

MBB
Knee & Hip Applied

COURSE AGENDA

Pre-Work

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: PFPS
- 9:00 Biomechanics Gait: Knee & Hip
- 9:45 **LAB: Hip & Pelvis Functional Assessment**
- 10:45 *Break*
- 11:00 Movement Diagnosis System & Case Study
- 12:00 **LAB: Knee Functional Assessment**
- 12:45 *Lunch*
- 1:45 **LAB: Knee, Hip and Pelvis Standing Manual Therapy**
- 2:30 Case Study: PFPS Part 2
- 3:00 3D Muscle Function: Glutes & Adductors
- 3:45 **3D Muscle Loading Glutes & Adductors LAB**
- 4:15 Questions
- 4:30 Adjourn

Day 2

- 8:00 Questions from Day 1
- 8:15 **LAB: 1080 Map 3D Lower Extremity Assessment**
- 9:15 ACLR: Rehab Myths, Injuries, Post Op
- 10:15 *Break*
- 10:30 **LAB: ACRL Post Op Exercise**
- 11:30 Clinical Practice Guidelines for HS Injury
- 12:15 *Lunch*
- 1:15 **LAB: 3D Muscle Loading HS**
- 2:00 Case Study: PFPS Part 3
- 2:30 **Hip Case Study: Discussion – specifics**
- 3:00 Questions & Feedback
- 3:30 Course Evaluation & Wrap Up
- 4:00 Adjourn