

Course programme

Basic Course in Orthopaedic Medicine

Part 3b

(The knee and hip)

Day 1

| | | |
|-----------|---|-----|
| 0900-0930 | Knee : Anatomy | t |
| 0930-1045 | Knee: Clinical examination | t/p |
| 1045-1100 | Coffee | |
| 1100-1230 | Knee: Ligamenous lesions | t/p |
| 1230-1345 | LUNCH | |
| 1345-1515 | Knee: Meniscus/ loose body/ arthritis | t/p |
| 1515-1530 | Tea | |
| 1530-1700 | Knee: Lesions of the contractile structures | t/p |

Day 2

| | | |
|-----------|---|-----|
| 0900-1000 | Leg/ ankle/ foot: Repetition | p |
| 1000-1045 | Buttock and hip : Anatomy/ Clinical examination | t |
| 1045-1100 | Coffee | |
| 1100-1130 | Buttock and hip : Anatomy/ Clinical examination | p |
| 1130-1200 | Buttock and hip : Interpretation 1 / 2 / 3 | t |
| 1200-1230 | Hip: Interpretation – capsular pattern | t |
| 1230-1345 | LUNCH | |
| 1345-1415 | Hip: Interpretation – Non-capsular pattern | t |
| 1415-1500 | Hip : Capsular/ Non capsular pattern | p |
| 1500-1515 | Tea | |
| 1515-1615 | Hip : Interpretation resisted movements | t/p |
| 1615-1700 | Shoulder : Repetition | p |

Day 3

| | | |
|-----------|-----------------------------|---|
| 0900-1000 | Knee : Repetition | p |
| 1000-1015 | Coffee | |
| 1015-1100 | Thoracic spine : Repetition | p |
| 1100-1200 | Repetition/ Discussion | p |
| 1200-1400 | Patientsession | |