

THE GROIN PHYSIO: HIP & GROIN PAIN COURSE

Date & Time	Self-paced. Approximately 2 Hours Total. Released at least 2 weeks before 22 November 2026
Location	Online

COURSE CURRICULUM – PART 1 (ONLINE LEARNING)

Module	Focus
1. Facts and Figures	Epidemiology and background on groin pain in sport
2. Objective Examination I	Medical history, imaging, and red flags
3. Objective Examination II	Clinical assessment, manual examination, and active testing
4. Management I	Medical, surgical, and non-surgical approaches
5. Management II	Practical, clinically oriented strategies (active and passive interventions)

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Date & Time	22 November 2026 9:00am – 6:00pm
Location	SAFRA Punggol, Singapore (TBC)

COURSE CURRICULUM – PART 2 (PRACTICAL WORKSHOP)

Time	Topic	Activity
0900 – 1030	• Introductory quiz & key concept review from online course • Differential assessment of load transfer and lumbopelvic–hip interaction • Real-time ultrasound imaging assessment of trunk musculature relevant to hip and groin pain	Interactive discussion & practical session
1030 – 1100	• Manual therapy techniques for adductor-related groin pain • Adductor-specific strengthening and progressive loading strategies	Practicum
1100 – 1115	Morning Tea	
1115 – 1200	• Soft tissue techniques targeting the iliopsoas and pectineus • Exercise-based management strategies for iliopsoas-related and hip-related groin pain	Practicum
1200 – 1300	• Primary pain drivers versus secondary contributors • Common clinical presentation patterns	Interactive discussion & practical session
1300 – 1400	Lunch Break	

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COURSE CURRICULUM – PART 2 (PRACTICAL WORKSHOP)

Time	Topic	Activity
1400 – 1500	• Role of hip, pelvic and trunk function in groin pain management • Integration of pelvic, hip, and trunk function in the management of hip- and groin-related pain	Practicum
1500 – 1600	• Designing individualised, patient-centred rehabilitation programmes • Clinical decision-making: general versus condition-specific exercise selection • Integration of cardiovascular training and graded exposure to activities of daily living and functional demands • Synthesising all components into a coherent rehabilitation plan	Interactive discussion & practical session
1600 – 1615	Afternoon Break	
1615 – 1800	• Key clinical pearls and common pitfalls in strength assessment for patients with hip disorders • Integration of assessment findings and management strategies into a coherent clinical approach • Synthesis of examination, rehabilitation, and return-to-activity decision-making • Key take-home messages and clinical pearls	Interactive Discussion