



# EVALUACIÓN DE LESIONES Y DISEÑO DE UN PROGRAMA DE REHABILITACIÓN FÍSICA EN DEPORTES INDIVIDUALES Y DE CONJUNTO: *HPER - 3380*

**Prof. Edgar Lopategui Corsino**  
*M.A., Fisiología del Ejercicio*

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[saludmedpr@gmail.com](mailto:saludmedpr@gmail.com)

 Curso: <http://www.saludmed.com/rehablesiones/rehablesiones.html>



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- **Presentación**
- **Asuntos importantes del curso**
- **Expectativas del curso**
- **Recursos para el curso**
- **Centro de Desarrollo de Emprendedores (CDE) y Equipo Estudiantes Emprendedores (EEE)**
- **Preguntas**



# PRESENTACIÓN:

## *PROFESOR Y ESTUDIANTES*



# PRESENTACIÓN DEL PROFESOR

## CURSO:

**HPER-3380: *Evaluar Lesiones Rehab Física Deportes***

**Sección: 6068, MW, 12:00 m.d. - 1:55 p.m., Salón 513**



**Verificar Matrícula**

## Profesor:

**Edgar Lopategui Corsino**

- **B.A., *Educación Física***
- **M.A., *Fisiología del Ejercicio***
- **+30 Años de *Experiencia Pedagógica***
- **Pasión: *Correr, Jugar Tenis, Emprender***





# PRESENTACIÓN: ***PROF. EDGAR LOPATEGUI CORSINO***

## **Contacto:**

**E-Mail:** elopategui@intermetro.edu  
saludmedpr@gmail.com  
Correo interno de Blackboard

**Web:** <http://www.saludmed.com>

**Tel: Móvil y Texto:** (787) 433-1540  
**Inter:** (787) 250-1912, X2286, 2245

### **Horas de Oficina:**

**MW:** 2:00 p.m. - 4:00 p.m.

**TR:** 4:00 p.m. - 6:00 p.m.

**F:** **CITA:** Horario Pendiente  
**TEXTO:** Cualquier Hora



# ASUNTOS IMPORTANTES DEL CURSO



# **ASUNTOS IMPORTANTES *DEL CURSO:***

- **Lecturas requeridas para la próxima clase**
- **Asignaciones y evaluaciones ha ser completadas para la próxima reunión del curso**
- **Normas de la Clase**
- **Misión de la Universidad**



# ASUNTOS IMPORTANTES DEL CURSO: ***LECTURAS PRIORITARIAS***

➤ **Leer esta presentación:**

[http://www.saludmed.com/rehablesiones/presentaciones/P1\\_B-O\\_Fundamentos\\_HPER-3380.pdf](http://www.saludmed.com/rehablesiones/presentaciones/P1_B-O_Fundamentos_HPER-3380.pdf)

➤ **Leer la orientación del curso:**

[http://www.saludmed.com/rehablesiones/bienvenida/I1\\_B-O\\_Orientacion\\_HPER-3380.html](http://www.saludmed.com/rehablesiones/bienvenida/I1_B-O_Orientacion_HPER-3380.html)

➤ **Leer el prontuario:**

[http://www.saludmed.com/rehablesiones/prontuario/HPER-3380\\_PRN.pdf](http://www.saludmed.com/rehablesiones/prontuario/HPER-3380_PRN.pdf)





## **ASUNTOS IMPORTANTES DEL CURSO: *LECTURAS PRIORITARIAS***

➤ **Leer página de módulos instruccionales:**

[http://www.saludmed.com/rehablesiones/contenido/Modulos\\_HPER-3380.html](http://www.saludmed.com/rehablesiones/contenido/Modulos_HPER-3380.html)

➤ **Leer la página principal del curso:**

<http://www.saludmed.com/rehablesiones/rehablesiones.html>

➤ **Leer el trabajo final del curso - *Tareas*:**

[http://www.saludmed.com/rehablesiones/evaluacion/Tareas\\_HPER-3380.html](http://www.saludmed.com/rehablesiones/evaluacion/Tareas_HPER-3380.html)



# **ASUNTOS IMPORTANTES DEL CURSO: *EVALUACIÓN PRIORITARIA***

➤ **Completar presentación de los estudiantes:**

*[http://www.saludmed.com/rehablesiones/evaluacion/T1\\_B-O\\_Present\\_Est\\_HPER-3380.html](http://www.saludmed.com/rehablesiones/evaluacion/T1_B-O_Present_Est_HPER-3380.html)*

➤ **Realizar la reflexión inicial del curso**

*[http://www.saludmed.com/rehablesiones/evaluacion/A1\\_B-O\\_Reflexion\\_Inicial\\_HPER-3380.html](http://www.saludmed.com/rehablesiones/evaluacion/A1_B-O_Reflexion_Inicial_HPER-3380.html)*

➤ **Completar la prueba corta:**

*[http://www.saludmed.com/rehablesiones/evaluacion/PC1\\_B-O\\_Orientacion\\_HPER-3380.pdf](http://www.saludmed.com/rehablesiones/evaluacion/PC1_B-O_Orientacion_HPER-3380.pdf)*



## **ASUNTOS IMPORTANTES DEL CURSO: *NORMAS DE LA CLASE***

- **No incurrir en palabras impropias**
- **Evitar textear y usar el celular**
- **Procurar no abandonar la clase sin informarlo al profesor**
- **Suprimir los comentarios sexistas, xenofóbicos y homofóbicos**





# RECURSOS:



***LIBROS***



***ARTÍCULOS***



***DVD/VIDEOS***



***ORGANIZACIONES***



**REFERENCIAS FUNDAMENTALES:**

***LECTURAS RECOMENDADAS:***

**LIBROS**



2016

FOURTH EDITION

# THERAPEUTIC EXERCISE FOR MUSCULOSKELETAL INJURIES

Includes access to  
40 online videos  
demonstrating  
proper technique



Peggy A. Houglum

Houglum, P. A. (2016).  
*Therapeutic Exercise  
for Musculoskeletal  
Injuries* (4ta. ed.).  
Champaign, IL: Human  
Kinetics. 1040 pp.





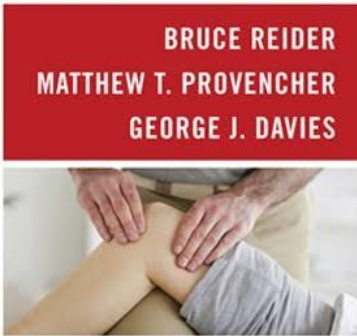


2015

# ORTHOPAEDIC REHABILITATION OF THE ATHLETE

GETTING BACK IN THE GAME

BRUCE REIDER  
MATTHEW T. PROVENCHER  
GEORGE J. DAVIES

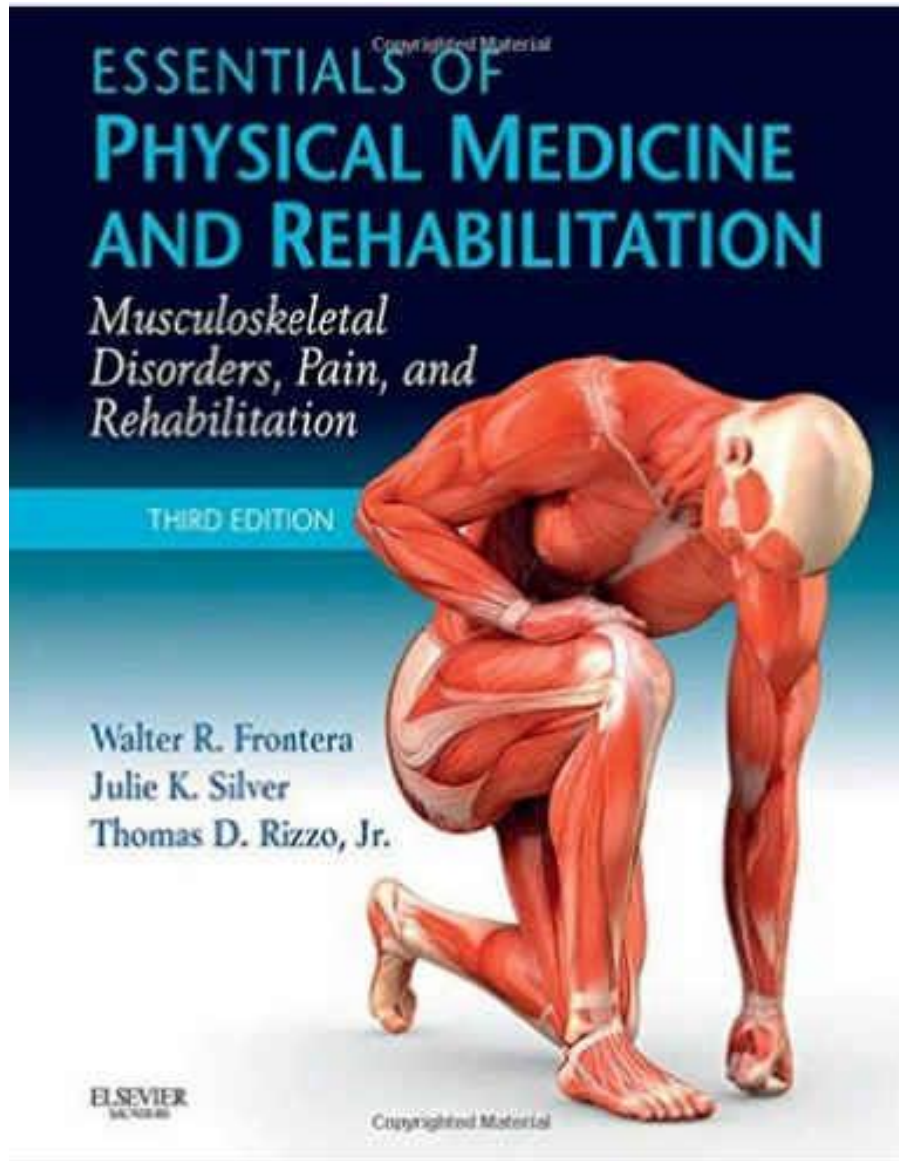


ELSEVIER  
SAUNDERS

Reider, B. C., Davies, G. J., & Provencher, M. T. (Eds.). (2015). *Orthopaedic Rehabilitation of the Athlete: Getting Back in the Game*. Philadelphia, PA: Saunders, an imprint of Elsevier Inc. 1614 pp.

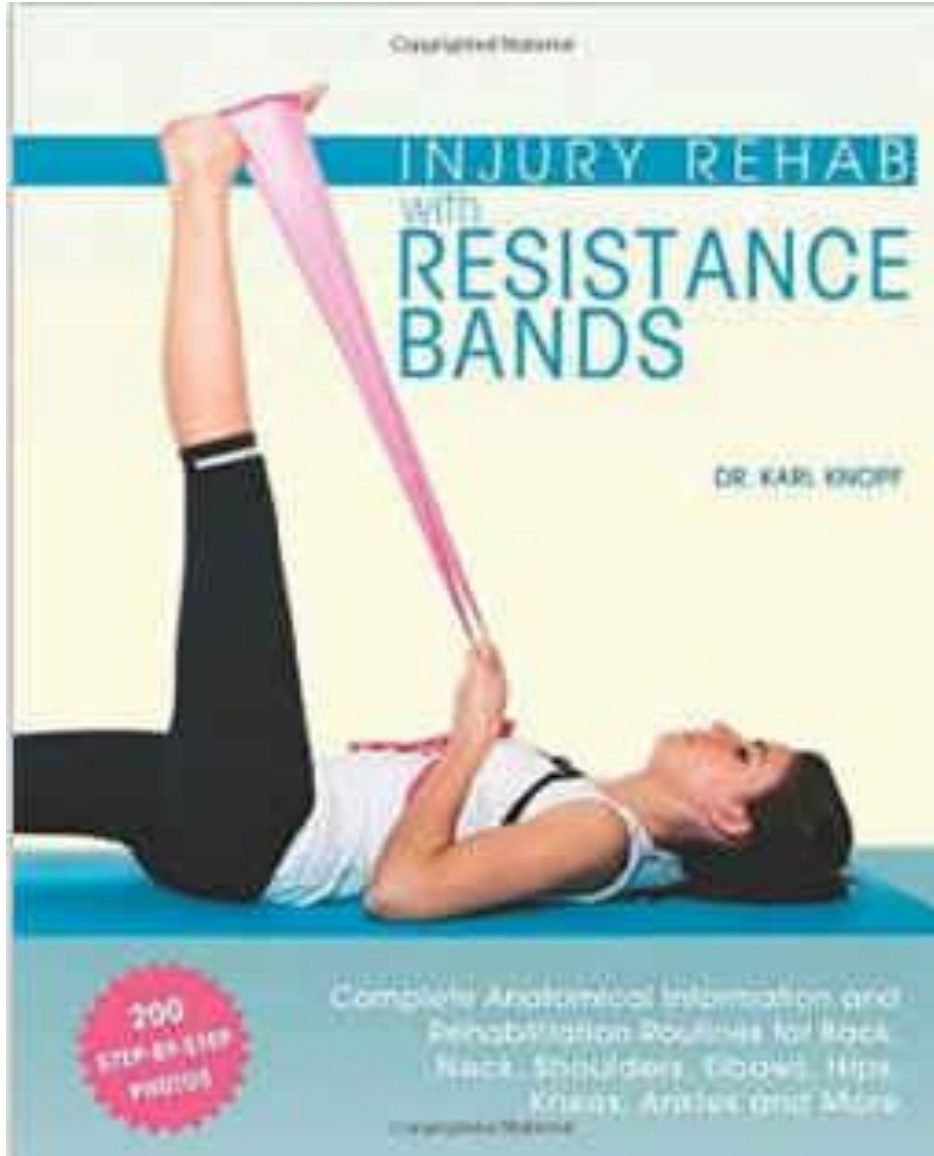


2015



Frontera, W. R., Silver, J. K., & Rizzo Jr., T. D. (2015). *Essentials of Physical Medicine and Rehabilitation: Musculoskeletal Disorders, Pain, and Rehabilitation* (3ra. ed.). Philadelphia, PA: Saunders, an imprint of Elsevier Inc. 919 pp.

2015



Knopf, K. (2015).  
***Injury Rehab  
with Resistance  
Bands.*** Berkeley,  
CA: Ulysses Press.  
144 pp.



2014

ROUTLEDGE  
INTERNATIONAL  
HANDBOOKS



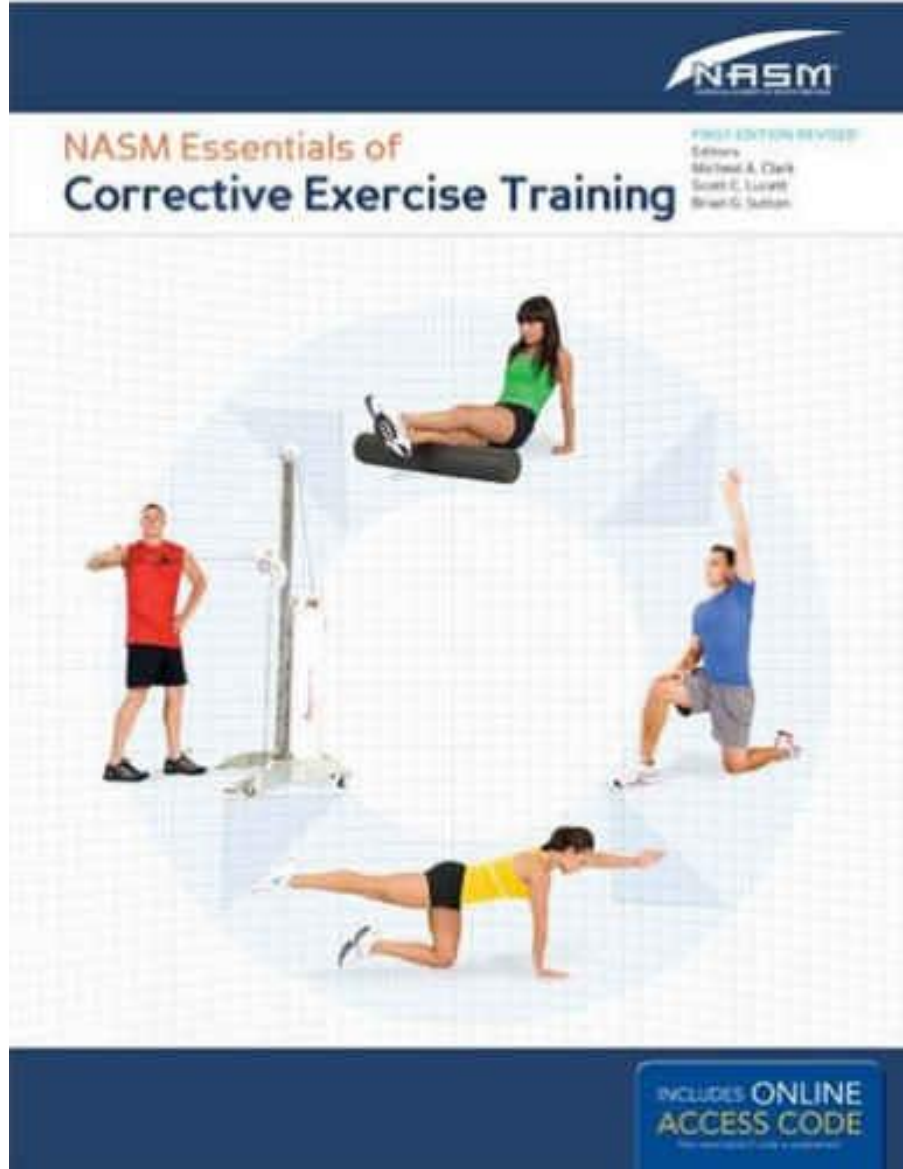
Routledge Handbook  
of Sports Therapy,  
Injury Assessment and  
Rehabilitation

Edited by Keith Ward

Ward, K. (Ed.). (2014).  
***Routledge Handbook  
of Sports Therapy,  
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and Rehabilitation.***  
New York: Routledge  
Taylor & Francis Group.  
648 pp.



2014



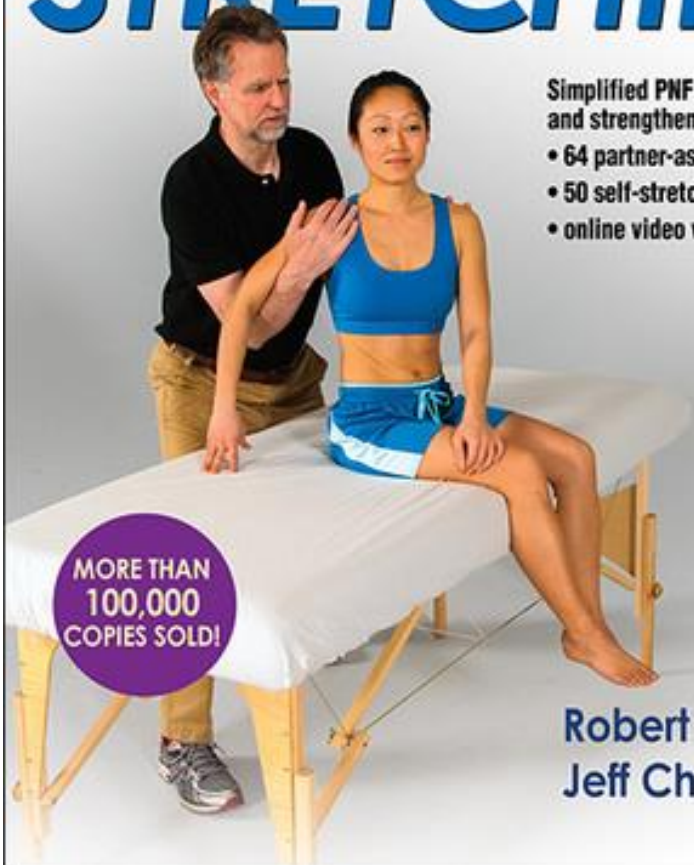
Clark, M. A., & Lucett, S. C. (Eds.) (2014). *NASM's Essentials of Corrective Exercise Training*. (Ed. Rev.). Burlington, MA: Jones & Bartlett Learning. 438 pp.



2014

FOURTH EDITION

# Facilitated STRETCHING



Simplified PNF stretching  
and strengthening with

- 64 partner-assisted stretches
- 50 self-stretches
- online video with over 90 stretches

MORE THAN  
100,000  
COPIES SOLD!

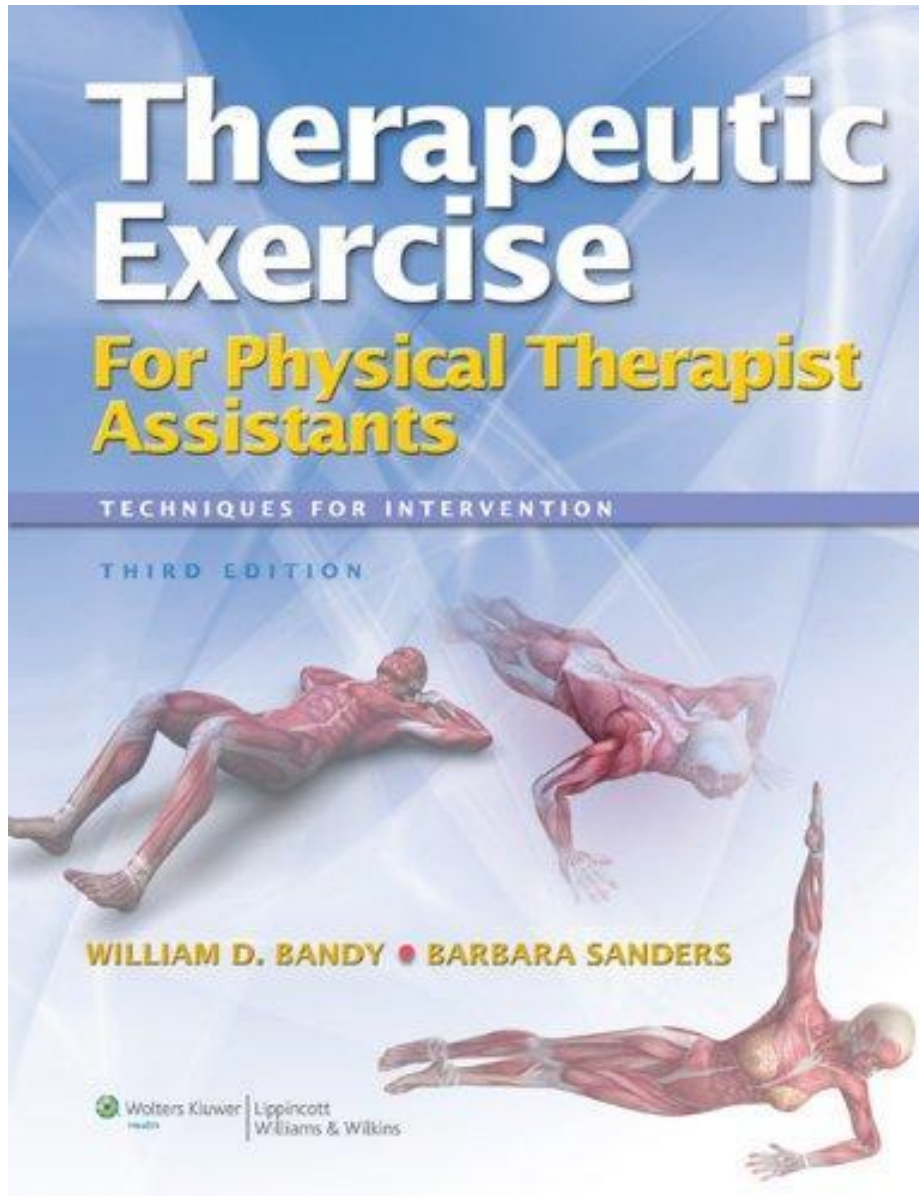
Robert E. McAtee  
Jeff Charland

McAtee, R. E., &  
Charland, J. (2014).  
*Facilitated  
Stretching* (4ta. ed.).  
Champaign, IL:  
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pp.





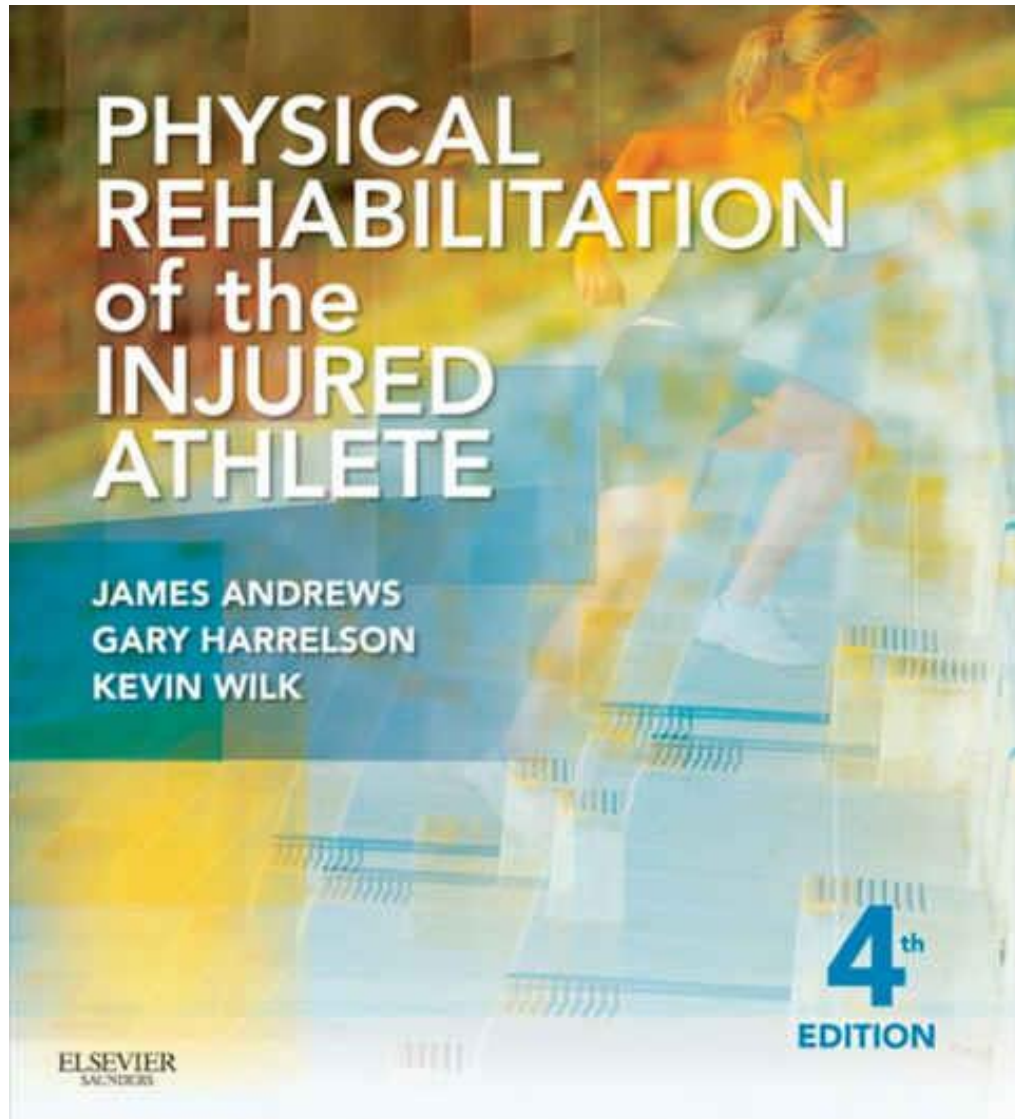
**2013**



Bandy, W. D. (2013).  
***Therapeutic Exercise for Physical Therapist Assistants.***  
Philadelphia, PA:  
Lippincott Williams &  
Wilkins - Wolters  
Kluwer Health. 538 pp.1



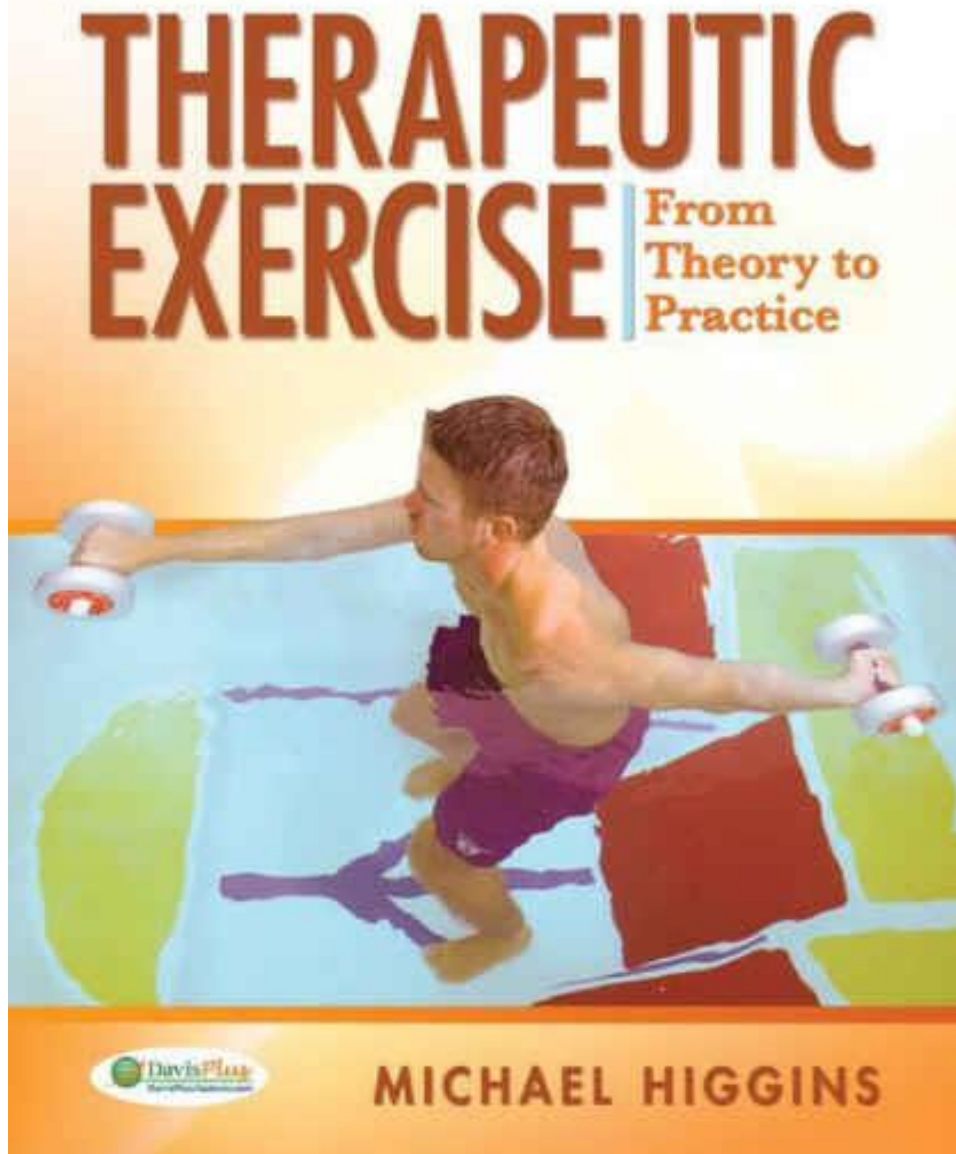
2011



Andrews, J.,  
Harrelson, G., & Wilk,  
K. (2011). *Physical  
Rehabilitation of  
the Injured Athlete*  
(4ta. ed.).  
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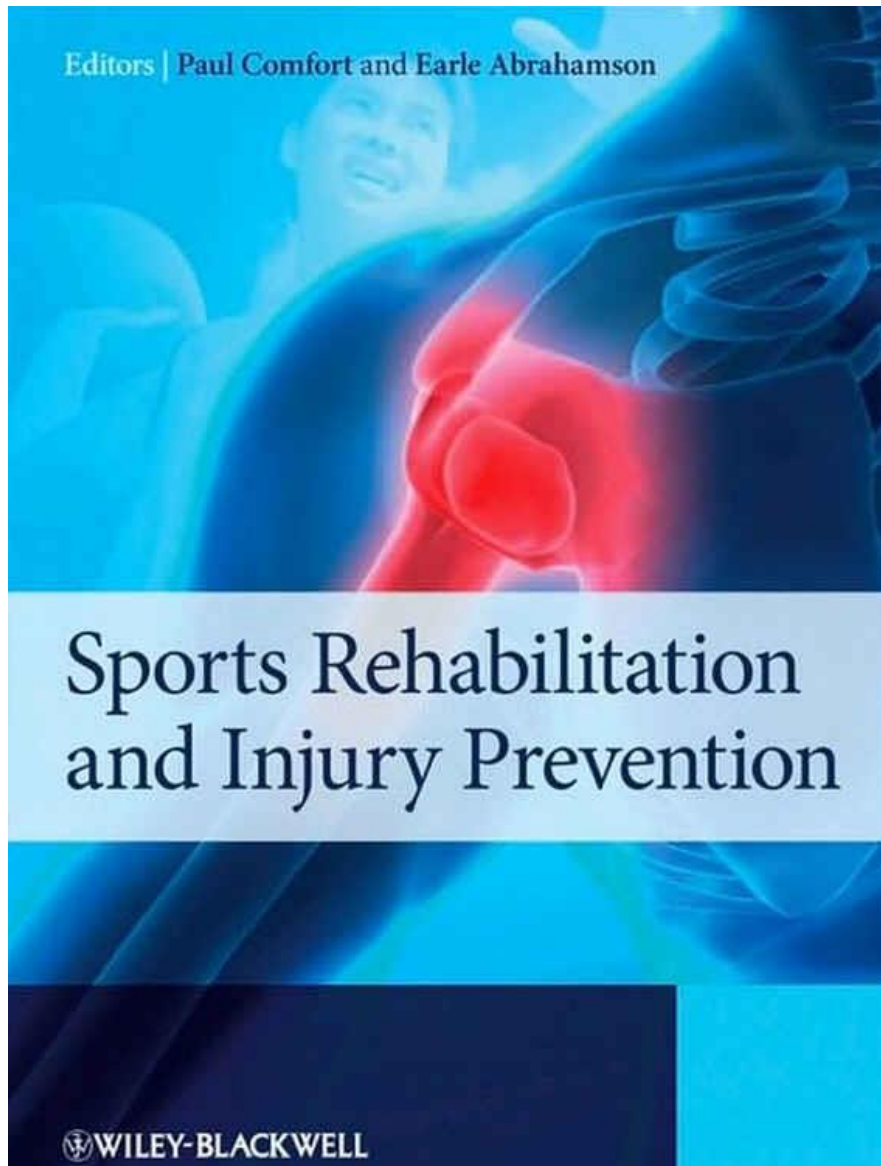
2011



Higgins, M. (2011).  
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Exercise: From  
Theory to Practice.*  
Philadelphia, PA: F.A.  
Davis Company. 800  
pp.



2010



Comfort, P., &  
Abrahamson, E. (Eds.).  
(2010). ***Sports  
Rehabilitation and  
Injury Prevention.***  
Hoboken, NJ: Wiley-  
Blackwell (John Wiley &  
Sons, Ltd.). 548 pp.



**REFERENCIAS FUNDAMENTALES:**

***LECTURAS RECOMENDADAS:***

**ARTÍCULOS**



**ASOCIACIONES  
SOCIEDADES Y  
GRUPOS**

# MS Athletic Training



- Clinical Examination
- Health Promotion
- Professional Development

Home

## User login

Please use your member ID and password to login.

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Password: \*

Remember me

[Login](#)

### NPI Contest 2014

We're launching a contest at the convention to see which district can gain the most NPI numbers. Help your district win and be eligible for individual prizes!

[Read more...](#)

## Resources

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- Journal of Athletic Training
- AT Marketplace
- Quiz Center
- Webinars
- AthleticTrainers.org

connect: [more...](#)

## Quick Links

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**AT NATA Office** @NATA1950 7h  
 NATA member @RyanSportsMed to provide sports med insight on NBC Sports Net "Pro FB Talk". First appearance was today. [profootballtalk.nbcsports.com](http://profootballtalk.nbcsports.com)  
[Expand](#)

**AT NATA Office** @NATA1950 11h  
 New Video Features Presidential Platforms in today's new issue of Range of Motion. [multibriefs.com/briefs/NATA/N/pictwitter.com/WTHMCTwflg](http://multibriefs.com/briefs/NATA/N/pictwitter.com/WTHMCTwflg)  
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**SLU AT Program** @SLU\_AT 26 Jul  
 SLU AT Students Jose Mendez

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Athletic Trainer, PTA | The Memorial Hospital - Craig, Colorado

Rehab Equipment Sales Consultant | SIEGEL PERFORMANCE SYSTEMS - Work from home

Athletic Trainer | Athletic Therapy and Care - Miami, Florida

Physical Therapist, ATC | RESULTS PHYSICAL THERAPY and TRAINING Ctr, Inc. - SACRAMENTO, California

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- Hall of Fame
- Honors & Awards
- Informational Materials
- Marketing Opportunities
- Membership



National Athletic Trainers' Association

2952 Stemmons Freeway

Dallas, TX 75247

phone (800) 879-6282

fax (214) 637-2206

Web site: [www.nata.org](http://www.nata.org)

Board of Certification

4223 South 143rd Circle

Omaha, NE 68137

phone (402) 559-0091

fax (402) 561-0598

Web site: [www.bocatc.org](http://www.bocatc.org)

*Journal of Athletic Training*

6262 Veterans Parkway

Columbus, GA 31909

phone (706) 494-3345

fax (706) 494-3348

e-mail: [jathtr@mindspring.com](mailto:jathtr@mindspring.com)

Web site: [www.nata.org/jat](http://www.nata.org/jat)

submit online: <http://jat.msubmit.net>



# Entry-Level Athletic Training Education Programs

## Alabama

### Samford University

Athletic Trainer Prgm  
PO Box 292448  
800 Lakeshore Drive  
Birmingham, AL - 35229 US

**Degree:** BS

**Status:** Continuing Accreditation

**Program Director:** Chris A Gillespie

**Phone:** (205) 726-2379

**Email:** [cagilles@samford.edu](mailto:cagilles@samford.edu)

### Troy State University

Athletic Trainer Prgm  
27 Eldridge Hall  
Troy, AL - 36082 US

**Degree:** BS

**Status:** Continuing Accreditation

**Program Director:** John Anderson

**Phone:** (334) 670-3722

**Email:** [athtrain@troyst.edu](mailto:athtrain@troyst.edu)

### University of Alabama

Athletic Trainer Prgm  
P O Box 870311  
Tuscaloosa, AL - 35489-0311 US

**Degree:** BS

**Status:** Continuing Accreditation

**Program Director:** Deidre Leaver-Dunn

**Phone:** (205) 348-8683

**Email:** [dleaver@bama.ua.edu](mailto:dleaver@bama.ua.edu)

### University of West Alabama

Athletic Training  
UWA Station 14  
Livingston, AL - 35470 US

**Degree:** Baccalaureate

**Status:** Continuing Accreditation

**Program Director:** R T Floyd

**Phone:** (205) 652-3714

**Email:** [rtf@uwa.edu](mailto:rtf@uwa.edu)

:41.49

2693

**GRACIAS**

AA2



**¿PREGUNTAS?**