

# SPORTS & MSK SPECIFIC OSTEOPATHY AND MANIPULATION WORKSHOP



THE MENTORS  
HEALTHCARE COURSES



João Martins  
OSTEOPATA



CLÍNICA  
Lambert  
Ortopedia, Traumatologia  
& Medicina Desportiva

- Master the foundational principles of high-velocity, low-amplitude (HVLA) osteopathic techniques for sports therapy
- Identify anatomical structures and common injury sites specific to sports contexts.
- Integrate seamless techniques into sports rehab & performance



## JOÃO MARTINS

D.O Osteopathy  
P.G Certified in Sports Osteopathy  
PGDip Paediatric Neurodevelopment

**DATE** 12-13 JULY 2025

**VENUE** DUBAI

DHA / DOH Accredited Program





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## INTRODUCTION:

Osteoarticular manipulation is a valuable therapeutic approach for enhancing athletic performance and supporting recovery. This 16-hour course focuses on the precise and safe application of osteoarticular manipulation, with a special emphasis on high-velocity, low-amplitude (HVLA) techniques tailored for sports-specific needs. Participants will be guided by experienced experts, exploring advanced manipulation techniques and gaining essential practical skills to address the unique demands of sports therapy.





# OBJECTIVES:

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By the end of this course, participants will be able to:

- ◆ Master the foundational principles of high-velocity, low-amplitude (HVLA) osteopathic techniques for sports therapy.
- ◆ Identify anatomical structures and common injury sites specific to sports contexts.
- ◆ Safely apply HVLA and other manipulation techniques to optimize athletic recovery and performance.
- ◆ Recognize and respond to contraindications unique to high-impact sports injuries.
- ◆ Seamlessly integrate acquired techniques into sports therapy and rehabilitation practices.



# **COURSE STRUCTURE:**

- ◆ **Module 1: Foundations of Sports Osteopathy and HVLA Techniques**
  - Understanding the role of osteopathy in sports and its distinct benefits.
  - Fundamentals of HVLA techniques: theory, safety, and applications.
  - Adopting a holistic approach for athlete well-being and peak performance.
- ◆ **Module 2: Sports Anatomy and Injury Patterns**
  - In-depth exploration of anatomy with a focus on high-risk sports injuries.
  - Detailed review of joints, ligaments, and muscles often affected by sports-related stress.
  - Emphasizing anatomical understanding for precision in HVLA application.
- ◆ **Module 3: Mastering HVLA Techniques in Sports Osteopathy**
  - Demonstration and guided practice of HVLA manipulation techniques tailored for athletes.
  - Discussion of technique variations suited to different sports injuries and contexts.
  - Practical instruction for refinement and precision in HVLA application



#### ◆ **Module 4: Indications and Contraindications in Sports Osteopathy**

- Identifying appropriate conditions for HVLA and related techniques in sports injuries.
- Comprehensive athlete assessment and considerations for safe practice.
- Recognizing red flags and situations where manipulation should be avoided.

#### ◆ **Module 5: Supervised Practice and Application**

- Intensive, supervised practical sessions for real-world sports scenarios.
- Direct, individualized feedback to enhance skill proficiency.
- Group discussion on challenging sports cases and best practices.

#### ◆ **Module 6: Integration into Sports Therapy and Performance Enhancement**

- Strategies for incorporating osteopathy into sports therapy and performance programs.
- Specialization and continuous learning pathways within sports osteopathy.







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## ASSESSMENT:

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- Active participation in all theoretical and practical classes.
- Demonstrated proficiency in supervised practice sessions, focusing on HVLA techniques.
- Final project: Application of HVLA techniques in a fictional sports injury case study.







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## INSTRUCTOR BIO

# JOÃO MARTINS

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João Martins is a highly qualified and experienced osteopath with a strong focus on the field of sports and manual therapy.

His curriculum encompasses a wide range of trainings, certifications, and relevant experiences that highlight him as a dedicated professional in the care of athletes and patients with specific needs related to sports and musculoskeletal health. With multiple certifications in sports, including the "Emergency in Sports Course" and the "FIFA Diploma in Football Medicine," João Martins possesses specific expertise in treating athletes and sports-related situations. His comprehensive education includes advanced courses such as the "Extremities Adjusting Course" and the "Joint Manipulation Course," showcasing his proficiency in applying advanced techniques of osteoarticular manipulation.

His practical experience in sports clubs like Sport Grupo Sacavenense and Casa Pia AC demonstrates his commitment to treating athletes across various disciplines. Furthermore, his dedication to continuous education is evident through his participation in courses such as the "Sports Osteopathy Course" and the "Radiology and Joint Intervention Course." João Martins' presence at scientific events, such as the "International Conference on Sports Rehabilitation and Traumatology" and the "Sports Medicine Congress," underscores his commitment to ongoing learning and networking within the field.

As an educator in the field of mesotherapy and joint manipulation, he actively shares his knowledge and skills with other healthcare professionals. Additionally, his experience in coordinating clinical departments in clubs like Casa Pia AC highlights his management and leadership abilities in the sports context.

The variety of manual therapy trainings he has undergone, such as the "Postgraduate Course in Sports Osteopathy," underscores his ability to integrate manual therapeutic approaches in sports contexts, providing holistic and effective care to his patients.

João Martins is a professional who demonstrates strong clinical skills, a commitment to professional development, and an unwavering dedication to the care of athletes and individuals with specific musculoskeletal health needs. His curriculum reflects his passion for excellence in the field of manual therapy and sports