

# Redefine.

## Health Education

### HawkGrips

#### Treatment of Achilles Tendinopathy Utilizing IASTM and BFR

##### Course Syllabus

**I. Primary Instructor(s):** Laura Ramus, PT, ATC

Laura Ramus is a physical therapist and athletic trainer with over 30 years of experience in sports and orthopedics. She currently serves as the Medical Director for the WNBA Las Vegas Aces.

[CV](#)

**II. Financial Disclosures:** The authors and presenters of this content are consultants of HawkGrips. Instructors are compensated for teaching HawkGrips courses/webinars. Instructors do not receive reimbursement for the sale of HawkGrips instruments or products at any time.

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The sole purpose of all course content is for education and HawkGrips does not intend to endorse or oppose any specific products, brands, or manufacturers within their educational content.

**III. Post Professional Learning Level:** Beginner/Basic

**IV. Statement of Non-Discrimination:** This course is made available to all physical therapist and physical therapist assistant & additional rehab professional licensees on a non-discriminatory basis.

**V. Verification of Attendance:** Attendance will be verified through Zoom. Following the course, all attendees who have viewed the session in its entirety will be given instructions to move on to the post-course quiz and course evaluation in order to obtain credit & receive a completion certificate. All attendees who did not attend in its entirety will

be given instructions on how they can watch the recorded webinar & will then be prompted to complete the same steps.

- VI. Statement of Relevance to PT Practice:** This webinar covers assessment and treatment considerations for lateral ankle sprains and chronic ankle instability, which are commonly seen in PT practice.
- VII. Differential Diagnosis content:** This course contains 0 hours of differential diagnosis content.
- VIII. Mode of Instruction (select all that apply):**

MODE	Definition	Place X, if applicable
<b>Live, In-Person</b>	Interactive, in-person (same physical space)	
<b>Live, Virtual</b>	Interactive, virtual classroom, synchronous*	X
<b>Online Self-Paced</b>	Asynchronous**, online, self-paced	X
<b>Not Online Self-Paced</b>	Asynchronous, text/workbook, self-paced	
<b>Hybrid</b>	Mixed synchronous and asynchronous instruction. <i>Please spell out the format in your course description/schedule as if you were explaining it to a prospective student.</i>	

\*Synchronous – at the same time, live, students can engage/interact with instructor at the same time

\*\*Asynchronous – independent study, students and instructor cannot engage/interact at the same time

**IX. Course Description:**

This 1-hr livestream webinar (and then on-demand, recording) will discuss Achilles Tendinopathy including the biomechanical principles associated with normal Achilles tendon function and implications for dysfunction and the pathophysiological factors underpinning the development of tendinopathy in general, with special attention to the Achilles tendinopathy. The instructor will discuss the rehabilitative plan for Achilles Tendinopathy, including the use of BFR and / or IASTM as part of the treatment plan when appropriate.

**X. Course Outline (if online self-study)**

Module #	Module Title/Description	Reading Time/ Video Run Time
1	Recording of live webinar	1

	Quiz and Evaluation	5 min
Total contact hours (rounded down to nearest 0.25 hr)		1

**Course Schedule (if LIVE)**

**7:30-7:35 PM** - Introduction & review of course objectives

**7:35-8:20 PM** - Live lecture (video demonstrations are embedded within the lecture)

**8:20-8:30 PM** - Live Q & A

**Post Course Quiz - 5 Minutes**

**Post Course Evaluation - 5 minutes**

**XI. TOTAL Course Contact Hours Requested: 1**

**XII. Course Objectives:**

1. Understand the biomechanical principles associated with normal Achilles tendon function and implications for dysfunction.
2. Understand the pathophysiological factors underpinning the development of tendinopathy in general, with special attention to the Achilles tendinopathy.
3. Demonstrate an understanding of the evidence for various types of exercise treatments for Achilles tendinopathy.
4. Understand the evidence based objective findings and scientific evidence for using Blood Flow Restriction training in the rehabilitation of Achilles tendinopathy.
5. Understand the evidence based objective findings and scientific evidence for using IASTM as part of an Achilles tendinopathy rehabilitation program.
6. Discuss how to develop an individualized, comprehensive, rehabilitative plan of care for Achilles Tendinopathy.

**XIII. Competency Demonstration:** At the conclusion of the course, students must demonstrate a minimum of 80% proficiency in the following course assessments to achieve a passing grade. The assessments will demonstrate that the student has met the objectives listed in Section IX:

Assessment	Description	Points
<i>Written Quiz</i>	<i>online quiz</i>	100

Possible Points	-----	100
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[Quiz and answer key](#)

\*\*\*Please include quiz questions in certificate form

**XIV. Course Evaluation**

[Linked here.](#)

**XV. Complete Reference List:**

[Linked here.](#)

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