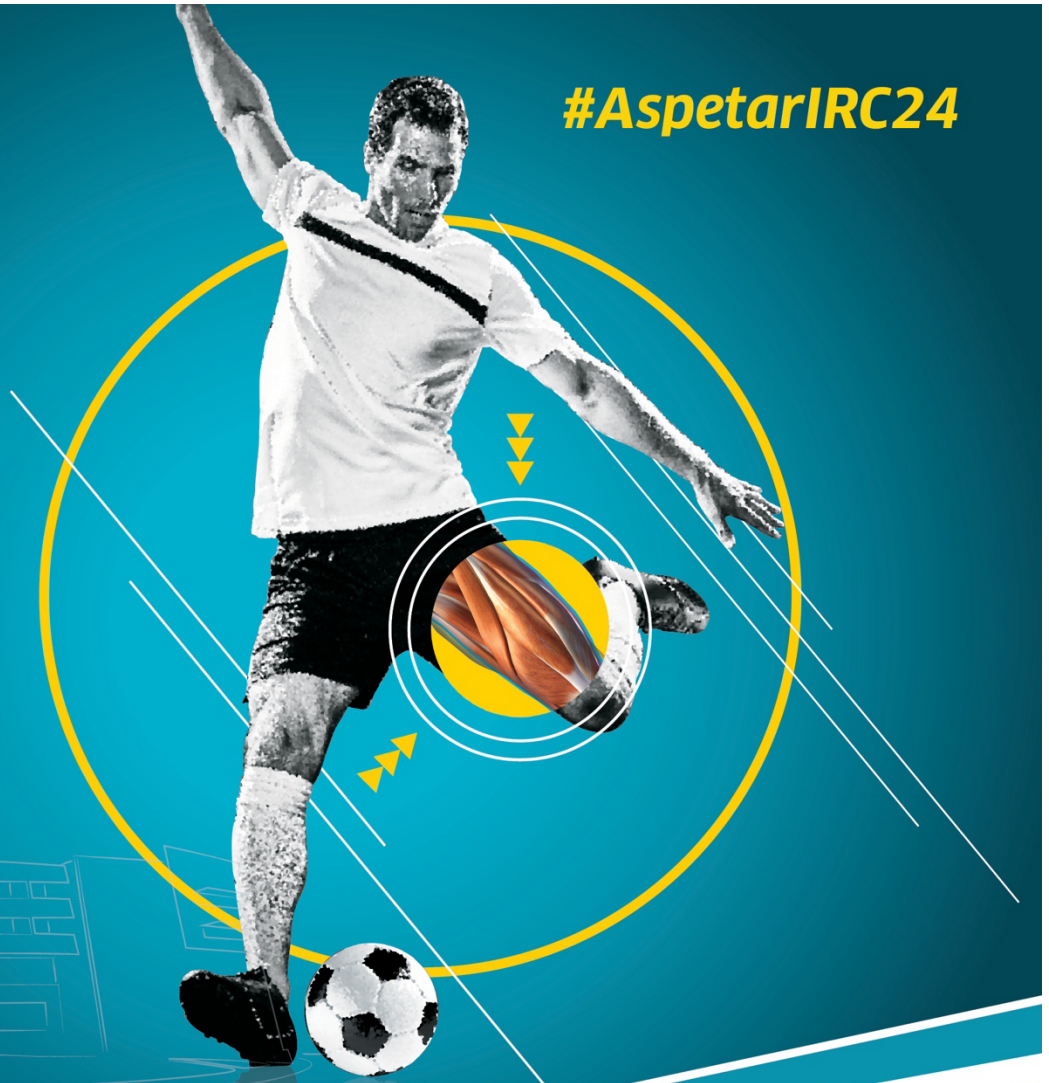
#AspetarIRC24

ASPETAR INTERNATIONAL REHABILITATION CONFERENCE

"Advanced ACL Workshop"

18th - 19th November 2024



AGENDA

ASPETAR سبيتار

ASPETAR INTERNATIONAL
REHABILITATION CONFERENCE
"Advanced ACL Workshop" | 18th - 19th November 2024

وزارة الصحـــة العامـــة
Ministry of Public Health
State of Qatar • دولـــة قطـــر

Agenda
Aspetar International Rehabilitation Conference
Advanced ACL Workshop
18-19th November 2024

Target Audience: Allied Health Professionals (Physiotherapists, external)
Activity code: HGI-03-P138
Venue: Rehabilitation Department, ASPETAR
Time: 08:00-16:00

Overall Learning Objectives:

On completion of this activity, participants will be able to:

- Outline a systematic approach to the rehabilitation of athletes after ACL injury
- Identify the key factors to be considered during periodic assessment throughout rehabilitation
- To demonstrate an integrated approach to addressing multiple physical qualities throughout ACL rehabilitation
- Discover the challenges and pitfalls in ACL rehabilitation and RTP decision making

This activity is an Accredited Group Learning Activity (Category 1) as defined by the Ministry of Public Health's Department of Healthcare Professions - Accreditation Section and is approved for a maximum of 12.75 hours.

ASPETAR سـبيتـار

ASPETAR INTERNATIONAL REHABILITATION CONFERENCE

"Advanced ACL Workshop" | 18th - 19th November 2024

Time	Topic	Session Learning Objectives By the end of this session, participants will be able to:	Speaker
Day 1			
7:30 – 8:00	**Registration**		
8:00 – 8:45	Introduction – Setting the scene (Lecture)	Identify the common mechanisms of ACL and the challenges during rehabilitation	Enda King
8:45 – 10:30	Testing and Common Deficits (45 min lecture, 60 min interactive)	Outline the main tests and variables to consider during ACL rehabilitation and RTP decision making	Aspetar ACL Faculty
10:30 – 11:00	**Coffee break**		
11:00 – 12:30	Motor Control in ACL Rehabilitation (30 min lecture, 60 min interactive)	Summarise the main components of lower limb motor control assessment and exercise selection	Aspetar ACL Faculty
12:30 – 13:30	**Lunch break**		
13:30 – 14:45	Neuromuscular Electrical Stimulation (NMES)/ Blood Flow Restriction Training(BFR)/Open chain exercise (15 min lecture, 60 min interactive)	Discover the role and programming of NMES, BFR training and early quadriceps and hamstring exercises post ACLR	Aspetar ACL Faculty
14:45 – 15:00	**Coffee break**		
15:00 – 16:00	Hypertrophy and Maximum Strength (15 min lecture, 45 min interactive)	Experiment with the programming principles and exercise selection to be considered after ACL Rehabilitation	Aspetar ACL Faculty
16:00	**Finish**		

Time	Topic	Session Learning Objectives By the end of this session, participants will be able to:	Speaker
Day 2			
8:00 – 09:15	Power and Explosiveness (15 min lecture, 60 min interactive)	Analyse the qualities, exercises, and progressions to be considered when introducing and progressing power and explosive exercises post injury and surgery	Aspetar ACL Faculty
9:15 – 10:30	Reactive Strength (15 min lecture, 60 min interactive)	Outline the criteria for commencing plyometric exercises and progressions throughout the ACL rehabilitation process	Aspetar ACL Faculty
10.30 – 11:00	**Coffee break**		
11:00 – 12:30	Conditioning (20 min lecture, 70 min interactive)	Explain the role of conditioning in the early rehabilitation phase and how it can be progressed throughout rehab	Aspetar ACL Faculty
12:30 – 13:30	**Lunch break**		
13:30 – 14:45	Linear Mechanics Practical (15 min lecture, 60 min interactive)	Summarise the criteria for return to running, the biomechanical variables that are most pertinent and the exercises to address them	Aspetar ACL Faculty
14:45 – 15:00	**Coffee break**		
15:00 – 16:00	Change of Direction (15 min lecture, 45 min interactive)	Examine the criteria for return to running, the biomechanical variables that	Aspetar ACL Faculty

		are most pertinent and the exercises to address them	
16:00 – 16:15	Bringing it all together (interactive)	Summarise the key considerations for return to play decision making and reducing re-injury risk	Enda King

Scientific Planning Committee:

Enda King (Chair), Konstantinos Epameinontidis (Co-Chair), Rodney Whiteley, Dermot Simpson, Toni Snoxell, Simon Wallace, Marco Cardinale, Emmanouil Papakostas, Marcelo Bordalo, Paul Dijkstra, Faten Smiley, Joanne Lambert, Heloisa Jorge, Dorothy Lechicki, Stephen Targett

The Scientific Planning Committee has reviewed all disclosed financial relationships of speakers, moderators, facilitators and/or authors in advance of the CPD activity and has implemented procedures to manage any potential or real conflicts of interest.

Overall time: 765 min
Lecture: 225 min
Interactive: 540 min (71%)