



HIPS FOR LIFE: Module A

Evidence-based Pathophysiology and Treatment of the Hip Complex

This one-day evidence-based course provides a system for managing hip pain and dysfunction commonly seen in the weekend warrior through to the elderly. Physical therapists, as premier musculoskeletal clinicians provide effective treatment to this region in addition to other hip interplays in the orthopedic outpatient clinic, nursing home. The current treatment model for hip pain and dysfunction is heavily reliant upon radiological examination, medication and surgery. This underutilizes current evidence-based physical therapy assessment and treatment options.

The course addresses hip pathophysiology, functional pelvic-hip stability, manual therapy, medical yoga, patient specific exercise and home management. An increased understanding of these concepts allows the participant to be more effective in the management of hip tendinopathy, pre and post-op Total Hip Arthroplasty, (anterior and posterior approaches) along with osteoarthritis and in particular pre-osteoarthritis which is often undertreated.

The work of world leaders in hip rehabilitation such as Dr. Jill Cook, PhD, Dr. Allison Grimaldi, PhD, Dr. Carolyn Richardson, PhD and 30 years of clinical/teaching experience of Dr. Gavin Hamer, PT, DPT, FAAOMPT, Dip MT (NZ) has been brought together in an evidence-based, clinically functional manner. It is presented with clarity, along with excellent support material. The participant will come away with a comprehensive system to treat this interesting and challenging region

COURSE OBJECTIVES

Upon completion of this course the participant will be able to:

- Understand the biomechanics of the hip
- Learn to apply a treatment based classification system
- Understand the current evidence in support of hip treatment
- Determine relevance of hip dysfunction to the patient's concurrent symptomology
- Implement an effective pelvic-hip stability program
- Understand the pathology of tendinopathy

- Implement an effective post-operative rehabilitation program for both anterior and posterior THA approaches
- Utilize medical yoga
- Apply exercise science that is dosed correctly and effective
- Provide home strategies to improve patient function

COURSE SCHEDULE

08:00 Introduction and current evidence

08:30 Functional anatomy review

09:00 Functional Assessment (lab)

09:30 Osteoarthritis

10:00 *Break*

10:10 Pre-OA, the forgotten condition

10:45 Pre-OA Manual therapy treatment (lab)

11:30 Greater Trochanter Pain Syndrome (it is not bursitis)

12:00 *Lunch (on own)*

01:00 Evidence-based tendinopathy treatment (exercise lab)

02:00 Core, lumbo-pelvic and hip stability (exercise lab)

03:00 *Break*

03:10 THA surgery approaches

03:30 THA anterior/posterior rehab, how to get that inner range strength (exercise lab)

04:00 Medical yoga (exercise lab)

04:45 Exercise progressions (exercise lab)

05:00 *End of class*