

# Lower limb tendinopathy course

With:

**Dr Peter Malliaras**

Physio (Hons) PhD

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## Learning Outcomes

- Understand the structure and function of tendon.
- Understand the latest research relating to the pathogenesis and aetiology of tendinopathy and how this applies to clinical management.
- Demonstrate accurate and objective diagnosis and assessment of tendinopathies (including palpation, differential diagnosis, kinetic chain assessment of flexibility, strength, biomechanics and power).
- Plan rehabilitation strategies for tendon injuries among patients with different clinical presentations.
- Justify the use of conservative adjuncts (eg electrotherapy, taping, orthotics, manual therapy, etc) and injections in different tendinopathy presentations.

## **Peter Malliaras, physio PhD and tendinopathy specialist.**

In this course Peter will introduce a rehabilitation and management model for all the commonly injured tendons in the lower limb, Achilles, gluteal (aka trochanteric bursitis), hamstring, patellar, tibialis posterior, plantar fascia. Whether you are a new graduate or very experienced clinician, you will come away with many answers to your questions as well as clinical gems to take away. This is a **practical course** focusing on enhancing your skills in assessment and management of kinetic chain deficits, and evidence based and effective rehabilitation strategies to manage tendinopathy.

Delivered by Peter Malliaras, physio PhD and tendinopathy specialist. Pete is currently involved in tendon research in Australia, Spain and the UK and sees about 40 tendinopathy patients per week, from elite athletes to relatively inactive people. Given this strong clinical focus, you get a **current and detailed clinical perspective.**

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<b>Date:</b>	February 6 <sup>th</sup> 2018,
<b>Time:</b>	08:45 – 17:00
<b>Place:</b>	Specialistgruppen Warfvinges väg 26 112 51 Stockholm
<b>Costs:</b>	2500 SEK (VAT excluded), early bird before December 22 <sup>nd</sup> 2000 SEK  Payment by invoice.
<b>Registration:</b>	info@specialistgruppen.se, enter name, phone number and billing adress
<b>Information:</b>	Phone: +46 8 400 240 55 or info@specialistgruppen.se
<b>Other:</b>	Course is beeing held in english

Martin Asker (Specialistgruppen)  
Dr Peter Malliaras (Complete Sports Care)

