

ASPETAR INTERNATIONAL REHABILITATION CONFERENCE

“Advanced Thigh Muscle
Injuries Workshop”

18th - 19th November 2024

AGENDA

#AspetarIRC24



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"Advanced Thigh Muscle Injuries Workshop" | 18th - 19th 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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| Time | Topic | Session Learning Objectives By the end of this session, participants will be able to: | Speaker |
|---------------|---|---|-----------------|
| Day 1 | | | |
| 07:30 – 08:00 | Registration | | |
| 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 | Coffee break | | |
| 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 | Lunch break | | |
| 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 | Coffee break | | |
| 15:00 – 16:00 | Motor Control Development (interactive) | Utilise specific exercises to target motor control deficits after thigh muscle injury | Aspetar Faculty |
| 16:00 | Finish | | |

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| Day 2 | | | |
| 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 | Coffee break | | |
| 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 | Lunch break | | |
| 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 | Coffee break | | |
| 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 | Finish | | |

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%)