

SIMPLIFYING THE HIP COURSE

AGENDA

DAY 1	
TIMINGS	TOPICS
8:00 – 8:30 am	<ul style="list-style-type: none"> • Registration
8:30-9:30 am	<ul style="list-style-type: none"> • Introduction & Learning outcomes
9:30-10:30 am	<ul style="list-style-type: none"> • Anatomy of Hip and Differential Diagnosis - Theory and Principles • Clinical Reasoning & Red Flags
10:30-10:45 am	<ul style="list-style-type: none"> • Coffee break
10:45 -11:45 am	<ul style="list-style-type: none"> • FAI Syndrome - Assessment and rehab principles
11:45 am -12:45 pm	<ul style="list-style-type: none"> • FAI Syndrome - Treatment Protocols and Practical
12:45 - 1:45 pm	<ul style="list-style-type: none"> • Lunch and Prayer Break
1:45 - 2:45 pm	<ul style="list-style-type: none"> • Hip Dysplasia - Assessment and rehab principles
2:45 - 3:45 pm	<ul style="list-style-type: none"> • Hip Dysplasia - Case Studies & Practical
3:45 – 4:00 pm	<ul style="list-style-type: none"> • Coffee break
4:00 – 5:00 pm	<ul style="list-style-type: none"> • Hip OA - Assessment and rehab principles
5:00 – 6:00 pm	<ul style="list-style-type: none"> • Hip OA - Case Studies & Practical
6:00 – 6:30 pm	<ul style="list-style-type: none"> • Reflection & Round Table Discussion, Q and A

	DAY 2
TIMINGS	TOPICS
8:00 – 8:30 am	<ul style="list-style-type: none"> • Registration
8:30-9:30 am	<ul style="list-style-type: none"> • Greater Trochanteric Pain Syndrome (GTPS) – Assessment and rehab principles
9:30-10:30 am	<ul style="list-style-type: none"> • Greater Trochanteric Pain Syndrome – Treatment Protocols and Practical
10:30-10:45 am	<ul style="list-style-type: none"> • Coffee break
10:45 -11:45 am	<ul style="list-style-type: none"> • Adductor Related Groin pain (ARGP) – Assessment and rehab principles
11:45am -12:45pm	<ul style="list-style-type: none"> • Adductor Related Groin pain - Case Studies & Practical
12:45 - 1:45 pm	<ul style="list-style-type: none"> • Lunch and Prayer Break
1:45 - 2:45 pm	<ul style="list-style-type: none"> • Inguinal Related groin pain (IRGP) – Assessment and rehab principles
2:45 – 3:45 pm	<ul style="list-style-type: none"> • Inguinal related groin pain - treatment protocol and management (practical)
3:45 – 4:00 pm	<ul style="list-style-type: none"> • Coffee break
4:00 – 5:00 pm	<ul style="list-style-type: none"> • Iliopsoas Related groin pain – Assessment and rehab principles
5:00 – 6:00 pm	<ul style="list-style-type: none"> • Iliopsoas Related groin pain – Treatment Protocols and Management: Case Studies and Practical session
6:00 – 6:30 pm	<ul style="list-style-type: none"> • Q & A, Certificate Distribution, End of Course