

September 24, 2023

EM300: Workshop: Tendinopathies of the hip and pelvis: diagnosis and management



ALISON GRIMALDI

BPhty, MPhty(Sports),
PhD

Workshop: Tendinopathies of the hip and pelvis: diagnosis and management

Online Session (2.5 hours) + Practical Session in Presence (8 hours)

Objectives: To deepen the knowledge of tendinopathies of the hip and pelvis for a more effective clinical management.

Tendinopathies of the hip and pelvis are a major problem for both the sports population and the elderly. This workshop will focus on gluteal tendinopathy and proximal hamstring tendinopathy, the two most common tendinopathies of the hip and pelvis. Gluteal tendinopathy is very common in postmenopausal women, but it is also experienced by younger runners and those who participate in aerobics or fitness classes. Proximal hamstring tendinopathy is most common in long-distance runners but also develops in other athletes, in association with particular occupational activities, and in older, sedentary populations. Without proper diagnosis and appropriate management, these conditions often persist, severely impacting activity levels and quality of life. Growing evidence is changing the management of tendinopathy. The information presented in this workshop is based both on an emerging evidence base derived from scientific studies of mechanobiological structure and mechanisms, risk factors, impairments, and available information on the effects of interventions, as well as over 30 years of clinical experience of the speaker.

Learning objectives

At the end of this course, participants will:

1. understand the factors that influence the loading of the tendons around the hip
- a. the morphological variants (for example, the morphology of the femur)
- b. the adverse tendon load associated with kinematics and neuromotor function

c. muscle size and behavior

2. Effectively perform diagnostic tests for tendinopathy of the gluteus and hamstrings.
3. be able to apply the main load management and therapeutic exercise strategies for these tendinopathies
4. have a higher level of confidence and better patient outcomes in the treatment of tendinopathies of the hip and pelvis.

Gluteus tendinopathy:

- Presentation of the condition and prevalence
- Exploration of the terminology and pathology associated with lateral hip pain
- Pathoetiology and other risk factors
- Clinical evaluation of gluteal tendinopathy
- Load management strategies for gluteal tendinopathy
- Exercise therapy strategies for gluteal tendinopathy

Proximal Hamstring Tendinopathy:

- Presentation of the condition and prevalence
- Pathoetiology and other risk factors
- Clinical evaluation of proximal hamstring tendinopathy
- Load management strategies for proximal tendon tendinopathy
- Exercise strategies for proximal knee tendinopathy



30 Seats



€240.00



11 Hours



10,1 ECM

INTENDED FOR

Doctors, Physiotherapists Balance €240.00 within 7 days from the registration

Total: €240.00

PAYMENTS

CALENDAR

Online Session: 14 June 2023 19.30 - 22.00 In Presence Practical Session : 24 September 2023

LANGUAGE

English with Italian consecutive translation

COMBO Workshop EM 300 + Workshop EM 293: **€420,00 (€60,00 OFF!)**

SCHEDULE

GLUTEAL TENDONOPATHY:

- Presentation of the condition and prevalence
- Exploration of the terminology and pathology associated with lateral hip pain
- Pathoetiology and other risk factors
- Clinical evaluation of gluteal tendinopathy
- Load management strategies for gluteal tendinopathy
- Exercise therapy strategies for gluteal tendinopathy

PROXIMAL HAMSTRING TENDINOPATHY:

- Presentation of the condition and prevalence
- Pathoetiology and other risk factors

- Clinical evaluation of proximal hamstring tendinopathy
- Load management strategies for proximal tendon tendinopathy
- Exercise strategies for proximal knee tendinopathy