



Course Title: Rehab 182

Course Subtitle: Rehabilitation of Lower Extremity: Thigh and Knee Injuries

Course Description: Rehab 182, Rehabilitation of Lower Extremity: Thigh and Knee Injuries, is a 6-hour course designed for the intermediate clinician working with athletes with sports-related injuries involving the thigh and knee.

This course consists of 2 lessons. The first will describe and outline injuries and evidenced-based rehab strategies for the thigh and the second lesson will describe and outline injuries and evidenced-based rehab strategies for the knee. See additional details below in the general outline of content.

Upon the completion of the course and successfully answering 20 interactive multiple-choice questions, the learner will complete a satisfaction survey and receive a completion certificate for .6 CEU's.

Course Length: 6 Hours

Course Authors:

Part 1: Jason Brumitt, PT, PhD, SCS, ATC, CSCS

Part 2: Mark Weber PT, PhD, ATC, SCS and William Woodall PT, EdD, ATC, SCS

Course Instructor: Joanne Brown, MS, OTR/L, CHT, MLD/CDT

Course Objectives:

Upon course completion, the learner will be able to:

Part 1: Rehabilitation of Thigh Injuries

- Identify common muscular injuries involving the quadriceps, hamstring, and groin areas.
- Recall typical sports-related injuries to the thigh and apply appropriate treatment and rehabilitation strategies.
- Apply different rehabilitation strategies based on stages of healing for soft tissue injuries of the thigh.
- Recognize appropriate activities to increase muscular strength and endurance for the hamstring, quadriceps, and groin muscle groups.
- Identify appropriate functional activities for rehabilitation of thigh injuries.

Part 2: Knee Rehabilitation

- Identify activities that may cause detrimental stress on a healing/reconstructed anterior cruciate ligament, posterior cruciate ligament, medial collateral ligament, or lateral collateral ligament.
- Identify activities that may cause detrimental stress on the patellofemoral joint.
- Develop appropriate rehabilitation programs for athletes with a variety of knee injuries.
- Determine when to advance an athlete's rehabilitation program by using specific measurable criteria.
- Discuss the reliability, sensitivity, and specificity of arthrometry, lower extremity functional tests, and isokinetics.
- Interpret information obtained from an arthrometer, lower extremity functional tests, and measures of strength.

Outline of Content:

Part 1: Rehabilitation of Thigh Injuries

Functional Anatomy
Functional Kinesiology
Muscle and Tendon Injuries of the Thigh
General Soft Tissue Treatment
Anterior Thigh Injuries
Medial Thigh Injuries
Posterior Thigh Injuries
Returning to Sport
Conclusion

Part 2: Knee Rehabilitation

Functional Anatomy
Patellofemoral Biomechanics
Muscle Function
An Overview of Knee Rehabilitation Principles
Rehabilitation for Specific Knee Injuries
Return to Sport
Conclusion