# Day 1 – Critical Thinking/Skepticism

0900 1030 Introduction and core concepts of scientific discussions

1030 1045 Break

1045 1230 Principles of physio assessment & treatment

1230 1330 Lunch

1330 1500 Understanding human movement

1500 1515 Break

1515 1700 Myths of passive and adjunct interventions

# Day 2 – The Hip

0900 1015 Intra-articular hip pathology

1015 1030 Break

1030 1145 Hip screening exam (lecture/lab)

1145 1245 Surgical management/postop rehab

12:45 1345 Lunch

1345 1415 Extra-articular pathology

1415 1500 Nonoperative management of hip pathologies

1500 1515 Break

1515 1615 Lower quarter exercise (lecture/lab)

1615 1700 Case Presentations/Comprehensive Application

# Day 3 – The Shoulder

0900 0930 Why and how to simplify the shoulder

0930 1030 Hot topics around the shoulder

1030 1045 Coffee

1045 1230 The Stiff Shoulder (theory and practical)

1230 1330 Lunch

1330 1500 The Weak Shoulder (theory and practical)

1500 1515 Coffee

1515 1700 The Unstable Shoulder (theory and practical)