

**Course Learner Objectives**  
**2019 Health Care that Works**  
**October 11, 2019**

	<b>Managing the Stiff Shoulder</b>
	Identify shoulder adhesive capsulitis
	Identify the risk factors for adhesive capsulitis
	Describe the effective treatment strategy for adhesive capsulitis
	<b>Developmental Anatomy of the Lower Limb</b>
	Discuss basic understanding behind the developmental anatomy of the human lower extremity
	Identify the differences in anatomy and physiology of the knee between humans, primates, and other mammals
	Describe how to utilize the information in treating various lower extremity injuries and conditions
	<b>Multimodal Pain Control after Joint Replacement</b>
	Discuss and understand why pain control is important after total joint arthroplasty
	Identify nociceptive anatomy
	Discuss the definition and goal of multimodal pain management
	<b>Performance 101</b>
	Discuss the impact of performance and basic foundation
	Describe the 4 Pillars with regards to performance
	Apply the 4 Pillars to everyday quality of life
	<b>Regenerative Medicine: Where are we Going?</b>
	Identify commonly used biologic agents in the field of regenerative medicine and the methods/techniques required for harvesting and processing
	Discuss, compare and contrast the content/cellular components of the biologic agents currently in use
	Discuss ongoing and future areas of research in the field
	<b>Knee Arthritis: Non-Operative &amp; Operative Treatment Options</b>
	Discuss the knee anatomy and relation to arthritis
	Describe the non-operative treatment options for knee arthritis
	Describe the operative treatment options for knee arthritis
	<b>ACL Treatment</b>
	Describe and understand the role of ACL reconstruction
	Discuss and review the updates on the role of lateral structures in the ACL Injury
	Discuss future directions with biologic augmentations
	<b>ACL Reconstruction Rehabilitation</b>
	Explain criteria for progression to each phase following ACL reconstruction
	Discuss integration of performance training throughout the rehabilitation process
	Discuss progressive return to athletic participation testing following ACL reconstruction
	<b>Tendon Injuries of the Elbow</b>
	Describe competence with the decision matrix for treatment of biceps tendon ruptures
	Recognize and refine treatment decisions for triceps injuries at the elbow
	Discuss current evidence to treatment decisions for tendonitis at the elbow

	<b>Rehabilitation of Tendon Injuries of the Elbow</b>
	Describe the best rehabilitation options for tendonitis
	Discuss various rehabilitation exercises for the major tendons in the elbow
	Identify conservative treatment options
	<b>Foot &amp; Ankle</b>
	Recognize anatomy and biomechanics of the foot
	Identify common injuries and the situations where these injuries are likely to occur
	Describe treatment options and outcomes of the foot and ankle
	<b>Patellofemoral Surgery</b>
	Discuss surgical anatomy and biomechanics of patellofemoral kinetic chain
	Explain pertinent history, examination and imaging for surgical decision making
	Discuss arthroscopic and open patella realignment surgery
	<b>Patellofemoral Rehabilitation</b>
	Recognize and understand physical therapy for non-surgical and surgical treatment
	Discuss protocols and understand the modalities used for rehabilitation
	Identify various methods for taping and bracing patients with patellofemoral problems