

Injuries of the Hip and Groin

Date	Venue	Tutor
Sat 15 th – Sun 16 th March 2008	Leatherhead Hospital, Leatherhead, Surrey	Professor Graham Smith

Aim

To give physiotherapists an understanding of the functional (and regional) anatomy of the hip and groin. Also, to identify the common injuries and problems likely to be encountered in this tightly packed anatomical region, including those of a pathological/inflammatory cause. The course will further aim to give an understanding of the principles of rehabilitation and treatments for patients with hip & groin injuries. The course will also clarify and determine the criteria for progressions from the early / acute phase through to the final functional pre discharge stage of rehabilitation. Whilst specifically focused on musculoskeletal problems, the principles taught and demonstrated can be applied to all spheres of physiotherapeutic practice, including rheumatology, paediatrics & sports injuries

This course is aimed at all musculoskeletal therapists and those involved with rehabilitation of sporting individuals.

Time

09.00	REGISTRATION
09.15	Introduction to the course
09.30	The hip revisited – anatomy revision <i>Revises the main anatomical structures in this area with specific reference to the clinical problems that can arise with disruption or trauma to them.</i>
11.00	BREAK
11.30	The groin revisited <i>Classifies & identifies the muscles within this anatomical region and details their actions, functions & roles. Also, how this knowledge can be incorporated within clinical assessments and rehabilitation.</i>
1.00	LUNCH
1.45	Common injuries of the hip and groin <i>Includes some of the common conditions & problems frequently seen, highlighting causes, assessment, recognition and treatments. Conditions covered include muscle & ligament injuries & hip joint problems. Appropriate mobilisation and rehabilitation techniques are also addressed.</i>
3.30	BREAK
3.45	Common injuries of the hip and groin <i>This session focuses on the causes, assessment, recognition and management of the “sports hernia” & osteitis pubis with specific referral to recent research and treatment philosophies for both conditions.</i>
5.00	CLOSE

Day 2

Time

- 09.15 The principles of rehabilitation for lower limb injuries
Addresses the principles of rehabilitation for patients with lower limb injuries. The session aims to clarify and determine the criteria for progressions from the acute / early phase through to the final functional pre discharge stage of rehabilitation.
- 11.00 BREAK
- 11.30 Practical problem solving session
- 1.00 LUNCH
- 1.45 Mobilisations and manual therapy techniques
Revision of and instruction in manual therapy techniques that are appropriate to the joints and soft tissues of this particular region. Also considers the clinical indicators that determine their selection.
- 3.45 BREAK
- 4.00 Discussion and plenary session
- 4.30 CLOSE

Details of all courses can be found on www.physiouk.co.uk or call / fax 020 8394 0400