

<b>Course Learner Objectives</b> <b>Andrews Institute of Rehabilitation Symposium: Lower Extremity</b> <b>March 1-2, 2018</b>	
	<b>Video Demonstration – Anatomy of the Knee</b> Identify anatomy of the knee Identify various origin and insertion points of anatomy in the knee
	<b>The Physical Exam of the Knee</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>ACL Rehab</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>Patella Femoral - Sx</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>TKR</b> Recognize indications and contraindications for TKR Explain considerations for post TKR
	<b>Rehab of TKR</b> Discuss key patient history considerations related to TKA Discuss phases of rehabilitation associated with total knee arthroplasty
	<b>Fall Prevention</b> Discuss risk factors for falling and how to prevent them Discuss functional tests to determine level of risk for falling Describe and enhance knowledge on falls prevention and education for patients at the outpatient therapy level
	<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

## Andrews Institute of Rehabilitation Symposium: Lower Extremity

	<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>Rehab 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.
	<b>BFR</b>
	Recognize and understand the principles of blood flow restriction therapy, precautions, and indications for use
	Describe the integration of blood flow restriction therapy in to the rehabilitation setting, its uses, benefits and standard of care with the use of BFR
	Discuss and review the outcomes of rehabilitation with the use of blood flow restriction
	<b>Common Foot &amp; Ankle Injuries</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 and review common foot and ankle pathologies
	Identify adjunct treatments of foot & ankle
	Recognize key treatment principles to address identified impairments
	Discuss testing prior to discharge
	<b>Orthobiologics/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
	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>Nutrition</b>
	Describe the EXOS nutrition point of view and approach
	Discuss and enhance your base level nutrition knowledge and ensure you are versed in the EXOS approach
	Identify standard nutrition strategies to augment your patient's recovery

Andrews Institute of Rehabilitation Symposium: Lower Extremity

---

	<b>Weight Training: Form &amp; Technique</b>
	Identify standard lifting patterns
	Explain and address errors associated with common lifts
	Recognize correction techniques for common lifting restrictions
	<b>Lower Extremity Pain Blocks</b>
	Recognize the benefits and risks associated with regional anesthesia and peripheral nerve blocks
	Describe a brief overview of catheter locations, dressing, and medications that are used
	Recognize what and when to use lower extremity blocks for various injuries
	<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>Aquatic Progression</b>
	Discuss integration, implementation, and appropriate use of aquatic therapy intervention
	Recognize and differentiate principles Aquatic and Land-Based Rehab in rehab with progressions, precautions, and safety procedures
	Discuss examples of Aquatic Rehab progressions exercises for the athlete
	<b>Running Analysis: Sprint</b>
	Distinguish key components of running
	Describe common running styles
	Recognize and address common errors in training regimens
	<b>Lab Demonstration: Aquatic; Movement prep/Pillar/Walk to Jog; Running Analysis</b>
	Demonstrate how movement prep, pillar, and walk to jog correlate with lower extremity rehabilitation
	Demonstrate and review various aquatic exercises and progressions
	Demonstrate and recognize various factors for sprinting and rehabilitation