

Hip Pain: A Practical Clinical Approach

This 4-part course series combines lecture, discussion, and practical applications for clinicians working with people experiencing hip pain.

Presented through an evidence-informed lens, the goal of this series is to blend clinically relevant evidence with critical thinking and real-world experience, supporting clinicians to develop individualized plans that work for the person in front of them.

No cookie-cutter text-book cases. No unnecessary complexity. Real conversations about real people navigating real challenges.

Register for an individual course or attend all 4. Participation in Part 1: Rehabilitation Principles & Initial Evaluation is strongly recommended as it provides a framework for the remainder of the series. From there, choose your own adventure and take a deeper dive into specific non-arthritic hip conditions

PART 1: Rehabilitation Principles & Initial Evaluation (Select 1 date: Saturday Oct 3/26 2-6pm; Sunday Nov 8/26 2-6pm; OVERFLOW date Sunday Nov 22/26 2-6pm)

PART 2: Femoroacetabular Impingement Syndrome (Select 1 date: Sunday Jan 10/27 2-6pm; February 28/27 2-6pm)

PART 3: Greater Trochanteric Pain Syndrome / Gluteal Tendinopathy (Spring 2027 dates coming soon)

PART 4: Hip Dysplasia (Spring 2027 dates coming soon)

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Location: Better Beyond Rehabilitation

10-660 Sterling Lyon Pky

Winnipeg, Manitoba R3P 1E9

COST: \$150/course

Add a second course \$125

Add a third or fourth course \$100

Physiotherapy students & exam candidates: \$25/course

Payment: e-transfer hipchickeducation@gmail.com

Registration Link <https://forms.gle/dd1RNVyj7qfQQhwVA>

Course Outline: PART 1: Rehabilitation Principles & Initial Evaluation

FOUNDATIONS

1. An Evidence-based Approach to Clinical Care

What does it mean to be “evidence-based”?

How did we get here? Pain models, clinical reasoning, and a modern Biopsychosocial approach to care

2. Principles of Rehabilitation

The Person comes First

Education through Empowerment: Autonomy, shared decision-making, and self-management

Goal-oriented Rehabilitation: Maximizing independence and participation

3. Exercise as Treatment

Exercise Prescription in Rehabilitation

Where do we start?

Exercise Prescription Parameters in Rehabilitation

Strategies & Options: Individualized exercise selection, dosage, progression, and management of symptoms

CLINICAL EVALUATION

1. First Contact: Observational and Objective Evaluation

Ruling IN/OUT: Red Flags & Differential Diagnoses

Imaging Considerations

Provocative Testing: Specifically, how sensitive are they? Utility, accuracy, and clinical value

2. Clinical Integration: From Assessment to Action

Clinical Reasoning: Contributing factors to diagnosis & prognosis

Treatment Planning: Establishing priorities

Entry points for Day 1

Course Outline: PART 2: Femoroacetabular Impingement Syndrome

A Contemporary Understanding of FAIS: Expectations, education, and shared decision-making

Clinical Reasoning: Assessment findings and contributing factors to diagnosis and prognosis

Hip Arthroscopy vs Non-operative Care: A Non-compete clause

Exercise Selection: Entry points, progressions, and workarounds

Case-based discussions