

Mastering Lower Limb Tendinopathy 1 day Workshop 12hrs CPD

Delivered by Peter Malliaras, physio PhD and tendinopathy clinician-scientist.

Peter has a respected international clinical and research profile and is consulted by many people for a second opinion regarding their tendon injuries, including elite athletes and performers (eg football, rugby, ballet, and tennis). He works as an Associate Professor at Monash University, focusing on tendinopathy research, and sees more than 20 tendinopathy patients in clinic each week.

This course provides up-to-date research and clinical perspective and a complete walkthrough assessment, kinetic chain and biomechanics considerations and rehabilitation of common tendinopathies. Achilles, plantar fascia, tibialis posterior, patellar, proximal hamstring and gluteal tendinopathies will be covered in detail. Whether you are a new graduate or a very experienced clinician, you will come away with many answers to your questions as well as clinical gems to take away.

Learning Outcomes:

- How diagnosis and assessment influence management eg pain irritability and cognitive-emotional factors
- When is pathology important and imaging indications
- Biomechanics and kinetic chain assessments and considerations
- Comprehensive rehabilitation strategies for common lower limb tendinopathies
- Top tips for maximizing adherence, patient education and buy-in
- Detailed return to sports progressions for sedentary people, runners, jumpers, multi-direction sport, etc
- Management of athletes in-season and maintenance programs
- When to use adjunct conservative interventions (e.g. orthotics, manual therapy) and injections in different tendinopathy presentation
- What you really need to know about tendinopathy pain and pathology

Pre-Requisites

4.0 hours online videos - 4 videos covering tendon structure and function, pathogenesis and pain mechanisms, tendinopathy aetiology, tendinopathy management evidence, to watch prior to the course commencement.

This course is appropriate for qualified physiotherapists and other suitably qualified/experienced health professionals.