THE HIP AND GROIN
A two-day workshop

Tutor: Professor Graham N Smith GradDipPhys FCSP DIP TP CertEd
Chartered & HCPC Registered Physiotherapist
Rehabilitation & Sports Injury Consultant

Professor Graham N Smith qualified as a Physiotherapist in 1977 and as a teacher of Physiotherapy in 1982. He is currently an independent rehabilitation and 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 and numerous national representative sporting teams. He was also responsible for establishing the Football Association National Rehabilitation and Sports Injury Centre, Lilleshall. He is a Fellow of the Chartered Society of Physiotherapy, a Visiting Professor at Teesside University and a Visiting Lecturer on the MSc in Sports Medicine at Trinity College, Dublin. He was also one of a small group of international presenters invited to give a workshop at the fifth edition, Olympic academic programme of sport, medicine and sports physiotherapy in the London 2012 Olympic Village. He combines his clinical and consultancy roles with lecturing commitments both nationally and internationally on rehabilitation and sports and musculoskeletal injury management.

AIMS: To give participants 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. The course will also clarify and determine the criteria for progressions from the acute/early phrase through to the final functional pre-discharge stage of rehabilitation. Whilst specifically focused on orthopaedic problems, the principles taught and demonstrated can be applied to all spheres of musculoskeletal practice, including rheumatology, paediatrics & sports injuries. The workshop will also provide participants with the understanding, knowledge, ability and expertise to apply safe and effective manual therapy and mobilisation techniques to the joints of the hip joint. The workshop is predominately practical with sessions devoted to problem solving and treatment/technique practice. Common clinical presentations, as well as the key elements of examination and assessment techniques for the anatomical areas described, will be included.

Venue: Physiotherapy Department
RRU Portsmouth
Nelson Gym
HMS Nelson
HM Naval Base Portsmouth
PO1 3HH

Date: WEDNESDAY 27th & THURSDAY 28th MARCH 2013

Attached: Programme
Application form
Directions

PLEASE NOTE: HANDS ON WORKSHOP PLEASE BRING SHORTS WITH YOU
THE HIP AND GROIN

PHYSIOTHERAPY DEPARTMENT
HM NAVAL BASE PORTSMOUTH

WEDNESDAY 27th & THURSDAY 28th MARCH 2013

PROGRAMME

Day 1

09.00 – 09.15  Registration

09.15 – 09.30  Introduction to course

09.30 – 11.00  “The Hip revisited” - anatomy revision
Revises the main anatomical structures in this area with specific reference to the clinical problems that can arise with disruption or trauma to them.

11.00 – 11.30  COFFEE

11.30 – 1.00  “The Groin revisited” - anatomy revision
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.

1.00 – 1.45  LUNCH

1.45 – 3.15  Common injuries of the hip and groin.
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.

3.15 – 3.45  TEA

3.45 – 5.00  Clinical implications & Differential diagnosis
Looks at some of the clinical tests that can be applied to determine common hip problems and assist the clinician with their differential diagnosis and management planning.
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Day 2

09.15 – 11:00  The principles & practice of rehabilitation for lower limb injuries
Addresses the principles of rehabilitation for patients with lower limb injuries. The session aims to clarify and determine the criteria for progressions from the acute/early phase through to the final functional pre-discharge stage of rehabilitation and how these can be applied practically to patients with hip & group problems.

11.00 – 11.30  COFFEE

11.30 – 1.00  Mobilisations & manual therapy techniques
Revision of and instruction in manual therapy techniques that are appropriate to the joints & soft tissues of this particular region. Also, considers the clinical indicators that determine their selection.

1:00 – 1.45  LUNCH

1.45 – 3.00  Mobilisations & manual therapy techniques (contd.)

3.00 – 3.30  Sports Hernias & associated problems
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.

3.30 – 4:00  Discussions & plenary session

4:00  Course Ends

NB: Delegates will be required to participate in the practical sessions to enhance experiential learning. Therefore appropriate sportswear should be worn.
MAP & DIRECTIONS TO RRU PORTSMOUTH

Upon arrival