

# THE CAR MODEL FOR PHYSIOTHERAPY



## OBJECTIVE

Preventing injury, physical rehabilitation for injured athletes and working on training methods for post-exercise recovery

## HOW DO WE ACHIEVE THIS?

By working in a team with a multidisciplinary vision that combines different aspects of science, medicine and technology

By teaching athletes about the purpose and benefits of physiotherapy

## WORK AREAS

### PREVENTION

#### Avoiding Injury

Identifying the causes of the injury and the risk factors for every sport

Planning training routines to prevent injury

### RECOVERING AFTER EXERCISE

#### Post-fatigue techniques

Physical and manual recovery measures to avoid or minimize fatigue and muscle overload

#### Combined workflows

MANUAL TECHNIQUES

HYDROTHERAPY TECHNIQUES

### Methodology

### REHABILITATION

#### If an injury occurs

## TRAINING + COMPETITION

### INJURY

### MEDICAL DISCHARGE

4th step

MEDICAL DISCHARGE

1st step

MEDICAL DIAGNOSIS

2nd step

TREATMENT FOLLOWING AN INJURY

Stage 1

Passive exercise focused on reducing pain and controlling inflammation.

Stage 2

Functional training specifically aimed at strengthening the physical abilities of the injured area.

3rd step

PHYSICAL REHABILITATION

Stage 3

The final stage of the injury, where normal training conditions are resumed.

Stage 4

Achieving the ideal physical condition for maximum athletic performance.