

November 16, 2024

## EM278: BRESCIA - Optimal Assessment and Treatment of the Anterior Knee



BRADLEY NEAL

BSc, MSc, PhD



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Patellofemoral pain (PFP) is the most common type of knee pain that you will see in your clinic. It is common in many patient groups and presents in a number of different ways.

We have spent the last 10 years researching and treating patellofemoral pain. Our workshop focuses on how to perform an expert assessment of the anterior knee and how to develop a tailored treatment plan. We will show you how we identify specific patient drivers, with tools that can be instantly adopted into your clinical practice.

There is so much more to managing patellofemoral pain than VMO exercises and patellar taping, and there is no place for a one-size-fits-all approach. Our workshop will provide you with a superior ability assess and treat patients with this challenging knee condition.

### Workshop components:

- What patellofemoral pain is (and what it isn't)
- Why patellofemoral pain starts & persists
- Assessment of the anterior knee
- Exercise prescription for PFP rehabilitation
- Adjuncts (foot orthoses & taping techniques)
- Running/movement re-training
- Education and load management
- Question & answer session with case scenarios



**28 Seats**



**€499.00**



**16 Hours**



**22 ECM**

INTENDED FOR

Doctors, Physiotherapists  
Deposit €200.00 within 7 days from the registration

PAYMENTS

Balance €299.00 by date  
November 11, 2024

**Total: €499.00**

CALENDAR

16 -17 November 2024

LANGUAGE

English with Italian  
consecutive translation

**EARLY BOOKING** up to 15/09/2024: 449.00€ (50.00€ OFF!) - after 15/09/2024 499.00€

Course organized in BRESCIA @ EDUMED in cooperation with HealthHub [www.healthhub.it](http://www.healthhub.it)

**COURSE LOCATION:**

EDUMED - FORMAZIONE

Via Della Badia, 18 25127 BRESCIA (BS)

## SCHEDULE

### GIORNO 1

09:00 - 10:00 Lecture 1: Epidemiologia e deficit comuni del PFP

10:00 - 12:00 Lecture 2: Valutazione dell'articolazione femoro rotulea

12:00 - 13:00 Practical 1: Valutazione pratica

13:00 - 14:30 Lunch

14:30 - 16:00 Lecture 3: Approfondimento teorico avanzato su dolore anteriore di ginocchio

16:00 - 17:00 Practical 2: Pratica avanzata per dolore anteriore di ginocchio (Taping e ortesi)

## GIORNO 2

09:00 - 10:00 Lecture 4: Principi di di esercizio terapeutico per dolore anteriore di ginocchio

10:00 - 11:00 Practical 3: Esercizio terapeutico PRATICA

11:00 - 13:00 Practical 4: Principi e pratica di Movement retraining per il dolore anteriore di ginocchio

13:00 - 14:30 Lunch

14:30 - 16:45 Practical 5: Casi clinici - lavoro interattivo e discussione

16:45-17:00 Conclusione: Domande e Test ECM