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| **Learning Outcomes Acute Sporting Knee Course** |
| 1.       use advancedpractical skills of assessment to differentially diagnose presenting sporting knee conditions  **including** patella dislocation, ACL/ PCL / MCL / LCL ligament injuries , patellofemoral pain, meniscal / chondral pathology , patella tendinopathy |
| 2.        applyadvanced assessment of the lower limb kinetic chain and understand the contribution to commonly presenting sporting knee conditions as per element 1 |
| 3.      understand contemporary evidence of pathogenesis and world best practice management for commonly presenting sporting knee conditions asper learning outcome 1, including ACL injuries, patella instability and patellofemoral pain, meniscal and chondral injury and patella tendinopathy |
| 4.      apply appropriate acute , mid and end stage rehabilitation techniques for different levels of athletes for commonly presenting sporting knee conditions as per learning outcome 1, including testing for safe and optimal success of return to sport |
| 5.      explore specific rehab techniques from activation through to strengthening and power development for the quads , hamstrings , gluts and other lower limb kinetic chain / trunk muscles including neuromuscular rehabilitation and gym based rehab techniques,involved in commonly presenting knee conditions |
| 6.      to become proficient at the practical skills of management including taping, soft tissue techniques , joint mobilisations , |
| 7.      to understand the long term outcomes for commonly presenting sporting knee conditions as per element 1 |
| 8.      explore advanced clinical reasoning using an actual patient example with a knee problem to discuss nociceptive driver and primary diagnosis , contributing factors , short and long management and prognosis |
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| **Brief description of each assessment task and how performance will be rated** | **Corresponding Learning Outcome/s (refer to step 3)** | **Timing of task (During or after course)** |
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| 1. checklist to be completed ; knee examination including lig testing, meniscal testing, swelling assessment , patellofemoral joint examination, palpation examination |  |  |
| 2. checklist ;practice assessment of local knee , distal and proximal lower limb kientic chain factors on other particpants |  |  |
| 3. to discuss and present early – mid- end stage rehab programmming as related to ACL lig injury, cartliage injury and knee tendinopathies and demonstrate rehab technqiues for the local knee and the lower limb kinetic chain to the rest of the group of particpaints |  |  |
| 4. practice local management techqniues ; soft tissue technqiues, taping, stretches etc |  |  |
| 5. each participant to complete a clinical reasoning form during the live patient examination for group discussion following the assessment for their own reflection /metacognition later |  |  |
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