

# T **ENDINOPATHY - Prevention, Management and Rehabilitation of the Painful Tendon**

**Tutor:**

**Dr. Marie-Elaine Grant. Dip Physio. (NUI) PhD, SMISCP, MCSP.  
International Olympic Committee: Medical and Scientific Commission**

Dr Marie-Elaine Grant, Ireland's Olympic Team Lead Physiotherapist from 1990 – 2010, a specialist member of the Irish Society of Chartered Physiotherapists is the appointed physiotherapist to the International Olympic Committee's (IOC) Medical Commission, Games Group.

As lead physiotherapist to the Olympic Council of Ireland she has been appointed to the Irish Olympic Team for 5 consecutive Summer Olympic Games commencing with Barcelona 1992 through to Beijing 2008 and also served with the Irish Winter Olympic Team in Turin 2006 and Vancouver 2010 and was appointed to 10 Irish European Youth Olympic Squads.

In 2011 Marie-Elaine was appointed to the International Olympic Committee's (IOC) Medical Commission Games Group, as a clinical expert in sports physiotherapy, in this role she has been responsible for monitoring physiotherapy activities and facilities for participating nations at the London 2012 , Sochi 2014 (Winter Olympic Games) and the Rio 2016 Olympic Games. She has also worked with the IOC's Injury and Illness Surveillance research team during the Olympic Games, the findings of these studies have been published in the BJSM.

Marie-Elaine was awarded Specialist Membership of the Irish Society of Chartered Physiotherapists in recognition of expertise in Sports and Exercise Physiotherapy. In 1997 she undertook an extensive PhD study by research and thesis on " An Experimental Investigation into the effects of strengthening of the Spine" under the supervision of the renowned Professor Craig Sharp. Treatment and rehabilitation of the spine continues to remain central to her field of practice and expertise. She is an associate member of the UCD Institute of Sports and Health and commissioned their Elite Athlete Academy physiotherapy service. She is involved in extensive clinical practice and continues to participate in clinical research with peer reviewed publications in leading sports medicine and physiotherapy journals.

**Venue: NCORE Training Room  
Level 3, Junction 3  
London Road Community Hospital  
London Road  
Derby  
DE1 2QY**

**Date: WEDNESDAY 16<sup>th</sup> OCTOBER 2019**

**Course commences: 09:00 registration  
09:15 start - 16:30 finish**

## **Prevention, Management and Rehabilitation of the Painful Tendon.**

### **Course Aims:**

- The aim of this workshop is to address possible key factors relating to the prevention and management of Tendon Pain.
- All aspects of the principles and techniques incorporated in this workshop will be evidenced based.
- Highlight the factors which contribute to tendon pain.
- Develop a clear understanding of Tendon Pathology and how Load effects tendon.
- Practical Assessment of the painful Tendon and methods of identifying Sage of Tendon Pathology.
- Criteria to be considered for planning Treatment and Rehabilitation Strategies.
- Demonstration of practical of treatment and rehabilitation techniques with particular emphasis on the application of effective exercise techniques.
- Debate evidence based outcomes of conservative and minimally invasive surgical interventions.

### **Course Outcomes:**

- Workshop participants will learn the necessary criteria to make the best choices in managing and possibly preventing the problem.
- A clear understanding of the criteria required to plan an effective rehabilitation programme.
- The ability to assess the painful tendon and degree of pathology including the role of scans, biomechanics, the kinetic chain, special tests, palpation, loading and functional testing.
- Increase competence in the application of effective tendon treatment and rehabilitation techniques according to evidence based standards of practice.
- Understand the Do's and the Don'ts of load management of tendon – (in sick or healthy tendons).
- Understand why sometimes rehabilitation strategies don't work and competently consider subsequent treatment options.

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## PROGRAMME: PRACTICAL AND THEORY

*Throughout the one day workshop questions and discussion are encouraged, delegates will also have the opportunity to participate in the practical sessions.*

- Review of anatomy, physiology, function and properties of Tendon.
- Sports related Tendon Pain and Dysfunction - Understanding current research on the Etiology and Pathological Stages and the Tendinopathy Process.
- Systemic review of Extrinsic Factors and Physical Characteristics associated with onset of Sports Tendinopathy with particular focus on Tendon Loading.
- Can Tendon Pain and Dysfunction be prevented?
- Evidence based practice in the evaluation of the painful tendon, (muscle – tendon, mid tendon and insertion problems), Imaging and the role of the Fat Pad and understanding the knowledge gaps.
- Practical Clinical evaluation techniques – emphasis on identifying common presentations and response to functional testing
- Best Practice for optimal Management and rehabilitation strategies: Evidence based options which underpin optimal outcomes:
  - Decision Making
  - Loading strategies - effects of positive load
  - Manual Techniques with specific reference to the painful tendon – the role of SSTM and fat pad mobilisation techniques.
  - Understanding rehabilitation exercise strategies – Why do they work?
  - Barriers to exercise strategies
  - Clinical reasoning – exercise prescription - eccentric or eccentric/ concentric or stretching? Which is most effective?
  - Rational for progressing the exercise programme, important criteria to be considered.
  - Useful treatment tools to be considered as adjuncts in the management of the problem.
  - Advancing Load Management for return to sport - the Do's and the Don'ts. Practical and Theory
  - Common problems experienced when increasing the load and advancing to return to sport
- Failed conservative management - evidence based outcomes of conservative and minimally invasive surgical interventions. When should these interventions be considered?
- Strategies for possible prevention.
- Bringing it all together : Case Studies:
  - 2 lower limb case studies
  - 2 upper limb case studies

- Summary
- Discussion + Questions

## **Information / Directions to Venue:**

### **Directions - please visit link for map and further information**

London Road Community Hospital is located in the city of Derby, close to all the city's main amenities. The Hospital can be reached from the A52 and the M1 junction 25. Derby train station is within walking distance.

<http://www.derbyhospitals.nhs.uk/about/how-to-find-us/finding-the-london-road-community-hospital/>

**Refreshments:** will be provided

**Catering outlets:** League of Friends opposite the lifts on Level 3, Bistro Restaurant Level 2, just after lifts

**Parking:** Should you be traveling by car there are car park facilities.

<http://www.derbyhospitals.nhs.uk/about/how-to-find-us/finding-the-london-road-community-hospital/parking/>