Understanding Tendinopathies of the Hip & Pelvis  
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Tendinopathies of the hip and pelvis represent a large burden on both the sporting and ageing populations. Growing evidence is shaping contemporary conservative management of tendinopathy. This course provides participants with guidance towards a deeper understanding of tendinopathies of the hip and pelvis, and more effective clinical management. The information presented is based on both an emerging evidence base derived from scientific studies on structure and mechanobiological mechanisms, risk factors, impairments and the available information on effects of intervention, and over 20 years of clinical experience.

The theory component covers anatomy, pathology, and pathomechanics thought to be involved with gluteal tendinopathy, proximal hamstring tendinopathy, iliopsoas tendinopathy, and adductor longus tendinopathy and adductor related groin pain. The practical component encompasses assessment techniques (diagnostic tests, and tests related to forming a hypothesis regarding each individual’s aetiological mechanisms) and management techniques (appropriate control of loading, posture and movement retraining and development of an exercise programme).

This course aims to:

- Bring together the available information on tendinopathies of the hip and pelvis with a particular focus on pathoetiological mechanisms.
- Provide a clinical interpretation of the scientific data with direction and practical ideas for management.
- Highlight areas where research is deficient for those interested in adding to our evidence base for contemporary clinical practice in this field.
- Teach practical skills involved in assessment & management of tendinopathies of the hip & pelvis.

Learning Objectives:

Upon completion of this course participants should be able to:

- Describe basic tendon structure, and biological mechanisms occurring in both a homeostatic state and in a pathological tendon
- Describe anatomical relationships, impairments, and postural and loading habits that may predispose to the development of each of the tendinopathies addressed - Gluteal tendinopathy, proximal hamstring tendinopathy, iliopsoas tendinopathy & adductor tendinopathy
- Assess appropriately using specific diagnostic tests, and tests of aetiological mechanisms
- Develop maximally effective intervention programmes including both load management and exercise prescription

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