

## ACL INJURY REHABILITATION: FROM PLINTH TO PERFORMANCE - AGENDA

	<b>DAY 1</b>
<b>TIMINGS</b>	<b>TOPICS</b>
<b>8:00 – 8:30 am</b>	<ul style="list-style-type: none"> <li>• <b>Registration</b></li> </ul>
<b>8:30 - 9:30 am</b>	<ul style="list-style-type: none"> <li>• <b>Introduction/overview</b></li> </ul>
<b>9:30 - 10:30 am</b>	<ul style="list-style-type: none"> <li>• <b>ACL injury prevention programs</b></li> </ul>
<b>10:30 - 10:45 am</b>	<ul style="list-style-type: none"> <li>• <b>Coffee break</b></li> </ul>
<b>10:45 - 11:45 am</b>	<ul style="list-style-type: none"> <li>• <b>Practical session for ACL injury prevention programs</b></li> </ul>
<b>11:45 am - 12:45 pm</b>	<ul style="list-style-type: none"> <li>• <b>Non-surgical management of ACL injury</b></li> </ul>
<b>12:45 - 1:45 pm</b>	<ul style="list-style-type: none"> <li>• <b>Lunch and Prayer Break</b></li> </ul>
<b>1:45 - 3:45 pm</b>	<ul style="list-style-type: none"> <li>• <b>Pre-operative management of ACL injury</b></li> </ul>
<b>3:45 – 4:00 pm</b>	<ul style="list-style-type: none"> <li>• <b>Coffee break</b></li> </ul>
<b>4:00 – 5:00 pm</b>	<ul style="list-style-type: none"> <li>• <b>Early stage ACL rehabilitation</b></li> </ul>
<b>5:00 – 6:00 pm</b>	<ul style="list-style-type: none"> <li>• <b>Mid-late stage ACL rehabilitation</b></li> <li>• <b>Review of Day 1</b></li> </ul>

	<b>DAY 2</b>
<b>TIMINGS</b>	<b>TOPICS</b>
<b>8:00 – 8:30 am</b>	<ul style="list-style-type: none"> <li>• <b>Registration</b></li> </ul>
<b>8:30 - 9:30 am</b>	<ul style="list-style-type: none"> <li>• <b>Continuation of Mid-late stage ACL rehabilitation?</b></li> </ul>
<b>9:30 - 10:30 am</b>	<ul style="list-style-type: none"> <li>• <b>Return to running</b></li> </ul>
<b>10:30 -10:45 am</b>	<ul style="list-style-type: none"> <li>• <b>Coffee break</b></li> </ul>
<b>10:45am - 12:45 pm</b>	<ul style="list-style-type: none"> <li>• <b>ACL return to running practical session</b></li> </ul>
<b>12:45 - 1:45 pm</b>	<ul style="list-style-type: none"> <li>• <b>Lunch and Prayer Break</b></li> </ul>
<b>1:45 - 3:00 pm</b>	<ul style="list-style-type: none"> <li>• <b>Conditioning during ACL rehab</b></li> </ul>
<b>3:00 – 3:30 pm</b>	<ul style="list-style-type: none"> <li>• <b>Coffee break</b></li> </ul>
<b>3:30 – 4:30 pm</b>	<ul style="list-style-type: none"> <li>• <b>ACL return to play protocol</b></li> </ul>
<b>4:30 – 5:30 pm</b>	<ul style="list-style-type: none"> <li>• <b>Integrating into training – case discussion</b></li> <li>• <b>Rehab Programming</b></li> </ul>
<b>5:30 – 6:00 pm</b>	<ul style="list-style-type: none"> <li>• <b>Certificate Distribution</b></li> </ul>

