

May 19, 2019

EM112: ACL Rehabilitation



ENDA KING

Manip Ther. C.S.C.S.
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Teacher: Enda King, MSc. Manip Ther, C.S.C.S. M.I.S.C.P.

This two day course reviews the mechanism of ACL injury, the precautions and contraindications after surgery, the components of rehabilitation and a structure for assessment and decision making for successful return to play.

It will take the participant through all the challenges and difficulties in ACL rehabilitation, provide evidence based criteria for progression through rehabilitation and expand high level rehabilitation skills to ensure most efficient return to maximal performance while minimising the risk of secondary injury and longer term OA changes in the knee.

Day 1 would be lecture based at the start and then gym based for the afternoon.

Day 2 starts in gym and then depending on weather linear & multidirectional would be outdoor grass/astro.



28 Seats



€340.00



16 Hours



15,8 ECM

INTENDED FOR

Physiotherapists, Doctors

PAYMENTS

Deposit €170.00 + VAT
22% (€207.40) within 7
days from the
registration

Balance €170.00 + VAT
22% (€207.40) by date
May 12, 2019

Total: €340.00 + VAT
22% (**€414.80**)

CALENDAR

19-20 May 2019

LANGUAGE

English with
simultaneous italian
translation

€ 83.00 discount (20% off!) on the EM 112 "ACL Rehabilitation" course if already enrolled in the EM 111 "Athletic Groin Pain" course

Deposit: € 207.40

Balance: € 207.40 - € 83.00 = € 124.40

SCHEDULE

Day 1

09.00 - 09.30 Challenges and pitfalls in rehabilitating post ACL Reconstruction

09.30 - 11.00 Pathomechanics of ACL Injury

11.00 - 11.10 Coffee break

11.10 - 13.00 Components of Rehabilitation after ACL Reconstruction

13.00 - 14.00 Lunch

14.00 - 15.50 Intersegmental Control

15.50 - 16.00 Coffee break

16.00 - 17.00 Intersegmental Control

17.00 - 17.30 Questions and conclusions

Day 2

09.00 - 10.50 Strength and power development

10.50 - 11.00 Coffee break

11.00 - 13.00 Linear running analysis

13.00 - 14.00 Lunch

14.00 - 15.50 Multidirectional running analysis

15.50 - 16.00 Coffee break

16.00 - 17.00 RTP decision making and injury prevention

17.00 - 17.30 Conclusion and ECM Test