

Course Info

This Hip course is purposefully accessible for all healthcare professionals who are looking to develop their understanding and skillset when it comes to Hip & Groin assessment and treatment. The hip region can be a quite daunting area to deal with, especially when newly qualified or also if you just haven't had as much experience with these patients. The aim of this course is to get rid of that anxiety completely. The course will help develop your clinical reasoning skills for assessing and treating these patients but more importantly it will also enhance your ability to solidify your subjective assessment and pattern recognition.

Additionally, the course will include real case studies and exercise rehab ideas that will hopefully be applicable to all attendees within in their day-to-day clinics.

- To develop a greater understanding of the common hip and groin injuries that can present in clinic and to improve subjective questioning skills to identify these conditions.
- To simplify the physical examination of commonly seen hip and groin issues that we come across in clinic day to day.
- To debunk any of the myths and misinformation out there when it comes to assessing and treating individuals with hip pain.
- To link any of the taught learning from the course to real life case studies and incorporating evidence-based treatment approaches.
- To enhance and develop exercise rehab prescriptions skills for commonly seen hip and groin injuries.

Agenda

DAY 1

Introduction

Anatomy

Clinical reasoning and pattern Recognition

Red Flags

Clinical conversation for hip assessment

Break

FAI Syndrome – Assessment and rehab principles

Case Studies Practical

Labral tears – Assessment and rehab principles

Hip Dysplasia – Assessment and rehab principles

Case Studies Practical

Lunch

Hip OA – Assessment and rehab principles

Young Adult Hip replacements and rehab

Practical

Break

Case Studies and Practical

DAY 2

Quiz from Day 1 content
Case Study recap from day 1 content
Greater Trochanteric Pain Syndrome - Assessment Principles & Rehab
Break
Deep Gluteal Pain Syndrome – Assessment and rehab principles
Case Studies Practical
Lunch
Adductor Related Groin Pain – Assessment and rehab principles
Iliopsoas Related Groin pain - – Assessment and rehab principles
Inguinal Related Groin pain – Assessment and rehab principles
Pubic Related Groin pain - – Assessment and rehab principles
Case Studies Practical
Break
Course recap
Q&A

Mehmet GEM Bio

Mehmet started his higher education journey at the University of Hertfordshire where he received a BSc (hons) in Sport and Exercise Science. He shortly after went on to complete a pre-reg MSc at the University of Essex and has since completed his PGDip in Advanced Neuromusculoskeletal Physiotherapy from the University of Hertfordshire. Mehmet initially started his career working in football and rugby throughout Essex and Suffolk, predominantly with young elite athletes and also within womens rugby. Over the last eleven years Mehmet has specialised in musculoskeletal Physiotherapy, whilst specifically developing his specialist interest in Hip & Groin injuries over the last 8 years.

Alongside his role as Regional Lead for Pure Physiotherapy, Mehmet has his own private hip consultancy clinic where he sees patients both locally to Devon and also with Zoom consultations for patients who are based all around the world. In addition to his clinical role, Mehmet has his own CPD course called &Simplifying The Hip; which he teaches to healthcare professionals all around the world. Mehmet has a strong belief in using evidence-based practice to direct his treatment approaches and feels that empowering patients with the tools to prevent injuries from reoccurring is imperative.