

ORTHOPEDIC REHABILITATION & BIOMECHANICS



ADN CoE®

Training, Research Center & Core Lab

INFORMATION BOOKLET

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Please note that this training is specialized procedural trainings provided by ADN CoE. This training is accredited by Ethical Medtech and EACCME and it is independent of any other training offered by relevant device company.

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DAY 1

Foundations of Orthopedic Rehabilitation & Biomechanical Principles

Time	Session	Format
09:00 – 09:30	Registration & Welcome Coffee	Opening Remarks
09:30 – 10:00	Fundamentals of Musculoskeletal Biomechanics: Load, Stability & Kinetics	Lecture
10:00 – 11:00	Functional Anatomy & Movement Patterns in Orthopedic Patients	Lecture
11:00 – 11:15	Coffee Break	Networking
11:15 – 12:30	Gait Analysis & Postural Assessment: Clinical Interpretation	Case-Based Discussion
13:00 – 14:00	Lunch Break	Networking
13:30 – 14:45	Biomechanical Assessment Tools: Force Plates, Motion Capture & EMG	Hands-On Practical Session
14:45 – 15:00	Coffee Break	Networking
15:00 – 16:00	Early-Phase Rehabilitation After Orthopedic Surgery	Simulation-Based Workshop
16:00 – 16:30	Designing Evidence-Based Rehabilitation Protocols	Clinical Strategy Session
16:30 – 17:00	Day 1 Wrap-Up & Open Q&A	Wrap-Up



DAY 2

Advanced Rehabilitation Strategies & Performance Optimization

Time	Session	Format
09:00 – 09:30	Morning Coffee & Day 1 Recap	Lecture
09:30 – 10:45	Rehabilitation After Ligament Reconstruction & Joint Replacement	Case-Based Lecture
10:45 – 11:00	Coffee Break	Networking
11:00 – 12:15	Neuromuscular Control & Proprioceptive Training Techniques	Practical Workshop
12:15 – 13:15	Lunch Break	Networking
13:15 – 14:15	Return-to-Sport & Return-to-Work Criteria	Clinical Review Session
14:00 – 14:15	Coffee Break	Networking
14:15 – 15:30	Chronic Pain & Biomechanical Dysfunction: Multidisciplinary Approach	Advanced Case Discussion
15:30 – 16:15	Technology in Rehabilitation: Wearables, Data Tracking & AI-Based Monitoring	Technology Integration Session
16:15 – 16:45	Complication Management & Rehabilitation Failures	Expert Panel Discussion
16:45 – 17:00	Closing Remarks & Certificate Distribution	Professional Development Session



VENUE

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SCAN



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BOOKING POLICY

The deadline for hotel booking is 10 days before the course. Unfortunately, ADN CoE cannot guarantee room availability past that deadline. Bookings are made on a first-come, first-served basis. In case of non-availability, we shall do our best to re-accommodate you in a nearby hotel of equal standard.



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Useful Information



Transfer

The transfer vehicle will accompany you during the training.



Training Location

ADN CoE Training, Research Center & Core Lab

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Dress Code

Business Casual - Smart Casual



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