

# **Osteopathy Chronic Conditions**

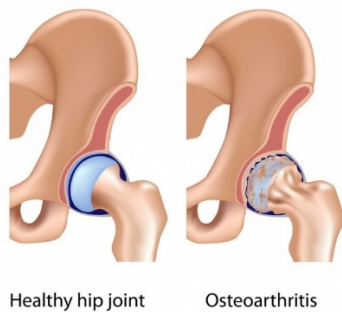
## **Session 3: Hip & Knee Pain**

### **GROUP HANDOUTS**

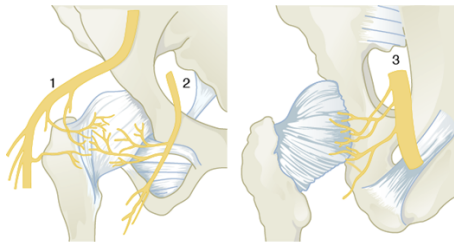
## OSTEOPATHY & HIP AND KNEE PAIN PRESENTATION

**Disclaimer: Osteopathy is 100% hands-on therapy. A Manual Osteopath is NOT a Medical Doctor, and has NO competence to prescribe medication, change doses, nor interrupt it.**

Hip Osteoarthritis (OA): <https://www.youtube.com/watch?v=tQNk6mpFsww>



Nerve impingement:



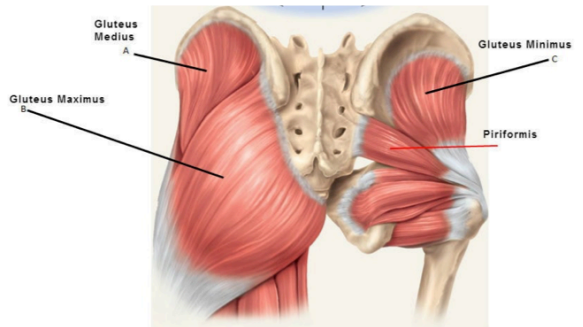
1- Femoral Nerve: <https://www.youtube.com/watch?v=q1ySRKEIO-I>

2- Obturator Nerve: <https://www.youtube.com/watch?v=VEbVmzcliv8&t=270s>

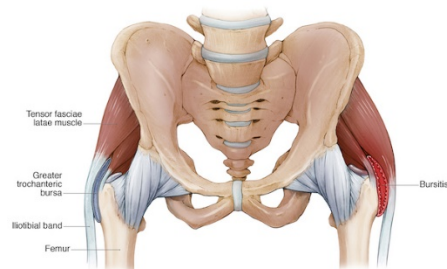
3- Sciatic Nerve: <https://www.youtube.com/watch?v=GPptVFmI4kA&t=35s>

Obturator nerve	Sciatic nerve	Femoral nerve
Sensory changes @ internal aspect of the thigh	Foot drop	Poor hip flexion
Pain/numbness from hip to knee @ internal thigh	External rotation/abduction contracture of the hip	Poor knee extension
Pain that worsens with hip extension/abduction	Muscle weakness (e.g. calf, hamstrings)	Sensory decline @ anterior aspect of the thigh
Burning sensation along the nerve territory	Pain/numbness that worsens with SLR	Sensory loss @ internal leg, foot → ball of great toe

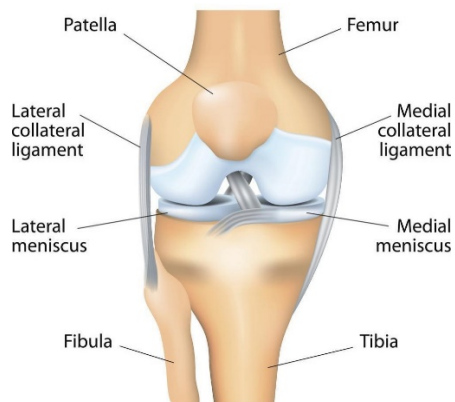
GLUTEAL TENDINOPATHY (GT): <https://www.youtube.com/watch?v=9Uvpzq8Rg2o&t=12s>



TROCHANTERIC BURSTITIS: <https://www.youtube.com/watch?v=Lmjidcc5ccA>

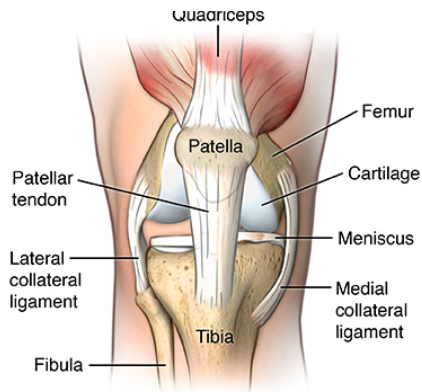


Patellofemoral pain syndrome (PFPS): <https://www.youtube.com/watch?v=rRRV9MfGIFE>

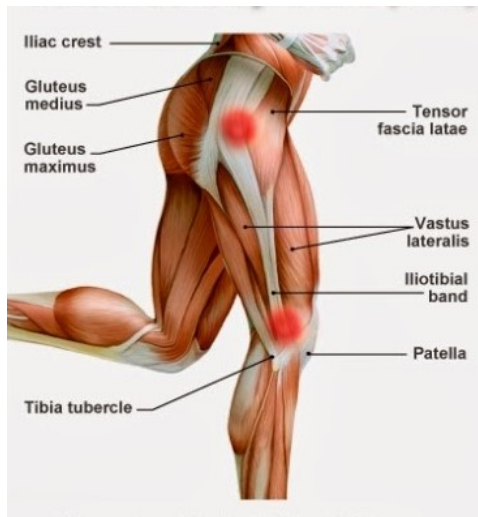


Patellar tendinitis (PT): [https://www.youtube.com/watch?v=w5fXd5FCS\\_0](https://www.youtube.com/watch?v=w5fXd5FCS_0) → instead of the Spanish squat, which is way more intense, you could modify into the wall-seat exercise that is quickly shown in this video.

Quads. Stretch: <https://www.youtube.com/watch?v=BhQimqvU1tM>



ILIOTIBIAL BAND SYNDROME (ITBS): <https://www.youtube.com/watch?v=x8wbFjIMFL4&t=387s>



PRESENTATION	PFPS	PT	ITBS
PAIN LOCATION	Deep to kneecap	Below the kneecap	Lateral
PAIN PRESENTATION	Diffuse aching	Localized: sharp/aching	Localized: sharp
SPORT RISK	Repetitive activity	Repetitive jumping / single overload	Runners / cyclists
AGE OF ONSET	Adolescents & young adults	Adults	Adults
PATTERN OF ONSET	Insidious	Mixed	Sudden

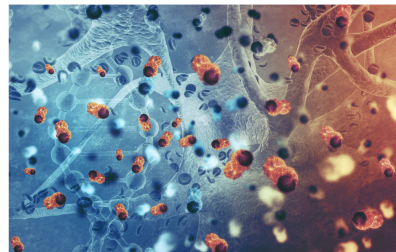
# Wellness Group Medical Visits



The Long Mile:  
Managing Chronic Pain

Dr. Teresa Clarke

This 10-week series will help you on your chronic pain journey. You will learn how to promote healing through integrative approaches and optimize your physical and mental well-being.



Immune Health & How to  
Optimize Your Immunity

Dr. Teresa Clarke

In this session, you will learn integrative health approaches to promoting immune health. These approaches can be added to public health recommendations to reduce your risk of serious viral illness.



Acupressure for Chronic Illnesses

Dr. Teresa Clarke

In this series of three workshops, you will learn how Acupressure can be utilized in a self-treatment approach to improve wellbeing and symptom management in patients with chronic illnesses.



Osteopathy & Chronic Conditions

Fabio Bocchetti

In this series of four workshops, you will learn how Osteopathy can explain and treat several types of headaches, low back pain, knees or hip pain as well as digestive issues.

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# Ask the Expert Cannabis Series

## 101: Cannabis Counselling & Treatment Plans

### By participating you will learn about:

- The endocannabinoid system
- The differences between cannabinoids (THC & CBD)
- Routes of administration (oral oil & vaporization)
- Symptom management using cannabis
- Customized treatment plans
- How to dose your cannabis safely
- How to monitor for symptom improvements
- Acute adverse effects
- Drug interactions
- Supply options through a Health Canada licensed seller
- Cost of medication & discount programs available
- Extended health benefits & claiming as a medical expense
- Patient safety

## 201: Inhaled Cannabis; Dried Flower, Concentrates & Extracts

### By participating you will learn about:

- The difference between smoking & vaporization
- Is vaporization safe?
- When to consider using vaporized cannabis for symptom management
- Finding the right temperature for optimal benefit
- Types & cost of vaporizers
- Choosing the best strain to vaporize (sativa, indica & hybrids)
- How to determine your optimal dose & monitoring effects
- Where am I allowed to vaporize my cannabis?
- Safe storage of vaporizer & cannabis
- Driving & travelling
- Inhaled extracts

## 301: Cannabis Edibles, Oral Preparations & Topicals

### By participating you will learn about:

- The difference between medical & recreational cannabis
- Potential drug interactions
- Differences between cannabinoids: CBD, THC, CBN & CBG
- Edibles: oral products, beverages, chocolates, baked goods, chews & candies
- Topicals
- Onset of action
- Acute adverse effects
- Choosing a product that is right for you
- Dosing considerations
- Patient safety
- Determine your optimal dose & monitoring effects

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