



COURSE DATES 
11th - 12th June 2022

VENUE 
Dubai

SIMPLIFYING THE HIP



Instructor

MEHMET GEM

Regional FCP Lead for Pure Physiotherapy
BSc (Hons) Sport and Exercise Science
MSc Physiotherapy
MSc Advanced Neuromusculoskeletal Physiotherapy



INSTRUCTOR



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Mehmet started his higher education journey at the University of Hertfordshire where he received a BSc (hons) in Sport and Exercise Science. He shortly after went on to complete a pre-reg MSc at the University of Essex and has more recently completed his PGDip in Advanced Neuromusculoskeletal Physiotherapy from the University of Hertfordshire.

Mehmet initially started his career working in football and rugby throughout Essex and Suffolk, predominantly with young elite athletes and also within women's rugby.

Over the last eleven years Mehmet has specialised in musculoskeletal Physiotherapy, whilst specifically developing his specialist interest in Hip & Groin injuries over the last 8 years.

Mehmet in recent years has worked with in numerous orthopaedic hospital settings and sports medicine clinics though is currently working as the Regional Clinical FCP Lead for Pure Physiotherapy alongside his own private hip consultancy clinic.

Mehmet has a strong belief in using evidence-based practice to direct his treatment approaches and feels that empowering patients with the tools to prevent injuries from reoccurring is imperative.



OVERVIEW/OUTLINE/BRIEF DESCRIPTION OF THE COURSE

This Hip course is purposefully accessible for all healthcare professionals who are looking to develop their understanding and skillset when it comes to Hip & Groin assessment and treatment. The hip region can be a quite daunting area to deal with, especially when newly qualified or also if you just haven't had as much experience with these patients. The aim of this course is to get rid of that anxiety completely and help develop your clinical reasoning skills for assessing and

Additionally, the course will include real case studies and exercise rehab ideas that will hopefully be applicable to all attendees within in their day-to-day clinics.

GENERAL AND SPECIFIC OBJECTIVES

- To develop a greater understanding of the common hip and groin injuries that can present in clinic and to improve subjective questioning skills to identify these conditions.
- To simplify the physical examination of commonly seen hip and groin issues that we come across in clinic day to day.
- To debunk any of the myths and misinformation out there when it comes to assessing and treating individuals with hip pain.
- To link any of the taught learning from the course to real life case studies and incorporating evidence-based treatment approaches.
- To enhance and develop exercise rehab prescriptions skills for commonly seen hip and groin injuries.

ELIGIBILITY/TARGET AUDIENCE

- Physiotherapists
- Occupational Therapists
- Rehab Therapists
- Sports Therapists

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