

Syllabus

Module 1. Fundamentals of tendon

- Normal tendon structure
- Normal tendon function
- Understanding tendon loads
- Clinical implications of understanding tendon load in presentation
- Changes that occur in tendon pathology
- The clinical relevance of staging
- Adaptation and bioplasticity at a local level
- Implications for clinicians

Module 2. Pain and pathology; implications for clinicians

- Understanding pain and nociception
- The biopsychosocial model and tendinopathy
- Language and terminology
- Adaptation and bioplasticity – kinetic chain
- Adaptation and bioplasticity of the whole system – don't forget the brain and spinal cord!
- Putting it all together – relating loads, structure, function and pain (part 1 and 2)
- Clinical examples

Module 3. Theory for subjective assessment

- What is the importance of taking a good history?
- Understanding capacity
- What to ask
- Modifiable risk factors
- Non-modifiable risk factors
- Specific outcome measures
- Hallmark features – short and long term (theory) for each tendon
- Differential diagnosis – key points to direct you from the history

Module 4 Imaging and other referrals in subjective assessing

Introduction to imaging

When to use imaging

When not to use imaging

Interpretation of imaging

When to refer – including red flags

Language associated with imaging findings

Putting imaging in context

Key points from the subjective assessment that guide your objective examination

Objectives

Setting objectives will allow you to have a better idea of what you intend to achieve by the end of this course's teaching and learning process. But the purpose is even more specific: we indicate what you must achieve, so that this knowledge contributes your training goals.

In order to achieve these objectives, you must complete the entire process laid out in the different stages of the course.

If you work through the course material as indicated, you will be prepared to achieve the following objectives:

General objective

- To recognise tendinopathy as a clinical presentation and provide evidence based individualized rehabilitation.

Specific objectives

- Describe normal tendon and the changes that occur with pathology
- Understand and explain what is known about nociception and pain in tendons
- Describe the function of lower limb tendons
- Understand the role of imaging in tendon pain

Skills

We expect you to develop the following skills throughout the course:

General skills

- Teamwork and collaboration: the ability to work with teammates to achieve shared goals and the synergy of a high-performance group.
- Capacity for analysis/reflection: the ability to methodically examine the various aspects of a particular context or situation and make an assessment.
- Creativity and innovative knowledge-based solutions: the ability to find alternative solutions to existing problems based on formal knowledge.