

Time schedule – Erik Meira

Hip and Knee: Complex Understanding for Simple Solutions

Day 1

09:00 – 09:30	Introduction and core concepts of scientific discussions
09:30 – 10:15	Overview of intra-articular hip pathologies
10:15 – 10:30	Break
10:30 – 11:15	Overview of extra-articular hip pathologies
11:15 – 12:30	Examination of the Hip (Lecture/lab)
12:30 – 13:30	Lunch
13:30 – 14:15	Surgical management of hip pathologies
14:15 – 15:00	Postoperative management of hip pathologies (Lecture/lab)
15:00 – 15:15	Break
15:15 – 16:00	Understanding human movement
16:00 – 17:00	Nonoperative management of hip pathologies (Lecture/lab)

Day 2

09:00 – 10:00	Overview of knee pathologies
10:00 – 11:15	Mechanisms of knee injuries/Injury reduction strategies
11:15 – 11:30	Break
11:30 – 12:30	Surgical management of knee pathologies
12:30 – 13:30	Lunch
13:30 – 14:30	Postoperative rehab of knee pathologies/Return to play
decision making	
14:30 – 14.45	Break
14.45 - 17:00	Exercise progressions for knee rehabilitation