

Thigh Region

Injuries

Rectus Femoris Strain Learning Objectives

- Rectus Femoris anatomy and function.
- Common Mechanisms and risk factors for Injury.
- Muscle Strain Classification.
- Look, Feel, Move examination of Rectus Femoris Strains.
- Management and Return to Play of Rectus Femoris Strains.

Proximal Hamstring Tendinopathy Learning Objectives

- Anatomy of the proximal hamstrings and ischiogluteal bursa.
- Clinical tests to aid diagnosis of PHT.
- When to image or investigate.
- Rehabilitation of PHT and exercise examples to undertake prior to RTP.
- Application of general hamstring prevention programmes.

Sciatic Nerve Compression (Piriformis Syndrome) Learning Objectives

- Closely related anatomy of Sciatic nerve and Piriformis.
- Aetiology of Piriformis Syndrome.
- Clinical tests relevant to Piriformis Syndrome.
- Other causes of similar symptoms.
- Management of Piriformis Syndrome including injections.