

MBB

Knee & Hip Applied

## **COURSE AGENDA**

### **Pre-Work Videos**

2 hours online content w/ Quizzes

### **Day 1**

7:30 Registration & Sign In  
8:00 Introduction  
8:15 Goals, Objectives, Foundations  
8:30 Intro Case Study: Anterior Knee Pain/PFPS  
9:00 Biomechanics Gait: Knee, Hip, Pelvis, 5 ways (bone/joint)  
9:30 **LAB: Knee Functional Assessment**  
10:15 *Break*  
10:30 **LAB: Hip & Pelvis Functional Assessment**  
11:30 **LAB: Knee, Hip and Pelvis Standing Manual Therapy**  
12:30 *Lunch*  
1:30 Muscles: Hamstrings, Adductors, Glutes  
2:00 **LAB: 3D Muscle Loading**  
2:45 Clinical Practice Guideline for HS injury vs real life  
3:15 3D Lower Extremity Assessment  
3:45 Questions  
4:15 Adjourn

### **Day 2**

8:00 Questions from Day 1  
8:15 **LAB: 1080 Map 3D Lower Extremity Assessment**  
9:30 ACLR: Rehab Myths, Injuries, Post Op  
10:15 **LAB: ACRL Post Op Exercises**  
11:15 Movement Diagnosis System & The Kinetic Chain  
11:45 *Lunch*  
12:45 Case Study Day 1 Review PFPS  
1:45 **Hip Pain Case Study: Discussion**  
2:30 Return to Sport Testing  
3:00 Questions & Feedback  
3:30 Course Evaluation & Wrap Up  
4:00 Adjourn