

Programma

Masterclass 'Upper and Lower Limb Tendinopathies' nr. 1803111
Hotel Papendal, Papendallaan 3 te Arnhem

Zondag 23 september 2018

09.00 uur	Ontvangst met koffie en thee
09.30 uur	Tendinopathy – basic science What are the features of tendon pain? Theory, biology and function of tendons - similarities and differences in upper and lower limb tendons
10.15 uur	Who gets tendon pain? Clinical presentations How does tendon pain develop? Common risk factors and important co-morbidities.
11.00 uur	Koffie en thee
11.15 uur	The continuum of tendinopathy Exploring current models of tendinopathy to explain the different stages of this condition
12.00 uur	Imaging – when to use? Ultrasound tissue characterisation and its use in tendons. The value of understanding tendon structure in managing tendon pain
12.45 uur	Lunch
13.30 uur	Subjective assessment of tendinopathy What are the cues to look for when managing a patient with a suspected tendon problem? Important factors to understand in a patient's load history and background
14.15 uur	Understanding load in tendons / Differential diagnosis Important characteristics of loading in tendons, including what are high and low load activities. What factors are important at distinguishing different diagnoses
15.00 uur	Koffie en thee
15.15 uur	Objective assessment of tendon pain – clinical pearls What factors are important to measure and which risk factors to look out for? Clinical testing and the role of imaging. Upper and lower limb tendons
16.30 uur	Sluiting

Maandag 24 september 2018

09.00 uur	Ontvangst met koffie en thee
09.30 uur	Objective assessment – practical case Practical case based learning of important factors to assess when treating a suspected tendon problem. Kinetic chains assessment
11.00 uur	Koffie en thee
11.15 uur	Rehabilitation of tendon pain Acute management – how to settle pain, and use of isometrics. The importance of strength training in tendon rehab. End stage rehab and return to sport progressions for different upper and lower limb tendons
12.45 uur	Lunch
13.30 uur	Rehab – practical Practical case based learning for managing tendinopathies. Special attention to exercise and strength training methods
15.00 uur	Koffie en thee
15.15 uur	What if it's not working? Adjunct therapies? Expert advice on managing challenging cases. What factors to consider if not achieving outcomes. The role of adjunct therapies in tendinopathy
16.00 uur	Questions and Answers Opportunity for questions regarding course content and tendon pain presentations
16.30 uur	Sluiting

Wijzigingen voorbehouden