

Speaker:

Christopher M. Powers, PhD, PT

is an Associate Professor in the Department of Biokinesiology & Physical Therapy, and Co-Director of the MBRL at University of Southern California. He also has joint appointments in the Departments of Radiology and Orthopaedic Surgery within the Keck School of Medicine. His primary teaching responsibilities include the areas of biomechanics and mechanics of human gait. He received his Bachelors degree in Physical Education from the University of California, Santa Barbara in 1984, his Masters degree in Physical Therapy from Columbia University in 1987, and a PhD in Biokinesiology in 1996 from USC. Dr. Powers completed his post-doctoral training at the Orthopaedic Biomechanics Laboratory, University of California, Irvine in 1997.

Dr. Powers' research and publications are concerned with the kinematic, kinetic, and muscular actions associated with human movement, the pathomechanics of orthopedic disabilities and issues related to rehabilitation of the musculoskeletal system. He has published over 60 peer-reviewed articles and 100 abstracts and has received several research awards from the American Physical Therapy Association, including the Rose Excellence in Research Award from the Orthopaedic Section, the Eugene Michels New Investigator Award, and the Dorothy Briggs Scientific Inquiry Award.

Dr. Powers is a Fellow of the American College of Sports Medicine and a member of the American Physical Therapy Association (Orthopaedic and Research sections), American Society for Biomechanics, American Society for Testing and Measures, and the North American Society for Gait and Clinical Movement Analysis. In addition, Dr. Powers serves on several editorial boards including the *Journal of Applied Biomechanics*, *Journal of Orthopaedic and Sports Physical Therapy*, *Physical Therapy*, *Foot & Ankle International*, and the *Journal of Athletic Training*. He currently serves as Vice President of the California Chapter and Section on Research of the American Physical Therapy Association, and is Chair of the Research Subcommittee of ASTM F-13.



Physical Therapy Program, C244
Education Bldg 2 South, Room 3106
13121 E. 17th Ave., POB 6508
Aurora, CO 80045



Physical Therapy Program

University of Colorado Denver

Patellofemoral Pain: A Critical Review of Evaluation and Treatment Techniques for Physical Therapists

A Seminar to Benefit the APTA Foundation for Physical Therapy



Christopher Powers PhD, PT

**Saturday
April 12, 2008**

Presentation: 8:00-5:00

Course Description:

Patellofemoral pain remains one of the most common conditions seen by physical therapists, yet evaluation and treatment programs remain highly variable and are often without scientific backing. The purpose of this course is to critically assess current approaches to the management of this disorder through review of research findings and practical clinical experience.

Course participants will receive a thorough review of the clinical biomechanics of the patellofemoral joint, as well as an overview of the entire lower kinetic chain as it relates to patellofemoral pain and dysfunction. Emphasis will be placed on current research findings in the areas of gait analysis, Kinematic MRI, EMG, and patellofemoral joint mechanics. Critical review of long held, but poorly researched, areas of evaluation and treatment will be addressed.

Participants will be challenged to critically review their beliefs regarding their etiology, assessment, and treatment approaches, but will also be provided with practical information to “take back” to the clinic for immediate use.

Objectives:

Upon completion of this course, participants will be able to describe:

- anatomy, kinesiology and biomechanics of the patellofemoral joint
- pathomechanics of patellofemoral joint dysfunction
- the influence of abnormal lower extremity mechanics on patellofemoral joint dysfunction
- components of a basic patellofemoral joint evaluation
- scientific and clinical rationale behind the development of an exercise program for the treatment of patellofemoral pain
- scientific rationale for the use of external bracing/taping, hip strengthening/retraining, as well as foot orthoses in the treatment of patellofemoral pain



Registration Now Available

Seminar will be an all day presentation

Register online at: www.uchsc.edu/pt

and click on

News & Events

Register by April 5th for the early bird discounted rate.

On Site Registration: 7:30 a.m.

Registration Fee Includes course materials *

All Day:	before 4/5	after 4/5
Professional APTA member:	\$90	\$100
Non APTA member:	\$130	\$140
Student APTA member:	\$30	\$40
Non APTA member:	\$45	\$55
Lunch (Recommended)	\$10	\$10



Net proceeds from this event benefit the APT A Foundation for Physical Therapy 2008 Marquette Challenge:

The Challenge is a grassroots fundraising effort coordinated and carried out exclusively by physical therapy students. The Challenge has raised over \$1,000,000 for the Foundation for Physical Therapy, allowing for \$40,000 one-year research grants for physical therapists conducting scientific and clinical research.

Please make checks payable to:

UCD PT Program

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Questions? Please Call: 303-724-9144

*Fair Market Value of Course Materials and Lunch is \$20

University of Colorado Denver Physical Therapy Program Anschutz Medical Campus



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and click on:

News & Events



★ Patellofemoral Pain seminar will take place at the Anschutz Medical Campus, in the Education 1 building (ED1) in Aurora, CO.

