



Manitoba Association  
Physiotherapy Association  
manitobaine de  
physiothérapie

PRESENTS

## **PRESERVING THE ACTIVE HIP**

### **New Advances in Hip Rehabilitation**

#### **COURSE DETAILS:**

- **Location:** College of Rehabilitation Sciences, 771 McDermot Avenue, Winnipeg
- **Dates & Times:**  
**Friday, May 3, 2019 7:00pm – 9:00pm Room 160**  
**Registration 6:30 – 7:00**  
**Saturday, May 4, 2019 8:30am – 5:00pm Room 170**
- **Instructors:** David Lindsay and Geoff Cuskelly

#### **COURSE INFORMATION:**

The hip joint is truly one of the most amazing joints in the body. It is the critical link between the ambulating lower limbs and trunk. Its articular configuration allows almost unlimited directions of movement and it has more muscles attaching around it than any other single joint in the body.

This very practical one-and-a-half-day course takes a very modern look at the structure of the hip including the crucial roles gait mechanics and muscle coordination play in maintaining normal function. Additionally, this course examines many of the traumatic and degenerative causes of anterior hip pain, demonstrates recently developed clinical tests and highlights a progressive evidence-based conservative rehabilitation program over a 20 year period by David Lindsay and medical colleagues at the University of Calgary Sport Medicine Centre (Canada). Complimentary myofascial manual therapy techniques specific to the hip will also be shown.

- Gain a clear understanding of the different causes of anterior hip pain (AHP), including iliopsoas syndrome, labral tears, impingement syndromes, osteo-arthritis.
- Develop a clinical reasoning process along with enhanced assessment and palpation skills to assist differential diagnosis of AHP.
- Is arthroscopic surgery the answer? When should it be considered? What are the implications and potential pitfalls?
- Learn effective non-surgical intervention strategies including an evidence-based, physiotherapy guided, hip rehab program for AHP with a documented 80% success rate

#### **REGISTRATION INFORMATION**

**CPA MEMBER: \$580.00**  
**NON- CPA MEMBER: \$800.00**  
**MPA New Graduate \*: \$290.00**  
**+ GST**

**\*within 1 year of Convocation;**  
**limited space available**

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**If attending Clinical Success**  
**course also, Registration cost**  
**CPA MEMBER: \$750.00**  
**NON- CPA MEMBER: \$1000.00**  
**MPA New Graduate \*: \$375.00**  
**+ GST**

Registration deadline is  
April 19, 2019

To Register:

Phone: 204-925-5701 or email  
[ptassociation@mbphysio.org](mailto:ptassociation@mbphysio.org)  
Provide Name, Address, Phone #,  
Email

**Payment by Visa, MasterCard, E-  
Transfer or cheque payable to  
Manitoba Physiotherapy  
Association**

**Manitoba Physiotherapy  
Association**  
**145 Pacific Avenue**  
**Winnipeg, MB R3B 2Z6**  
**204-925-5701**  
**1 - 877 - 925 -5701**  
**www.mbphysio.org**

## ACADEMIC PROGRAM

<b>Day 1 - Scientific Approach to Hip Pain</b>	<b>Day 2 - Comprehensive Exercise &amp; Soft Tissue Management</b>
6:30pm REGISTRATION (½hr)	
7:00pm CLASSROOM SESSION (2 hrs) <ul style="list-style-type: none"><li>• understanding the amazing structure and function of the hip joint<ul style="list-style-type: none"><li>○ Structural Anatomy</li><li>○ Muscular Anatomy &amp; Function (Mobility vs Stability)</li><li>○ Functional model of Gluteus Medius &amp; Minimus</li><li>○ Iliopsoas Syndrome</li></ul></li></ul>	8:30am CLASSROOM SESSION (1½ hrs) <ul style="list-style-type: none"><li>• common hip pathologies<ul style="list-style-type: none"><li>○ Osteo-arthritis</li><li>○ labral tears</li><li>○ Impingement syndromes</li><li>○ Arthroscopic surgery</li></ul></li></ul>
	<u>10:00 BREAK (½ hr)</u>
	10:30am CLINICAL SESSION (2 hrs) <ul style="list-style-type: none"><li>• Clinical assessment of the hip</li></ul>
	<u>12:30pm LUNCH BREAK (1 hr)</u>
	1:30pm CLINICAL SESSION (2 hrs) <ul style="list-style-type: none"><li>• Clinical assessment con'd</li><li>• Evidence-based exercise rehab</li></ul>
	3:30pm CLINICAL SESSION (1½ hrs) <ul style="list-style-type: none"><li>• Myofascial Mobilization</li><li>• Summary &amp; wrap-up</li></ul>

## Instructors

### David Lindsay BHMS, BPhty, MSc

David is an Australian-trained Physiotherapist with a Masters of Science research degree from the University of Alberta. He is the former Head Physiotherapist at the University of Calgary Sport Medicine Centre – one of the largest Sport Medicine Centres in Canada. David is still very involved in both clinical practice and academic research. The vast majority of his clinical caseload is comprised of patients experiencing recalcitrant hip pain, many of which travel from outside the province, and occasionally the country, to see him. He has published over 30 peer-reviewed research and two book chapters. He is an experienced Editorial Board member and reviewer of manuscripts submitted to international medical & scientific journals. David is also a very experienced teacher having taught continuing education courses for over 20 years to over 5000 practicing physiotherapists and physicians. He is passionate about the hip and has been collaborating with hip surgeons and sport medicine physicians for over 20 years to develop a highly specialized hip differential diagnosis and rehabilitation program that has undergone scientific scrutiny and clinical success.

### Geoff Cuskelly BHMS BPhty

Geoff is an Australian Physiotherapist with an extensive exercise physiology, manual therapy and acupuncture background. He is the owner / Director of Tower Physio in downtown Calgary. Geoff is a gifted clinician as well as an experienced and entertaining lecturer in the areas of soft tissue treatment techniques. His comprehensive Myofascial Mobilization system utilizes progressive manual therapy methods for stimulating soft tissue healing around the hip region.