

## Programma

### Dag 1

*09.00 tot 12.15*

- 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 (12.15 tot 13.00)*

*(13.00 tot 17.00)*

- Biomechanical and development factors leading to symptomatic FAI
- Practical
  - Evidence informed manual therapy techniques
- Rehab following hip arthroscopy
- Case studies
- Q&A

### Dag 2

*(09.00 tot 12.15)*

- 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 (12.15 tot 13.00)*

*(13.00 tot 17.00)*

-Posterior hip pain

– Differential diagnosis (proximal hamstring tendinopathy)

-Lateral hip pain (Gmed tendinopathy)

-Practical (exercise progression and S&C)

-Case studies

-Close