

REHABILITATION OF THE KNEE

SATURDAY 8TH FEBRUARY 2020
CEDAR COURT HOTEL, WAKEFIELD, WF4 3QZ

EVENT OUTLINE

This event will be a practical seminar focusing on how to select and execute appropriate rehabilitation for common knee pathologies and builds on the previous successful shoulder rehabilitation event held in February 2019. Increasing focus is being placed on using a rehabilitative approach in the management of musculoskeletal conditions. Despite the importance of rehabilitation skills, it can be challenging to select appropriate exercise that patients are able to adhere to. In this seminar, emphasis will be placed on using principles of rehabilitation as well as strength and condition to build personalised rehabilitation programmes.

LEARNING OUTCOMES

- How to assess lower quadrant function and determine the primary impairments.
- Know where to target rehabilitation efforts—hip, foot, trunk, kinetic chain. Where to start?
- How and when to modify movement patterns to ensure that change is maintained.
- How to coach lower quadrant exercises to attain optimal muscle recruitment. Come prepared to practice the exercises.
- Be able to discuss with patients when surgery is appropriate and what the most recent evidence is for the benefits of a rehabilitation approach to knee pain, traumatic ligament and meniscal injuries, as well as degenerative knees.
- Describe how to appropriately modify sporting/physical activity participation in knee patients. How much is too much? How much is too little?

SPEAKER: Matthew Allen

Matt is a Chartered Physiotherapist with ten years' experience in private practice. He works with a varied caseload of patients mainly with musculoskeletal conditions, but also provides neurological rehabilitation and elderly care. He works closely with chiropractors, osteopaths, personal training and massage therapists. His clinical focus involves the rehabilitation of tendinopathy and the management of complex persistent pain. He has a varied continuing education with the Prague School of Rehabilitation, and with Washington University, Missouri, and is currently completing an MSc in Health Science at Keele University focusing on the physiology of pain.

Convenor: Mark Butterworth MRCC

PROGRAMME

09.30 - Registration
10.00- Seminar begins
17.00 - Close
Lunch is included

REGISTRATION FEES

RCC Members: £99
Non-Members: £145

Online registration and payment are available at www.bit.ly/RCCevents

To register and pay via card/ bank transfer please contact the RCC directly on **0118-9469727** or at: admin@rcc-uk.org.

Cancellations: Fees will be refunded, less a £10 administration charge, for all cancellations received at least 10 days before the event.

No refunds can be given after this date.

****Please do not attend this event unless you have received confirmation of a place and joining instructions****