

# Patellofemoral Pain Uncovered

## Timetable for Patellofemoral Pain Uncovered

8.30am	Registration and coffee
9.00am	Welcome and overview of topic - Theory
9.45am – 10.00am	Surface marking anatomy and assessing patella mobility - Practical
10.00am - 10.30am	Power of observation, theory, demonstration and checklist
10.30am - 10.50am	Practice of observation checklist - Practical
10.50am - 11.05am	Coffee break
11.10am - 11.30am	Gluteal assessment Theory
11.30am - 11.50am	Assessment of gluteal function - Practical
11.50am - 12.05pm	Demonstration of gluteal exercises
12.05pm - 12.20pm	Practice of gluteal exercises - Practical
12.20pm - 12.30pm	Questions/clarification of any points
12.30 - 1.15 Lunch	Lunch
1.15pm - 1.35pm	Demonstration of muscle length tests and stretches
1.35pm - 2.00pm	Practice of muscle length tests and stretches - Practical
2.10pm - 2.20pm	Quads- Theory
2.20pm - 2.40pm	Quads assessment and treatment - Practical
2.40pm - 2.50pm	Quick break
2.50pm - 3.10pm	To tape or not to tape - Theory and Demonstration
3.10pm - 3.30pm	Sport specific PFP issues eg skiing, tennis, running.
3.30pm - 3.45pm	Demonstration/ theory re foot biomechanics
3.45pm-4.00pm	CNS considerations and Masquerades of PFP
4.00pm-4.30pm	Questions & Conclusion