

NHMI 26th Fall Symposium – Saturday, September 28, 2019

Learning Objectives

Upon completion of this live educational activity, learners should be able to:

Meeting Overall

- Synthesize applicable management concepts into clinicians' practices to enhance patient care based on concepts and skills presented.
- Assess and apply non-surgical treatments and rehabilitation protocols for the management of conditions germane to the practice of musculoskeletal rehabilitation.
- Discuss key concepts with colleagues.

Talks

Superior Capsular Reconstruction (SCR) Procedures and Outcomes – Joshua Baumfeld

- Identify indications for SCR.
- Explain the technique for SCR.
- Describe the outcomes of SCR.

Multi-ligament Knee Injuries – Joshua Baumfeld

- Immediately recognize and treat/stabilize multi-ligament knee injuries.
- Explain treatment options for multi-ligament injuries.
- Summarize post-operative rehabilitation options and outcomes.

Functional Return to Play Guidelines After Anterior Bankart Repair – Brian Busconi

- Identify anatomy of Bankart tear.
- Explain surgical procedures.
- Implement rehabilitation guidelines.

Gluteus Medius and Minimus Rehab Protocol After Repair – Brian Busconi

- Identify anatomy of gluteus medius and minimus.
- Explain surgical procedures.
- Implement rehabilitation guidelines.

Medial Patella-Femoral Ligament Reconstruction – Brian Busconi

- Identify anatomy of medial patella-femoral ligament.
- Explain surgical procedures.
- Implement rehabilitation guidelines.

Rehabilitation Following Superior Capsular Reconstruction – Paul Ghostlaw

- Identify post-operative precautions for patients following superior capsular reconstruction.
- Summarize post-operative rehabilitation options and outcomes.
- Apply rehabilitation guidelines.

The ACL of the Ankle, Part I: What's the problem? – Jennifer McKeon

- Contrast the anatomical and biomechanical bases of talocrural vs. subtalar instability.
- Describe the effects of chronic ankle instability the whole person within the context of the International Classification of Functioning, Disability, and Health (ICF).
- Discuss the potential for epidemiological and etiological research to elucidate the clinical overlap of CAI patients and those with STJ instability.

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The ACL of the Ankle, Part II: What next? – Jennifer McKeon

- Identify key features of that can help differentiate talocrural instability from subtalar instability using the most the current evidence of evaluation and treatment for the STJ.
- Incorporate the best clinical evaluation & imaging techniques for the assessing subtalar joint instability.
- Plan management strategies subtalar joint instability utilizing the best available evidence.

Freeing the Foot: Enhancing Lower Extremity Rehabilitation Strategies Through the Foot Core System – Patrick McKeon

- Define and describe the foot core system and its three subsystems as a complex adaptive system that promotes healthy foot function.
- Implement intrinsic foot muscle isolation strategies to promote control of these muscles in order to enhance their contribution to functional redundancy within the foot core system.
- Formulate effective intervention progressions from isolation of intrinsic foot muscle control to integration of their contributions into function movement strategies for enhancing functional variability within the foot core system.

Perceptual Interdependence: A New Framework for Foot and Ankle Rehabilitation – Patrick McKeon

- Highlight the most recent and relevant evidence-based strategies for the rehabilitation of chronic ankle instability.
- Link concepts from the biopsychosocial model, the dynamic systems theory, and the body-self neuromatrix into a working paradigm of ankle rehabilitation strategies that addresses the perceptual interdependences from the cell to society.
- Incorporate evidence-based interventions into a system of strategies for optimizing lateral ankle sprain rehabilitation.

Surgery Demonstration: Ankle Instability – Marc Michaud

- Describe ankle instability.
- Identify the surgical treatment and post-op recovery of ankle instability.
- Explain a modified Brostrom Ligament Stabilization surgery.

Post-Operative Rehabilitation of Patients S/P Hip Arthroscopy – Dawn Rogers

- Identify post-operative precautions for patients with labral repairs.
- Demonstrate understanding of appropriate post-operative exercise selection from initial evaluation through return to sport.
- Participant will be able to articulate possible post-operative complications and barriers to healing.

Rehabilitation of Gluteal Tendinopathy – Dawn Rogers

- Identify pathophysiology of tendinopathy and risk factors for development of gluteal tendinopathy.
- Implement appropriate exercise progression for rehabilitation of patient with gluteal tendinopathy.
- Incorporate evidence based special tests to identify presence of gluteal tendinopathy.

Rehabilitation of Patients with Acetabular Labral Tear Managed Non-Operatively – Dawn Rogers

- Identify appropriate exercise progression for patients with labral tear managed conservatively.
- Express understanding of altered joint forces created by muscle strength deficits and strengthening exercises.
- Implement return to sport guidelines and considerations for patients with labral tear.

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Cervicothoracic Differentiation and Thoracic Manipulation for Neck Pain – Brian Swanson

- Identify current evidence for thoracic manipulation in the treatment of neck pain.
- Discuss clinical examination variables that influence outcomes following thoracic manipulation.
- Apply differentiation techniques to assist in clinical decision-making.

Cervicogenic Headache – Brian Swanson

- Recognize the common etiology of cervicogenic headache (CGH).
- Apply clinically useful tests and measures to identify CGH.
- Apply evidence-based treatments to address CGH.

Rehabilitation S/P Anterior Cervical Discectomy and Fusion – Brian Swanson

- Recall common care pathways following anterior cervical discectomy and fusion (ACDF) and their relevance to rehabilitation.
- Identify positive benefits of post-operative rehabilitation following ACDF.
- Utilize appropriate treatment modalities based on stage of healing as part of and evidence-based post-operative protocol.