

July 16, 2021

EM167: ACL Rehabilitation



ENDA KING

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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.



32 Seats



€414.80



16 Hours



17,4 ECM

INTENDED FOR

Physiotherapists, Doctors Deposit €207.40 within 7 days from the registration

Balance €207.40 by date
June 25, 2021

Total: €414.80

PAYMENTS

CALENDAR

16-17 July 2021

LANGUAGE

English with continuous
italian translation

€ 83.00 discount (20% off!) on the EM 167 "ACL Rehabilitation" course if already enrolled in the EM 168 "Advanced rehabilitation strategies for lower limb injuries in sport" course

Deposit: € 207.40

Balance: € 207.40 - € 83.00 = € 124.40

SCHEDULE

Day 1

08.30 - 09.00 Registration and opening

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