

Scientific Breakthroughs in the Management of Patellofemoral Pain

Saturday, May 13, 2017
8:00 a.m.-5:00 p.m.

Sponsored by the Orthopedic Physical Therapy Residency program at A.T. Still University, Department of Physical Therapy

Course description

Patellofemoral pain remains one of the most common conditions seen by physical therapists, yet evaluation and treatment programs remain highly variable and are often without scientific backing. The purpose of this course is to critically assess current approaches to the management of this disorder through a review of the latest research findings and empirical evidence. Course participants will receive a thorough understanding of patellofemoral joint pain and biomechanics, as well as an overview of lower extremity interdependent relationships. Emphasis will be placed on current research findings in the areas of gait analysis, kinematic MRI, EMG, and patellofemoral joint mechanics. Critical review of long held, but poorly researched, areas of evaluation and treatment will be addressed. Participants will be empowered to critically reflect upon their beliefs regarding their etiology, assessment, and treatment approaches, but will also be provided with "clinical pearls" to take back to the clinic.

Course objectives

Upon completion of this course participants will be able to:

1. Describe the anatomy, kinesiology and biomechanics of the patellofemoral joint.
2. Describe the pathomechanics of patellofemoral joint dysfunction.
3. Describe the influence of abnormal lower extremity mechanics on patellofemoral joint dysfunction.
4. Describe the scientific and clinical rationale behind the development of an exercise program for the treatment of patellofemoral pain.
5. Describe the scientific rationale for the use of external bracing/taping, hip strengthening/retraining, as well as foot orthoses in the treatment of patellofemoral pain.

Schedule

8:00-8:30 a.m.	Introduction/Overview
8:30-9:00 a.m.	Clinically relevant anatomy
9:00-10:00	Clinically relevant kinesiology
10:00-10:15	Break
10:15-10:45	Clinically relevant biomechanics
10:45-noon	Pathomechanics of Patellofemoral pain and joint dysfunction
Noon-1:00 p.m.	Lunch
1:00-3:00	Critical review of treatment options for patellofemoral pain
3:00-3:15	Break
3:15-5:00	Exercises for patellofemoral pain: An evidence-based approach
5:00	Adjourn

Instructor

Christopher M. Powers, PhD, PT, FACSM, FAPTA, is an associate professor in the Division of Biokinesiology & Physical Therapy. He also has joint appointments in the Departments of Radiology and Orthopaedic Surgery within the Keck School of Medicine. Dr. Powers is currently co-director of the Musculoskeletal Biomechanics Research Laboratory and the director of the program in Biokinesiology at USC. He received a bachelor's degree in physical education from the University of California, Santa Barbara in 1984, his masters degree in physical therapy from Columbia University in 1987, and a PhD in biokinesiology in 1996 from USC. Dr. Powers did his post-doctoral training at the Orthopaedic Biomechanics Laboratory, University of California, Irvine.

Dr. Powers' research and teaching interests relate to the biomechanical aspects of human movement. More specifically, his research focuses on how altered kinematics, kinetics, and muscular actions contribute to lower extremity injury. He is particularly interested in the pathomechanics underlying knee and patellofemoral joint dysfunction. He has published more than 150 peer-reviewed articles and has received several research awards from the American Physical Therapy Association, including the Rose Excellence in Research Award from the Orthopaedic Section, the Eugene Michels New Investigator Award, the Dorothy Briggs Scientific Inquiry Award and the Helen J Hislop Award for contributions to the professional literature.

Dr. Powers is a Fellow of the American College of Sports Medicine and a Catherine Worthingham Fellow of the American Physical Therapy Association. He also is a member of the American Society for Biomechanics, American Society for Testing and Measures, and the North American Society for Gait and Clinical Movement Analysis. In addition, Dr. Powers is editor of the *Journal of Orthopaedic and Sports Physical Therapy* and currently serves as president of the California Chapter of the APTA.

Program registration form

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Register online at orthoptresidency.atsu.edu or mail payment and registration form to:

A.T. Still University
ATTN: Cheri Hodges
Department of Physical Therapy
5850 E. Still Circle
Mesa, AZ 85206

Registration fees (please check one)

- \$195
 \$160 for ATSU alumni and for clinical instructors

Check made out to ATSU

Mentors of ATSU orthopedic residents no charge
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