Renforcement musculaire et Blood Flow Restriction en Kinésithérapie

Durée de la formation présentiel : 7 heures
Pré-requis : Diplôme d'Etat de Masseur-Kinésithérapeute ou équivalent
Formateur : Cyril Péna, Kinésithérapeute, Certificat de Thérapie Manuelle, Préparateur physique
- Modalité d'évaluation et de suivi : Formateur et stagiaires devront procéder à l''émargements de présence par demi-journée. Une attestation de formation sera fournie à chaque participant
- Thème : Prévention et prise en charge des pathologies neuro-musculoquelettiques : Renforcement musculaire et Blood flow restriction en kinésithérapie (BFR en kinésithérapie)

Description :
Le renforcement musculaire représente une phase essentielle de la rééducation des pathologies musculosquelettiques. Il doit être à la fois optimal mais aussi adapté à l'état clinique des patients (hydarthrose, statu inflammatoire) et, ou des contraintes articulaires de part charges additionnelles utilisées. Depuis les quelques dernières années, de nombreux cliniciens et chercheurs ont mis en évidence des méthodes de renforcement plus efficientes comme le renforcement avec restriction de flux sanguin ("*Blood flow restriction*"). Ce type de renforcement permet des gains trophiques musculaires significatifs et rapides, cardio-respiratoires et de fonction chez des patients avec très peu de charges additionnelles et de contraintes articulaires. Ce type de renforcement est sécuritaire et recommandé par plusieurs études scientifiques et revues systématiques récentes. Cette formation a pour objectif d'aborder ce nouvel outil rééducatif pour la pratique Kinésithérapique

Objectifs :
- Connaître les grands mécanismes physiologiques du renforcement musculaire et d'endurance cardio-respiratoire
- Connaître les indications et contre indications relative à l'utilisation du Blood Flow Restriction (restriction de flux sanguin)
- Être capable de mettre en place un protocole de renforcement musculaire et d'endurance cardio-respiratoire de restriction de flux sanguin adapté à chaque patient en fonction des données cliniques et de ses besoins
- Être capable de maîtriser les différents outils de pratique de la restriction de flux sanguin

Emploi du temps et programme

<u>8h30 – 9h00 :</u> Présentations et aperçu du cours (Théorie)
<u>9h00 – 10h00 :</u> Introduction, Généralités, physiologie musculaire, Mécanismes physiologiques du renforcement musculaire et d'endurance cardio-respiratoire (Théorie)
<u>10h00 – 10h30 :</u> Définitions du BRF, Indications et contre indications relative à l'utilisation du BFR (Théorie)
<u>10h30 – 10h45 :</u> Pause
<u>10h45 – 12h00 :</u> Applications cliniques et protocole du BFR pour le renforcement musculaire du membre inférieur et supérieur (Théorie & Pratique)
<u>12h00 – 12h30 :</u> Résumé et applications clinique (Théorie)
<u>12h30-13h30 :</u> Repas
<u>13h30 – 14h15 :</u> Mécanismes physiologiques de l'endurance cardio respiratoire (Théorie)
<u>14h15 – 15h30 :</u> Session pratique de mise en pratique du BFR pour le travail cardio respiratoire Théorie & Pratique)
<u>15h30 – 15h45 :</u> Pause
<u>15h45 – 16h45 :</u> Session pratique protocole BFR pour pathologies spécifiques (Théorie & Pratique)
<u>16h45 – 17h30 :</u> Conclusion (Théorie)

Méthode utilisée :

Cette formation se réalisera sous la forme HAS de pédagogie cognitive collective (présentielle) avec une répartition théorique/pratique à 40%/60% comportant :
- Une analyse des pratiques professionnelles (APP) sous forme de questionnaires (voir questionnaire électronique)
- Une acquisition de connaissances théoriques (synthèse de l'état de la science) sous forme de communications magistrales
- Les messages-clé synthétisées sur des documents écrits seront fournis permettant le transfert des acquis sur le terrain.
- Un dispositif de suivi par emails ou session de révision d'analyse et de modifications de pratique afin de mesurer les changements de pratique à la suite de la formation.

A ceci s'ajoute :
- La formation comprend des étapes magistrales et pratiques (réalisation des techniques).

Une évaluation de la formation en fin de formation par les participants ainsi qu'une évaluation par QCM des acquis en fin de formation

Outils pédagogiques mobilisés :

Un support de cours en français illustré détaillant la présentation power point sera fourni. Ce support de cours reprend les aspects théoriques, clinique et techniques du contenu de la formation. Le lieu de stage comprend un système de projection, d'un paper board, de tables d'examen, matériel et machines spécifiques de traitement. Un organisateur représentant l'organisme de formation sera présent tout au long de la formation pour assurer la partie logistique de la formation.

Un support de cours en français illustré détaillant la présentation power point sera fournie. Ce support de cours reprend les aspects théoriques, clinique et techniques du contenu de la formation. La formation comprend des travaux pratiques et des études de cas cliniques. Le lieu de stage comprend un système de projection, d'un paper board, de tables d'examen et d'outils de Blood Flow Restriction en Kinésithérapie

Bibliographie de la formation :

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