

Understanding Tendinopathies of the Hip and Pelvis
Lesson 1
Introduction

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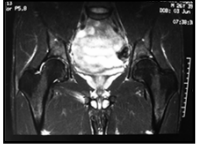
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Goal Statement

This course aims to provide participants with guidance towards a deeper understanding of tendinopathies of the hip and pelvis, and more effective clinical management strategies based on an emerging evidence base derived from scientific studies on structure and mechanobiological mechanisms, risk factors, impairments and the available information on effects of intervention.



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Overall Aims

This course will:

1. Bring together the available information on tendinopathies of the hip and pelvis with a particular focus on pathoetiological mechanisms.
2. Provide a clinical interpretation of the scientific data with direction and practical ideas for management.
3. Highlight areas where research is deficient for those interested in adding to our evidence base for contemporary clinical practice in this field.

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Suitability

Is this course suitable for you?

This course is suitable for anyone involved in management of tendinopathies of the hip and pelvis, or prescription of exercise in at-risk groups.

Requirements:

Basic knowledge of anatomy & muscle function in this region



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Learning Objectives

Upon completion of this course participants should be able to:

Describe basic tendon structure, and biological mechanisms occurring in both a homeostatic state and in a pathological tendon

Describe anatomical relationships, impairments, and postural and loading habits that may predispose to the development of each of the tendinopathies addressed

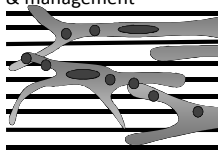
Enhance their ability to develop maximally effective intervention programmes including both load management and exercise prescription

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Course Content: Lesson 2

- ➔ Basic Tendon Structure
- ➔ Molecules maintaining homeostasis
- ➔ The influence of cytokines
- ➔ The influence of mechanical loading
- ➔ Models of tendinopathy
- ➔ Stages of tendinopathy
- ➔ Other possible factors

Mechanobiological mechanisms
Implications for understanding aetiology & management



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Course Content: Lessons 3-6

- 3: Gluteal Tendinopathy
- 4: Proximal Hamstring Tendinopathy
- 5: Iliopsoas Tendinopathy/IRGP
- 6: Adductor Tendinopathy/ARGP

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Course Content: Lessons 3-6

- 3: GT
- 4: PHT
- 5: IT/IRGP
- 6: AddT/ARGP

- Prevalence & Presentation
- Anatomy Update
- Pathology
- Patho-aetiology
- Management Overview
 - Decompression
 - Exercise

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Quiz & Forum

- Quiz**

 - To test your knowledge
- Online Forum**

 - To discuss with others