

June 14, 2023

EM302: WEBINAR - Comprendere le tendinopatie dell'anca e del bacino: Tendinopatia del gluteo e del tendine prossimale Hamstring



ALISON GRIMALDI

BPhty, MPhty(Sports),
PhD

Online Session (2.5 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.



100 Seats



€40.00



2 Hours



3 ECM

INTENDED FOR

Doctors, Physiotherapists

PAYMENTS

Balance €40.00 within 7 days from the registration

CALENDAR

Online Session: 14 June 2023 19.30 - 22.00

LANGUAGE

English with Italian consecutive translation

Total: €40.00

PAY ATTENTION!

This Webinar is free for those enrolled in the EM300 workshop "Understanding tendinopathies of the hip and pelvis: Tendinopathy of the gluteus and proximal Hamstring tendon" of 2409/2023 of which it is an integral part.