



**MALAYSIAN PHYSIOTHERAPY ASSOCIATION**

# **KNEE COURSE: KNEE MASTER CLASS CASE SERIES**

**SCAN FOR  
TENTATIVE**



**OPEN TO  
MPA  
MEMBER  
ONLY**

Dr Jane Rooney is a Specialist in Sports and Exercise Physiotherapist (sub speciality knee), Titled Musculoskeletal Physiotherapist and has a Certificate in Acupuncture. Jane is an Associate Clinical Professor at Swinburne University, Honorary Clinical Lecturer at Melbourne University and a Churchill Fellow.



**Assoc. Prof. Dr. Jane Rooney**



**13 & 14 JUNE 2025  
08:00 AM - 05:00 PM  
DEWAN PERDANA, ISN  
BUKIT JALIL**



**MPA MEMBER: RM 50**  
Persatuan Fisioterapi Malaysia  
CIMB Bank: 8000505817

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# MALAYSIAN PHYSIOTHERAPY ASSOCIATION

## TENTATIVE: DAY 1 (13 JUNE 2025)

### TIME

### TOPIC

08.15 am - 08.30 am	: Registration and Course Introduction
08.30 am - 09.00 am	: Case 2: acute patellofemoral joint dislocation management 0-6 weeks, patella dislocation risk factors, conservative vs surgical management
09.00 am - 09.30 am	: Patellofemoral joint assessment including PFJ stability, pain provocation, quads assessment
09.30 am - 10.15 am	: Assessment of the acute knee; swelling tests, movement assessment, ligament testing, meniscal testing
10.15 am - 10.45 am	: Case 2: long term management > 6 weeks with discussion of contemporary evidence relating to PFPS/ patellofemoral joint loading, biomechanical optimization for chondral preservation/ patella stability
10.45 am - 11.00 am	: Morning tea
11.00 am - 11.45 am	: Functional sensitisation and assessment of distal, local and proximal contributing factors
11.45 am - 12.45 pm	: Management techniques of acute PFPS, mobilisation techniques, taping, appropriate stretches and strengthening exercises with progressions including return to running
12.45 pm - 01.15 pm	: Lunch



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### TIME

### TOPIC

- 01.15 pm - 02.15 pm : Case 3: acute meniscal and chondral injuries overview, Introduction to case ; 17 yr old netballer with a landing injury,  
Group discussion on assessment techniques, role of imaging, when to refer to sports physicians/ orthopedic surgeons and initial physiotherapy management
- 02.15 pm - 03.00 pm : Patient now late-stage rehab post meniscal repair and debridement, but developing muscular tightness quads, ITB, Gluts with increased training loads- massage techniques/ mobilization/ dry needling/ stretches/ group demonstration of clinically useful techniques
- 03.00 pm - 03.15 pm : Afternoon tea
- 03.15 pm - 03.30 pm : Discussion on long term prognosis of severe knee injuries- Should she ever return to sport at all- pro's and con's
- 03.30 pm - 03.45 pm : Background info on ACL injuries and intro to case 1: acute isolated ACL injury
- 03.45 pm - 04.30 pm : Patient has an ACL injury: Management options surgical versus non operative  
Patient has an ACL injury and not sure whether to have surgery  
Session: Management of ACL Injuries, contemporary evidence of Surgical techniques and Conservative management
- 04.30 pm - 05.00 pm : Questions



# MALAYSIAN PHYSIOTHERAPY ASSOCIATION

## TENTATIVE: DAY 2 (14 JUNE 2025)

### TIME

### TOPIC

08.30 am - 09.45 am	: Case: Patient now 6/12 post op, going well, and wanting to plan RTS Session: Functional assessment and return to sport progressions
09.45 am - 10.30 am	: Case: Patient now returning to sport and wanting to prevent recurrence Session: Prevention of ACL injuries
10.30 am - 11.00 am	: Morning tea
11.00 am - 12.30 pm	: Live Patient Masterclass :assessment , treatment and long term management with clinical reasoning discussion
12.30 pm - 01.00 pm	: Working Lunch
01.00 pm - 02.00 pm	: Case 4: Acute patella tendinopathy, contemporary background evidence and introduction to 30 year old basketballer with acute on degenerative patella tendinopathy
02.00 pm - 03.15 pm	: Assessment kinetic chain at appropriate functional level and Tendon Rehab and Kinetic Chain Optimisation
03.15 pm - 03.45 pm	: Afternoon tea
03.45 pm - 04.00 pm	: Questions / survey