



P R E S E N T S

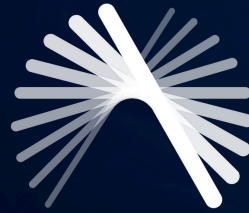
PROFESSIONAL EDUCATION COURSES

For Exercise Physiologists



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ONLINE OR F2F OPTIONS

Create a course that suits your team & professional development goals

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1

UPPER LIMB SHOULDER MUSCULOSKELETAL REHABILITATION (8CPD POINTS)



2

GOT YOUR BACK! MAKING LOW BACK PAIN SIMPLE! (8CPD POINTS)

3

LOWER LIMB MUSCULOSKELETAL REHABILITATION (8CPD POINTS)





UPPER LIMB SHOULDER MUSCULOSKELETAL REHABILITATION

ONLINE OR F2F COURSE (8CPD POINTS)

COURSE MODULES

1. **Shoulder & Upper Limb Anatomy & Biomechanics:** Glenohumeral, RC, Scapular Anatomy, GHJ Kinematics, Arthrokinematics & Scapular Biomechanics
2. **A) Principles of Shoulder Pathology, Treatment & Management:** RC Pathology, Labral & LHBT pathology, AC Joint, Bursitis/Impingement, Neuropathic & Central Sensitisation, OA, Adhesive Capsulitis, Fractures and Shoulder Instability **B) Shoulder Injury Management:** Surgical vs Conservative Management
3. **Clinical Patient Populations (Overhead Athletes):** Baseball, Softball, Swimmers, Rowing, Tennis etc, Gym Based Athletes, General Populations and Workers in Physical Jobs
4. **Shoulder Load Management:** External & Internal Loads, Acute: Chronic Workload education, Workload monitoring and education/recommendations
5. **A) Exercise Physiology Assessment & Consultations:** Subjective and objective testing, Imaging, assessing personality type, capacity and developing a rehabilitation plan **B) Exercise Prescription, Rehabilitation & Injury Prevention:** Including Early Stage, Isometric, Strength, Power, Speed and graded RTS prescription, RTS testing and assessments (with video exercise demonstrations)

COURSE COSTS \$375 ONLINE \$475 F2F*



GOT YOUR BACK!
MAKING LOW BACK
PAIN SIMPLE!
ONLINE OR F2F COURSE (8CPD POINTS)



COURSE MODULES

1. **Epidemiology of Back Pain Globally and in Australia:** Prevalence, burden and cost of LBP in Australia.
2. **Categorization & Primary Management of Low Back Pain:** Acute vs Chronic LBP, diagnostic triage, specific spinal pathologies, radicular syndromes and non-specific LBP, evidence-based management of LBP in Australia.
3. **Anatomy & Physiology of the Lumbar Spine:** Key facts & review of joints, ligaments, muscles of the back and 'core',
4. **Low Back Pain Pathologies:** Serious LBP pathologies and red flags/alerting features, specific pathologies; inflammatory back pain, radicular syndromes, disc pathologies, spondylosis (including – OA, Osteochondrosis & DDD), spondylolysis & spondylolistheses, and NSLBP/General LBP
5. **A) LBP Treatment Interventions & Management (Conservative):** Education & advice, biopsychosocial rehabilitation, cognitive behavioural therapy, cognitive functional therapy, passive interventions & **EXERCISE B) LBP Surgical Interventions:** When to consider or review for surgery, review of common surgical interventions: discectomy, laminectomy, lumbar fusion, disc replacement
6. **Exercise Physiology Assessment & Programming:** Initial consultation, assessments, education & advice, developing a rehabilitation plan and multidisciplinary care
7. **Exercise Programming & Prescription:** Goals and benefits of exercise rehabilitation, exercise prescription, exercise selection, coaching & motivating our clients and sport, work & ADL specific ex prescription

COURSE COST \$375 ONLINE \$475 F2F*



LOWER LIMB MUSCULOSKELETAL REHABILITATION

ONLINE OR F2F COURSE (8CPD POINTS)

COURSE MODULES

1. **Tendinopathies:** Tendon pathophysiology and the continuum model, tendon loading principles and management strategies; Patella, Proximal Hamstring, Gluteal, Achilles
2. **Soft Tissue Injuries:** Muscle injury classification models, pathobiology, clinical practice guidelines for acute management, healing mechanisms and optimal loading strategies: Groin/Adductor, Hamstring, Quadricep, Calf
3. **Bone Stress Injuries:** Bone stress injuries (BSI) in sport, review risk classification (high, medium, low), pathophysiology, the BSI continuum model, review of risk factors including female athlete triad, RedS and low energy availability and review treatment and management strategies: Femoral Neck, Tibial, Metatarsal
4. **Injuries to the Hip, Knee and Ankle:** Review common pathologies including Femoral Acetabular Impingement, Hip & Knee Osteoarthritis, Medial Collateral Ligament injuries, Patellar Femoral Pain Syndrome, and Ankle Sprain/Chronic Ankle Instability. This module will also review in detail Anterior Cruciate Ligament injuries and surgical vs non-surgical rehabilitation considerations

COURSE COST \$375 ONLINE \$475 F2F*



Above course costs are as per online or F2F
SSEP Presents scheduled courses

*Additional costs may incur for presenter
travel, accommodation, catering etc

Please contact us via admin@ssep.com.au
for more information

Minimum course numbers may apply

BESPOKE COURSES AVAILABLE

PRICE ON APPLICATION

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**CONTACT US FOR
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