

Hip Arthrosis

Target group: Physiotherapist

On completion of the course you will be able to:

- Assess following physiotherapy method
- Evaluate
- Analyze the assessment outcome
- Determine and specify the patients problem
- Make a treatment plan
- Treat the patient according his demands/problems

Content:

Theory

Anatomy and bio mechanics of the hip
Pathomechanics
Local professors

Practice

Physiotherapy method
Assessment and Evaluation:
History
Test movements, functional movements, general resistance,
active, passive local movements, examination of other joints
Special test, selective muscle length tests, selective resistance
tests, combined tests, tests for ligaments. Compression tests,
joint play examination
Plan of treatment, physiotherapy method:
ICIDH, function, activity and participation
Function: Mobilization and manipulation of the hip, pain
inhibition, stabilization,
muscle functions/length
Activity: movement instruction, lifting, carrying, walking,
pushing and pulling
Functional mobilization after operation.
Patient education