

THE ELBOW DEMYSTIFIED

A one day workshop covering the evidence-based assessment and management of individuals with elbow disorders and dysfunction

Please note that this course is open to physiotherapists, osteopaths, chiros, sports therapists and sports rehab professionals only

Course Tutor: Ms Val Jones MCSP MSc

**A leading physiotherapist specialising in rehabilitation of the shoulder and elbow.
Awarded a prestigious Fellowship from the British Elbow and Shoulder Society.**

Val Jones is a Clinical Physiotherapy Specialist working at the Sheffield Shoulder and Elbow Unit at the Sheffield Teaching Hospital Foundation Trust and also works in private practice. She lectures nationally and internationally about the assessment and rehabilitation of the elbow joint. Val has published in peer reviewed journals and is a previous AHP representative on the British Elbow and Shoulder Society Council, as well as being the current UK national delegate for EUSSER. She has organised and presented upon the highly successful Sheffield Elbow course for Physiotherapists

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

Date: THURS 3 OCTOBER 2019

Attached: Programme/Directions/Application form

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A ONE-DAY WORKSHOP

**NCORE TRAINING ROOM LEVEL 3
LONDON ROAD COMMUNITY HOSPITAL DERBY**

THURSDAY 3 OCTOBER 2019

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The Elbow course is designed to enhance the participant's knowledge and skills in the evidence-based management of individuals with elbow disorders and dysfunction. The course focuses on clinical reasoning via case presentations and hands-on skill development necessary to effectively perform a comprehensive elbow evaluation with an understanding of how the elbow is of vital importance in upper limb function. Participants will learn and receive hands-on practice of evidence-based treatments including assesment techniques, taping, strength progression and exercises

Objectives

At the end of this course students will be able to:

- Locate and discuss appropriate elbow anatomy and pathology,**
- Perform a comprehensive elbow evaluation to determine the cause of dysfunction**
- Select appropriate special tests to evaluate the elbow complex**
- Discuss evidence-based treatments for conservative care of a variety of elbow conditions**
- Understand the precautions and evidence-based care of post-operative treatment**

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COURSE TIMETABLE

08.45	Registration
09:00	Course commences
10:30 - 10:45	Coffee
12:15 - 1:00	Lunch
2:15 - 2:30	Tea break
4:30	Finish

COURSE CONTENT

Functional anatomy and biomechanics of the elbow

Physical examination of the elbow including special tests

Image interpretation of the elbow

Assessment of movement dysfunction around the elbow

Evidence based management and pathophysiology of

- **Tennis elbow to include exercise and taping**
- **Post-traumatic stiff elbow to include the rationale for splinting**
- **Elbow instability**
- **Degenerative elbow joint conditions**
- **Ulnar nerve entrapment**

Common post-operative rehab guidelines including tendon release, elbow arthrolysis and elbow replacement

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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: Limited parking available

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