

MENTORED ONLINE COURSE LATERAL HIP & BUTTOCK PAIN

CONTEMPORARY DIAGNOSTIC & MANAGEMENT STRATEGIES

dr.alisongrimaldi.com



Lateral hip and particularly buttock pain can often present a diagnostic dilemma. Developing an optimal management program with positive effects requires an evaluation of physical and psychological drivers. This course aims to raise awareness of intrinsic and extrinsic factors within the overall context of workload, and provide knowledge integral to the development of advice, interventions and strategies that results in maximal function with minimisation of adverse effects.

LEARNING OUTCOMES

On completion of this mentored online course, participants should:

- Understand definitions and diagnoses of lateral hip and buttock pain
- Understand the factors that may influence loads across the lateral hip and buttock and predispose to painful intra or extra-articular conditions, such as:
 - morphological variants (e.g. bony structure, soft tissue - neural relationships)
 - adverse soft tissue loading associated with kinematics and neuromotor function
- Be able to recognise conditions underlying lateral hip and buttock pain through patient interview and physical assessment features
- Be able to develop a load management and therapeutic exercise intervention for lateral hip and buttock pain, particular to the patient presentation and associated difficulties with mechanical load transfer.
- Be able to transfer this knowledge immediately into clinical practice, improving outcomes and satisfaction for the patient, the clinician and referrers.

ONLINE LEARNING - 6 HOURS

This online learning course has 3 modules, with bite-size videos totaling approximately 2 hours duration per module and accompanying downloadable notes. Learn anytime, anywhere, at your own pace.

Module 1: Joint Related Pain & Bony Impingements

Module 2: Soft Tissue Related Pain

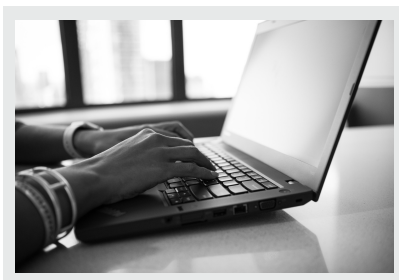
Module 3: Referred & Nerve Related Pain

See next page for details

MENTORING

Mentoring allows maximal knowledge translation and helps ensure fidelity of diagnostic techniques and evidence-based interventions. A group mentoring package can be tailored to the needs of the individuals.

- Provided live via zoom
- 1, 2 or 3 mentoring sessions across the course
- Question & answer sessions
- Troubleshooting & case discussions
- Review of diagnostic techniques and/or exercises



About Dr Alison Grimaldi

Alison Grimaldi is an Australian Sports Physiotherapist and the practice principal of Physiotech Physiotherapy in Brisbane, with 30 years of clinical experience and a special interest in the management of hip, pelvic and lower limb pain and injury. She has attained a Bachelor of Physiotherapy, a Masters of Sports Physiotherapy and a PhD through the University of Queensland. Alison continues her research interests as an Adjunct Senior Research Fellow at the University of Queensland. She has contributed to over 30 peer-reviewed scientific papers, three leading clinical texts, conducted over 100 clinical workshops and presented over 50 keynote, invited or podium conference presentations.

“I believe strongly in translating the evidence in a clinically meaningful way, with immediate practical application.”



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MODULE 1

JOINT RELATED PAIN & BONY IMPINGEMENTS

This module covers joint related lateral hip and buttock pain and bony impingements.

UNIT 1

Lateral Hip & Buttock Pain Course Introduction

UNIT 2

Joint Related Pain - Posterior Instability

UNIT 3

Posterior and Lateral Bony Impingement

UNIT 4

Ischiofemoral Impingement - Part 1

UNIT 5

Ischiofemoral Impingement - Part 2



MODULE 2

SOFT TISSUE RELATED PAIN

This module covers soft tissue related lateral hip and buttock pain with focus lessons on greater trochanteric and ischial pain.

UNIT 1

Soft Tissue Related Pain - Overview

UNIT 2

Greater Trochanteric Pain - Part 1

UNIT 3

Greater Trochanteric Pain - Part 2

UNIT 4

Ischial Pain



MODULE 3

REFERRED & NERVE RELATED PAIN

This module covers lumbar referred and nerve related pain of the lateral hip and buttock with focus lessons on deep gluteal syndrome and other non-sciatic neuralgias.

UNIT 1

Referred and Nerve Related Pain - Introduction

UNIT 2

Deep Gluteal Syndrome - Part 1

UNIT 3

Deep Gluteal Syndrome - Part 2

UNIT 4

Non-sciatic Neuralgia - Part 1

UNIT 5

Non-sciatic Neuralgia - Part 2

PRICING - TOTAL GROUP PRICING IN AUD

(Ask for a quote for teams >10)

NO. TEAM MEMBERS	2	3	4	5	6	7	8	9	10
COURSE DISCOUNT	10%	15%	20%	25%	30%	35%	40%	45%	50%
+1 X 1 HR MENTORING	\$697.00	\$820.75	\$958.00	\$1018.75	\$1093.00	\$1150.75	\$1192.00	\$1216.75	\$1225.00
+2 X 1 HR MENTORING	\$1097.00	\$1220.75	\$1328.00	\$1418.75	\$1493.00	\$1550.75	\$1592.00	\$1616.75	\$1625.00
+3 X 1 HR MENTORING	\$1497.00	\$1620.75	\$1728.00	\$1818.75	\$1893.00	\$1950.75	\$1992.00	\$2016.75	\$2025.00