# Midwest Orthopaedics at Rush

## Athletic Hip Symposium

**November 14, 2014 and November 15, 2014**

Shane Nho, MD, MS

and Sheila Dugan, MD, PT • Laura Thorp, MPT, PhD • Peter Draovitch, MS, PT, ATC, CSCS • Phil Malloy, MS, PT, SCS • Caty Stegemann, PT • Steven Marano, PT, DPT, OCS • Dave Heidloff, ATC, PES, FMS • Robert LeBeau, PT, OCS, FAAOMPT

**Lectures: Friday, November 14, 2014 • 11:00am - 5:30pm (5.25 hours CEU)**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>12:00pm</td>
<td>12:00pm – 12:45pm (45 minutes) Functional Anatomy of the Hip Complex</td>
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<tr>
<td>12:45pm</td>
<td>12:45pm – 1:15pm (30 minutes) Clinical Evaluation of the Hip Joint Complex</td>
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<tr>
<td>1:15pm</td>
<td>1:15pm – 1:45pm (30 minutes) Compensatory Soft Tissue and Neuromuscular Dysfunction around the Hip and Pelvis</td>
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<tr>
<td>1:45pm</td>
<td>1:45pm – 2:30pm (45 minutes) Pelvic Floor Associated with Hip Pain</td>
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<td>2:30pm</td>
<td>BREAK 2:30pm – 2:45pm</td>
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<tr>
<td>2:45pm</td>
<td>2:45pm – 3:45pm (60 minutes) Surgical Intervention for Intra and Extra-Articular Hip Pathology</td>
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<tr>
<td>3:45pm</td>
<td>3:45pm – 4:30pm (45 minutes) Sport Specific Performance Enhancement Training</td>
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<tr>
<td>4:30pm</td>
<td>4:30pm – 5:00pm (30 minutes) Post-Op Rehabilitation for Hip Arthroscopy</td>
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<tr>
<td>5:00pm</td>
<td>5:00pm – 5:30pm (30 minutes) Athletic Pubalgia Role with Hip</td>
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**Closing Remarks / Questions**
Lab Sessions: Saturday, November 15, 2014 • 8:30am - 5:00pm (7 hours CEU)

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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| 9:00am – 10:30am (90 minutes) | Hip Physical Examination – *Demo and Lab*  
Phil Malloy MS, PT, SCS |
| 10:30am – 12:00pm (90 minutes) | Manual Therapy Intervention for the Hip Joint Complex – *Demo and Lab*  
Robert LeBeau, PT, OCS, FAAOMPT |
| 1:00pm – 1:30pm (30 minutes) | Influence of Pelvic Floor and Treatment Interventions  
Caty Stegemann, PT |
| 1:30pm – 3:30pm (120 minutes) | Exercise Progression Lab  
1. Joint Protection and Patient/Family Education/HEP, Brace Application, CPM  
   Steven Marano, PT, DPT, OCS  
2. Transition to Non-Compensatory Gait Progression  
   Caty Stegemann, PT  
3. Functional Training Progression  
   Phil Malloy, MS, PT, SCS  
4. Functional Sports Assessment  
   Dave Heidloff, ATC, PES, FMS |
| 3:45pm – 5:00pm (75 minutes) | Patient Demonstration  
Phil Malloy, MS, PT, SCS |

**Closing Remarks / Questions**

12.25 CEUs will be awarded for full 1-1/2 day seminar participation to national Athletic Trainers and Illinois Physical Therapists.

**Learning Objectives**

1. To understand the anatomy and biomechanics of the hip joint complex in order to apply this knowledge to direct care and develop appropriate treatment progressions.
2. To understand the clinical examination findings for hip joint pathology and the diagnostic testing used to appropriately develop a treatment intervention for hip pathology patients.
3. To be able to identify the common diagnostic findings for patients that have lumbar spine and sacroiliac joint dysfunction.
4. To gain an understanding of pelvic floor dysfunction and how it relates to hip pain, as well as to be aware of some common treatment interventions such as trigger point injections that are used with this population.
5. To understand the special tests used by clinicians to appropriately diagnose hip pathology and differentiate it from other referral sources such as the lumbar spine, SIJ, and pelvic floor.
6. To understand the surgical interventions used to address hip pathology that is of an intra and extra articular origin.
7. To learn the principles and goals of rehabilitation for hip arthroscopy patients.
8. To learn and understand specific manual interventions that are used with hip pathology patients and when to introduce these techniques during treatment progressions.
9. To gain a basic understanding of open and closed lower extremity and trunk progressions for patients that are treated with hip, pelvis, and lumbar spine pathology.
10. To gain a basic knowledge of return to sport progressions for patients that are recovering from hip injury or surgery.