Prise en charge des pathologies du coureur à pied

A – Programme détaillé

Durée = 15h00
Nombre de stagiaires = 20 maximum
Formateur = Cédric ROBERT – Masseur-Kinésithérapeute

1 – Résumé et Objectifs :

Contexte :

La compréhension, la rééducation, la prise en charge des pathologies liées à la course à pied (du sport-santé à la compétition) ont évolué profondément et très rapidement ces dernières années, notamment sous l'impulsion de la recherche française et internationale. La visée de ce stage est de permettre une remise à jour complète des savoirs et savoir-faire afin de les rendre conformes aux connaissances actuelles de la biomécanique à la physiopathologie, du bilan au traitement en passant par des travaux pratiques.

Objectifs :

Objectifs généraux :

Le participant sera capable après une analyse de la pratique actuelle et des recommandations de :

- Mobiliser, en situation de soins, différents savoirs et capacités conformes aux données actuelles de la science et aux publications et recommandations de l'HAS :
  - savoir de connaissances ;
  - savoir de techniques pratiques ;
  - savoir-faire opérationnel ;
  - savoir relationnel.
- Analyser et évaluer un patient, sa situation et élaborer un diagnostic kinésithérapique
- Concevoir et conduire un projet thérapeutique kinésithérapique, adapté au patient et à sa situation
- Intégrer l'aspect économique dans sa réflexion au quotidien lors des prises en charge des patients.

Objectifs spécifiques :

A l'issue de la formation, le professionnel sera capable de :

- Comprendre les différents causes pouvant occasionner des micro-traumatismes, des blessures et troubles musculo-squelettiques (TMS) chez les personnes pratiquant la course à pied
- Maitriser l'analyse de la locomotion
- Savoir concevoir organiser et mettre en œuvre un bilan kinésithérapique (BDK) adapté aux besoins spécifiques de la personne dans le cadre des blessures ou lésions du coureur
- Savoir appréhender les facteurs de risques et la typologie des potentielles blessures ou lésions
- Savoir concevoir, organiser, planifier et mettre en œuvre un traitement kinésithérapique
- Savoir intégrer la dimension éducative
- Maitrise les données de la littérature sur les principales pathologies du coureur à pied
- Connaître les lignes directrices de la prise en charge kinésithérapique des pathologies :
  - Tendineuses
  - Musculaires
  - Chondrales
  - Osseuses
- Savoir mettre en œuvre une action d'éducation visant à prévenir les blessures ou leur récidive.

Résumé :

Grands lignes du contenu qui sera détaillé dans le déroulé pédagogique- contenu théorique , technologique et pratique :

- les facteurs de risque concourant à augmenter le risque de blessures ou de pathologies chez le coureur à pied
- le bilan kinésithérapique : analyse et mesure des déficiences
- le diagnostic kinésithérapique : intégration des résultats du bilan, projet thérapeutique et axe éducatif du patient
- les prises en charge spécifiques des différentes pathologies :
  - Tendineuses
  - Musculaires
  - Chondrales
  - Osseuses

2 – Déroulé pédagogique :

Méthodologie :

- Questionnaire pré-formation (Q1) dans le mois qui précède la formation présentielle
- Restitution au formateur des résultats de ce questionnaire, question par question, au groupe et à chaque stagiaire
- Partie présentielle d'une durée de 15h comportant :
  - des échanges sur les résultats du questionnaire pré-formation,
  - un face à face pédagogique d'enseignement cognitif, selon les méthodes pédagogiques décrites ci-dessous, principalement centré sur les problèmes ou lacunes révélés par les questionnaires,
- Questionnaire post-formation (Q2) dans le mois qui suit la formation présentielle
- Restitution individuelle au stagiaire de l'impact de la formation sur la pratique professionnelle
- Restitution statistique, au formateur, de l'impact de sa formation sur la pratique des stagiaires

Programme

Premier jour : 9h00-12h30 & 13h30-17h00

Objectifs :

A l'issue de la première journée de formation, le professionnel sera capable de :

- Comprendre les différents causes pouvant occasionner des micro-traumatismes, des blessures et troubles musculo-squelettiques (TMS) chez les personnes pratiquant la course à pied
- Maitriser l'analyse de la locomotion
- Savoir concevoir organiser et mettre en œuvre un bilan kinésithérapique (BDK) adapté aux besoins spécifiques de la personne
- Savoir appréhender les facteurs de risques et la typologie des potentielles blessures ou lésions
- Savoir élaborer un diagnostic kinésithérapique spécifique intégrant les besoins fonctionnels spécifiques et les facteurs de risque.

Contenus :

Matin - 9h00-9h30

Restitution des grilles pré-test et tour de table

9h30-12h30

1- Comprendre quels sont les facteurs concourant à augmenter le risque de blessures ou de pathologies chez le coureur à pied (loisir, sport-santé ou compétition) ?

- Epidémiologie des principales blessures liées au surentraînement (musculaires, tendineuses, osseuses)
- Les défauts de foulée et leur conséquence sur les troubles musculo-squelettiques et les blessures liées à la course à pied
- Avant (prévention) ou après une pathologie, quelle chaussure de course choisir ?
- La surface de course et les risques micro-traumatiques ou traumatiques
- Réduire les blessures liées au défaut d'entrainement

Après-midi
13h30-15h30

2- Le Bilan Kinésithérapique

- Analyse et mesure des déficiences et de leur conséquence (instruments de mesure, tests, échelles et scores recommandés)
- Analyse et mesure des limitations ou modification fonctionnelles (échelles et scores recommandés)
- Analyse et déficience des conséquences

15h30-17h00

3- Diagnostic kinésithérapique

- Intégrer les résultats du bilan et les mettre en perspective avec les particularités du patient
- Elaborer un projet thérapeutique conjointement avec le patient
- Définir l'axe éducatif

Deuxième jour : 9h00-12h30 & 13h30-17h00

Objectifs :

A l'issue de la seconde journée, le kinésithérapeute sera capable de :

- Maitrise les données de la littérature sur les principales pathologies du coureur à pied
- Connait les lignes directrices de la prise en charge kinésithérapique des pathologies :
  - Tendineuses
  - Musculaires
  - Chondrales
  - Osseuses

Contenus :

Matin

***4.* Pathologies du coureur et Prise en charge kinésithérapique**

9h00-10h30

- Le syndrome fémoro-patellaire et sa prise en charge kinésithérapique (PECK)

10h30-12h30

- Les chondropathies du genou et de la hanche et PECK
- Les autres pathologies articulaires du pied et PECK

Après-midi

5. **Pathologies du coureur et les techniques kinésithérapiques (Suite)**

13h30-14h30

- L'excès de charge - RISK management

14h30-15h30

- Le syndrome de la bandelette ilio-tibiale et PECK

15h30-16h30

- Tendinopathie : rotulienne, patte d'oie, Achille, fasciapathie plantaire, ischios-jambiers et PECK
- Les autres pathologies musculo-tendineuses et leur PECK

16h30-17h00

- Pathologies osseuses, les fractures de fatigue et leur PECK

17h00 - Synthèse et clôture

B – Méthodes pédagogiques mises en œuvre

Les savoirs et savoir-faire portant sur les prises en charge des pathologies du coureur à pied ont énormément évolué sous l'effet de la recherche médicale et la recherche en kinésithérapie. Les stagiaires n'arrivent pas "vierges de savoirs", mais avec des savoirs partiellement (voire en grande partie) obsolètes.

Afin de résoudre cette problématique, différentes méthodes pédagogiques sont employées en alternance, au fur et à mesure du déroulement de la formation :

- Méthode participative - interrogative : les stagiaires échangent sur leurs pratiques professionnelles, à partir de cas cliniques et des résultats des grilles pré-formation (pré-test)
- Méthode expérientielle : modèle pédagogique centré sur l'apprenant et qui consiste, après avoir fait tomber ses croyances, à l'aider à reconstruire de nouvelles connaissances
- Méthode expositive : le formateur donne son cours théorique, lors de la partie cognitive
- Méthode démonstrative : le formateur fait une démonstration pratique, sur un stagiaire ou un modèle anatomique, devant les participants lors des TP
- Méthode active : les stagiaires reproduisent les gestes techniques, entre eux, par binôme.
- Méthode par "Présentation de cas cliniques interactifs " : Le format pédagogique se fonde sur l'intérêt d'analyser en groupe la situation clinique d'un patient. Les stagiaires résolvent le cas en élaborant par petits groupes une analyse et des propositions en réponse.

Afin d'optimiser la mise en œuvre de ces méthodes, les supports et matériels mis à disposition sont :

- Projection PPT du cours, polycopié et / ou clé USB reprenant le PPT
- Tables de pratiques, modèles anatomiques osseux et musculaires.

C – Méthodes d'évaluation de l'action proposée

- Évaluation « Q1 » (pré-test) et « Q2 » (post test)
- Questionnaire de satisfaction immédiat et à distance

D – Référence recommandation bibliographie

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