

I NJURIES OF THE HIP AND GROIN A ONE DAY WORKSHOP FOR PHYSIOTHERAPISTS

Tutor: Professor Graham N Smith FCSP GradDipPhys DipTP CertED
Chartered & HPC Registered Physiotherapist
Rehabilitation & Sports Injury Consultant, Glasgow

Professor Graham N Smith qualified as a Physiotherapist in 1977 and as a teacher of Physiotherapy in 1982. He is currently an Independent Rehabilitation & Sports Injury Consultant based in Glasgow. He has extensive experience in the treatment and management of injuries at all levels of the sporting spectrum and has worked with Glasgow Rangers FC, The British Olympic team in Nagano and numerous national representative sporting squads. He was also responsible for establishing the Football Association National Rehabilitation & Sports Injury Centre, Lilleshall in 1986. He is a Fellow of the Chartered Society of Physiotherapy, a Visiting Professor at the University of Teesside and, currently, an external examiner for the MSc in Sports Medicine at Trinity College, Dublin. He combines his clinical and consultancy roles with lecturing commitments both nationally and internationally on rehabilitation and sports injury management.

AIMS: To give Physiotherapists/Sports Therapists an understanding of the functional (and regional) anatomy of the hip and groin. Also, to identify the common injuries and problems likely to be encountered in this tightly packed anatomical region, including those of a pathological/inflammatory cause. The course will further aim to give an understanding of the principles of rehabilitation and treatments for patients with hip & groin injuries. Whilst specifically focused on musculoskeletal problems, the principles taught and demonstrated can be applied to all spheres of physiotherapeutic practice, including rheumatology, paediatrics & sports injuries

Venue: Physiotherapy Department
Crosshouse Hospital
Kilmarnock Road
Kilmarnock
Ayrshire
KA2 OBE

Date: **SATURDAY 26th JUNE 2010**

Attached: Programme
Application form
Directions

“INJURIES OF THE HIP & GROIN”

A one-day workshop for Physiotherapists

CROSSHOUSE HOSPITAL KILMARNOCK
SATURDAY 26th JUNE 2010

PROGRAMME

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09.00 - 09.15 09.15 - 09.30	Registration Introduction to course
09.30 - 11.00	“The Hip revisited” - anatomy revision <i>Revises the main anatomical structures in this area with specific reference to the clinical problems that can arise with disruption or trauma to them.</i>
11.00 - 11.30	COFFEE
11.30 - 13.00	“The Groin revisited” - anatomy revision <i>Classifies & identifies the muscles within this anatomical region and details their actions, functions & roles. Also, how this knowledge can be incorporated within clinical assessments and rehabilitation.</i>
13.00 - 13.45	LUNCH
13.45 - 15.30	Common injuries of the hip and groin. <i>Includes some of the common conditions & problems frequently seen, highlighting causes, assessment, recognition and treatments. Conditions covered include muscle & ligament injuries & hip joint problems. Appropriate mobilisation and rehabilitation techniques are also addressed.</i>
15.30 - 15.45	TEA
15.45 - 16.30	Common injuries of the hip and groin (contd.) <i>This session focuses on the causes, assessment, recognition and management of the “sports hernia” & osteitis pubis with specific referral to recent research and treatment philosophies for both conditions.</i>
16.30 - 16.45	Discussion Session

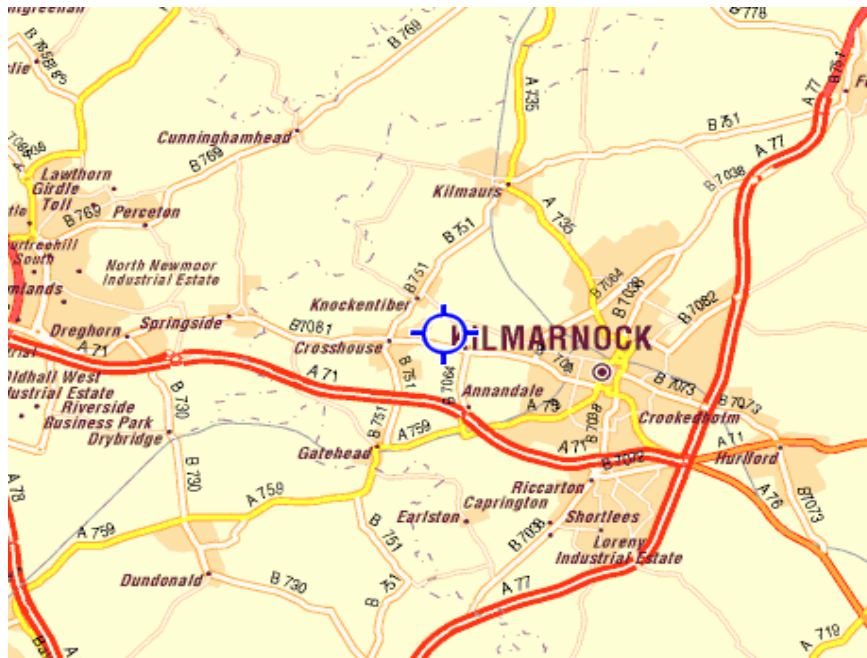
www.nhsayrshireandarran.com

For further directions please link to above website

DIRECTIONS TO CROSSHOUSE HOSPITAL KILMARNOCK

Take the M77 then A77 south, exit at Bellfield Interchange, take 4th exit, A71 to Irvine. At next roundabout take 3rd exit, (Travel Inn on right) through next small roundabout. Left at next roundabout, Hospital entrance is on Right at next roundabout.

Travelling time from Glasgow - Approximately 35 minutes from Kingston Bridge at rush hour



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SATURDAY 26th JUNE 2010

APPLICATION FORM

Name:

(Please print name as you wish for it to be shown on your certificate)

Address for correspondence:

Contact No: Home :
Work :
Mobile :

E-mail address :

Place of work :

Grade :

Area of work :

Apply to : Irene Wellman, Welbeing CPD Ltd,
North View, Church Road, Bulphan RM14 3RU
Tel: 01375 893 820 or
E-mail: enquiries@welbeing-cpd.co.uk

Fee : £105.00 per delegate inclusive of VAT

Please make cheques payable to **Welbeing CPD Limited**

Places guaranteed on receipt of payment

Stage payments welcome on application

Credit/Debit Cards welcome – phone or web site booking

www.welbeing-cpd.co.uk



Fee includes : Refreshments (Not lunch)
Supplementary course notes
Signed certificates towards CPD

Cancellation Policy – In the event of an applicant cancelling, a refund will not be possible unless the course organiser is able to find a replacement. If a replacement is found, a charge of £50.00 will be made for administration costs.