

October 26, 2024

EM349: Managing Lower Limb Tendons: Tendinopathies of the lower limb with Seth O'Neill



SETH O'NEILL

BSc (Hons), MSc, PhD

Lecturer Seth O'Neill is an associate professor and lecturer in physiotherapy at the University of Leicester, and is also regularly involved in clinical practice with patients. He holds a PhD in tendinopathy, in which Seth identified rates of prevalence of tendinopathy in UK runners and has developed a greater understanding of the risk factors linked to Achilles tendinopathy.

In this course, various aspects concerning the topic of tendinopathies will be addressed, such as the etiology of tendinopathy and how to consider these factors in the management of treatment.

You will be shown how to diagnose lower limb tendinopathies and then how to set up a treatment plan for each patient.

In addition, the topic of Achilles tendon rupture will be addressed, how to recognize it and which treatments to apply.

Participants will have the opportunity to put into practice what they have learned and practice assessment and treatment techniques under the supervision of the teacher.

Course objectives:

- Understanding and knowing the etiology, risk factors and pain in lower limb tendinopathies
- Knowing how to make a differential diagnosis for lower limb tendinopathies
- Knowing how to conduct a thorough evaluation for the clinical diagnosis of tendinopathies
- Set up an adequate treatment plan including load progression
- Treat the whole person
- Know how to evaluate and treat Achilles tendon ruptures


30 Seats

€550.00

16 Hours

19,5 ECM
INTENDED FOR

Doctors, Physiotherapists Deposit €275.00 within 7 days from the registration

PAYMENTS

Balance €275.00 by date October 7, 2024

Total: €550.00

CALENDAR

26-27 October 2024

LANGUAGE

English with consecutive translation into Italian

Course Location: Brescia @Sala Formazione Edumed

SCHEDULE

Day 1

8.30-09.00 arrival and registration

9.00-11.00 Theoretical lessons - Interactive.

- Etiology of tendinopathies - the clinical relevance
- Risk factors for tendinopathies
- Pain in tendinopathies

11.00-11.15 coffee break

11.15-11.30 Questions

11.30-13.00 Theoretical - Interactive lessons

- The importance of the "load" in the pathology and treatment
- Treatment and why it works
- Treat the whole person

13.00 - 14.00 Lunch break

14.00-15.00 Practice: test

- Clinical Diagnosis - Differential Diagnosis - GTPS, AT including Ruptures

15.00-15.15 Coffee / Break

15.15-17.00 Case Study Focused on Achillea Tendinopathy (Tendinopathy and Rupture)

17.00-17.30 Discussion / Questions and answers

17.30 -18.00 End of the first day

Day 2

8.30-09.00 Review of Clinical Cases and Differential Diagnosis.

9.00-10.30 Evaluation of tendinopathies - consequences for treatment - Practice Evaluation

- Assessment of Hamstrings, PTTD, Patellar Tendinopathy
- Load test for Glutes, Hamstrings, Quadriceps, PTTD
- Exercise prescription for the treatment of tendinopathy - how to progress.

10.30-11.00 Separate session on Achilles Tendon Rupture

11.00-11.15 Coffee break

11.15-11.30 Questions

11.30-13.00 Clinical Diagnosis - Differential Diagnosis -, plantar fascia, patellar tendinopathy and posterior Tibial tendon dysfunction.

13.00 - 14.00 Lunch break

14.00-15.00 Mix of Practice and theory

- Management practice (measure and monitor)
- Load - what it is and how it can be carried in progression, exercise prescription
- Complex Clinical Cases

15.00-15.15 Coffee / Break

15.15-15.45 Practice Evaluation techniques / clinical cases

15.45-16.30 Summary of key points and Discussion / Q + A

16.30 -17.00 End of the course and ECM execution