

DATES  
**TBC**

# ANATOMY, PHYSIOLOGY, ASSESSMENT & MANAGEMENT OF **TENDINOPATHY**



Introduction	Pre-course	Stats, studies, principles
Definitions	Pre-course	Standardising terminology
Anatomy	Theory	Related to physiology & biomechanics
Risk Factors for Tendinopathy	Theory	Training, athletic capability
Differential Diagnosis	Theory	Signs, symptoms & assessment
Differential Diagnosis	Practical	Testing
Treatment	Theory	Acute management
Treatment	Practical	Treatment techniques
Rehabilitation	Theory	Graduated progressions
Rehabilitation	Practical	Rehabilitation techniques
On-going Management	Theory	Training load scheduling
On-going Management	Practical	Management techniques
Prevention	Theory	Injury prevention strategies
Prevention	Practical	Prevention strategies

## **Oliver Finlay & Andrew Small present:**

*A theoretical & practical overview of the current research & evidence-based practices in the assessment, differential diagnosis, treatment, rehabilitation, management & prevention of tendon injuries*

*Aimed at physical therapists, sports medics, athletic trainers, strength & conditioning specialists, coaches working with elite athletes & the active recreational population*