

Focused rehabilitation of poorly functioning knee: Management Tips and Techniques

By Prof. Anil Bhave

PROGRAM OVERVIEW



With disease such as knee Osteoarthritis or injury / surgery of the knee, the affected leg(s) may become weakened. Gait is negatively affected and the movement inside the knee joint can become altered causing an increase in joint wear and tear over time. These pathological changes in gait biomechanics are directly linked to the progression of knee arthritis further.

In this 1 day seminar/workshop focus will be on :

- Identifying common causes of poor function of the knee.
- Discussing how to identify problems early and discuss prophylactic strategies.
- Demonstration and discussion on evidence based treatment strategies for managing dysfunction.

Learning format

Lecture, hands on demonstration, video presentation, 3D Gait Lab and discussion



SPEAKER'S PROFILE



Anil Bhawe, PT is **Clinical Director of Orthopedic Rehabilitation**, and **Director of Wasserman Gait Laboratory** at Rubin Institute of Orthopedics, Sinai Hospital Baltimore, Maryland. Anil heads the Rehabilitation Dept. at the Orthopedic Institute and has clinical oversight over 3 Hospitals and 19 Outpatient clinics within the system. Anil has been practicing Physical Therapy for last 35 years. Anil evaluates and treats patients with stiffness and or contractures hip, knee and ankle joints due to various pathologies including total joints, limb lengthening, and post traumatic causes. Anil has developed and patented dynamic casting and bracing techniques for treatment of stiffness and contractures as well as Knee Rehabilitation Orthosis. Anil is an accomplished researcher and lecturer with accolades including significant works published in peer reviewed journals and has delivered close 300 lectures both nationally and internationally. **Anil is recipient of prestigious awards such a Jacqueline Perry, MD award** given by American Academy of Orthopedic Surgeons and **Lynn Staheli, MD award** given by Pediatric Orthopedic Society of North America.

PROGRAM OUTLINE:

9.00am-10.00am

- Introduction
- Pathophysiology of knee joint dysfunction
- Arthrogenic muscle inhibition
- Q/A

10.00am – 10.15am--Tea break

10.15am- 12.30

- Knee flexion contracture and flexion deficit
- Arthrofibrosis, Definition, Diagnosis, and management
- Braces, manual therapy and devices for improving knee ROM
- New Options in bracing for gait retraining and muscle strengthening
- Role of Electrical stimulation for pain management and muscle strengthening

12.30pm -1.30pm--Lunch

1.30pm -3.15pm

- Review of morning session and Q/A
- **Demonstration: Lab**
- Manual therapy techniques for improving ROM including ASTYM, MWM etc
- Guardian Sports and Sports ext Brace for muscle strengthening and ROM
- Q/A

3.15pm – 3.30pm --Tea Break

3.30pm -5.00pm

- NMES strategies and patient positioning
- Summary of the seminar and Q/A

PROGRAM DETAILS:

Date: 1st October 2016 Saturday 8.30am - 5 pm
(Registration starts 8.30 am)

Tea/Lunch provided

Duration: 1 day

Venue: Physio Asia Therapy Centre

360 Orchard Road #05-02 International building
Singapore 238869

Course Fees: SGD 420

Early bird fee(before 15th Sep) : SGD 380

Payment: Made in favour of
“Physio Asia Therapy Centre Pte Ltd”
For bank transfers call us please

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Last date of registration: 25th Sep. 2016

LIMITED NUMBERS

