

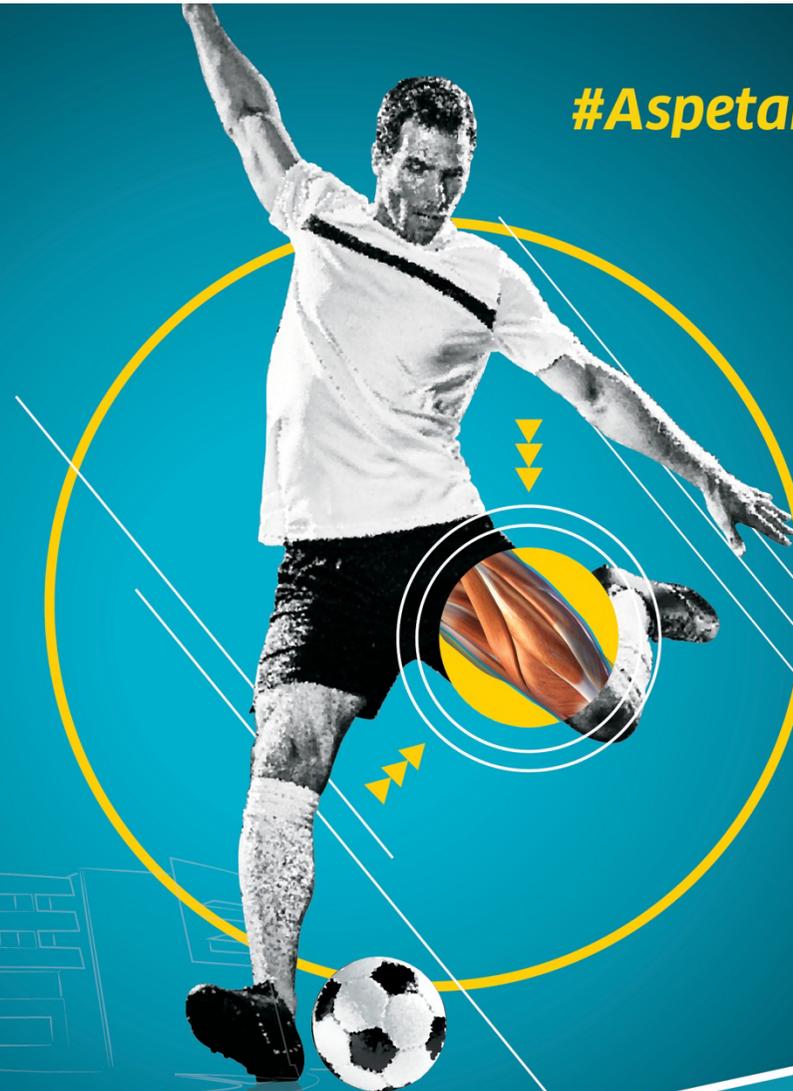
#AspetarIRC24

# ASPETAR INTERNATIONAL REHABILITATION CONFERENCE

“Advanced Thigh Muscle  
Injuries Workshop”

18<sup>th</sup> - 19<sup>th</sup> November 2024

# AGENDA



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"Advanced Thigh Muscle Injuries Workshop" | 18<sup>th</sup> - 19<sup>th</sup> November 2024



## Agenda Advanced Thigh Muscle Injuries Workshop 18-19th November 2024

**Target Audience:** Allied Health Professionals (Physiotherapists, external)

**Activity code:** HGI-03-P137

**Venue:** Rehabilitation Department, ASPETAR

**Time:** 08:00-16:00

### Overall Learning Objectives:

On completion of this activity, participants will be able to:

- Summarise a comprehensive overview of anatomy, function, and pathomechanics of thigh muscle injuries
- Illustrate a comprehensive process leading to accurate clinical diagnosis
- Make use of a holistic rehabilitation assessment to identify all the factors and deficits relating to thigh muscle injury

**This activity is an Accredited Group Learning Activity (Category 1) as defined by the Ministry of Public Health's Department of Healthcare Professions - Accreditation Section and is approved for a maximum of 12.5 hours.**

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"Advanced Thigh Muscle Injuries Workshop" | 18<sup>th</sup> - 19<sup>th</sup> November 2024

Time	Topic	Session Learning Objectives By the end of this session, participants will be able to:	Speaker
<b>Day 1</b>			
07:30 – 08:00	<b>Registration</b>		
08:00 – 08:45	Pathomechanics of Thigh Muscle Injuries: Setting the Scene (Lecture)	Summarise the pathomechanics associated with thigh muscle injury	Enda King
08:45 – 10:30	Anatomical Considerations of Thigh Muscle Injuries (45 min lecture, 60 min practical)	Identify in detail the anatomy of the thigh region and its implications for injury and rehabilitation	Enda King
10:30 – 11:00	<b>Coffee break</b>		
11:00 – 12:30	Diagnosis and Decision Making in Thigh Muscle Injuries (30 min lecture, 60 min interactive)	Determine the process required for a comprehensive assessment leading to accurate clinical diagnosis and management decision making	Aspetar Faculty
12:30 – 13:30	<b>Lunch break</b>		
13:30 – 14:45	Motor Control Assessment & Development (15 min lecture, 60 min interactive)	Outline key components of assessment of motor control	Aspetar Faculty
14:45 – 15:00	<b>Coffee break</b>		
15:00 – 16:00	Motor Control Development (interactive)	Utilise specific exercises to target motor control deficits after thigh muscle injury	Aspetar Faculty
16:00	<b>Finish</b>		

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Time	Topic	Session Learning Objectives By the end of this session, participants will be able to:	Speaker
<b>Day 2</b>			
08:00 – 10:30	Strength Components of Rehabilitation After Thigh Muscle Injuries	Define key considerations and apply key principles of strength and conditioning during the strengthening of thigh muscles after injury	Aspetar Faculty
10:30 – 11:00	<b>Coffee break</b>		
11:00 – 12:30	Assessing and Restoring Power and Explosiveness After Thigh Muscle Injury (30 min lecture, 60 min interactive)	Apply the assessment and intervention methods to address power and explosiveness deficits after thigh muscle injury	ACL Rehabilitation Faculty
12:30 – 13:30	<b>Lunch break</b>		
13:30 – 14:45	Running and Change-of-Direction Mechanics (15 min lecture, 60min interactive)	Summarise the basic components of running and change of direction drills and the mechanics involved Apply training drills designed to improve running and change of direction efficiency	Enda King
14:45 – 15:00	<b>Coffee break</b>		
15:00 – 16:00	Case Studies (60 min interactive)	Identify key components of assessment and treatment of thigh muscle injuries through interactive learning	ACL Rehabilitation Faculty
16:00	<b>Finish</b>		

## Scientific Planning Committee:

Enda King (Chair), Konstantinos Epameinontidis (Co-Chair), Rodney Whiteley, Dermot Simpson, Toni Snoxell, Simon Wallace, Marco Cardinale, Emmanouil Papakostas, Marcelo Bordalo, Paul Dijkstra, Faten Smiley, Joanne Lambert, Heloisa Jorge, Dorothy Lechicki, Stephen Targett

The Scientific Planning Committee has reviewed all disclosed financial relationships of speakers, moderators, facilitators and/or authors in advance of the CPD activity and has implemented procedures to manage any potential or real conflicts of interest.

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**Overall time: 750 min**

**Lecture: 330 min**

**Interactive: 420 min (56%)**