Sports Health Symposium Objectives
February 27 – February 28, 2015

FRIDAY

1. Identify the epidemiology of patellofemoral pain.
2. Identify the mechanism of injury causing patellofemoral pain.
3. Identify the Biomechanical theories of Patellofemoral Pain Syndrome.
4. Describe the evaluation and initial managements of Patellofemoral Pain Syndrome.
5. List the current surgical interventions for Patellofemoral Pain Syndrome along with their benefits and drawbacks.
6. Identify evidence-based interventions in the rehabilitation and prevention of patellofemoral pathologies.
7. Describe and demonstrate several functional tests to assist in return to participation decision-making following a patellofemoral pathology.
8. Describe various functional return to play guidelines for athletes with patellofemoral pathologies.
9. Compare and contrast three different taping techniques for Patellofemoral pain syndrome.
10. Describe the goals and advantages of primary care sports medicine in the treatment of various athletes.
11. Recognize the interdisciplinary relationships necessary for effective management of athletic injuries.
12. Discuss the current literature in support of the use of Flouroquinolones for the treatment of tendinopathy.
13. Discuss the steps and outcome of a case study for an Endoscopic Hamstring repair.
15. Explain fundamental concepts regarding rehabilitation outcome quality and application to practice to improve patient care.
1. Describe the concept of evidence-based practice and its role in clinical decision-making.
2. Describe the concepts of moral fading and empathy decline and their relationship to barriers for implementing evidence-based practice in clinical care.
4. Summarize the role of ethical theory from an obligatory perspective in implementing evidence-based care.
5. Recognize healthcare principles and explain their role in the obligation to implement evidence-based practice.
6. Describe the various sports related injuries affecting different regions of the foot.
7. Explain pertinent facts regarding diagnosis and treatment for each condition.
8. Explain the role and importance of the intrinsic foot musculature.
9. Demonstrate a variety of intrinsic foot muscle exercises.
10. Recognize the surgical indications for and commonly prescribed precautions following a Peroneal Tendon Repair.
11. Describe the anatomy, mechanisms of injury and incidence of high ankle sprains in sports.
12. Describe and recognize indications for non-operative treatment of high ankle sprains (syndesmotic injuries).
13. Describe the non-operative treatment of high ankle sprains.
14. Recognize the surgical indications for ankle syndesmotic injuries.
15. Describe the present surgical techniques and potential complications associated with ankle syndesmotic injuries.
16. Describe treatment interventions for the acute high ankle sprains.
17. Describe exercises that contribute to prevention of high ankle sprains.
18. Describe how to safely progress patients through a functional return to play protocol in an efficient and logical progression.
19. Differentiate when a patient is ready to safely and effectively return to athletic participation.
20. Describe techniques and purpose behind Brian Mulligan’s Mobilization with Movement (MWM).
21. Demonstrate common MWMs and corresponding taping techniques useful for lower extremity range of motion deficits and pain.