

Day One - Knee

Functionality - Reviewing the 3 components of function

Explain the levels of Evidence Based Practice (EBP)

What are the 3 phases of Rehabilitation?

1. Pre-function
2. Return to Function
3. Return to Activity

Revisit open & closed kinetic chain recruitment based on EMG analysis & research.

Proprioception training for tri-plane stabilization

Core Stabilization & the 3 phases of function

Rehabilitation for the following pathology:

1. Patella-femoral Syndrome
2. Anterior Cruciate Ligament Reconstruction (all groups)
3. Articular Cartilage Repair & Implantation Procedures
4. Total Knee Arthroplasty
5. Lateral Retinacular Release
6. Distal & Proximal Re-alignment

LAB:

- Functional Mobility: Micro-mobility techniques for the Lower Extremity
- Progressive Functional Tri-plane exercises