

**Course Learner Objectives**  
**3<sup>rd</sup> Annual Andrews Institute Rehabilitation Symposium:**  
**Lower Extremity**  
**March 3-4, 2017**

<b>Anatomy of the Knee – Video Demonstration</b>
Identify anatomy of the knee
Identify various origin and insertion points of anatomy in the knee
<b>The Knee Exam: History and Technique</b>
Explain historical perspective and background
Identify evidence based literature and proper technique for each test as originally described
Discuss algorithm for performing a complete exam based on evidence
<b>ACL Surgery</b>
Explain the basic understanding of surgical anatomy of ACL
Define the mechanism of injury and common risk factors
Discuss and recognize various ACL surgical treatment options
<b>Current Concepts in ACL Rehabilitation</b>
Explain criteria for progression to each phase following ACL reconstruction
Discuss integration of performance training throughout the rehabilitation process
Discuss progressive return to athletic participation testing following ACL reconstruction
<b>Patellofemoral Surgery</b>
Discuss surgical anatomy and biomechanics of patellofemoral kinetic chain
Explain pertinent history, examination and imaging for surgical decision making
Discuss arthroscopic and open patella realignment surgery
<b>Physical Therapy and the Patellofemoral Joint</b>
Recognize and understand physical therapy for non-surgical and surgical treatment
Discuss protocols and understand the modalities used for rehabilitation
Identify various methods for taping and bracing patients with patellofemoral problems
<b>Meniscal Repair Versus Meniscectomy: When, Why, How?</b>
Define the surgical anatomy of the meniscus
Recognize the difference between acute versus chronic meniscal injuries
Discuss the different expected outcomes for repair versus partial removal of meniscus
<b>The Surgical Treatment of Multi-Ligament Knee Injury</b>
Recognize and understand the immediate care concerns of a multi-ligament knee injury
Explain the typical injury patterns encountered in multi-ligament knee injury
Describe the timeline for surgery and surgical options
<b>Rehabilitation of Meniscus/Multi-Ligament Injuries</b>
Explain the mechanism of injury, anatomy, healing times, most limiting structure with healing, knee and associated structure biomechanics, and precautions with complex knee injuries and post-surgical cases to optimize rehabilitation.
Describe the rehab concepts of treating complex cases while optimizing function, muscle strength, ROM, and movement working with precautions and restrictions based on the injured structures.
Apply and integrate regional interdependence concepts in rehabilitation of complex injuries to maximize rehabilitation outcomes
Summarize utilization and implementation of functional testing for appropriate for return to sport and/or discharge from clinic care.

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<b>Common Foot &amp; Ankle Injuries - Surgery</b>
Recognize anatomy and biomechanics of the foot and ankle
Identify common injuries and the situations where these injuries are likely to occur
Explain the changes in anatomy and biomechanics resulting from injury
Describe treatment options and outcomes of the foot and ankle
<b>Rehabilitation of the Foot &amp; Ankle</b>
Discuss physical therapy intervention/protocols for surgical and non-surgical treatment of common foot & ankle pathology
Identify adjunct treatments of foot & ankle movement impairments
Explain footwear and orthotic recommendations
<b>TKR Kinematics &amp; Rehabilitation</b>
Recognize indications and contraindications for TKR
Explain considerations for post TKR
Discuss various rehabilitation treatments for TKR
<b>The Focused Hip Examination in the Pre-arthritic, Athletic Patient</b>
Discuss the physical exam of the pre-arthritic, athletic patient
Identify and familiarize the audience with common non-arthritic hip problems
Explain the radiographic evaluation and what to look for in this patient population
<b>Rehabilitation of the Hip</b>
Recognize and comprehend the differences in acetabular impingement and resulting injuries to the hip as well as diagnosis of common hip problems within the differential diagnosis
Discuss rehabilitation concepts, hip joint biomechanics, and its effects on movement for pathologies requiring both surgical and non-surgical cases and utilization of regional interdependence in rehab to assess the entire patient for optimal movement patterns.
Explain the utilization and implementation functional testing for appropriate for return to sport and/or discharge from clinic care.
<b>Understanding the Regenerative Medicine Center</b>
Explain standard operating procedures for use of regenerative medicine
Identify and introduce equipment, uses, procedures and effect on patients and how effects rehabilitation.
Describe process for harvesting, storage, implementation, and application of biologics in RMC lab
<b>Regenerative Medicine - Biologics</b>
Explain the physiology, anatomy, and role of stem cells, target tissues such as cartilage and other biologic regenerative treatment options including PRP and the physiology accompanied with treatment to orthopedic pathologies
Describe the physiological processes of the use of biologics for regeneration of specific tissues and how to appropriately rehab those tissues while undergoing the biologic regenerative treatments.
Discuss the rehabilitation concepts with biologic intervention and the use of an individualized approach assessing the entire body for optimal movement to improve longevity of the intervention and maximize patient satisfaction.
Explain the utilization and implementation functional testing for appropriate for return to sport and/or discharge from clinic care.
<b>Facility Management &amp; Engagement</b>
Recognize and remove poor practice habits in physical therapy practice that prevent excellence
Discuss strategies to improve patient and practitioner engagement

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<b>Lower Quarter Assessment, Treatment, and Integration into Performance Training</b>
Describe the importance of identifying dysfunctional movement patterns
Recognize typical movement pattern dysfunctions when assessing lower extremity injuries
Identify various patterns used in SFMA
<b>Return to Sports Participation and Discharge Testing</b>
Discuss the components of functional testing for lower extremity injuries
Identify the criteria that athletes must meet to return to their sport
Describe strategies to transition between formal rehabilitation and performance training
<b>Debunking the Squat and Deadlift Myths</b>
Identify the fundamental patterns and importance of both the squat and deadlift in daily activities
Describe the mobility and stability pre-requisites required to perform each movement safely with and without load
Recognize common misconceptions regarding the squat and deadlift movements and discuss each fallacy
<b>Running Analysis: Sprint &amp; Endurance</b>
Recognize factors that lead to injury and poor performance in long distance running
Identify clinical pearls to facilitate good long distance running technique
Distinguish the differences between return to running for sprints and endurance
<b>Lab Demonstration: LQ Assessment &amp; Integration; Return to Sports Participation and Discharge Testing; Debunking the Squat and Deadlift; Running Analysis</b>
Demonstrate how the SFMA breakouts correlate with lower extremity pathology
Demonstrate and review various methods on how to functionally test a patient before discharge
Demonstrate and recognize various factors for both sprinting and endurance running
Demonstrate and review assessment techniques and mobility/stability requirements of the squat and deadlift