

2 day course programme: Lower limb tendinopathy

Day 1

9.00-10.30	Anatomy, pathology and physiology of tendons
11.00-12.00	Understanding tendon load
12.00-12.30	Imaging tendons, Tendon pain
13.30-14.00	Assessment of tendon injury theory
14.00-15.30	Assessment of tendon injury practical
16.00-16.30	Risk factors for tendon injury
16.30-17.00	Questions and case studies

Day 2

9.00-10.30	Conservative management of tendinopathy theory
11.00-12.30	Conservative management of tendinopathy practical
13.30-15.00	Surgical management of tendinopathy
15.30-16.00	Managing the difficult tendon
16.00-16.30	Questions