

## Course Outline Template

MedBridge

### *Femoroacetabular Impingement Syndrome Part 1: An Update for Clinicians*

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#### Course Description:

There has been a 25-fold increase in the number of hip arthroscopies performed between 2006 and 2013 primarily in response to improved diagnosis and treatment of femoroacetabular impingement (FAI) syndrome. This course highlights some of the more recent evidence regarding the diagnosis, epidemiology, and structural adaptations with regards to FAI syndrome. Latest evidence regarding conservative treatment of FAI syndrome is presented as well as demonstrations of suggested manual therapy techniques and exercise prescription.

#### Learning Objectives

1. Describe the components that must be present in order to diagnose FAI syndrome according to the new definition
2. Explain epidemiology and the development of structural adaptations in patients with FAI syndrome
3. Recognize the relationship between mechanical loading in youth athletes and the development of cam deformity
4. Revisit shoulder impingement syndrome and how closely the pathoetiology looks similar to FAI syndrome
5. Describe a physiotherapist led rehabilitation program
6. Choose selected conservative treatment options based on your knowledge of hip musculature and subsequent patient impairments typical of FAI syndrome
7. Acknowledge the limited number of conservative management research studies in existence and their limitations
8. Choose selected conservative treatment options based on your knowledge of hip musculature and subsequent patient impairments typical of FAI syndrome
9. Identify a select number of exercises you are able to integrate into your clinic.