARGA)</b> Cuantificar el estrés mecánico integrando las cargas y el movimiento, sin ocasionar dolor.
<b>O</b>		<b>OPTIMISMO</b> Tener confianza y ser positivo; condicionar al cerebro con vistas a una óptima recuperación.
<b>V</b>		<b>VASCULARIZACIÓN</b> Hacer actividad cardiovascular para irrigar los tejidos afectados y aumentar su metabolismo.
<b>E</b>		<b>EJERCICIOS</b> Favorecer una buena recuperación de la movilidad, la fuerza y la propiocepción adoptando un abordaje activo.



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@stayhomehealthy



@dr.caleb.burgess



@achievefitnessboston



@tony.comella



@muscleandmotion



@theptinitiative



@dr.giordina.dpt



@dr.samsplinelli



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@dr.surdykapt



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