

# Learning Objectives

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## Glossary

...understand common terminology related to:

- Pathological tendon presentations
  - Tendon microbiology
  - Tendon load
  - Pathological changes in tendons
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## Introduction

...command a basic overview of:

- The anatomical specialisations of tendons
  - How tendons respond to loading
  - Why tendons can respond poorly to loading
  - The epidemiology of tendinopathy
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## Tendon Anatomy, Biomechanics, Physiology & Pathophysiology in Response to Load

...command an understanding of:

- The normal kinematics of the Achilles & patellar tendons
  - The physiological response to load in tendons
  - The physiological response to altered load in tendons
  - The physiology of tendon pathology
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## Risk Factors for Developing Tendinopathy

- Identify the risk factors that predispose to tendinopathy
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## Differential Diagnosis of Tendinopathy & Related Pathology

...command a basic understanding of:

- What to include in the subjective assessment
  - What to include in the objective assessment
  - How to differentiate between tendinopathy & pathology of other related tissue
  - What imaging modality is most appropriate & when
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## Treatment of Acute Tendinopathy

...command a basic understanding of:

- The theory of treatment approaches related to clinical presentation & physiological reasoning
- The practical execution of treatment approaches related to clinical & physiological reasoning

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## Rehabilitation of Tendinopathy

...command a basic understanding of:

- The theory of developing graduated rehabilitation programs related to clinical & physiological reasoning, including setting of progression criteria
- The practical execution of rehabilitation programs related to clinical & physiological reasoning, including exercise progression

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## On-going Management of Tendinopathy

...command a basic understanding of:

- The theory of managing athletes with existing tendinopathic changes related to the clinical presentation, physiological reasoning, with particular attention to load management
- The practical execution of management strategies for athletes with existing tendinopathic changes related to the clinical presentation, physiological reasoning, with particular attention to load monitoring & scheduling

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## Prevention of Tendinopathy

...command a basic understanding of:

- The theory of prevention of tendinopathic changes in athletes related to physiological reasoning & management of training load
- The practical execution of prevention of tendinopathic changes in athletes related to physiological reasoning & management of training load