

## Timetable Mick Hughes – ACL workshop

### Day 1:

09.30 – 10.00	registration
10.00 – 11.00	ACL injury overview: Mechanisms/Epidemiology (lecture)
11.00 – 11.15	Break
11.15 – 13.00	ACL Injury prevention programs (lecture and practical)
13.00 – 13.30	Lunch
13.30 – 14.30	Nonoperative ACL treatment options (lecture and case study)
14.30 – 14.45	Break
14.45 – 17.00	Pre-op ACLR rehabilitation (lecture and practical)
17.00 – 18.00	Elite Athlete ACLR rehabilitation case study

### Day 2:

09.00 – 09.30	Day 1 review and questions
09.30 – 10.30	Post-op ACLR rehab guidelines and what to do in the first 4 weeks post-op (lecture and practical)
10.30 – 10.45	Break
10.45 – 12.30	ACLR post-op rehab: What to do between month 1 and 3 months post-op (practical)
12.30 – 13.00	Lunch
13.00 – 14.30	Return to running following ACLR (case study and practical)
14.30 – 14.45	Break
14.45 – 15.30	Return to training following ACLR (case study and practical)
15.30 – 16.30	Return to sport following ACLR assessment and testing (practical)
16.30 – 17.00	Review and questions