

# **Title: Moving Beyond Exercises for Managing Patellofemoral Pain: Expanding the need for Tailored Management**

## **Names and qualifications of tutors:**

Bradley Stephen Neal MSc (Adv Phys) BSc (Hons) MCSP  
Specialist Musculoskeletal Physiotherapist, Head of Research and PhD Candidate

Dr Simon Lack PhD, MSc (Sports and Exercise Medicine) BSc (Hons) MCSP  
Specialist Musculoskeletal Physiotherapist and Head of Research

**Course length:** 1 full day

## **Summary:**

Does one size fit all? Should all patients with patellofemoral pain be prescribed a series of exercises directed at the hip and/or knee? Patellofemoral pain is a heterogeneous condition that presents in several ways. Consequently, the treatment we prescribe to our patients needs to take into account the individualities of specific patients and incorporate patient preferences. The key issue is how can we effectively tailor our treatment to the patient right in front of us?

This day course will focus on tailored treatment and how we can apply this in clinical practice. More specifically, the tutors will present methods for identification of the primary symptom driver and examine tools that can be easily adopted within the clinical setting. Having argued the case for stratification by driver, the tutors will go on to discuss strategies that can be adopted to most effectively manage the presentation, considering how this may be applied within the broader context of the individual's pain.

Specifically, this course will review three key areas in treatment of patellofemoral pain:

1. When and how should we be addressing the management of an individual's load?
2. How could we manage the individual's pain and how does this integrate into their management pathway?
3. When and how should we be looking to influence the patient's biomechanics, and how may this change through the rehabilitation process?

Within these treatment posers, the tutors will highlight the importance of empowering the patient and developing their role in the self-management of the condition. They will introduce tools to educate the patient in their pain presentation and bring to the fore a patient centred management plan when delivering a tailored intervention programme.

A patient pathway will be used to formulate the basis of how the emerging and existing evidence can be combined to improve patient outcomes and tailor treatment to the individual.

There is so much more to managing patellofemoral pain than gluteal exercises and patella taping. Individuals with patellofemoral pain present with specific deficits that tailored interventions have the potential to modify and there is thus no place for a panacea-based approach. This course will provide you with a broader approach to understand, stratify and manage individuals with a diagnosis of patellofemoral pain. Most importantly, this course will provide you with the practical and clinically applicable knowledge and competences that can be used the next time you encounter a patient with patellofemoral pain.

### **Course Aims:**

1. Improve your knowledge about PFP prevalence and etiology
2. Further develop your existing skills in:
  - a. Exercise prescription
  - b. Running retraining
  - c. Patient education
  - d. Load management
3. Improve your ability to deliver tailored interventions to individuals with PFP

### **Course Objectives:**

1. Gain the knowledge to identify the primary drivers of PFP symptoms
2. Have an understanding of detailed clinically applicable questions that are needed to guide individualised treatment delivery
3. Confidently develop/construct an effective, patient centred, treatment plan

## Biographies

Mr Bradley Neal is a physiotherapist who has worked in a combination of NHS, elite sport and private practice settings for the past 11 years. He completed his MSc in Advanced Musculoskeletal Physiotherapy at Hertfordshire University in 2011 before joining Pure Sports Medicine as a Specialist Musculoskeletal Physiotherapist and Head of Research the same year. Brad commenced his PhD studies at Queen Mary University London (QMUL) investigating the effects and mechanisms of running retraining in the management of patellofemoral pain in April 2014. He combines his research with both clinical and teaching roles and considers himself very much a clinical academic. His research focus is to evaluate the efficacy running gait retraining, whilst investigating the key biomechanical mechanisms (muscle activity and movement characteristics) of the intervention.

Dr Simon Lack recently completed his PhD at Queen Mary University London (QMUL), studying the interaction of hip and foot biomechanics in the presentation and management of patellofemoral pain. He graduated from Brunel University in 2005 with a first class degree in physiotherapy, and went on to study an MSc in Sports and Exercise Medicine at QMUL in 2010. Simon is Head of Research and a Specialist Musculoskeletal Physiotherapist at Pure Sports Medicine and Lead Physiotherapist for the Scholarship Athletic Programme at the University of East London. Previous experience includes junior and senior roles within the NHS, working in New Zealand with professional golfers, local rugby and football teams, and working for both large and small London based private practices.

## Timetable

08:30-09:00	Registration and welcome
09:00-10:30	An introduction to PFP
10:30-10:45	Coffee break
10:45-12:15	Group practical (Adjuncts - taping, orthoses)
12:15-12:30	Morning Q&A
12:00-12:45	Lunch
12:45-13:05	Principles of exercise
13:05-13:25	Principles of movement retraining
13:25-13:45	Principles of load management
13:45-14:45	Split practical 1 (Two groups split with Simon (Exercise), Brad (Run Retraining))
14:45-15:00	Coffee break
15:00-16:00	Split practical 2 (Two groups split with Simon (Exercise), Brad (Run Retraining))
16:00-17:00	Clinical application (patient scenarios, biopsychosocial factors, load management) & Wrap up (Q&A)

**Information for venues:**

The cost for the participant will be:  
£130 for MACP members  
£140 for non-members

This is the cost for 2017 and will be reviewed annually.

There is one free space available to whoever organises the course locally. In addition, one further free space will be offered if more than 30 delegates book onto the course.

If a venue fee is incurred the minimum number of people required to run the course may increase. The minimum number of delegates required to qualify for an additional free place will also increase.

The course requires a minimum of 20 bookings to enable the MACP to cover expenses and will be cancelled 6 weeks prior to the commencement of the course if this number has not been reached.

If the course requires air travel for the lecturers the prices quoted / number of bookings required will need to be adjusted to reflect the additional costs.

**What the MACP Provides:**

Tutors for delivering the courses:

Pays the accommodation for the tutor(s).

Pays tutors(s) travel.

Administers the course, taking all bookings and sending all applicants pre- course information.

£3 per person / day to cover refreshments (tea/coffee/biscuits etc).

Advertising in: MACP website and social media sites, MACP newsletters.

One copy of a flyer that you may use to circulate and advertise the course.

A list of names of those who have booked prior to the course for registration.

CPD certificates (online).

**You will need to provide:**

A large room that will seat 40 people for the main body of the lecture.

Use of treadmill would be preferred.

AV equipment (data projector).

Provide us with local information re directions how to get to venue, parking, local accommodation list.

Someone on the on the day to deal with local venue organization (AV, putting up signs, providing refreshments, information about where to get lunch, registering delegates, locking up, this may also include picking up or dropping off tutors from their hotel).