

Bill Vincenzo - Workshop

"Lateral elbow tendinopathy – Examination and treatment - what you always wanted to know....."

Brief overview synopsis

This clinical workshop will address key issues confronting the health care practitioner in dealing with chronic recalcitrant Lateral Epicondylalgia (LE). This workshop will provide tuition in manual therapy and therapeutic exercise techniques for the upper kinetic chain as well as the current best practice evidence for its aetiology and treatment. The workshop presenter has extensive clinical and research experience of the physical treatment of lateral epicondylalgia. Prof Vicenzino leads a dynamic team of researchers at the University of Queensland who have recently published their results on physical therapy on this condition in prestigious high impact journals such as BMJ, BJSM & Rheumatology.

Course aims and objectives:

After the course, participants will be able to:

1. Explain current evidence underpinning our understanding of the aetiology of chronic lateral epicondylalgia (as well as other chronic tendinopathies) and how this relates to the pragmatic physical treatment approach presented in the course.
2. Select and perform effective manual therapy treatments for chronic lateral epicondylalgia, including the instruction of home programs and application of taping techniques.
3. Use the current level of evidence in the literature for physical treatment of lateral epicondylalgia.
4. Put together and implement a pragmatic treatment program plan for lateral epicondylalgia based on latest evidence for manual therapy, exercise and taping.