



# My Therapy Network Presents

## Patellofemoral Pain Update

**Claire Robertson MSc PGCE MACP**

**8<sup>th</sup> September 2018**

**Location: Heavitree Hospital, Exeter**

**Time: 09.00 – 16.30**

**Cost: £130**

### **Course outline**

This course aims to directly impact on the clinician's ability to assess and treat patients with patellofemoral pain syndrome, (PFPS). The course is a mixture of theory, demonstrations and practical sessions, totally underpinned by evidence. There is a strong emphasis on clinical reasoning throughout.

Claire Robertson is a consultant physiotherapist in patellofemoral pain, at Wimbledon Clinics. She is actively involved in patellofemoral research, having published in many journals, including the American journal of Sports Medicine. She is currently writing up a number of papers following extensive research on the vmo, and she is also currently researching patellofemoral crepitus. Claire's niche clinical practice and research activity places her perfectly to deliver this course.

### **Learning Outcomes**

- Describe the aetiology of PFPS.
- Explain the relevance of their subjective examination and how this drives their physical examination.
- Underpin their gluteal examination with anatomy and biomechanics, and prescribe accurate, effective gluteal exercises.
- Underpin their gluteal examination with anatomy and biomechanics, and prescribe accurate, effective gluteal exercises.
- Discuss controversies around the VMO and describe when VMO work is indicated, and how this can be done.
  - Be aware of indications for taping, and how this can be performed.
- Assess the biomechanics of the foot and identify when an orthotic may be useful.

Booking via website: [www.my-therapynetwork.com](http://www.my-therapynetwork.com)

Contact: [admin@my-therapynetwork.com](mailto:admin@my-therapynetwork.com)