



MEDIASET



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Injury decrease

Italian basketball team (first league)

- 4 years study
- 2 years normal training
- 2 years with high frequency proprioceptive training (Delos)
- Same athletic coach for 4 years
- Every year 80% of the athletes changed

Injury decrease

Italian basketball team (first league)

- 2 years normal training: **16** matches missed
- 2 years with high frequency proprioceptive training:
 - **4** matches missed (-75%)



MEDIASET



Propriocezione

È utile

escludere il canale visivo?

On the Earth
In space
On the moon



In presence of

- **Load**
- **Instability** (high frequency, high density)



Short term (4-6 weeks)

Middle term (6-12 weeks)

Long term (8-24 weeks)

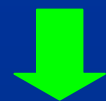
↓ Entropy

Postural stability ↑

Vertical control ↑

↑ Postural muscles endurance

+ Structural remodelling

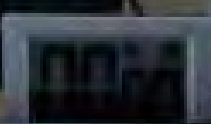
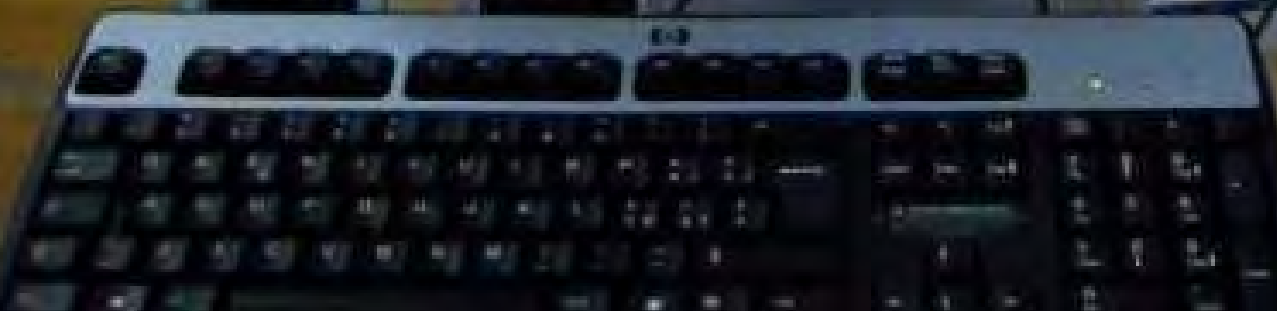


Short-middle
Middle
Middle
Middle-long
Long

Muscles
Tendons
Cartilage
Joint capsules and ligaments
Bones







SPECIFICITA'

HIGH DENSITY PROPRIOCEPTIVE TRAINING

(frequency, duration, density)

TRAINING CHARACTERISTICS	Unit	CONTROL	ENDURANCE	STRUCTURAL REMODELING
		First period	Second period	Third period
Single session duration	Minutes	45	50-70	45-60
Weekly session number		2 (3)	2	2 (3)
Weekly training time	Minutes	90 (135)	100 - 140	90-120
Working time (density) (% of training time)	%	45	> 85	> 85
Period duration	Weeks	6	6+6=12 (3 months)	6+6+12=24 (6 months)

HIGH DENSITY PROPRIOCEPTIVE TRAINING

(frequency, duration, density)

TRAINING CHARACTERISTICS	Unit	CONTROL	ENDURANCE	STRUCTURAL REMODELING
		First period	Second period	Third period
Average rolling point inversions (period)	n	66.000 102.000	110.000 184.000	220.000 368.000
Average rolling point total distance (period)	metres	690 – 1.116	1080-1.880	2060-3760

Total load

TRAINING CHARACTERISTICS	Unit	CONTROL	ENDURANCE	STRUCTURAL REMODELING
		First period	1° + 2° period (3 months)	1° + 2° + 3° period (6 months)
Average rolling point inversions (total)	n	66.000 102.000	176.000 286.000	400.000 674.000
Average rolling point total distance (total)	metres	690 – 1.116	1770- 2900	3.830-6660

5 STEPS

- 1. *Joint range limit exploration***
- 2. *Refining vertical control***
- 3. *Enduring proprioceptive control***
- 4. *HyperSupination and hyperPronation control
(1 and 3 degrees of freedom)***
- 5. *Hyperinstability***

REFINING inner balance

- 1. Two sessions per week**
- 2. *Session duration: 45 minutes***
- 3. *Common to all sport disciplines***

ENDURING proprioceptive control

- 1. Two sessions per week**
- 2. *Session duration: 30 to 70 minutes***
- 3. *The duration of the longest session is sport discipline specific***

**Vertical control impairs during
the competitive season in all
sports, compromising technical
movement**

Maintenance

1. One sessions per week
2. *Duration: 40 to 70 minutes*
3. *High density*

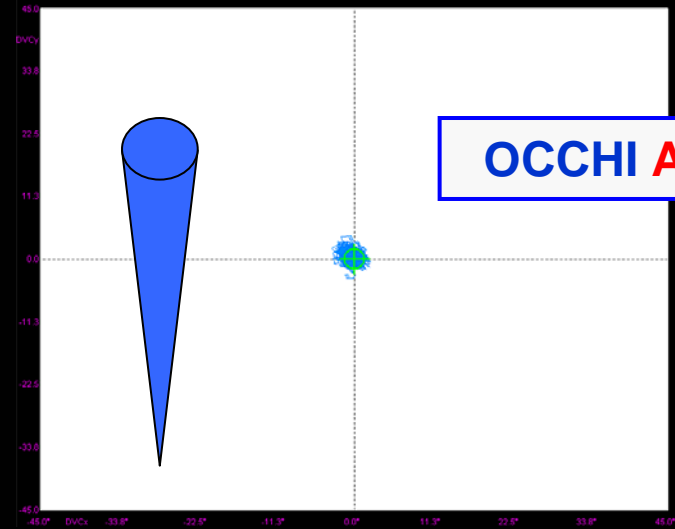
DECADIMENTO PROPRIOCETTIVO

TEST STATICO monopodalico (propriocettivo)

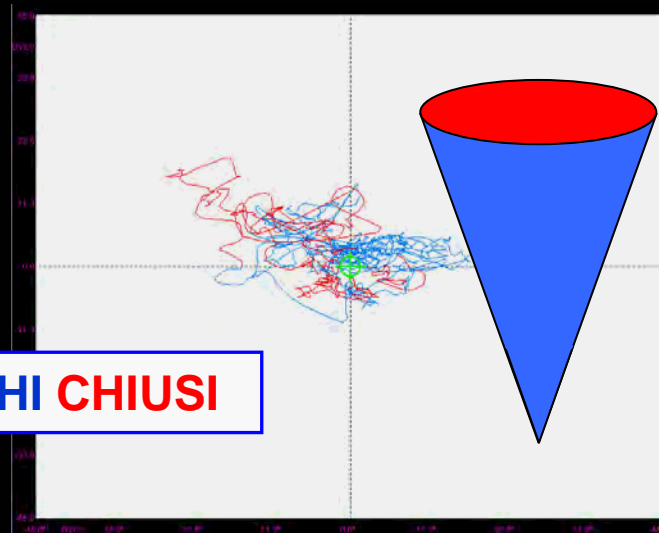
Lettore
posturale

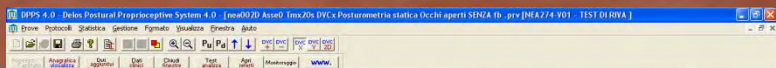
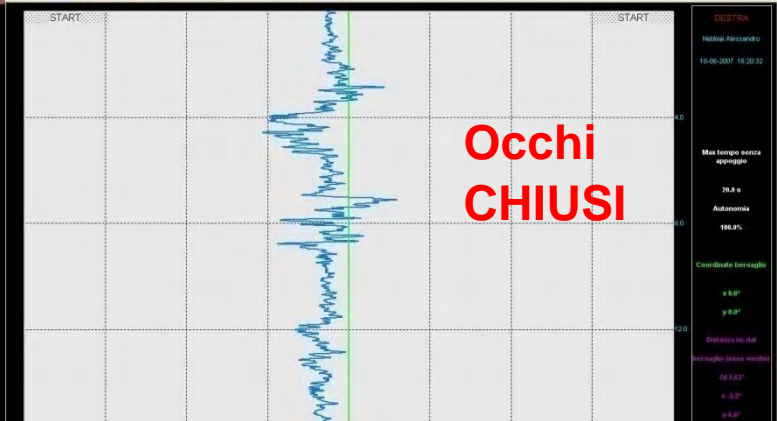
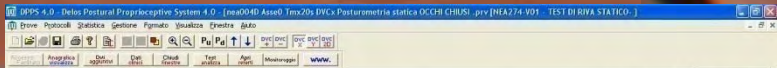


Superficie
stabile

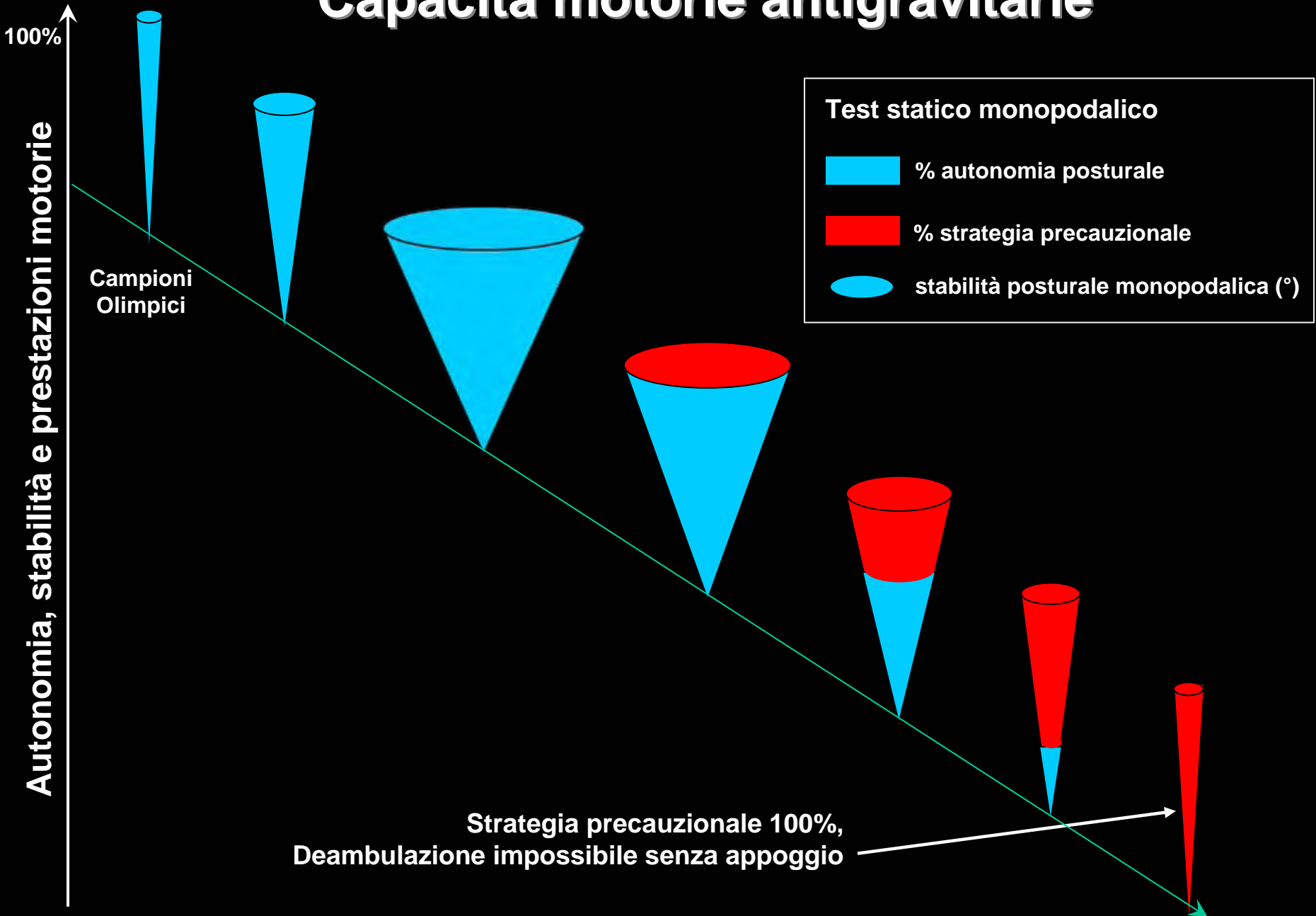


OCCHI CHIUSI





Capacità motorie antigravitarie



DECADIMENTO PROPRIOCETTIVO





Dario Riva

Dario Riva

Ghepardi da salotto

Come riaccendere ciò che lo stile
di vita occidentale ha spento

Ghepardi da salotto

ANANKE



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GRAZIE PER L'ATTENZIONE