

Knee Rehabilitation

CPD training 16 hours

ACL & Knee Rehabilitation - Theory and application of the protocols for knee rehabilitation as applied to surgical and non-surgical knee problems. This is a very practical course where participants will learn the latest techniques for ACL and knee rehabilitation, where learning is experiential. Participants will learn how to progress patients through the Five Phases of Rehabilitation from pain management, early motion and basic movement retraining to strength and neuro-motor development. Participants will also learn how to structure an accelerated and conventional physiotherapy and rehabilitation programme and also how to progress recreational and elite athletes and what exercises and training programmes to use at the various stages of rehabilitation.

Following the course Participants will be able to:

- Understand the principles behind the Five Phases of Knee Rehabilitation and neuromuscular retraining.
- Understand, experience and be able to demonstrate the variety of exercise techniques in the *Knee Rehabilitation Protocol*.
- Know how to structure and progress an individual Rehabilitation Programme.

Who are the courses suitable for?

The *Sport Dimensions Workshops* are suitable for sports, exercise and medical professionals including:

- Physiotherapists, Osteopaths, Chiropractors and other medical professionals
- Sports Therapists & rehabilitation professionals
- Exercise and Sports Scientists / Physiologists
- Occupational Health Workers

Good knowledge and understanding of anatomy and physiology is strongly recommended for these courses.

Why take these courses?

- Learn how to simply and effectively assess your client's biomechanics, movement and stability.
- You will better understand the latest rehab techniques, concepts and practical application of Knee Rehabilitation.
- Design an individual prescriptive exercise rehabilitation programme based on your individual's assessment
- Learn how to progress athletes through to end stage rehabilitation, power and speed development.

Course Tutors: Mike Antoniadis, Michael Nicol.

Course Cost: £225 per person including course manual.

Course Location: Sport Dimensions Performance & Rehabilitation Centre, Chiswick, London, W4 1TP