

# Advances in Evaluation and Treatment of the Athletic Hip

## Saturday, May 14th & Sunday, May 15th

**Location:** Level 0 Conference Room · Vail Valley Medical Center · 181 West Meadow Drive · Vail, CO 81657

**Course Description:** This course is designed to give the physical therapist or athletic trainer a thorough overview of anatomy, biomechanics, pathologies associated with femoral acetabular impingement of the hip, surgical interventions for these pathologies and post operative rehabilitation following surgery. Utilizing both lecture and lab formats, our instructors will emphasize advances in arthroscopic surgical procedures and the manual techniques, exercise prescription, and return to sport training required to properly rehabilitate these patients.

**Learning Objectives:** Following the course, participants will:

- Possess a thorough understanding of the anatomy of the hip
- Understand pathologies and anatomical variations of the hip resulting in femoral acetabular impingement (FAI)
- Perform and explain the results of the physical and radiologic exam
- Understand the arthroscopic surgical interventions for FAI and labral tears
- Learn post-operative rehabilitation progressions
- Perform selected manual therapy techniques
- Integrate appropriate strengthening and return to sport exercises

### Course Agenda:

#### Saturday, May 14, 2011

Registration and Breakfast 8:00am—8:30am

#### Morning Session: 8:30am—12:30pm

- Anatomy and Biomechanics
- Causes of Hip Pain with Emphasis on FAI and Labral Pathology
- Clinical Exam: Physical (with lab session) and Radiographic

#### Afternoon Session: 1:30pm—5:00pm

- Advances in Arthroscopic Surgical Invention
- Post-operative Rehabilitation from Day 1 to Return to Sport with lab sessions including:
  - ◇ ROM Techniques
  - ◇ Manual Techniques
  - ◇ Exercise Prescription

#### Sunday, May 15, 2011

Sign-in and Breakfast 8:30am—9:00am

#### Morning Session: 9:00am—12noon

- Return to Sport and Functional Progressions
- Return to Sport Testing
- Challenges and Solutions



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### Our Presenters

#### Michael S Wahoff, Physical Therapist, SCS



After graduating from St. Louis University in 1990, Michael practiced outpatient orthopedics and taught part-time at the St. Louis University Hospital. In 2000, Michael took a sabbatical during which he and a buddy bought a RV and skied every major resort in the Rockies, mountain biked throughout the US, and visited 49 of 50 states (Hawaii is tough to get to in an RV). He landed in Vail three years later and felt right at home. As a Sports Certified Specialist, Michael serves as Dr. Philippon's team leader and specializes in the treatment of hip injuries. In his spare time, Michael enjoys spending time with his family and dog, Oliver, taking a spin on his bike, running (he has completed 12 marathons!), or skiing Vail's Back Bowls with his friends.

#### Mark A Ryan, MS, ATC, CSCS



Mark attended Colorado State University earning his Bachelor of Science Degree in Exercise and Sport Science. He then earned a Master of Science in Health, Physical Education, Recreation and Dance with a emphasis in Athletic Training. He has been a Certified Athletic Trainer since 1995 working with high school and collegiate athletes early in his career before beginning to work in professional baseball with the Boston Red Sox, Texas Rangers and Arizona Diamondbacks. He earned a Certified Strength and Conditioning Specialist credential in 2003. Now working as the Rehabilitation Coordinator for Dr. Marc Philippon at Howard Head Sports Medicine, Mark acts as the liaison between Dr. Philippon's office and the rehabilitation specialists around the country and world. Outside work, Mark is an avid runner and paraglider pilot.

**CEUs:** This program has been accredited by a NATABOC approved provider for a maximum of **10.5 hours** of Category A continuing education.



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### Registration

Please print, complete and return this form to:

Howard Head Sports Medicine c/o Dina Proietti  
999 18th St, Suite 250 · Denver, CO 80202

**Location:** Level 0 Conference Room · Vail Valley Medical Center · Vail, CO 81657

Check one:

- Physical Therapist
- Athletic Trainer

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

### Transportation and Lodging:

**Colorado Mountain Express** offers door-to-door airport shuttle ground transportation service from Denver International and Eagle County Airports. Call 800-525-6363 to book your transportation. Mention the group code "Howard" to get a 20% discount.

**Evergreen Lodge** is offering a discounted rate of \$100 per night. The rate is based on availability, single or double occupancy in a spacious valley view room. For reservations, call 800-284-VAIL (8245) and ask for the medical rate.

