Lower Limb Tendinopathy Course
Get the BEST Insights and Skills in Tendinopathy Management with a World Leading Expert

Date: June 17-18, 2016

Location:
TAI North Portland Physical Therapy - PACE
4829 NE MLK Jr. Blvd, Ste 101
Portland, OR 97211

Instructor:
Dr. Peter Malliaras

Times:
Friday: Registration 5:30 PM, Course 6 – 9 PM
Saturday: 8AM – 5 PM

Total Hours: 13 contact hours + pre-course audio lecture

Cost: $465

LEARNING OUTCOMES

- Describe the structure, function and adaptation of tendons
- Describe the latest research relating to the pathogenesis, pain and etiology of tendinopathy and how this applies to clinical management
- Demonstrate accurate and systematic diagnosis/differential diagnosis of common lower limb tendinopathies
- Identify movement patterns related to tendon overload and common movement deficits in tendinopathy
- Identify potential kinetic chain factors in managing lower limb tendinopathy patients
- Plan rehabilitation strategies for common lower limb tendinopathies among patients with different clinical presentations
- Justify the use of conservative adjuncts (e.g. orthotics, manual therapy, electrotherapy, etc.) and injections in different tendinopathy presentations
Course Outline

PRACTICAL COURSE – DAY 1
5.30pm Registration
6.00  Tendon pathology, pain, etiology
7.15  Break
7.30  Diagnosis and assessment principles
8.15  Identifying movement patterns related to tendon overload and common movement deficits in tendinopathy
9.00pm Close

PRACTICAL COURSE – DAY 2
8.00am  Kinetic chain assessment in tendinopathy: how to identify and prioritize findings
9.30  Case study: tendinopathy history and physical assessment
10.00 Break
10.15 Tendinopathy rehabilitation evidence
10.45 Principles of individualizing tendinopathy rehabilitation
11.30 Lunch
12.15pm Tendon rehabilitation progressions for common lower limb tendinopathies
1.45 Energy storage rehabilitation progressions
2:45 Break
3.00 Rehabilitation planning, including tendon rehab & kinetic chain progressions, and determining timeline, criteria, goals and limiting S factors
4.00 Case study examples
4.30 Adjuncts: orthotics, manual therapy, electrotherapy, injections, surgery
5.00pm Close

Note: Each activity will consist of theoretical and practical components
Please bring shorts to the course for practical sessions.

Who Can Attend:
This course is open to PT, MD, DO

Instructor Bio:
Dr. Peter Malliaras

Dr. Peter Malliaras is a Physiotherapist who specializes in tendinopathy. He completed his undergraduate physiotherapy degree at La Trobe University in 1996, and his PhD in tendinopathy in 2006. Currently Peter spends three days per week in clinical practice were he only sees tertiary referrals of persistent and unresponsive tendon pain. He is regularly consulted in the management of elite athletes, including football, netball, basketball, track athletes, etc.

The remainder of his week, Peter focuses on clinical education and research. He is part of an international research group and supervises several students undertaking tendinopathy related research. He has published widely and given several international Invited conference lectures in the area of tendinopathy. He is currently a Research Fellow at Queen Mary, University of London, and La Trobe University, Melbourne, Australia.
**Registration Contact:**
Therapeutic Associates Employees should register on the Learning Center via the TAI Team Portal

Non-TAI Employees can access the Registration form on our website at [http://www.therapeuticassociates.com/education/continuing-education/](http://www.therapeuticassociates.com/education/continuing-education/)

For questions or assistance, contact:
Dorothy Klemetson
TAI Clinical Education Coordinator
206-241-8488 X220
dorothyk@taiweb.com

**Fine Print:**
Cancellations less than 7 days prior to the course will not be refunded.