
Learning Objectives

MedBridge Education Inc.

Management and Treatment of Hip Injuries Part A

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Upon completion of this course, learners will be able to:

- Discuss the common clinical presentation of intra-articular and extra-articular hip injuries
- Understand the history and evolution of arthroscopic hip surgery
- Understand the general steps in hip arthroscopy surgical procedures
- Describe and demonstrate the various types of mobilizations used to address extra and intra-articular hip pathologies
- Demonstrate hip-stretching techniques utilized to restore normal mobility about the hip
- Demonstrate strengthening exercises utilized to improve hip mechanics and functional movement
- Review modifications to strengthening and stretching exercises when known intra-articular hip pathology is present
- Describe the precautions and timelines for biological healing versus non-biological healing
- Review progression of mobilizations to restore full ROM post operatively
- Review appropriate timelines for progression of hip strengthening post operatively