Anterior Cruciate Ligament: Rehabilitation Update

Lee Herrington - PhD, MSc, MCSP, CSCS

Presenter
Lee qualified as a Chartered Physiotherapist in 1990 from Manchester University, having previously completed a degree in Human Biology from Loughborough University. In 1996 was awarded an MSc in Sports Injury and Therapy from Manchester Metropolitan University (with distinction). In 2007 was awarded a PhD for research into anterior knee pain from the University of Salford. He has also been certified by the National Strength and Conditioning Association (USA) as a strength and conditioning specialist and by the Cincinnati Sports Medicine Research and Education foundation as a Sportsmetrics™ trainer.

Currently: Senior lecturer in Sports Rehabilitation, University of Salford; Visiting Lecturer in Sports Physiotherapy, Manchester Metropolitan University and Bath University; Associate editor of the BMC Journal Musculoskeletal Disorders, Member of the editorial advisory board to the journal Physical Therapy in Sport and The Knee and Research officer and committee member of Association of Chartered Physiotherapists in Exercise Therapy

He has worked with elite sportspersons for the last nineteen years including time with Great Britain Rugby League and Wigan Warriors Rugby League Club as well as Lancashire and Yorkshire Rugby League academy sides and the Great Britain Women’s Basketball Team. He has been involved in consultative work for a number of professional football clubs and individual elite level sports persons from a multitude of sports including athletics, climbing, hockey, martial arts, sailing, swimming, and triathlon. He is currently the head Physiotherapist to the Great Britain Swimming Team and a consultant physiotherapist at the English Institute of Sport in Manchester. Lee has taught nationally and internationally on topics related to knee injury and sports injury rehabilitation, with over fifty peer reviewed articles published in the field of exercise rehabilitation and as presented his research at many international conferences.

Course Description
Injury to the Anterior Cruciate ligament is a significantly disabling problem for the professional sportsperson and recreational athlete alike. Clear management strategies are required to return the patient to their chosen sport as quickly yet as safely as possible. Current practice is to either reconstructed or rehabilitate and cope with the ligament deficiency. Both these approaches require appropriate management in terms of exercise rehabilitation and return to sport criteria. This course aims to provide participants with strategies to both appropriately managed both the ACLR and ACLD patients and monitor treatment progress towards a successful outcome.

Course aims
- To provide participants with the necessary background knowledge to provide exercise rehabilitation to both the ACL deficient and ACL reconstructed patient.
- To provide participants with the skills necessary to assess function and performance of these patients

Course content
- ACL anatomy and functional biomechanics
- Nature of ACL injury
- Assessment of ACL injury
- Functional assessment of ACL injury
- ACLD identification of copers
- ACLR; types of surgery & implications for rehabilitation
- ACLR (& ACLD) Rehabilitation
- Monitoring & performance measurement
- Complications
- Return to sport criteria
- Prevention of ACL injuries; an introduction to the Sportsmetrics programme

Fee: £130 by cheque or online, payable to ‘Health Education Seminars’ (includes refreshments, course manual, and CPD certificate of attendance - 7.5hrs).
Lee Herrington’s recent publications and presentations

Publications

Herrington, L. 2000 Rehabilitation of Anterior Cruciate Injury SportEx-Medicine 7, December, 13-20


Herrington, L. 2004 The rehabilitation of two patients with functionally unstable ACL deficient knees; a case report. Physical Therapy in Sport 5,4,175-178


Herrington, L., 1996 EMG Biofeedback: What can it actually show? Physiotherapy 82,10,581-583

Herrington, L., Payton, C. 1997 The effect of corrective taping of the patella on patients with Patellofemoral pain Physiotherapy 83, 11,566-572

Herrington, L. 1998 The role of Vastus Medialis Oblique in Patellofemoral Pain Syndrome Critical Reviews in Physical and Rehabilitation Medicine 10(3),257-263


Herrington, L. 2002 The reliability of a clinical measurement used to determine the medial/lateral orientation of the patella Manual Therapy 7,3,163-167


Herrington, L., Williams, S., George, K. 2003 The relationship between arthroscopic findings and isokinetic quadriceps performance in Patellofemoral pain syndrome patients: an initial investigation Research In Sports Medicine 11, 1, 1-9

Presentations


Herrington, L. 2001 Patellofemoral pain and break phenomena 1st International Conference on Movement Dysfunction, Edinburgh, September

Herrington, L. 2003 The inter-tester reliability of a clinical measurement used to determine the medial/lateral orientation of the patella World Confederation of Physical Therapy 14th International Conference, Barcelona, June

Herrington, L. 2003 The effect of patella taping 2nd International conference on Biomechanics of the lower limb in Health, Disease and Rehabilitation, Salford, September

Herrington, L. 2003 The effect of patella taping: A review Regional seminar on current issues in sports injury, surgery and rehabilitation, John Moores University, Liverpool, December
Booking Form

Course ___________________________________________ Course Date ____________

Your Name ______________________________________ Course Fee £______________

Address ______________________________________________________________________
____________________________________________________________________________

Post Code ___________________________ email _________________________________

Tel No (day) ________________________ (evening) _______________________________

Where did you hear about the course ___________________________________________

Your profession __________________________________________________________________

Terms & Conditions

1. Completion and the signing of this form creates a binding agreement to follow the course and pay the full fee.
2. Upon receipt of your application form and course fee you will be sent a letter confirming your place on the course and receipt of the course fee. If you are being funded to attend a course (see section below) the full course fee must be made at least 4 weeks prior to the course date.
3. A full refund, less a £50 administration fee, will be made if written cancellation is received in the HES Office four weeks prior to the course date. No refunds will be made after this time, for whatever reason. Substitute delegates are accepted at any time.
4. HES reserves the right to cancel the course if there are insufficient enrolments. If, in the unlikely event a tutor cannot attend the course, HES will endeavour to find a new date for the course to be held. HES will not be held responsible for any damages incurred as a result of course cancellation.
5. This form is correct at the time of printing, but is subject to alteration.

Please complete the following:

I agree to the conditions of enrolment and enclose a cheque for £______________ as full fee made payable to Health Education Seminars Ltd for the course marked above.

Signature: ............................................................... Date: ______________________

Funded participants (if applicable):

If you are to be funded to attend these courses, please enter the name and address of the person to whom INVOICES are to be sent.

Name: ___________________________ Position: ___________________________
Address: __________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
Post Code: ______________________

Booking reference/Order number (if applicable): _______________________________

Please return this completed application form with your full fee to:
Health Education Seminars, 42 Richmond Road, Poole, Dorset BH14 0BU
Tel/fax: 01202 568898 email: info@heseminars.com www.heseminars.com