



**8th BIENNIAL
EMIRATES
PHYSIOTHERAPY
CONFERENCE**

**15 – 16 OCT 2022
CONRAD DUBAI, UAE**

ORGANIZED BY



Patellofemoral Pain Uncovered

14 October 2022

Course Director: Ms. Claire Robertson

Course Program

08:00-09:00	Registration
09:00-10:30	Introduction: Diagnosis/Imaging
9:30-10:00	Subjective Examination
10:00-10:30	Surface Marking & Observation Theory
10:30-10:45	Coffee Break
10:45-11:15	Observation Practical & Assessment Limb Rotation
11:15-11:45	Proximal Control-Theory
11:45-12:15	Proximal Control Practical
12:15-12:45	Kinesiophobia & Central Sensitisation-Theory
12:45-13:15	Lunch
13:15-13:45	Assessment & Treatment Muscle Length. Theory & Practical
13:45-14:15	Quads/VMO Assessment-Theory
14:15-14:45	Quads/VMO Practical
14:45-15:00	Coffee Break
15:00-15:30	Tape. Theory & Demonstration
15:30-16:00	Foot Assessment Theory
16:00-16:30	Sport Specific PFP Rehabilitation Theory & Demonstration
16:30-17:00	Adolescent PFP & Red flags
17:00	End of Course