



## **Title: Lower Limb Tendinopathy**

**Speaker: Jill Cook, PT, PhD**

**Open to:** Physical Therapists, Physical Therapist Assistants, and Athletic Trainers

**Date:** February 29 – March 1, 2020

**Time:** Saturday and Sunday Check-in begins at 8:30 and course presentation 9 – 4 and Sunday 9 - 4

**Location:** Texas Women's University, 6700 Fannin St, Houston, TX 77030 (2nd floor Auditorium Rm 2120)

### **Speaker Information:**

Jill Cook is a Professor in musculoskeletal health in the La Trobe Sport and Exercise Medicine Research Centre at La Trobe University in Melbourne Australia. Jill's research areas include sports medicine and tendon injury. After completing her PhD in 2000, she has investigated tendon pathology, treatment options and risk factors for tendon injury. Jill currently supplements her research by conducting a specialist tendon practice and by lecturing and presenting workshops both in Australia and overseas.

**CEUs / CCUs: PT/PTA/ATC:** The CCUs are provided by the Texas Board of Physical Therapy Examiners Accredited Provider 2207019#TX and meets continuing competence requirements for physical therapist and physical therapist assistant licensure renewal in Texas for **11.0 CCUs.**



*The assignment of Texas PT CCUs does not imply endorsement of specific course content, products, or clinical procedures by TPTA or TBPE.*



Memorial Hermann Sports Medicine (BOC AP# 10187) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 11 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.

Course participants must complete any & all formal assessments, procedures, and criteria required for credit or certification. As per Memorial Hermann policy, participants must attend the entire course in order to receive CEUs/CCUs and course certificate, no partial credits will be given.

**Criteria for Course Completion?** Attendance of all sessions and completion of course evaluation

**Required Prerequisites?** None

**Instructional Level:** Intermediate

**Target Audience:** PT, PTAs, and ATC/LAT wishing to advance understanding of lower limb tendinopathy and appropriate treatment.

**Description:** This course will cover the understanding, assessment and management of lower limb tendinopathy.



**Learning Objectives (at the completion of this course the learner will):**

1. Understand and be able to explain the current understanding of the anatomy, pathology and physiology of tendinopathy.
2. Have the capacity to assess a client presenting with tendon pain
3. Understand the principles of treatment for tendinopathy and apply them to lower limb tendons
4. Recognize difficult tendons and refer them as appropriate to other providers.

**Assessment of Learning Objectives:** Course evaluation

**Program Schedule:**

**Day 1**

9.00-10.00 Anatomy, pathology and physiology of tendons  
10.00-11.00 Understanding tendon load  
Break  
11.30-12.30 Imaging tendons, Tendon pain, risk factors  
Break  
1.30-2.15 Assessment of tendon injury theory  
2.15-4.00 Assessment of tendon injury practical

**Day 2**

9.00-10.30 Conservative management of tendinopathy theory  
Break  
11.00-1.30 Conservative management of tendinopathy practical  
Break  
2.30-3.30 Adjuncts in management of tendinopathy  
3.30-4.00 Question and Answer session

**Instructional Methods Used:** Power Point/Lecture presentation

**Class Size:** Registration is open to 200 participants; registration begins **now**, registration ends 2/29/2020.

**Food:** Mornings and afternoon light snacks will be provided. Lunch will be on your own.

**Cost / Registration:** Memorial Hermann SM&R Employee \$100, MH employee \$150, Non MH \$300, Non MH ATC \$200  
Students \$100

**Registration Link:** <https://education.memorialhermann.org/profile/15790>

**Cancellations:**

A refund minus a \$50 administration fee will be granted if cancellation notice is received in writing greater than 10 calendar days prior to course start date. No refund will be granted if cancellation notice is received less than 5 calendar days prior to course start date. To cancel your registration, please utilize the cancellation link in your course confirmation email and send a cancellation email to [SMR.Education@memorialhermann.org](mailto:SMR.Education@memorialhermann.org) with Registration Cancellation in the subject line. If you register and do not attend, or do not fulfill the requirements of the class, your reservation fee will not be refunded.

Cancellation of the event by Memorial Hermann will result in a full refund of monies received. Memorial Hermann is not responsible for the refund of travel or hotel expenses under any circumstances. Memorial Hermann reserves the right to cancel or change any programs for due cause. In the event of a cancellation, participants will be notified via contact email and contact phone number submitted in the registration.

**Conflicts of Interest:**

Policy & Procedures exist whereby all speakers must disclose any relationships which may cause a conflict of interest. Any relevant financial and non-financial relationships will be disclosed via speaker agreement, written notification after agreement, and prior to presentation.

**All participants in Memorial Hermann Continuing Education Courses are entitled to an accessible, accommodating, and supportive teaching and learning environment.**

Questions: Please e-mail [SMR.Education@memorialhermann.org](mailto:SMR.Education@memorialhermann.org) with **Lower Limb Tendinopathy** in the subject line.

**Course Location, Directions, and Parking:**

TWU is located in the Texas Medical Center and is approximately 14 miles from Houston Hobby Airport (HOU) and approximately 27 miles from Houston Intercontinental Airport (IAH). Click for Link to Map: [TWU](#)

**Taxi:** HOU to TWU averages \$45 and from IAH \$70 each way

**Super Shuttle** (shared van ride): From HOU \$17 and from IAH \$29 each way (Shared ride)

**UBER/LYFT:** From HOU averages \$25 – 30 and from IAH \$35-45 each way (without upcharges)

**Parking:** The parking Garage is located just behind TWU and can be accessed from the circular drive off of Fannin St. or directly off Main Street. Parking is available on level 4 and above. The parking fee is \$13 / day with no in and out privileges. Plan accordingly. You will need to take the parking elevator to the 1st floor and walk to the front entrance of the building on Fannin St. There are nearby parking lots that may be slightly lower in cost.

**Classroom Directions:** You will need to walk to the front of the TWU building (which faces Fannin Street) upon entering the building there are stairs to the second floor straight across from front door. Elevators are to the left.



**Hotels Near Texas Medical Center**

**InterContinental Houston - Medical Center**

Address: 6750 Main Street, Houston, TX 77030

Phone: (713) 422-2779

**Wyndham Houston - Medical Center Hotel and Suites**

Address: 6800 Main St, Houston, TX 77030

Phone: (713) 528-7744

**Houston Marriott Medical Center/Museum District**

Address: 6580 Fannin Street, Houston, TX 77030

Phone: (713) 796-0080

**Hilton Houston Plaza/Medical Center**

Address: 6633 Travis Street, Houston, TX 77030

Phone: (713) 313-4000