

Session Title: The Rehabilitation Tool Kit: Sharing and Comparing each others Treatments

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Objectives:

- 1) To discuss various treatments approaches to a common MSK condition.
 - Patellofemoral Pain Syndrome
- 2) To provide the participants with rationale for treatment strategies from various health disciplines.
- 3) To facilitate discussion on interprofessional collaboration for management of MSK issues.

Key Points for Practice:

- Indications for referral to a Chiropractor, Pedorthist, Physiotherapist, Sports Medicine Physician.
- Common approaches across disciplines.
- Quantification of outcomes.
- Appreciating the difference between treating these conditions and managing them.
- Employing a holistic approach to Ax & Rx.
 - Treating patients vs. radiologic investigations.
 - Examining the entire kinetic chain.
- Indications for bracing/splinting.

Resources:

- <http://www.emedicine.com/pmr/TOPICI01.HTM>
- <http://www.aafp.org/afp/991101ap/2012.html>