COURSE DESCRIPTION

This program is a practical, clinical guide that provides guidance on the evaluation, differential diagnosis, treatment and rehabilitation of patients with orthopaedic problems. The focus of this volume is on the Arthritic Lower Extremity.

In an easy to use format, it covers all orthopaedic conditions and procedures from initial examination through the postoperative or post-injury period, including arthroplasty, fractures, and sports injuries. Each chapter is written jointly by an orthopaedic surgeon and a physical therapist.

LEARNING OBJECTIVES

The Arthritic Lower Extremity | Module 1

The Arthritic Hip

- Differentiate between intra-articular and extra-articular pathologies of the hip, including the potential causes for each
- List the clinical findings, clinical tests, features and etiologies of osteoarthritis in the hip
- Identify the criteria for osteoarthritis of the hip, as given by the American College of Rheumatology
- Classify hip osteoarthritis based on radiographic evidence
- Analyze the nonoperative treatment options for osteoarthritis of the hip, including medical interventions
- Analyze the operative interventions for hip osteoarthritis

Total Hip Replacement Rehabilitation: Progression and Restrictions

- Describe the efficacy of preoperative management techniques for total hip replacement
- Discuss how the surgical approach affects outcome, and the techniques for pain management following the procedure
- List the protocol that should be incorporated into a functional rehabilitative program for total hip replacement
- Discuss the role assistive devices play in return to full weightbearing
- Identify signs and symptoms a clinician should examine for in a patient following total hip replacement
- Construct a strengthening program for postoperative care following total hip replacement
- Recall common problems following total hip replacement and describe the ideal management techniques to correct these problems
- Develop an outpatient physical therapy program following total hip replacement including range of motion goals and therapeutic exercises
  - Develop a program specifically for a golfer
- Provide examples of sport in each of the following categories with respect to level of impact: (i) low; (ii) potentially low; (iii) intermediate; (iv) high
  - For each category, discuss participation recommendations for individuals following total hip replacement
The Arthritic Lower Extremity | Module 2

The Arthritic Knee

- Identify the various risk factors for arthritis in the knee
- List the criteria for diagnosis of osteoarthritis in the knee
- Recall the diagnostic criteria, including radiographic evidence, and classification system for osteoarthritis of the knee
- Develop a strengthening program involving proven therapeutic exercises for an individual with osteoarthritis of the knee

- Critique the following therapeutic interventions for osteoarthritis of the knee
  - Unloading braces
  - Insoles
  - Weight loss
  - Oral therapy
  - Topical agents
  - Intra-articular corticosteroid injection
  - Viscosupplementation

- Discuss the outcome for both arthroscopic débridement and lavage surgical interventions
- Provide the rationale for osteotomy of the knee and total knee arthroplasty
- List the goals of rehabilitation following total knee arthroplasty and provide examples of perioperative and postoperative interventions

Total Knee Replacement Protocol

- Analyze the factors that should be considered when developing a rehabilitation protocol following total knee replacement