

3rd International Conference and Exhibition on

Physical Medicine & Rehabilitation

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Post arthroscopy rehabilitation

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Hip arthroscopy was initially used for the diagnosis of unexplained hip pain, but is now widely used in the treatment of conditions both in and outside the hip joint itself. The most common indication currently is for the treatment of FAI and its associated pathologies such as labral tears, cartilage abnormalities, snapping hip syndrome and loose bodies. Additionally hip arthroscopy has been beneficial in the diagnosis and treatment of trochanteric pain syndrome, iliopsoas tendonopathy, sciatic nerve compression (piriformis syndrome) and osteoarthritis. Rehabilitation for this procedure differs from THA and is unique to the specific procedure, mechanism of injury and level/type of activity the patient will return to. This presentation will focus on the relationship to the surgeon and patient goals. The rehab process will be explained in detail using outcome based literature, experience and case examples. The 12-14 week protocol will be delineated and expanded in the presentation as well.

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Muscle pain syndrome: Evaluation and treatment

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This presentation will focus on two muscle pain syndromes, myofascial pain and fibromyalgia. It will focus on the etiology which is still in debate and the evaluation necessary to make the diagnosis. Both syndromes will be discussed from the point of view what these have in common and how they are dissimilar. The new ARA classification of fibromyalgia will be discussed. A significant amount of time will be spent on the evaluation of both history and physical exam, which is necessary to make the diagnosis. Treatment will be presented that covers pharmaceutical, physical therapy, and psychological intervention necessary to manage these two syndromes. Emphasis will be placed on pain reduction and physical restoration. The presentation will conclude with a discussion of outcomes that can be expected.

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