
Objectives and Program Schedule

MedBridge

Differential Diagnosis & Conservative Management of Lateral Knee Pain

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Course Description

1. Demonstrate understanding of the mechanisms associated with the most common overuse injury in the lateral knee (the flexion-extension complex of the iliotibial band on the knee).
2. Articulate the key components of the subjective examination that aid in proper assessment of patients with lateral knee pain.
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 lateral knee pain disorders.

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

- Demonstrate understanding of the mechanisms associated with the most common overuse injury in the lateral knee (the flexion-extension complex of the iliotibial band on the knee).

Chapter 2: Epidemiology and Etiology of Lateral Knee Pain

- Articulate the key components of the subjective examination that aid in proper assessment of patients with lateral knee pain
- Identify high risk population groups

Chapter 3: Subjective Evaluation of Patients with Lateral Knee Pain

- Articulate the key components of the subjective examination that aid in proper assessment of patients with lateral knee pain
- Proper interviewing skills for past, present, and future patients with relation to historic variables for assessment

Chapter 4: Objective Evaluation of Patients with Lateral Knee Pain

- Articulate the key components of the objective examination that aid in proper assessment of patients with lateral knee pain
- Techniques for proper prognosis and recovery

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

- 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 Lateral Knee Pain Syndromes

- 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.
- Discover non-surgical treatments for patients