

March 15, 2025

EM372: Workshop: Anterior hip impingement and instability: diagnosis and management



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BPhy, MPhy(Sports),
PhD

Impingement and anterior hip instability: diagnosis and management (Hybrid)

Online Session (2 hours) + Practical Session in Presence (8 hours)

The current literature on anterior hip and groin pain reveals inconsistent diagnostic framing and a lack of evidence on the best approaches to manage these problems. Insufficient consideration has been given to morphology, loading patterns, and muscle dysfunction as determinants of pain and soreness on weight bearing. The primary focus of this course will be an understanding of the mechanisms of overloading and dysfunction associated with anterior hip pain, as well as methods for identifying and addressing these issues.

Learning Objectives:

At the end of this course, the participants will have to

1. be able to better recognize and evaluate impingement and anterior instability of the hip joint
2. understand the factors that influence the intra-articular loads of the hip joint
 - a. morphological variants (for example, shape of the acetabulum and femur, capsule and labrum deficits)
 - b. joint load associated with kinematics and neuromotor function
 - c. the adequacy of the muscle protection mechanisms of the joint
3. be able to apply key therapeutic exercise and load management strategies for anterior hip pain, particularly for patients presenting with anterior hip impingement or instability
4. have more confidence in handling these problems and better results

Hip impingement

Includes:

- Definition of femoroacetabular impingement syndrome (FAIS)
- Impact of FAI on joint integrity
- Recognition of FAI morphology on diagnostic imaging
- Clinical evaluation of FAIS
- Load management strategies for FAIS
- Discussion on the role of manual therapy
- Exercise therapy strategies for FAIS

Hip instability

Includes:

- Mechanisms of bony, capsular-ligament and muscular stability of the anterior hip joint
- Impact of altered bone shape and stability mechanisms on joint integrity
- Recognition of acetabular dysplasia on diagnostic imaging
- Clinical evaluation of the stability of the anterior hip joint
- Load management strategies for anterior hip joint overload and instability
- Discussion on the role of manual therapy
- Exercise therapy strategies for anterior hip joint overload and instability



30 Seats



€280.00



10 Hours



10 ECM

INTENDED FOR

Doctors, Physiotherapists

PAYMENTS

Balance €280.00 within 7 days from the registration

Total: €280.00

CALENDAR

Online Session: 2h webinar to view before the in-person day In Presence Practical Session : 15 March 2025

LANGUAGE

English with Italian consecutive translation

COMBO Workshop EM272 + Workshop EM273: **€520,00 (€40,00 OFF!)**

EARLY BOOKING ENROLLMENTS BY 31/01/2025 for combined registration: 480€ instead of 520€ (save 40€).

EARLY BOOKING ENROLLMENTS BY 31/01/2025 for single entry: 250€ instead of 280€

SCHEDULE

HIP IMPINGEMENT:

- Definition of femoroacetabular impingement syndrome (FAIS)
- Impact of FAI on joint integrity
- Recognition of FAI morphology on diagnostic imaging
- Clinical evaluation of FAIS
- Load management strategies for FAIS
- Discussion on the role of manual therapy
- Exercise therapy strategies for FAIS

HIP INSTABILITY:

- Mechanisms of bony, capsular-ligament and muscular stability of the anterior hip joint
- Impact of altered bone shape and stability mechanisms on joint integrity
- Recognition of acetabular dysplasia on diagnostic imaging
- Clinical evaluation of the stability of the anterior hip joint
- Load management strategies for anterior hip joint overload and instability
- Discussion on the role of manual therapy
- Exercise therapy strategies for anterior hip joint overload and instability