

ACL Tear Non-surgical Management: Timetable 2020

Anterior 'not crucial' ligament: Workshops for Health Professionals		
Time	Topic	Session Type
5. 50 – 6. 00	Signing in	
6.00 – 6.45	History of ACL tear assessment and management	Lecture
6.45 - 7.30	Key research base for non-operative versus operative ACL tear management	Lecture
7.30 – 8.15	Evidence-based risks, harms and benefits of non-operative and operative ACL tear care	Discussion and lecture
8.15 – 9.00	Question and Answer (Q + A) time	Discussion
9.00 – 9.30	Formal Break (Q + A for those still keen!)	
9.30 – 9.50	Physical assessments for a suspected ACL tear. Manual therapy techniques for the acute injury phase	Demonstration/Practical session
9.50 - 10.20	Functional strength and conditioning, motor-control and balance/proprioception principles that can be utilised in the acute phase of the injury	Demonstration/Practical session
10.20 – 10.30	Psychology, shared-decision making, ethics used to form comprehensive treatment management plans	Lecture/Discussion group
10.30 - 10.50	Mid to end stage evidence-based strengthening, cutting and return to play/sports-specific exercises. Research-based assessments that assist determination of return to play. Screening questionnaires and outcome measures	Demonstration/Practical session/Lecture
10.50 – 11.00	Q + A and close	

