

## Lower Limb Tendinopathy

**Jill Cook, Melbourne / AU**

17./18. November 2018

Hochschule Fresenius

Lilienstr. 5-9, 20095 Hamburg

Kurssprache: Englisch



### The learning objectives of the course are to:

- Be able to confidently distinguish tendon pain from other causes of patient pain
- Know the role of imaging (ultrasound, MRI) in management of tendon pain
- Assess the patient's tendinopathy and devise a treatment program to their goals
- Be aware of the rationale for the 4-stage treatment approach that includes isometric strengthening, isotonic exercises, energy storage exercises and sport-specific rehabilitation

### Brief profile of speaker

Jill Cook is a professor in musculoskeletal health in the La Trobe Sport and Exercise Medicine Research Centre at La Trobe University in Melbourne Australia. Jill's research areas include sports medicine and tendon injury. After completing her PhD in 2000, she has investigated tendon pathology, treatment options and risk factors for tendon injury. Jill currently supplements her research by conducting a specialist tendon practice and by lecturing and presenting workshops both in Australia and overseas.

**Beginn:** Samstag, 17.11.2018, um 9:00 Uhr

**Ende:** Sonntag, 18.11.2018, um 16:30 Uhr

### Hörsäle 2.10 und 2.11

**Fresenius Hochschule**

**Lilienstr. 5-9, 20095 Hamburg**

### Kursgebühr:

- **Mitglieder des DVMTe.V.: 250 EUR**
- **Alle Anderen: 300 EUR**

**Anmeldung unter:**

[https://www.dvmt.org/index.php?option=com\\_chronoforms5&chronoform=AnmeldeformularJHV2018](https://www.dvmt.org/index.php?option=com_chronoforms5&chronoform=AnmeldeformularJHV2018)

**Day One: November 17<sup>th</sup>, 2018**

**9:00 – 12:30; 1:30 – 5:00**

**Total hours = 6**

9:00 – 10:00	<b>Understanding tendon pathology and pain</b>
10:00 – 10:30	<b>The role of imaging in diagnosis and management</b>
10:30 – 11:00	<i>Break</i>
11:00 – 12:30	<b>Understanding tendon load, taking a tendinopathy history</b>
12:30 – 1:30	<i>Lunch</i>
1:30 – 2:00	<b>Questions, principles of examining a person with tendinopathy</b>
2:00 – 3:00	<b>Principles of managing tendinopathy</b>
3:00 – 3:30	<i>Break</i>
3:30 – 4:30	<b>Principles of managing tendinopathy</b>
4:30 – 5:00	<b>Questions/discussion</b>

**Day Two: November 18<sup>th</sup>, 2018**

**9:00 – 12:15; 1:15 – 4:00**

**Total hours = 5,5**

9:00 – 11:00	<b>Assessment of lower limb tendinopathy practical</b>
11:00 – 11:30	<i>Break</i>
11:30 – 12:30	<b>Isometric exercise practical</b>
12:30 – 1:30	<i>Lunch (on your own)</i>
1:30 – 3:30	<b>Management of lower limb tendinopathy practical</b>

Mitglied der  
DFAMT (Deutschen Föderativen Arbeitsgemeinschaft Manuelle Therapie)  
IFOMPT (International Federation of Orthopaedic Manipulative Physical Therapists)

Kooperationspartner der  
IMTA (International Maitland® Teacher Association)  
HAWK Fachhochschule Hildesheim, Holzminden, Göttingen



3:30 – 4:00 *Break*

4:00 – 4:30 **Managing an athlete in the competitive season**

**Total Hours For Course = 11,5**

DVMT e.V. - Deutscher Verband für Manuelle Therapie (Maitland® Konzept) e.V.  
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Registernummer: 501

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