August 28, 2021

EM176: CATANIA - Upper And Lower Limb Tendinopathies: Physio and Sport Performance



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The aim of the workshop is to present the current scientific evidence and the clinical model in use for the thorough clinical assessment of Tendinopathies. The lower limb Spring Model will be integrated with a careful analysis of the relevant clinical and performance tests for a complete assessment of the patient's capacities.

The anatomy of the shoulder and the mechanisms responsible for its specific painful disorders will be revisited. Different sub-groups will be presented together with a critical analysis of the shoulder assessment, including special tests and Symptoms Modification Procedures.

The clinical application of the Hand Held Dynamometer will be integrated for the analysis of the strength ratios and the progression criteria as well as for the achievement of the best exercise plan compliance.
A careful analysis of the whole Kinetic Chain will be presented for different Sports for full recovery as well as for enhanced Performance.

Furthermore the course will provide information regarding the latest clinical trials regarding conservative and surgical interventions as well as the predictive factors for full recovery.

32 Seats | **€390.40** | **16** Hours | **20,2** ECM

INTENDED FOR	PAYMENTS	CALENDAR	LANGUAGE
Doctrors and Physiotherapists	Deposit €195.20 within 7 days from the registration Balance €195.20 by date July 23, 2021 **Total: €390.40**	28-29 August 2021	Italian

COURSE LOCATION: CATANIA

Hotel NH Catania Parco Degli Aragonesi

https://m.nh-hotels.it/hotel/nh-catania-parco-degli-aragonesi

SCHEDULE

Day 1

09: 00-09: 30 Introductions
09: 30-11: 15 Evidence on Lower Limb Tendinopathies: what we know so far
11: 15-12: 30 Differential diagnosis
12: 30-13: 30 Lunch
13: 30-14: 15 Principles of Strength and Conditioning / Sports Performance

1. Selection criteria for the year
2. Use of periodization
3. Load monitoring (use of RPE)
4. Transition from endurance to strength, from strength to power / speed

14:15-14: 30 Subjective and Outcome Measures / Questionnaires
14:30-14.45 Coffee
14: 45-15: 30 Spring Model and Test for Capacity / Performance Evaluation (use of Dynamometer and Maximum Repetitions -RM)
15.30-18.30 Tendinopathies Treatment and Load Management

- Mid Portion Achilles Tendinopathy
- Insertional Achilles Tendinopathy
- Patellar Tendinopathy
- Mid Gluteal Tendinopathy
- Proximal Hamstring Tendinopathy

Day 2

09: 00-11: 00 Review of Lower End Tendinopathies with clinical cases
11: 00-11: 15 Coffee
11: 00-12: 30 Evidence on tendinopathies of the upper limb (Rotator Cuff and Elbow Lateral Pain)
12: 30-13: 30 Lunch
13: 30-14: 00 Subjective Exam and Outcome Measures / Questionnaires
14: 00-15: 00 Exam Objective and Test for Capacity Assessment / Strength / Performance Reports (use of Dynamometer and Maximum Repetitions -RM)
15: 00-18: 00 Tendinopathies treatment and load management

- Rotator's cap
- Elbow side color