May 6 – 7, 2023. Dubai

Course Description

The course is purposefully organised to walk through the entire rehab process from the moment of injury to return to performance and onwards.

It is NOT designed as a recipe book. This course aims to improve clinical decision making at all stages of the rehab journey. We will use real world examples from our own clinical practice and the evidence base to help you to develop expert clinical reasoning to apply to all your ACL injured patients including those trickier cases.

This will NOT be death by PowerPoint. There will be large practical components used to build on the theoretical base of the course. Strength and conditioning concepts and their practical application will be a fundamental part of the course. This course is designed for anyone that treats ACL injuries and wants to improve their patient outcomes from the next day in clinic.

Course Objectives

1. Understand how mechanism of injury, anatomy, surgical interventions, and healing times relates to the rehabilitation process
2. Understand how to prioritise core elements of the rehab process to improve decision making throughout the patient's journey

3. Strength and conditioning principles and how they relate to each stage of the rehab journey
4. Understand the assessment of key qualities relating to ACL injury throughout the whole journey
5. Understand all components that make up a successful return following ACL injury
6. Understand the theory & practical application of the return to play & performance continuum
7. Broaden the scope of testing and rehabilitation tools at your disposal
8. Strategies & management of the individual to reduce risk of future injury following ACL rehabilitation
9. Use real world examples and cases to consolidate the learning done on the course to help improve your ability managing ACL injuries from your next day in clinic

Instructors

Andrew Goodall

Physiotherapist and Clinical Manager

Andrew has worked as physiotherapist for more than 12 years and has been focussed on Musculoskeletal disorders for the last 9 years. He has developed an interest in knee injuries and specifically ACL rehabilitation and improving outcomes in those that opt for surgical or conservative management. Andrew initially graduated the University of Essex with a BSc in Sport and Exercise Science before completing an MSc in Physiotherapy and beginning work in the NHS. Since graduating Andrew has worked in the NHS, sport and private MSK which is where he now manages a busy London based clinic alongside his clinical diary.

Over the last year Andrew has sought out more opportunities to teach specifically on knee injuries and managing ACL injuries and has been involved in Therapy Expo, the Surrey knee symposium and has hosted a number of webinars for Ossur alongside esteemed colleagues.

Andrew rehabilitates anything between 25-35 ACL patients a year with a mix of elite to recreational athletes. These include conservatively managed isolated ACL injuries to patients who have suffered complex multi-ligament injuries and had reconstruction surgery. Andrew believes firmly in criteria led rehabilitation and embrace testing protocols for physical and psychological components of the patient journey.

James Phillips

Strength and Conditioning coach

James graduated from Loughborough University with a BSc in Sport Science & Maths. Alongside his academic course James competed for club & county at 800m and continued his passion for performance training into his Strength and Conditioning career. Following his graduation, he started his Strength and Conditioning career working in different sporting environments including Saracens Rugby Club and the English Institute of Sport. He subsequently gained his MSc in Strength and Conditioning at Middlesex University which lead to training the British Fencing Team towards the World Championships and Rio Olympics as an S&C coach.

Since then he has focussed his attention towards end stage rehabilitation at Pure Sports Medicine working in London. Andrew and James have worked closely for the last 5 years with a growing passion for rehabilitation of ACL injuries. James is awaiting a recent publication researching outcomes within ACL injury alongside Andrew and rehabilitates a cohort of patients ranging from the conservative recreational athlete to the complex multi-ligament injury, with a major focus towards returning to performance & sporting activities.

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