

The Adult Hip patient

Day One - Differential Diagnosis & Manual Therapy

Day Two - Rehab of Articular and Extra-articular Pathologies

Time Table

Day 1 - Registration

AM

- Welcome and Introduction
- The Adult Hip patient
(*Overview of common pathologies and Diagnostic challenge*)
- Practical Assessment of the Hip
(*The Layer Concept for hip assessment – neuromechanical layer, contractile(myogenic) layer, Inert layer and Osteochondral layer*)
- Acetabular Labral Tears
- Ligament Teres
- Snapping Hip

Lunch

PM

- Biomechanical and Development Factors leading to Symptomatic FAI
- Practical – Evidence informed Manual therapy Techniques
- Rehab following Hip Arthroscopy
- Case Studies
- Q& A

Day 2- Registration

AM

- Conservative Management of FAI & Labral Pathologies
- Adductor Related & Ilio-psoas Related Groin Pain
- Evidence informed exercise progression
- Exercise Progression
(Motor Control, Hip Stabilisation and Dynamic Mobility)

Lunch

PM

- Posterior Hip Pain – Differential Diagnosis (Proximal Hamstring tendinopathy)
- Lateral Hip Pain (GMed tendinopathy)
- Practical (Ex Progression and S&C)
- Case Studies
- Close

Note: Each activity will consist of theoretical and practical components. Please bring shorts to the course for the practical sessions. Pre-reading articles will be sent before the course.