



Advanced Topics in the Examination, Evaluation and Treatment of the Knee

Program Outline: (online / on demand)

Dr. Wilk's course is designed to present the most recent, relevant, evidence-based, and clinically proven information for the treatment of the most challenging problems of the knee joints.

Program Objectives:

- Recall the anatomy and biomechanics of the knee joint
- Recognize various knee joint pain and dysfunction
- Develop a treatment program based on an evidence based approach
- Reproduce a functional assessment for specific knee disorders
- Interpret the information obtained from the clinical examination and functional assessment
- Develop a treatment plan for specific knee lesions
- Design an effective and appropriate rehabilitation program based on evidence based medicine for the following knee pathologies:
 - ACL surgery
 - ACL reconstruction
 - ACL Bridge procedure, ALL procedures of the knee
 - Patellofemoral pain & post-operative rehabilitation
 - Tendinopathies
 - Post-operative articular cartilage procedures
 - Knee stiffness & loss of motion
 - Return to Play Criteria – evidence based
 - Specific techniques to improve healing & promote muscle hypertrophy
- Analyze specific exercise techniques, such as weight bearing and non weight bearing exercises and understand joint kinematics and muscular activity & then be able to develop the treatment plan for the appropriate exercises for the specific patient
- Integrate the information presented in this course and demonstrate problem-solving skills through the development of treatment plans of specific case studies presented

Detailed Course Outline: (8 hours)

A quiz is provided at the end of the course. 75% score required to receive a certificate. You have one hour and 3 attempts.

- Advanced Rehabilitation for the ACL Patient 55:26
- Knee Examination with Dr. Cain 1:18:37
- BFR Training for the Lower Extremity: the Science & the Application 1:13:58
- What Exercises are Best for the Lower Extremity: Based on EMG, Biomechanical Analysis & Clinical Experience 1:04:34
- Criteria & Objective Testing to Return to Play 1:01:58
- Rehabilitation of a patient with stiff and painful knee 59:23
- ACL Rehabilitation (Early to Intermediate Phases) 1:18:15

Disclosure: Kevin Wilk is the Associate Clinical Director of Champion Sports Medicine in Birmingham, AL, where he works with numerous professional and recreational athletes and general orthopaedic patients also.

Financial Disclosure: Kevin Wilk receives payment for this course.

Content disclosure: This course does not focus on any product or service.

Materials / prerequisite needed: N/A

Instructor Credentials:

Dr. Kevin Wilk has lead a distinguished career as a clinical physical therapist for the past 33 years, as a leading authority in rehabilitation of sports injuries and orthopedic lesions. He has been significant contributions to laboratory research, biomechanical research and clinical outcome studies.

Kevin Wilk has been a physical therapist, researcher and educator for over 32 years. Kevin is currently Associate Clinical Director for Champion Sports Medicine (a Select Medical Facility) in Birmingham, AL. In addition, he is the Director of Rehabilitative Research at the American Sports Medicine Institute in Birmingham and is Adjunct Assistant Professor in the Physical Therapy Program at Marquette University in Milwaukee, WI. Kevin is also the Rehabilitation Consultant for the Tampa Bay Rays' Baseball Team, and has worked with the Rays for 18 years. Kevin has worked with professional baseball for 29 years, and with the Rays since the organization started. Dr Wilk received his physical therapy from Northwestern University Medical School in Chicago, IL., and his DPT from Massachusetts General Hospital Institute of HealthCare Professions in Boston, MA.

Dr. Wilk has published over 170 journal articles, over 115 book chapters and has lectured at over 900 professional and scientific meetings. Kevin is on the review boards of 9 journals. Dr Wilk has received numerous professional awards. In 2012, was inducted into the Sports Section Blackburn Hall of Fame. Later that same year he was awarded the APTA Catherine Worthingham Fellowship – the highest honor given to an APTA member. Kevin stated he was humbled & tremendously honored to receive these two prestigious recognitions. In 2004, Kevin received the prestigious Ron Peyton Award for career achievement from the Sports Physical Therapy Section of the APTA. He has received the James Andrews Award for achievement in the area of Baseball science. Kevin was an Honored Professor at several Universities and has given Grand Rounds at numerous medical facilities and has lectured internationally.