

Exercise prescription for common muscle and tendon injuries: prevention, rehabilitation, return to function

Course credits: 12 CE credits

Instructor:

Nader Maroufi, BSc, MSc, Ph.D. in Physiotherapy

Type: in-person

Date and Time:

Day 1: Dec 10, 2022 (2:00 pm-6:30 pm)

Day 2: Dec 11, 2022 (9:00 am-5:00 pm)

Location:

103-237, East Columbia Street, New Westminster, BC, V3L 3W4

Course Fee:

Early bird Rate: \$375+tax

Regular Registration Rate: \$435+tax

Deadline for Early-Bird Registration: Dec 3, 2022

Refunds will be given for cancellation requests received at least 3 days prior to the event, less a \$100 cancellation fee.

To Register:

* Call 604-544-5062 and make a payment on phone

** Go to our Website and pay online: mountainviewhealth.ca

Course Outline:

- Overview on Anatomy and physiology of Skeletal muscle and myotendinous unit
- Skeletal Muscle classification: structural and functional
- Motor units, muscle fiber types, metabolism, contraction velocity, fatiguability
- Muscular synergies: Dynamic force optimization and shock absorption
- The role of fascia in myotendinous unit integrity: force transmission, injury prevention and recovery
- Muscle adaptability to pain, injury, disuse, aging, overuse
- Muscle Disorder/ injury classification

- Tendon injury classification
- Muscle imbalance/Compensatory muscle overactivity
- Myofascial trigger points (local and referral pain)
- Pathophysiology and stages of recovery after muscle and tendon injuries
- Muscle and tendon injury prevention
- Hands-on assessment of musculotendinous unit: muscle tone and texture, localization of the injury site tender spots, irritability
- Restoring flexibility: myofascial release, stretching, muscle energy techniques
- Types of muscle training: isometric, isotonic (concentric, eccentric), isokinetic, isolytic, -plyometrics, OKC, CKC (E-concentric/concurrent shift)
- Staging of the recovery and criteria for progression of exercises (transition criteria)
- Criteria for return to activity (work- athletic training-sport)

Common clinical conditions and rehabilitation protocol:

- Muscle strains: Whiplash neck injury, Rotator cuff injury, Scapular dyskinesis, Piriformis syndrome, Hamstring straining, Hip adductor straining, Rectus femoris straining, Core deconditioning, Calf strain
- Tendonitis: Bicipital tendonitis, Lateral epicondylitis, ITB friction syndrome hamstring tendonitis, patellar tendonitis, Achill's tendonitis
- Open Kinematic Chain (OKC) and Closed Kinematic Chain (CKC) Exercises
- Eccentric training
- PNF pulley/Elastic band exercises
- Static and dynamic stabilisation exercises
- Postural stability, balance, and perturbation training
- Pliometrics

Course Content:

The course incorporated both theory and practical components, with hands-on & exercise therapy training, including instruction, group discussion, research review, case scenarios and practical assessment and treatment techniques.

Course Participants - Who Should Attend?

Kinesiologists, Physiotherapists, Registered Massage Therapists, Chiropractors, Occupational therapists

Notes for participants:

- All participants should have got fully vaccinated for COVID 19 and adhere to current Provincial Health Orders
- Comfortable dressing is recommended (e.g. scrubs, sportswear)
- Course colour hand-out PDF will be sent to your email address
- Meals not provided (numerous shops and restaurants within walking distance)
- Limited space is available, so, register early to ensure you don't miss out!

Instructor's Biography:

Nader Maroufi holds a Ph.D. in Physiotherapy (2005) and is a former Associate Professor at IUMS with over 25 years of experience in clinical practice, teaching, and research in the field of musculoskeletal Physiotherapy in Iran. His contribution to academia began in 1990 at IUMS, where he was a Physiotherapy professor teaching such courses as clinical biomechanics of the spine, orthopedic assessment and treatment, manual therapy, exercise therapy, and control of movement and posture at the undergraduate and graduate levels. Nader has also contributed to the publication of over 100 original research articles in the field of chronic musculoskeletal pain and spinal disorders. He works hard to bridge the research to practice. In 2015, Nader moved to Canada, started practicing as a Kinesiologist and TMJ therapist, and took his passion for teaching hands-on and exercise therapy CE courses, in BC. His main goal is to help course participants sharpen their clinical skills for the assessment and treatment of disorders of the spine and extremities toward movement restoration and functional recovery. Since 2015, his hands-on and exercise therapy courses have been welcomed in Canada by hundreds of clinical practitioners - including Pt, RMT, Kin, OT, DC, DO, new grads, and students.