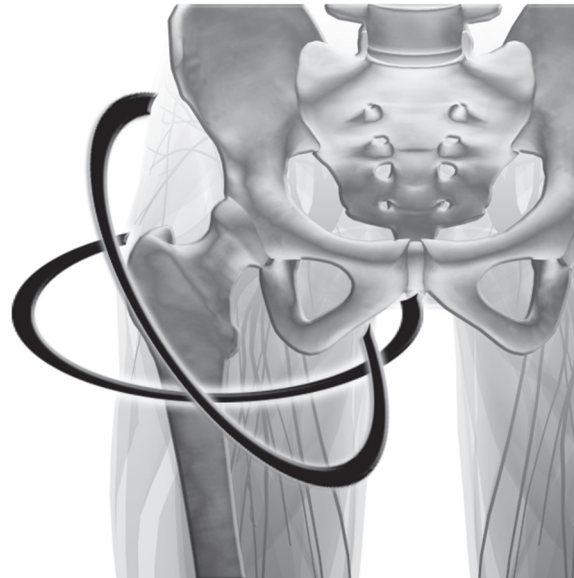


Advanced Evaluation and Treatment of Hip Pathologies

An Evidence Based Course focusing on Differential Diagnosis and Treatment Solutions



Presented by
Erik P. Meira, PT, DPT, SCS, CSCS

North American Seminars, Inc.
1-800-300-5512 | Fax 1-800-310-5920
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PT, PTA and ATC - Continuing Education Course

Call 1-800-300-5512 or Go online to register:

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Certificates for attendance are given upon successful completion of the course.

This course 18.0 contact hours/1.8 CEUs for therapists licensed in Alaska, Illinois, New York or District of Columbia.

This course is 15.0 contact hours/1.5 CEUs for therapists licensed in other states



Day One

7:30	8:00	Registration
8:00	9:00	Introduction and Course Overview <ul style="list-style-type: none"> • Understanding evidence based practice • The need for scientific scrutiny in rehab • Functional outcomes regarding the hip • Using a systematic approach to diagnosis and treatment to maximize efficiency and outcomes
9:00	9:45	Anatomy/Physiology (Lecture) <ul style="list-style-type: none"> • Clinically relevant anatomy of the hip • Physiology of intra-articular structures • Biomechanics of the hip
9:45	10:00	Break
10:00	11:00	Intra-Articular Pathology (Lecture) <ul style="list-style-type: none"> • Understanding femoroacetabular (FAI) impingement • Acetabular labral tears: prevalence and mechanisms of injury • The difficulties with diagnostics
11:00	12:00	Examination of the Hip-Intra-Articular Pathology (Lecture) <ul style="list-style-type: none"> • Overview of special tests • Application of sensitivity and specificity information • Incorporating patient history into the evaluation • Understanding limitations in differentiation of FAI, labral tears, instability and chondral damage
12:00	1:00	Lunch (on your own)
1:00	3:00	Examination of the Hip-Intra-Articular Pathology (Lab) <ul style="list-style-type: none"> • Special tests • Emphasis on efficiency and accuracy of the tests • Mastering diagnostic skills
3:00	3:30	Surgical Management of Intra-Articular Pathology (Lecture) <ul style="list-style-type: none"> • Overview of current surgical techniques focusing on hip arthroscopy • Expected outcomes from surgery • Video demonstrations of common procedures such as femoroplasty, rim trimming, labral repair, microfracture and debridement
3:30	3:45	Break
3:45	4:45	Postoperative Management Hip Arthroscopy (Lecture) <ul style="list-style-type: none"> • Goal setting • Common postsurgical concerns specific to different procedures • Understanding relevant benchmarks specific to postoperative hip
4:45	5:45	Postoperative Management of Hip Arthroscopy (Lab) <ul style="list-style-type: none"> • Initial hands on techniques • Basic safe movements initiation • Activating the hip abductors • Progressing to general lower quarter program
5:45	6:00	Review/Questions

Day Two

8:00	9:00	Extra-Articular Pathology (Lecture) <ul style="list-style-type: none"> • Internal and external coxa saltans • Hip flexor pathology • Bursitis • Piriformis syndrome: fact or fiction? • Hip mimickers such as athletic pubalgia and sports hernia
9:00	9:45	Examination of the Hip-Extra-Articular Pathology (Lecture) <ul style="list-style-type: none"> • Differentiating between the joint and the surrounding tissues • Validity and relevance of certain tests • Understanding uncertainty • Knowing what you don't know
9:45	10:00	Break
10:00	11:30	Examination of the Hip – Extra-Articular Pathology (Lab) <ul style="list-style-type: none"> • Emphasis on efficiency and accuracy • Streamlining the clinical assessment • Combining a full intra-and extra-articular examination
11:30	12:30	Lunch (On your own)
12:30	1:30	Treating the Lower Kinetic Chain (Lecture) <ul style="list-style-type: none"> • Common findings among many lower extremity disorders • The role of the hip in other lower extremity disorders such as iliotibial band syndrome and patellofemoral pain syndrome: fact or fiction? • Developing a general lower quarter protocol
1:30	3:00	General Lower Quarter Program (Lab) <ul style="list-style-type: none"> • Applying science to treatment • Understanding requirements for full functional return to baseline • Developing a program that considers ultimate goals during early phases • Returning higher level patients to sports/recreational activities
3:00	3:45	Case Presentations (Lecture/Lab) <ul style="list-style-type: none"> • Skills that can be used tomorrow morning • Applying course information and critical thinking • Real world application of a systematic approach

About the Educator

Erik P. Meira, PT, DPT, SCS, CSCS, is currently the lead physical therapist and clinic director of Black Diamond Physical Therapy in Portland, OR, a clinic that specializes in sports rehabilitation and a clinical advisor to the University of Portland NCAA Division program. He is an APTA Board Certified Sports Clinical Specialist and an NSCA Certified Strength and Conditioning Specialist with extensive experience in the management of sports injuries at many different levels. Educated at the University of Florida he began his career at The George Washington University Hospital in Washington, DC before relocating to Portland, Oregon. He has authored several articles and textbook chapters and has lectured privately and at conferences sponsored through the National Strength and Conditioning Association (NSCA), American Physical Therapy Association (APTA), and the National Athletic Trainers' Association (NATA) covering topics such as the hip, knee, shoulder, exercise prescription, returning athletes to sport, science application, and PT practice business models and a regular reviewer for several medical journals. He is the founder and the original chair of the Hip Special Interest Group of the Sports Physical Therapy Section (SPTS). Within the SPTS, Erik is currently their APTA Combined Sections Meeting Program Chair and the chair for the Educational Programming Team. He is also the co-host of PT Inquest, a podcast dedicated to understanding physical therapy science.

Why You Should Attend This Course

This is a two-day advanced course that will involve lecture and extensive hands-on laboratory components to explore the current best practices for evaluation and treatment of hip disorders based on the latest evidence. Heavy emphasis will be placed on clinical application through extended lab sessions and multiple case examples utilizing information learned in the course. Focus will be placed on the advanced skills necessary to achieve an expert understanding of hip pathologies.

Physical therapists and trainers are often the first to see some of these difficult hip patients. It is important to be able to differentiate between intra-articular (pathologies such as femoroacetabular impingement (FAI), acetabular labral tears, and chondral damage) and extra-articular pathologies (such as: snapping hip, greater trochanteric bursitis and hip flexor pathologies). Through lecture and laboratory sessions, participants will learn how to perform a comprehensive clinical evaluation (including hands-on special testing), develop systematic treatment plans including the latest evidence-based interventions, and make appropriate referrals when necessary. Current concepts of how the hip region may also play a role in other lower extremity injuries, such as patellofemoral pain syndrome and iliotibial band syndrome, will also be discussed. Participants will leave the course with tools that can be used immediately which will make their practice more precise, efficient, and effective resulting in improved overall outcomes.

Course Objectives

Upon completion of this course, participants will be able to:

- Apply scientific scrutiny and evidence-based practice to their practice and professional development.
- Understand the benefits of a systematic approach to evaluation and treatment.
- Determine the best functional outcome indicator for their patient population.
- Identify clinically relevant anatomy and physiology of the hip joint.
- Describe femoroacetabular impingement and its role in intra-articular hip pathology.
- Understand acetabular labral tears, their prevalence, their mechanisms of injury, and their clinical relevance.
- Expertly demonstrate and perform proper hands-on special tests for the hip joint and understand their sensitivity and specificity.
- Execute an efficient, confident, and accurate examination of the hip joint based on the current evidence.
- Interpret the examination findings in order to develop the most effective and efficient plan of care.
- Demonstrate an expert and comprehensive understanding of hip related disorders as described in the current literature.
- Make an appropriate referral for surgical consultation regarding intra-articular pathology.
- Describe current surgical techniques including hip arthroscopy and expected outcomes.
- Understand postoperative concerns pertaining to the hip.
- Confidently develop an effective and efficient postoperative management strategy for each patient.
- Classify extra-articular hip pathology for conditions described in this course.
- Differentiate between intra- and extra-articular hip pathology.
- Understand and apply current research regarding possible hip generated mechanisms around patellofemoral pain syndrome and iliotibial syndrome.
- Develop a comprehensive lower quarter program to achieve maximal functional return for a spectrum of patients from those who are sedentary to professional athletes.
- Demonstrate real world clinical application of concepts discussed in this course.

Meira15

Registration Form



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Location of attendance _____

All cancellations must be submitted with written notice and received 14 days prior to the course date. Refunds and transfers minus the deposit fee of \$75.00 are provided until 14 business days prior to the course date. No refunds will be issued if notice is received after 14 days prior to the course date. North American Seminars, Inc. reserves the right to cancel any course and will not be responsible for any charges incurred by the registrant due to cancellation. A full course tuition refund will be issued if NAS cancels the course. NAS reserves the right to change a course date, location or instructor. No refund will be issued if course is in progress and is interrupted by an Act of War or God or issue beyond our control. NAS, Inc. will not be responsible for any participant expenses other than a course tuition refund for course cancellations.