



## Honing in on the Hip: Evaluation and Rehabilitation of the Athletic Hip

**Overview:** This continuing education course is designed to enhance the knowledge and clinical skills of athletic trainers and physical therapists in evaluating and treating hip and lumbopelvic conditions in athletes. Participants will deepen their understanding of lumbopelvic anatomy and apply it to clinical decision-making by examining common **intra-articular and extra-articular** hip pathologies. The course integrates evidence-based strategies, including neuromuscular control and strength training, while providing hands-on experience in hip assessment techniques such as range of motion testing, special tests, palpation, and manual interventions.

**Audience:** Athletic Trainers, Physical Therapists, Physical Therapist Assistant

**Presenters:** Ian Shadle, PT, DPT, LAT, ATC, CSCS (RT006246, DAPT005213)  
Board-Certified Clinical Specialist in Orthopaedic Physical Therapy  
Outpatient Physical Therapist, Bryn Mawr Rehab at St. Joe's

**Objectives:** At the completion of this course, the learner will be able to:

- Identify osseous, capsulolabral, musculotendinous, and neurovascular structures of the hip
- Explain the functional relationships between core musculature and the hip joint
- Identify common intra-articular and extra-articular hip pathologies
- Identify how anatomical impairments relate to dysfunctional movement patterns
- Apply functional anatomy during patient assessment
- Utilize special tests and ROM assessment to identify pathology and guide treatment
- Demonstrate palpation skills and special tests specific to hip pathology
- Assess neuromuscular control and functional movement impairments
- Implement joint mobilizations and soft tissue techniques
- Facilitate activation of key stabilizing musculature of the hip and core
- Apply loading strategies for endurance, strength, and power
- Incorporate breathing strategies and targeted muscle activation
- Utilize effective coaching cues for movement optimization

**Program Date:** December 12, 2026

**Program Length:** 4.0 hours

**Program Location:** Malvern, PA

**Fee:** \$110.00

**Cancellation Policy:** Main Line Health reserves the right to cancel an educational event. If Main Line Health cancels the event, participants will be refunded 100% of any registration fees paid.

Participants may cancel their participation in the course. The course tuition is refundable, minus a 20% processing fee, if the cancellation is received in writing at least one week prior to the start date of the course. No refunds or credits will be granted if notice is provided less than one week prior to the start date. No refunds or credits will be granted for no shows.

## Program Agenda:

|          |                                                                                                                                                                                                                                                                                                                |
|----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 7:45 am  | Registration                                                                                                                                                                                                                                                                                                   |
| 8:00 am  | <b>Anatomy Review</b> <ul style="list-style-type: none"><li>• Hip girdle</li><li>• Core</li><li>• Diaphragm</li></ul>                                                                                                                                                                                          |
| 8:45 am  | <b>Pathology and Clinical Integration</b> <ul style="list-style-type: none"><li>• Extra-articular versus intra-articular anatomy</li><li>• Functional anatomy</li><li>• Integration of anatomy into hip assessment</li><li>• Integration of strength and conditioning principles into rehabilitation</li></ul> |
| 9:55 am  | <b>Clinical Assessment &amp; Intervention Lab</b> <ul style="list-style-type: none"><li>• Functional assessment of range of motion and strength</li><li>• Palpation techniques</li><li>• Special testing</li><li>• Neuromuscular facilitation</li><li>• Joint mobilization</li><li>• Dynamic cupping</li></ul> |
| 10:55 am | <b>Exercise Prescription &amp; Coaching Lab</b> <ul style="list-style-type: none"><li>• Strength progression to enhance outcomes</li><li>• Breathing strategies for core stability</li><li>• Coaching cues</li></ul>                                                                                           |
| 11:55 am | <b>Question and answer</b>                                                                                                                                                                                                                                                                                     |
| 12:00 pm | <b>Adjourn</b>                                                                                                                                                                                                                                                                                                 |

## CE Statement:

- Athletic Training: Main Line Health is approved by the Board of Certification, Inc to offer continuing education to Certified Athletic Trainers. This program is eligible for a maximum of 4 Category A hours/CEU.



- Athletic Training Practice and Domain: Examination, Assessment and Diagnosis
- Level of Instruction: Advanced

- PT: This course has been approved by the PA State Board of Physical Therapy for 4 contact hours (0.4 CEUs).

**Satisfactory Completion:** Requirements for satisfactory completion of this course full attendance at the course as evidenced by a monitored sign-in/sign-out sheet, completion of perceived attainment of course objectives, and self-assessment of how course materials will impact your clinical performance and/or outcomes.

**Participant Satisfaction/Complaint Policy:** Program evaluation evaluates participant satisfaction, and complaints are handled by designated Main Line Health representative.

## Conflict of Interest Disclosure

| Speaker    | Financial                  | Non-Financial |
|------------|----------------------------|---------------|
| Ian Shadle | Receives a salary from MLH | No disclosure |