



HIPS for LIFE
Specialized Knowledge Specialized Treatment

Hips for Life Module B

Comprehensive Evaluation, Manual Therapy, and Exercise for the Hip Complex

Athlete to the Elderly The Hip: Under Estimated - Undertreated

A two-day hands-on evidence-based course covering patient specific treatment of hip pain and dysfunction affecting the athlete through to the elderly.

This course builds upon material presented in Module A, but is not required as a pre-requisite to attend. Additional topics covered are evaluation, hands on manual therapy, treatment of labral tears, femoral acetabular impingement syndrome, advanced exercise and progressions related to sports.

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 and sports field. 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 evaluation, and treatment options.

This comprehensive patient specific course covers differential diagnosis, functional evaluation, classification systems identifying the eight main categories of hip pain and dysfunction, in addition to the influence of the pelvic floor. Advanced hands on evaluation and manual therapy skills are taught along with correct exercise dosage in order to have effective tools at one's disposal to treat these hip categories. This treatment program is appropriate for the young athlete, to the middle aged woman with lateral hip pain, labral problems, pre OA hip pain through to the pre and post THA patient who requires greater function.

The participant will acquire the skills to become a competent and effective provider of care for the conditions that effect and are effected by the hip.

The work of world leaders in hip rehabilitation such as Dr Jill Cook PhD, Dr Allison Grimaldi PhD, Dr Carolyn Richardson PhD in addition to Dr Gavin Hamer's PT, DPT, FAAOMPT, Dip MT (NZ) 30 years of clinical/teaching experience has been brought together in an evidence based, clinically functional manner. It is presented with



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clarity, along with excellent support material. The participant will come away with a comprehensive system to treat this interesting and rewarding region, utilizing effective treatment rationale and exercise science.

Course Objectives:

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

- Perform an effective functional lower quarter assessment
- Perform a comprehensive hip evaluation
- Be able to screen the lumbar spine, pelvis, and hip joints
- 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
- Understand the influence of the pelvic floor upon hip pain and dysfunction
- Perform effective lumbar spine, pelvis and hip manual therapy techniques
- Implement an effective pre and post operative rehabilitation program for both anterior and posterior THA approaches
- Apply exercise science that is dosed correctly and effective
- Implement an appropriate condition specific medial yoga program
- Provide home strategies to improve patient function

Module 2: Day one (1.75)

08:00 Introduction: where the evidence stands

08:30 Functional lower extremity evaluation

09:15 Lumbar spine and pelvis syndrome classification

09:50 Break

10:00 Anti Gravity Muscle concepts

10:30 Exercise principles about the hip

11:00 Lower quarter objective exam and screening

12:00 Lunch on own

01:00 Hip evaluation and diagnosis

02:00 Acute lumbar spine treatment options

03:00 Break

03:10 Treatment of Lumbo-pelvic Hip instability

04:00 The affect of the pelvic floor

04:30 Pelvic floor management

05:00 End of Day One



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Module 2:Day two (1.75)

08:00 Hip manual therapy including Pre OA

09:30 FAI treatment

10:00 Break

10:10 Pre and post Post Labral repair rehabilitation

10:45 THA surgery procedures

11:15 THA ant/post rehabilitation

12:00 Lunch on Own

12:30 Specific hip exercise progressions

01:00 Greater trochanter pain syndrome treatment

01:45 Medical Yoga application

02:45 Putting it all together

03:00 Course End