

Scientific Program for Physiotherapist

Saturday, 27th July, 2019 >> Grand Hyatt Hotel, Santacruz, Mumbai

MODULE 1: KNEE REHAB

Breakfast sessions: Arthroscopic Academy

9.00-10.00 am **SESSION I : Symposia: Getting the Basics**

9.00-9.10 am Changing face of soft tissue injuries

9.10-9.20 am Road from Surgery to recovery – Timing rehabilitation right.
(Common tips while planning Rehab protocols Staging the rehabilitation.)

9.20-9.30 am Update on graft types (Autograft Vs others- healing period and important points for consideration)

9.30-9.40 am What you need to know about training loads post tendon/ligament/graft reconstruction

9.40-9.50 am Pain Neuro Science education: Representation of pain in brain

9.50-10.00 am Graded Motor Imagery in rehab

10.00-10.20 am Discussions

SESSION II: Panel Discussion

10.20-11.00 am Key to complete rehab (Pain consultant, nutritionist, psychologist, physio & ortho)

SESSION III: Key Note address

Landing following arthroscopy / Kinetic chain

SESSION IV: Symposia: Exercise Considerations

11.30-11.40 am Importance of core in Rehab

11.40-11.50 am Points to ponder: Training the young Vs Training an elderly

11.50-12.00 noon Exercise Programming: Mobility Vs Strength Vs conditioning

Session V: Tricky Shoulder

12.00-12.15 pm **Case 1**

Case 2

12.15-12.30 pm Evidence based approach to decision making: Rehabilitating rotator cuff injuries and long term outcomes

12.30-12.45 pm Scapula Dyskinesia -Setting it right: What does evidence say

12.45-1.00 pm Unstable shoulder: Repair and Rehab

1.00-1.30 pm Oration: Movement based Return to sport

1.30-2.30 pm **LUNCH**

SESSION VI: Knee

2.30-2.45 pm **Case 1: ACL injury**

Case 2: Meniscal Injury

2.45-2.55 pm Knee arthroplasty: What do physios need to know

2.55-3.05 pm Chronic Knee Pain: Hands on or Hands off

3.05-3.20 pm ACL post reconstruction rehabilitation protocols: Factors affecting it

SESSION VII : Getting back to action & Preventing Injuries

- 3.20-3.30 pm Preparticipation assesment
- 3.30-3.40 pm Injury prevention in adolescent and school athletes
- 3.40-3.50 pm Preventing injuries in Marathon runners : Tips & tricks
- 3.50-4.00 pm LE muscle inury in footballers : How to prevent
- 4.00-4.20 pm Oration :EBP: lessons learnt and Future ahead

SESSION VIII: Master Class

- 4.30-5.30 pm **Master Class**
- 5.30-6.30 pm **High Tea & Arthroscopy Academy Oration**
- Dinner**

MODULE 1: KNEE REHAB

- 9.00-9.30 am Two case-based scenarios: Functional evaluation & Movement analysis of injured knee (on patient)
- 9.30-9.40 am Functional testing algorithm for knee
Red flags
- 9.40-10.10 am Protocols:
Rehab. After ACL reconstruction
Rehab. After meniscus repair and meniscectomy
- 10.10-10.25 am Procedure modified Rehab
- 10.25-10.40 am Rehab after multiple Ligament inuries
- 10.40-10.55 am Managing Patello femoral pain
- 10.55-11.05 am PCL Reconstruction Rehab. How does it differ from ACL rehab
- 11.05-11.25 am Bracing and taping
Demonstration of techniques
- 11.25-11.40 am Dealing with stiffness
Demonstration of exercises
- 11.40-11.55 am Building strength
Demonstration of exercises
- 11.55-12.10 pm Role of EMS in Rehab
- 12.10-12.25 pm Return to function
- 12.25-12.40 pm Aqua-rehab
- 12.40-12.50 pm Discussion, Q & Ans

MODULE 2: SHOULDER REHAB

9.00-9.30 am	Two case-based scenarios :Functional evaluation & Movement analysis (on Patient)
9.30-9.45 am	Functional testing algorithm for shoulder Red flags
9.45-10.00 am	Shoulder dysfunction & dyskinesia
10.00-10.15 am	Scapular stabilization
10.15-10.30 am	Recruiting the right muscles(overactivation& Inhibition)
10.30-11.00 am	Protocols: After cuff repair Slap lesion
11.00-11.15 am	Taping Demonstration
11.15-11.30 am	Dealing with stiffness Demonstration
11.30-11.45 am	Building strength Demonstration Return to function – outcomes and performance measures Dos and donts Discussion, Q & Ans

MODULE 3 - FUNCTIONAL ASSESSMENT

2.00-5.30 pm	Safe return to sports Assessing Amateur athletes What to check for in Runners Football Cricket Cyclist Other sports Triple hop test Agility testing Functional testing Assessing VO2 max and stamina Assessing strength Core assessment Preventing injuries Disucssion and Q & A
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MODULE 4 - RETURN TO SPORTS ADVANCED STRENGTH AND CONDITIONING MODES

2.00-5.30 pm

Wholistic approach

Power

Strength

Mobility

Endurance

Skill specific