
Objectives and Program Schedule

MedBridge

Differential Diagnosis & Management of Anterior Knee Pain

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Course Objectives

1. Demonstrate understanding of the two most common overuse pathologies associated with anterior knee pain.
2. Articulate the key components of the subjective examination that aid in proper assessment of the patellofemoral joint and all peripatellar structures.
3. Demonstrate understanding of the appropriate components of a comprehensive and clinically relevant physical examination of the knee, along with a differential diagnosis list that must be ruled out.
4. Be able to accurately articulate the evidence supporting exercise therapy in the management of anterior knee pain disorders.

Chapter 1: Basic Anatomy and Biomechanics of the Anterior Knee Complex

- Reasoning for Anterior knee pain and understanding its pathology
- The biomechanics involved with the patellofemoral joint and its various structures

Chapter 2: Epidemiology and Etiology of Anterior Knee Pain

- Differences in patellofemoral pain and patellar tendinopathy and which populations they typically are diagnosed to.
- Demonstrate understanding of the two most common overuse pathologies associated with anterior knee pain.

Chapter 3: Subjective Evaluation of Patients with Anterior Knee Pain

- Articulate the key components of the subjective examination that aid in proper assessment of the patellofemoral joint and all peripatellar structures.
- Identify historical variables to help assess diagnosis and prognosis

Chapter 4: Objective Evaluation of Patients with Anterior Knee Pain

- Articulate the key components of the objective examination that aid in proper assessment of the patellofemoral joint and all peripatellar structures.

Chapter 5: The Role of Diagnostic Imaging in the Diagnosis and Management of Anterior Knee Pain

- Reviewing guidelines for when to use diagnostic imaging in preparation for diagnosis of anterior knee pain.

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- Demonstrate understanding of the appropriate components of a comprehensive and clinically relevant physical examination of the knee, along with a differential diagnosis list that must be ruled out.

Chapter 6: Overview of Effective Non-Surgical Interventions for Anterior Knee Pain

- Be able to accurately articulate the evidence supporting exercise therapy in the management of anterior knee pain disorders.