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# **Advanced ACL Rehabilitation Workshop**

Instructed by:

**Alex Athayde  
Bradley Green  
Dan Ogborn**

**October 26-27, 2024  
8 am to 4 pm**

**Strive Fitness & Therapy  
1140 Waverley Street, Unit #2**

Sport Physiotherapy Manitoba is proud to announce a two-day workshop focusing on ACL Rehabilitation for healthcare professionals. The course will have a theory and practical component that will be clinically relevant for practitioners working with high-performance athletes, weekend warriors, and the general population. The course is open to all medical rehab professionals: surgeons, physiotherapists, athletic therapists, kinesiologists, and S&C professionals. Students from the above disciplines are also encouraged to register!

The course includes, but is not limited to the following topics: orthopaedic assessment, objective testing, S&C refresher, exercise prescription and programming, risk minimization, specific modalities, RTP testing, and progression to running.

We have a great lineup of instructors that have a keen interest in ACL rehabilitation! We are very excited to have this collaborative opportunity to educate our colleagues.

## Instructor Bio

**Alex Athayde, MPT, BA** is a University of Manitoba graduate physiotherapist. He has a special interest in lower extremity rehabilitation and athletic performance. He currently works at Pan Am Rehabilitation Services as a staff physiotherapist as well as working in the return to sport testing program. Alex currently runs the Pan Am PACE group ACL rehabilitation program which he had a lead role in developing. He has completed a residency program working with the orthopaedic surgeons assessing both pre and post operative ACL patients. In addition to this he has taken courses at globally renowned centres such as Aspetar in Doha Qatar along with attending the international ACL rehabilitation conference, with SPARC in Dublin Ireland, and ORKA performance in Calgary.

**Brad Green, MScPT, BKin** graduated from The University of Alberta in 2017 with a Master's of Science in Physical Therapy, and prior to that, he completed a Bachelor of Kinesiology (honours) at the University of Manitoba in 2014. Since graduating, Brad has completed continuing education courses through the Orthopaedic Division of the Canadian Physiotherapy Association (Levels I-III, upper and lower body), Gunn IMS (intramuscular stimulation), and Kinetacore Functional Dry Needling (Levels I-II). Brad also has extensive experience working in interdisciplinary clinics alongside sports medicine physicians and orthopaedic surgeons, as well as with the Soft Tissue Knee Injury research group based out of the University of Alberta. Since moving to Winnipeg in 2022, Brad has also helped design and implement a group ACL program in Winnipeg to help improve patient outcomes and eliminate barriers to evidence-based rehab. Brad has a keen interest in treating ACL injuries, lower limb tendinopathies, and strength sport athletes.

**Dan Ogborn, PT MSc(PT) PhD CSCS** is a Senior Research Associate leading the Rehabilitation Research Program at the Pan Am Clinic Foundation and works as a physiotherapist with Pan Am Rehabilitation Services. His research program and clinical practice focus on return to sport assessment and determining optimal training methodologies to restore performance for following orthopedic injury and surgery. He is also the Director of the Resident Research Program in Orthopedic Surgery and an Adjunct, Assistant Professor in Kinesiology and Recreation Management at the University of Manitoba in Winnipeg, Manitoba, Canada.

# Advanced ACL Rehabilitation Workshop Registration Form

**Nutrition breaks are provided. Individuals are responsible for lunch.  
Please wear comfortable attire for the practical component.**

**Application deadline: October 1, 2024**

For further information, please email Sport Physiotherapy Manitoba Council at  
[manitoba@sportphysio.ca](mailto:manitoba@sportphysio.ca)

*Please send completed registration form to the email address above.*

Registrant's Name: \_\_\_\_\_  
Company/Organization: \_\_\_\_\_  
Billing Address: \_\_\_\_\_  
City: \_\_\_\_\_ Prov.: \_\_\_\_\_  
Postal Code: \_\_\_\_\_  
Email address: \_\_\_\_\_  
Phone Number (W): \_\_\_\_\_ (H): \_\_\_\_\_

**Please select:**

Non-Member Registrant \$500 \_\_\_\_\_  
SPC-MB Member/Student \$400 \_\_\_\_\_

Profession: MD \_\_\_\_ PT \_\_\_\_ AT \_\_\_\_ Kin \_\_\_\_ S&C \_\_\_\_  
Other (*please indicate*) \_\_\_\_\_

**Payment by e-transfer only at: [manitoba@sportphysio.ca](mailto:manitoba@sportphysio.ca)  
Registration will not be confirmed until payment is received.**

**Please enclose copy of SPC-MB membership or student status, if applicable.  
(20% administration fee if cancelled after October 1, 2024)**