

September 23, 2022

## EM236: ACL Rehabilitation



ENDA KING

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Manip Ther. C.S.C.S.  
M.I.S.C.P.

**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**

**€440.00**

**16 Hours**

**18,2 ECM**
**INTENDED FOR**

Physiotherapists, Doctors Deposit €220.00 within 7 days from the registration

Balance €220.00 by date August 19, 2022

**Total: €440.00**

**PAYMENTS**
**CALENDAR**

23-24 September 2022

**LANGUAGE**

English with simultaneous italian translation

**€ 66.00 discount (15% off!) on the EM236 "ACL Rehabilitation" course if already enrolled in the EM237 "Advanced Rehabilitation Strategies for Lower Limb Injuries in Sport " course**

**Deposit: € 220,00**

**Balance: € 154,00**

**Course Location: BRESCIA @ Edumed . Formazione ECM**

## SCHEDULE

### Day 1

14.00 - 14.30 Challenges and "traps" in rehabilitation after the reconstruction of the ACL

14.30 - 15.30 Challenges and "traps" in rehabilitation after the reconstruction of the ACL

15.30 - 16.00 coffee break

16.00 - 16.30 Pathomechanics of the ACL injury

16.30 - 18.00 Components of the rehabilitation after the reconstruction of the ACL

## 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