Presentation by Dr. Ebonie Rio 90 min through WebinarGeek

Wondering what the best exercise is for your patients with tendinopathy?  Well first, let's understand the fundamentals of assessment, differential diagnosis (and why that changes your treatment decisions) and then you can have the confidence to apply individualized, evidence based progressive rehabilitation - and no recipes!

Ebonie is a post doctoral research fellow at La Trobe University Sport and Exercise Medicine Centre and has completed her Phd in tendon pain, Masters Sports Phys, Ba. Phys (hons) and Ba. App Sci.  Her research has been awarded Victorian Fresh Scientist of the year 2015, ASICS SMA Best New Investigator 2004, 2013 & 2014 in Clinical Sports Medicine, best clinical science Pain Adelaide 2013, BJSM young investigator Best Clinical Paper 2014 and the Professor Mollie Holman medal for the best thesis of the faculty of Medicine, Nursing and Health Sciences Monash University 2015 and the ECR best paper 2015.

Her clinical career has included Australian Institute of Sport, The Australian Ballet Company, Melbourne Heart football club, Alphington Sports Medicine Centre, Victorian Institute of Sport, Commonwealth Games 2006, 2010 Vancouver Winter Olympics, 2010 Singapore Youth Olympics, 2012 London Paralympics, 18 months travelling with Disney’s The Lion King stage show (Melbourne and Shanghai tour) and she was awarded the Post-Graduate Scholarship at the AIS (2007).
Duration
90 minutes