

**Course Title:** Tendinopathy Rehabilitation

**Speaker:** Karin Grävare Silbernagel, PT, ATC, PhD

**Speaker Bio:**

Karin Grävare Silbernagel PT, ATC, PhD is an Associate Professor at the Department of Physical Therapy, University of Delaware. She is the principal investigator of the Tendon Research Group at University of Delaware. Karin has over 25 years of clinical experience as well as a PhD in Orthopaedics from University of Gothenburg. Her research focuses on tendon injuries, especially the clinical aspects of treatment, and evaluation. She has published 80+ articles in peer-reviewed journals, has written several book chapters and has presented nationally and internationally.

**Description:**

Tendon injuries are common especially in individuals who are physically active. There are two distinct types of tendon injuries; the painful overuse injury with a slow onset (tendinopathy) and the acute complete rupture which rarely is preceded with pain or symptoms. For both injuries mechanical loading of the tendon through exercise is a key component for successful treatment. However, understanding how to individualize the treatment for your patient can be a challenge. This course aims to give an overview on how injury and exercise affects the tendon in general and the Achilles tendon specifically. The lecture series will also cover specific topics such as how to design and implement an exercise rehabilitation protocol for patients with Achilles tendinopathy from initial injury to return to sport based on the current evidence. Finally, it will describe how to design a rehabilitation program for patients with an Achilles tendon rupture and provide for an in-depth understanding in the obstacles to full recovery after a rupture.

**Course Outline:**

**Section I:** Optimal Loading for Tendinopathies: Basic Science & Clinical Reasoning

- January 30<sup>th</sup>: 10 AM - 12 PM EST

**Section II:** Application of Achilles Tendinopathy Research

- April 17<sup>th</sup>: 10 AM - 12 PM EST (to be followed by the APTA-NE annual business meeting)

**Section III:** Achilles Tendon Ruptures

- July 17<sup>th</sup>: 10 AM - 12 PM EST

**Section IV:** Return-to-Sport Program for Patients with Achilles Tendinopathy: Rationale & Implementation

- October 16<sup>th</sup>: 10 AM – 12 PM EST

**Learning Objectives and Outcomes:**

- Develop a targeted and streamlined exercise progression for maximal benefit
- Understand the most current research related to Achilles tendinopathy
- Utilize strategies for pain management and treatment of the Achilles tendon ruptures
- Develop a rehabilitation program that incorporates guidelines for tissue loading progression and return to activity