

The Lower Limb in Sport

This course is for registered physiotherapists who work with individual athletes or teams in which lower limb injury is common. The focus of the course is on pathomechanics and kinetic chain deficits as they relate to injury prevention and performance, diagnosis and advanced rehabilitation of lower limb conditions.

By the end of the course you will understand the pathoetiology of common lower limb injuries, be able to perform key clinical and functional tests, rehabilitate lower limb injury in a number of sporting contexts including football, running and contact sports, and develop individualised return-to-sport programmes.

Location:	Date:	Course Fee:	
Willis Street Physiotherapy Level 9, Findex House, 57 Willis Street, Te Aro, Wellington	Saturday 4 May 2024	SEPNZ Member	\$450.00
	9am – 5pm	PNZ Member	\$520.00
	Sunday 5 May 2024	Non-PNZ Member	\$650.00
	9am – 4pm		



The course will cover:

- Pathomechanics of lower limb injury in running sports, football and other lower limb sports
- Performance-related functional tests for the lower limb
- Diagnostic tests and imaging investigations for common sporting pathologies of the lower limb
- Design and implementation of rehabilitation programmes including post-surgical rehabilitation
- Integration with coaching and biomechanics for technique modifications
- Return-to-sport decision planning and processes
- Assessment and management of challenging lower limb conditions

Presenters:

Dr Peter McNair	Professor of Physiotherapy
Geoff Potts	Sports Physiotherapist, Clinical Educator & DHSc Student
Jacinta Horan	PBNZ Registered Physiotherapist Specialist

To Register:

Registration will be limited to the first 26 paid registrants

Complete online registration [HERE](#) via Physiotherapy New Zealand