Lower Limb Tendinopathy Rehab Course
Forget the recipes - rehab for individual tendons
(7 hours CPD)

Tutor:
Dr Peter Malliaras BPhysio (Hons) PhD

Date and Venue:
Saturday 3rd November: 9.00am-5.00pm
Macquarie University, North Ryde, Sydney

Cost: $280, application form attached
For info: p: 0499772227; e: info@physioeast.com.au
Summary
Delivered by Peter Malliaras, tendinopathy PhD and has spent the last 6 years working in a tendinopathy clinic in London and now Melbourne, consulting to elite athletes and clubs (e.g. Premier League Football, Royal Ballet, elite track athletes) and rehabilitating hundreds of lower limb tendon injuries each year. Please see attached testimonial. Now works at Olympic Park and PhysioEast in Melbourne.

In this course Pete will introduce a loading progression for all the commonly injured tendons in the lower limb that you can apply in the clinic and improve your success in managing tendinopathy. This course will change the way that you approach lower limb tendon injuries and challenge and improve your clinical reasoning.

If your goal is to update and improve your skills and clinical outcomes in managing tendinopathies and understand the physiology, biomechanics and clinical aspects of tendon rehab then this day is ideal. Pete brings a huge range of experience that will bring you both many answers to your questions and clinical gems to take away.

Whether you are a new graduate or very experienced clinician, you will come away practical knowledge and skills that you can apply. Common lower limb tendinopathy presentation among hospital, private practice and athletic patients are covered.

The day is a mixture of lectures, discussions and practical workshops. Spaces are limited to 25 people.

What you will come away with
Pathology and risk factors
- Review of tendon physiology, pathology and aetiology, and the response to load of normal and pathological tendon, providing a clear understanding of the conceptual framework and key progression criteria from initial to end stage tendon rehabilitation
- Clear understanding of how to identify different tendon pain presentations and how this influences management
- Tendinopathy imaging will be demystified – e.g. tear versus tendinopathy, when to send your patients to imaging, how imaging influences your clinical treatment decisions
- Understand what causes tendon break down – the musculoskeletal, biomechanical and systemic risk factors, how they interact for different tendinopathies and for different demographic groups (i.e. load-driven versus systemically driven tendinopathy), and how this changes management.

Assessment skills
- Assessment skills for key biomechanical, muscle capacity and flexibility, movements patterns, power that influence choice of rehabilitation to ensure individualised and effective management
- Top tips for differential diagnosis of lower limb tendons – be able to apply a clinical reasoning framework to differentiate tendon and bursa, paratenon, fat pad, and surrounding joint pathology
- Be able to recognise weakness and restriction in your lower limb tendinopathy patients based on your functional (running/walking) and clinical (strength/flexibility) assessment
- Key running and walking related gait patterns that predispose to lower limb tendinopathy and how to correct and/or compensate for them
Management skills

- A complete loading progression for all commonly injured lower limb tendons that you can apply in your clinic to improve your success in managing tendinopathy
- Clearly understand eccentric training - potential effects, when indicated, when it is not, and when it can be harmful. This includes when concentric, isometric and stretch-shortening cycle training is indicated in rehab
- A new paradigm for loading lower limb tendons that is based on the patients individual pathology, pain, individual factors and musculoskeletal profile
- A model of progression of tendon rehabilitation and end stage return to sport with strategies to maximise effectiveness and minimise potential for recurrence
- Key tips for success with implementing loading programs, maximising patient buy-in, motivating and educating patients, common pitfalls and strategies for avoiding them
- Understand how a patients’ activity/sport, previous injury, systemic health/comorbidities, age and other individual factors influence healing capacity and treatment choices. E.g. elite vs sedentary, jumpers vs runners/sprinters, high function vs low functioning, inseason vs off-season, systemically challenged vs healthy, etc

Key advantages of this tendinopathy course

- Peter spends most his time treating difficult tendons, so this course has a clinical focus whilst still covering the latest research
- This course uses clinical expertise to bridge the gap between evidence and everyday clinical practice, so you have clinical strategies you can apply with all your patients
- Hands on and practical – key skills include palpation, differential diagnosis, clinical assessment of biomechanics, movement patterns, muscle performance and flexibility and power and how this influences load in lower limb tendons
- Clear loading progressions for all common lower limb tendinopathies rather than general principles
Application Form

Lower Limb Tendinopathy Rehab Course
Saturday 3rd November 2012, 9.00am-5.00pm

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Terms & conditions:
- Upon receipt of your application and course fee you will be sent a letter confirming your place and an information pack
- If you cancel your place on the course a refund of the course fee (minus $75 administration fee) will be made if written confirmation is received four weeks prior to the course date

I agree with the terms and conditions and enclose a cheque for $280 for the Lower Limb Tendinopathy Rehab Course.

Signature…………………………………………………….. Date……………………

Payment options;
- Cheque to ‘PhysioEast’
- Electronic bank transfer
- Send to: PhysioEast
- Commonwealth Bank
- 7 Kiewa St Acc no. 1047 6923
- Ashwood VIC 3147 BSB 06 3464