

Hip & Groin Pain

The Combined Approach

Howard Turner BSc BAppSc MCSP

Tutor

Howard Turner holds a physics degree from Melbourne University and a physiotherapy degree from Latrobe University. He has lived in the UK since 1990, working in the NHS in London until 1994 and since in private practice. He has recently moved to live and practice in Cheshire. Howard was involved in the UK McConnell teaching programme 1995-2000, teaching shoulder and PFJ courses and lectures extensively in the UK and abroad. He compiled and began teaching the SIJ course in 1996.

Course Description

Hip and Groin pain is a common presentation in clinical practice in a variety of patient groups. In some sports it is one of the most common site of pain and the pubis is the most common site of abnormality on imaging. In pregnancy pubic pain is again common and often disabling. In many groups hip joint pathology occurs frequently and later in life it is a common cause of pain and disability. And added to this are people with referred pain to the groin, hip and buttock from spinal and pelvic sources.

The complexity of managing hip and groin presentations is firstly one of diagnosis, which in turn relates to the complicated anatomy of the region and loads transferred between the lower limbs and the trunk. Many structures are involved and their interactions complex.

In this course we will look at functional anatomy, pathology, assessment and diagnosis, management including manual therapy interventions and rehabilitation options for each aspect of groin pain from a topographical perspective of clinical reasoning, using the latest published works to provide guidance for our interventions.

Day 1 (10.00 - 17.00hrs)	Day 2 (10.00 - 15.00hrs)
Introduction, dilemmas in diagnosis and sub-classification Adductor and Pubic-Related Groin Pain Practical 1 – Adductor Assessment, the Squeeze Test and variants SIJ Involvement in Groin Pain Practical 2 – SIJ Assessment – Active SLR Test & Pain Provocation Testing Iliopsoas – Related Groin Pain Inguinal and Abdominal – Related Groin Pain Practical 3 – Iliopsoas and Abdominal / Inguinal Assessment Spinal Referral to the Groin Practical 4 – Elements of Spinal Assessment Nerve Entrapments in Groin Pain Practical 5 – Inguinal / Abdominal Assessment, Assessment of Nerve Entrapment	Rehabilitation of Groin Pain Review The Hip and Hip Joint-Related Pain Practical 6 – Hip Functional and Provocation Testing Practical 7 – Hip Joint Movement Control and Re-education Lateral Hip Pain / Greater Trochanter Pain Syndrome Practical 8 – Lateral Hip Pain Buttock pain Practical 9 – Assessment of Buttock pain

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