

# **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  
Royal Infirmary of Edinburgh  
51 Little France Crescent  
Old Dalkeith Road  
Edinburgh  
EH16 4SA

**Date:** **SATURDAY 17<sup>th</sup> APRIL 2010**

**Attached:** Programme  
Application form  
Directions

# **“INJURIES OF THE HIP & GROIN”**

## **A one-day workshop for Physiotherapists**

**ROYAL INFIRMARY OF EDINBURGH**  
**SATURDAY 17<sup>th</sup> APRIL 2010**

### **PROGRAMME**

**AIMS:** To give physiotherapists 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

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

<http://www.nhslothian.scot.nhs.uk/hospitals/rie.asp>  
*For further directions please link to above website*

## **DIRECTIONS TO ROYAL INFIRMARY EDINBURGH**



[http://www.nhslothian.scot.nhs.uk/hospitals/Infirmary\\_Map.pdf](http://www.nhslothian.scot.nhs.uk/hospitals/Infirmary_Map.pdf)

# INJURIES OF THE HIP & GROIN

## A one-day workshop for Physiotherapists

ROYAL INFIRMARY OF EDINBURGH  
SATURDAY 17<sup>th</sup> APRIL 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](mailto: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](http://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 £60.00 will be made for administration costs.