

Technique for Sports Injuries of the Knee ~ 4 Hours

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Back To Chiropractic CE Seminars

Course Objectives: This course will provide the chiropractor with information on diagnosis, examination and chiropractic technique treatment for common sports injuries involving the knee. Information will be presented on the importance of history taking and performing an examination to determine a diagnosis with emphasis on sports injuries. The anatomy and function of the knee will be reviewed. Several common sports injuries mechanisms will be discussed with correlation to the activity. Treatment protocols for acute, subacute, chronic, post-surgical and overuse conditions will be explained with utilization of chiropractic adjustive techniques, kinesio-taping, therapeutic exercises and functional sport specific rehabilitation. This course will also discuss the principles of managing an athlete through the healing process and returning them to their sport in a manner to reduce the possibility of a recurrence.

Hour 1:

Overview on injuries caused from common sports to distinguish overuse trauma and acute trauma and how age, activity frequency and prior injury affect the sports injury and recovery time. The mindset of the athlete will also be discussed. Anatomy and function of the knee joint will be explained.

Hour 2:

A discussion on history taking with emphasis on the sport, mechanism of injury and prior injuries as well as conducting a thorough examination of the knee. An explanation of range of motion, palpation, special tests and functional tests will be made.

Hour 3:

Types of common injuries that affect the knee will be explored. These include patella tendonitis, patellofemoral pain syndrome, hamstring and calf strains, IT band syndrome, ligament sprains and meniscus injury. Discussion of the post-surgical knee will also be instructed. There will also be a discussion on diagnosis determination and when to refer for x-ray, MRI and orthopedic consultation.

Hour 4:

Treatment of the acute, subacute, chronic, post-surgical knee and overuse injuries will be described. Emphasis on tissue work, mobilization, chiropractic adjustive technique, kinesio-taping, physiotherapy, stretching (static and dynamic) and exercises (open and closed kinetic chain) will be accomplished. An explanation of functional, sport specific coordination, balancing and strengthening activates will be taught with the goal of returning the athlete to their sport well-conditioned to reduce the chance of re-injury.

Course Outline:

- 1) Overview of Sports Injuries
 - a. Sports/activities – Jogging, Soccer Football, Tennis, Cycling, Basketball
 - b. Activity relates to type of injury – acute vs overuse
 - c. Age of athlete
 - d. Activity level and frequency
 - e. Prior injuries
 - f. Looking at the whole body, not just the knee
 - g. Athlete's mindset and desire to continue
 - h. Goals for treatment – patient's expectations

- 2) Anatomy and Function
 - a. Knee
 - a. Type of joint / function

- b. Bone, ligaments, cartilage muscles

3) Review of the Knee

- a. Inspection
- b. Palpation
- c. Range of Motion
- d. Joint Stability Tests
- e. Muscle Tests
- f. Neurologic Exam
- g. Special Tests

4) Types of Common Knee Injuries

- a. Patella tendonitis (Jumper's knee) – information, examination
- b. Patellofemoral pain syndrome (Runner's knee) – information, examination
- c. Hamstrings Strain– information, examination
- d. Calf Strain – information, examination
- e. IT Band Syndrome – information, examination
- f. Ligament Sprains – information, examination
- g. Meniscus Injury – information, examination
- h. Overuse – information, examination

5) Diagnosis of Sports Injuries

- a. Imaging, referral
- b. Formulating a treatment plan

6) Treatment

- a. Acute: protocol, tissue work, physiotherapy, exercises, mobilization, kinesio-tape
- b. Subacute: protocol, tissue work, exercises, PNF, chiropractic adjustments
- c. Chronic: protocol, chiropractic adjustments, tissue work, exercises
- d. Post-surgical: protocol
- e. Overuse injuries: protocol
- f. Rehabilitation
 - a. ROM
 - b. Strengthening – open kinetic chain, closed kinetic chain
 - c. Coordination
 - d. Balance – rocker board, wobble board, BOSU exercises
 - e. Sport specific
- g. Warm-up routine
- h. Cool-down routine
- i. Return to Play
- j. Follow up Chiropractic care