SYLLABUS/OBJECTIVES

Functional Evaluation and Assessment of Lower Extremity Soft Tissue injuries in Football

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Evaluation of the knee and hip.
A. Ortho/Neuro Testing
B. Functional Testing
C. Effects on the lower kinetic chain.
D. Presentation of select injuries related to altered mechanics of the knee and hip.
   - Iliotibial band syndrome
   - Meniscal tears
   - Ligamentous tear/degeneration
   - Patellofemoral Syndrome
   - Hamstring/ Quadriceps Strains
   - Patella Tendonitis
   - Piriformis syndrome

E. Return to play Guidelines

Evaluation of the foot and ankle.
A. Ortho/Neuro Testing
B. Functional Testing
C. Gait mechanics and the lower kinetic chain
D. Presentation of select injuries related to altered mechanics of the foot and ankle.
   - Ankle Sprain
   - Plantar fasciitis
   - Achilles tendinosis
   - Gastrocnemius/Soleus Strain
   - Anterior/ Posterior tibial tendinopathy

E. Return to Play Guidelines