

## Multi Disciplinary Training 3: Physiotherapy and Podiatry Study Day

### Achilles Tendinopathy: Effective Diagnosis and Treatment

Date	Venue	Speakers
Weds 1 <sup>st</sup> Oct 2008	Stoke on Trent	Mr Hakan Alfredson (Surgeon) Dr Otto Chan (Radiologist) Dr Pete Malliaras (Physiotherapist) Jon Fearn (Physiotherapist)

We are delighted to present this third collaboration between PhysioUK and Professional Events Management in presenting these annual training events. The mixture of morning lectures and afternoon workshops is repeated and the emphasis remains on clinically applicable knowledge.

We are delighted to welcome a world expert, Hakan Alfredson, to the day. He is widely published on the topic and has pioneered the eccentric approach to Achilles tendon rehabilitation. He also leads in innovative surgery for the Achilles tendon. In addition we are very pleased to have Otto Chan a specialist radiologist in Achilles tendon imaging from the London Independent and a collaborative pioneer in innovative new techniques for its management. Pete Malliaras has completed his PhD on Achilles management and will be covering differential diagnosis. Jon Fearn, Reading FC physiotherapist will be looking at the practical rehabilitation of Achilles management.

The overarching aim of the day is to consolidate current knowledge into clinically relevant data which is directly applicable to clinical management of Achilles tendinopathy. The day begins with 4 lectures and the afternoon session consists of workshops allowing presenters to elaborate on and demonstrate the clinical application of the material covered in the morning. The day is aimed at all those with an interest or clinical role in managing Achilles problems at all levels.

#### **Why is there no podiatrist on the programme**

If you are wondering the above, when putting the programme together we thought long and hard about the speakers and the content that would be most relevant to all. The final decision came after consulting both physios and podiatrists equally. When we considered the calibre of the speakers, the lectures, the workshop topics and feedback on the former, it was agreed the right decision had been made. Please see the following explanation which should hopefully address our rational and encourage you to come along to the day.

We feel the key learning opportunities for delegates will be on refined assessment and diagnosis, allowing highly effective targeted treatment and additional referral where necessary. From discussion with experts, Achilles tendon problems are frequently misdiagnosed by a number of professionals. The knowledge available on this day will aid physios, podiatrists and other professionals to be both more effective and efficient in their management.

Hakan Alfredson, whilst a surgeon, has a passion for the pathophysiology underlying the presentation of symptoms. This, in conjunction with imaging (where necessary) and a reasoned anatomical and pathology informed assessment can correctly target treatment and also ascertain why treatment may have failed. Through the use of cases studies appropriate differential diagnosis and tips and hints on conservative management will be presented, which for podiatrists, when combined with existing biomechanical knowledge will prove invaluable. Biomechanical theories have been made available at previous MDT days and are not included this time, but of course these existing skills will prove a key stone when combined with the above elements. Please read the programme to see the structure of the day which, I hope you would agree, will deliver an enriching day for both physios, podiatrists and other professionals in

equal measure.

8.45am REGISTRATION  
9.30am Introduction  
9.35am Pathophysiology of Achilles Tendinopathy (Hakan Alfredson)  
10.15am Questions  
10.20am Imaging of Achilles Tendinopathy (Otto Chan)  
11.00am Questions  
11.05am Break  
11.30am Differential Diagnosis and Assessment of Achilles Tendinopathy (Pete Malliaras)  
12.10pm Questions  
12.15pm Conservative Management of Achilles Tendinopathy (Jon Fearn)  
12.55pm Questions  
1.00pm LUNCH  
Afternoon Practical Workshops

These will elaborate on the morning lectures and especially bring out the clinical application of the material covered. Once one workshop has been attended you will then rotate onto the second workshop so you complete both workshops.

### **Workshops:**

Please note the workshops will either be completed in the order shown below or the other way round. You will be instructed on the day which you attend first and which second. The workshop titles, presenters and lengths are shown below.

- Triage and Surgical Approaches for Management of Achilles Tendinopathy (HA & OC) (85 mins)
- Differential Diagnosis, Assessment and Conservative Management of Achilles Tendinopathy (PM & JF) (85 mins)

\* HA = Hakan Alfredson, OC = Otto Chan, PM = Pete Malliaras, JF = Jon Fearn

2.00pm First Workshop (85mins)  
3.30pm **Break**  
3.50pm Second Workshop (85 mins)  
5.15pm Questions to the panel  
5.30pm Closing Summary  
5.35pm Close