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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  | LectureLearning 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 surgerySession: Management of ACL Injuries, contemporary evidence of Surgical techniques and Conservative management  |  Jane Rooney  |  LectureLearning outcome 3  |
| 7.00- 7.30pm | Supper |  |  |
| 7.30- 8.15pm | Case: Patient now 6/12 post op, going well, and wanting to plan RTSSession: Functional assessment and return to sport progressions  | Jane Rooney  | Group Discussion and Practical SessionLearning outcome 3, 4,5  |
| 8.15- 8.45pm | Case: Patient now returning to sport and wanting to prevent recurrenceSession: Prevention of ACL injuries  |  Jane Rooney  |  LectureLearning 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 | LectureLearning 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 | LectureLearning outcome 3,7 |
| 10.00- 10.45  | functional sensitisation and assessment of distal, local and proximal contributing factors  | Jane Rooney | PracticalLearning 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 | PracticalLearning 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 |  PracticalLearning 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  |  LectureLearning 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 |