

Anterior Knee Pain

Differential Diagnosis & Treatment

Lee Herrington - PhD, MSc, MCSP, SRP, 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. He has been involved in consultative work for a number of professional football clubs and individual elite level sportspersons 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 Women's Basketball 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

The course is delivered through a series of lectures, practical demonstrations, and practical tutorials. A course handbook will be available to support all materials presented.

The course investigates the many and varied causes of anterior knee pain, looking at the features of each of these individual pathologies which allow for differential diagnosis of these conditions. Assessment of anterior knee pain section is very interactive with frequent opportunities to practice the assessment techniques demonstrated. Treatment strategies for the treatment of the three commonest causes of anterior knee pain; patellofemoral pain, patella tendonosis and fat pad syndrome are included and treatment techniques included are taping techniques, joint mobilisations and exercise rehabilitation procedures.

The delegates will have frequent opportunities to practice during this interactive course.

Fee: £117.50 by cheque or online, payable to 'Health Education Seminars' (includes refreshments, course manual, and CPD certificate of attendance - 7.5hrs). *VAT INCREASE from January 1st 2010*

Background

Anterior knee pain (AKP) is a common clinical entity in patients of all ages and activity levels. The category of conditions placed within the grouping AKP could be defined as involving pain, inflammation, muscle imbalance and/or instability of any component of the extensor mechanism of the knee. The breadth of conditions within this grouping is often one of the main reasons why treatment can prove unsuccessful. Once these conditions are present they frequently become a chronic problem forcing the patient to severely limit activities. For treatment of AKP to be successful appropriate specifically targeted rehabilitation programmes need to be established. These can only be developed if accurate diagnosis of the underlying cause of the AKP is recognised. It is the purpose of this course to describe the common clinical conditions which present with AKP, how to ascertain their differential diagnosis and their own particular management.

Course aims

- Develop an understanding of differential diagnosis of anterior knee pain
- Develop an understanding of the causes of altered Patellofemoral joint stresses & mal-tracking
- Gain an insight in the examination and treatment of the causes of altered Patellofemoral joint stresses & mal-tracking
- Gain insight into the examination and treatment of patella tendonosis and fat pad syndrome

AM	PM
<p>Anterior knee pain differential diagnosis</p> <ul style="list-style-type: none">• Distinguishing the features of patellofemoral pain syndrome, patella tendonosis, iliotibial band friction syndrome, plica syndrome, fat pad syndrome, traction apophysitis and local nerve entrapment <p>Assessment of anterior knee pain</p> <ul style="list-style-type: none">• Incorporating: motion control testing, passive joint tests, muscle length tests and	<p>Treatment of patellofemoral pain, patella tendonosis and fat pad syndrome.</p> <p>Incorporating the use of:</p> <ul style="list-style-type: none">• exercise rehabilitation strategies• joint mobilisations• soft tissue stretching• taping

Lee Herrington's recent publications and presentations

Publications

- Anderson, G., Herrington, L. 2003 A comparison of eccentric isokinetic torque production and velocity of knee flexion angle during step-down in Patellofemoral Pain Syndrome patients and normal controls. Clinical Biomechanics 18,6, 500-504
- 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. 2000 The effect of Patellofemoral joint taping; a review Critical Reviews in Physical and Rehabilitation Medicine 12,3,271-276
- Herrington, L. 2001 The effect of patellar taping on quadriceps peak torque and perceived pain: A preliminary investigation Physical Therapy in Sport 2,1,23-28
- 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. 2004 The effect of patella taping on quadriceps strength and functional performance in normal subjects Physical Therapy in Sport 5,1,33-36
- Herrington, L., Nester, C. 2004 Q-angle undervalued? The relationship between Q angle and medio-lateral position of the patella Clinical Biomechanics (in press)
- 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., Payton, C. 1997 The effect of corrective taping of the patella on patients with Patellofemoral pain Management of Sports Injuries Conference, Royal College of Surgeons, London, November
- 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

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