



# Physiotherapy Assessment and Management of Lower Quadrant Disorders

## 22 - 25 March 2021

### Introduction

The course aims to provide participants with the knowledge and skills needed to diagnose, classify and treat patients with lower quadrant disorders. The workshop will have a good mix of theory, case discussions and practical work.

### Course Objectives

At the end of the course, participants should be able to:

- Efficiently perform a physical assessment of the hip and knee.
- Discuss and clinically reason through the differential diagnoses of common lower quadrant dysfunction.
- Formulate an effective treatment plan for lower quadrant dysfunctions.
- Interpret basic radiological findings for the knee.

### Target Audience

Physiotherapists with **2-5 years** of working experience in the area of musculoskeletal physiotherapy.

### Course Outline

- 1) Assessment & management of the knee
- 2) Rehabilitation for the injured patient post ACL injury
- 3) Updates for rehabilitation post total knee arthroplasty
- 4) Introduction to musculoskeletal imaging for the knee
- 5) Assessment & management of the hip complex
- 6) Introduction to musculoskeletal imaging for the knee
- 7) Assessment & management of running injuries

### Quick links

[FAQs](#) | [PGAHI Programmes](#)  
[Training Calendar and Directory](#)

### Course Details

Date	: 22 - 25 March 2021
Time	: 1pm to 5.30pm
Duration	: 4 sessions; 4.5 hours per session
Class size	: 20 participants
Device required	: Laptop/ Desktop (with microphone, speaker and webcam for Zoom sessions)
Platform	: Zoom Cloud Meetings (Meeting details will be provided at a later date.)
Fee	: S\$490 (SingHealth) S\$540 (Regular) (inclusive of 7% GST)

### Teaching Faculty

Speakers from Singapore General Hospital:

#### Department of Physiotherapy

**Dr Pua Yong Hao**  
Senior Principal Physiotherapist

**Dr Philip Cheong**  
Principal Physiotherapist

**Mr Tan Wei Ming John**  
Principal Physiotherapist

**Ms Tan Jiajie**  
Senior Physiotherapist

**Ms Wong Han Yen**  
Senior Physiotherapist

**Ms Lim Fen Ru**  
Physiotherapist

#### Department of Diagnostic Radiology

**Dr Lim Chee Yeong**  
Consultant



**SGH**  
**PGAHI**  
POSTGRADUATE  
ALLIED HEALTH INSTITUTE

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## Registration

To register, scan the QR code or click on the web link. Registration closes on [2 March 2021, Tuesday](#).



<https://form.gov.sg/601abac1574d5e00112c5350>

Upon registration, you agree to the [Terms & Conditions](#) of PGAHI.