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**The Acute Sporting Knee Timetable Melb 2017**

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| **Start and Finish**  **Times** | **Topic or Element**  **(include lunch and tea breaks)** | **Presenter's name** | **Teaching Strategies and learning activities** |
| Day 1 | | | |
| 5.15 -5.30pm | Registration and Course Introduction |  |  |
| 5.30-5.45pm | Background info on ACL injuries and Introduction to case 1 :acute isolated grade 3 ACL knee injury | Jane Rooney | Lecture  Learning outcome 3 |
| 5.45-6.15pm | Assessment of the acute knee; swelling tests, movement assessment, ligament testing, meniscal testing | Jane Rooney | Practical  Learning outcome 1 |
| 6.15 -  7.00pm | Patient has an ACL injury and not sure whether to have surgery  Session: Management of ACL Injuries, contemporary evidence of Surgical techniques and Conservative management | Jane Rooney | Lecture  Learning outcome 3 |
| 7.00- 7.30pm | Supper |  |  |
| 7.30- 8.15pm | Case: Patient now 6/12 post op, going well, and wanting to plan RTS  Session: Functional assessment and return to sport progressions | Jane Rooney | Group Discussion and Practical Session  Learning outcome 3, 4,5 |
| 8.15- 8.45pm | Case: Patient now returning to sport and wanting to prevent recurrence  Session: Prevention of ACL injuries | Jane Rooney | Lecture  Learning outcome 4,7 |
| 8.45-9.00pm | Questions |  |  |
| Day 2 | | | |
| 8.30- 9.00 am | Case 2:acute patellofemoral joint dislocation management 0-6 weeks, patella dislocation risk factors, conservative vs surgical management | Jane Rooney | Lecture  Learning outcome ,3 , 4 |
| 9.00- 9.30 | Patellofemoral joint assessment including PFJ stability, pain provocation, quads assessment | Jane Rooney | Practical Learning outcome 1,5, |
| 9.30-10.00 | Case 2: long term management > 6weeks with discussion of contemporary evidence relating to PFPS/ patellofemoral joint loading, biomechanical optimization for chondral preservation/ patella stability | Jane Rooney | Lecture  Learning outcome 3,7 |
| 10.00- 10.45 | functional sensitisation and assessment of distal, local and proximal contributing factors | Jane Rooney | Practical  Learning outcome 1,2 |
| 10.45-11.00 | Morning Tea |  |  |
| 11.00 – 12.00 | Management techniques of acute PFPS, mobilisation techniques, taping, appropriate stretches and strengthening exercises with progressions including return to running | Jane Rooney | Practical  Learning outcome 4,5,6 |
| 12.00 – 1.30 | Live Patient Masterclass :assessment , treatment and long term management | Jane Rooney | Practical demonstration  Learning outcome 3,7,8 |
| 1.00 -  1.30 | Working Lunch including an interactive clinical reasoning discussion of the patient case |  |  |
| 1.30 – 2.30 | Case 3: acute meniscal and chondral injuries overview, Introduction to case ; 17 yr old netballer with a landing injury,  Group discussion on assessment techniques, role of imaging, when to refer to sports physicians/ orthopaedic surgeons and initial physiotherapy management | Jane Rooney | Group discussion Learning outcome 3, 7 |
| 2.30 -  3.15 | Patient now late stage rehab post meniscal repair and debridement , but developing muscular tightness quads, ITB, Gluts with increased training loads- massage techniques/ mobilization/ dry needling/ stretches/ group demonstration of clinically useful techniques | Jane Rooney | Practical  Learning outcome 1,24,5,6 |
| 3.15-3.30 | Discussion on long term prognosis of severe knee injuries- Should she ever return to sport at all- pro’s and con’s | Jane Rooney | Lecture Learning outcome 3,7 |
| 3.30 – 3.45 | Afternoon tea |  |  |
| 3.45 – 4.45pm | Case 4: Acute patella tendinopathy, contemporary background evidence and introduction to 30 yr old basketballer with acute on degenerative patella tendinopathy | Jane Rooney | Lecture  Learning outcome 3 |
| 4.45 -  6.00 | Assessment kinetic chain at appropriate functional level and Tendon Rehab and Kinetic Chain Optimisation | Jane Rooney | Practical  Learning outcome 2,4,5 |