

**PTA PROGRAM 8th ANNUAL CLINICIAN APPRECIATION DAY**  
SPEAKER BIOS, SESSION DESCRIPTIONS & OBJECTIVES

**Orthopaedic Interventions for Atraumatic Knee Pain: An Evidence-based Approach with Emphasis on Patient Self-Management**

**Sean Carpenter PT, DPT, OCS, Dip MDT, FAAOMPT**

Sean Carpenter earned a Bachelor of Science in Kinesiology degree in 2005 and the Doctor of Physical Therapy degree from Temple University in 2008. Dr. Carpenter is a board-certified Orthopedic Clinical Specialist (OCS) and a Fellow of the American Academy of Orthopedic Manual Physical Therapists (FAAOMPT). He earned his Diploma in Mechanical Diagnosis and Therapy (MDT) from the McKenzie Institute in 2016. Sean has nearly fourteen years of clinical practice experience spanning inpatient acute care, inpatient rehabilitation, and outpatient orthopaedics, and his clinical focus is on the treatment of the orthopaedic population. His physical therapy practice focuses on incorporation of patient education and the tenants of the Mechanical Diagnosis and Therapy (MDT) approach to promote effective rehabilitation of persons with complex orthopedic impairments. He is the primary physical therapist at Orthopaedic & Sport Physiotherapy located in Willow Grove, PA. He has served for nine years as an adjunct faculty member in Musculoskeletal courses and labs at University of the Sciences and for 2 years at Thomas Jefferson University. He presents on the topics of Mechanical Diagnosis and Therapy, orthopaedic physical therapy and the management of patients with musculoskeletal disorders to physical therapy students, physical therapists, regional physician groups, including primary care physicians, nurse practitioners, as well as presenting to spinal surgeons at the Jefferson Spine Summit for Spinal Surgeons. He has served as a lab assistant at the McKenzie Institute since 2016.

**Course description:**

This course provides the attendee with an evidence-based approach to the physical therapy treatment of atraumatic knee pain. Atraumatic knee pain is the most common type of knee pain seen in orthopaedic physical therapy clinics. Atraumatic knee pain is associated with pathoanatomical diagnoses, including (but not limited to) arthritis, degenerative meniscal tears, patellofemoral pain syndrome, patellar tendinopathy, and atraumatic knee pain is not directly associated with knee joint trauma (i.e. fracture, ACL tear or other surgery). This course includes a brief review of pertinent anatomy, while highlighting current information related to atraumatic knee pain. The session provides a summary of contemporary issues related to the process of assigning a diagnosis to a person with knee pain, including the relevance of imaging and questions related to the usefulness of assigning pathoanatomical labels when managing persons with knee pain. The instructor will describe the shift towards a classification based or impairment-based management of these patients, while reviewing current evidence based treatment interventions. Videos are included to highlight examples of patient presentations, as well as to demonstrate the application of common interventions performed for various knee conditions. Attendees may have the opportunity to observe a patient interaction that demonstrates the assessment process and the performance of targeted interventions (completed with a course participant who may have actual knee pain). The instructor will provide practical intervention techniques and patient education techniques that promote patient self-management of atraumatic knee pain

**Objectives:**

The participant will be able to:

- Summarize clinically relevant facts about atraumatic knee pain.
- List red flags that warrant medical referral or follow up
- Discuss issues associated with atraumatic knee pain and musculoskeletal knee imaging, and with the use of a traditional pathoanatomical approach when diagnosing and treating knee pain.
- List at least three evidence based physical therapy interventions for atraumatic knee pain, with specific focus on demonstrating patient self-management procedures.
- Describe the rationale for use of a classification based or impairment-based management system when treating patients with knee pain.
- Observe a clinical intervention and determine an appropriate treatment modification or progression for a person with atraumatic knee pain.