



Present a Two-Day Advanced Course **Complexities of the Knee Complex**

Knee rehabilitation rarely follows clean scripts. This course simplifies the complexity by grounding assessment, loading, and progression decisions in pragmatic frameworks and sound principles. Built for the realities of clinical practice, it focuses on reasoning through common knee presentations, evaluating force and tolerance, and adapting training strategies to pathology and performance demands. The emphasis is not on memorizing protocols, but on improving clinical judgment so participants leave with clearer heuristics, defensible progression strategies, and practical tools to guide return-to-play decisions.



Dates: September 19 - 20, 2026
18 contact hours
Student-to-faculty ratio: 14:1

Location:
Los Gatos Orthopedic
16615 Lark Ave #101 Los Gatos, CA 95032

Dr. Jess Elis, PT, DPT, PhD, FAAOMPT, OCS, SCS, CSCS

Learning Objectives

- Refine clinical pattern recognition and differential diagnosis across common knee pathologies using integrated history, exam findings, and functional movement analysis.
- Implement cost-effective and clinically practical methods for assessing knee force production and load tolerance, and integrate these measures into progression decisions.
- Design and progress targeted knee exercise strategies using PNF principles and contemporary loading frameworks to address performance constraints.
- Construct return-to-play decision frameworks that integrate testing batteries, on-field demands, and measurable KPIs for clearance and risk management.



Enroll

REHAB CODE

Complexities of the Knee Complex

Course Schedule

Course Pre-Work – Online Lecture

Total Duration: Approximately 195 minutes (3.25 hours) of lecture content, divided as follows:

- Reasoning: ~65 minutes
- Structure: ~50 minutes
- Function: ~40 minutes
- Sport: ~40 minutes

*** Course pre-work is a required component of this course. Completion is tracked through our Teachable learning platform, which records lesson progression, video watch time, quiz completion, and total time engaged to verify successful and timely completion for each participant.**

DAY 1

8:00-8:10

- Introduction of the instructor and participants
- General questions on pre-course material and course expectations (10 min)

8:10- 9:00

- Understanding knee biomechanics and common pathologies
 - Discussion of common knee pathologies and implications (20 min)
 - Review of fluid dynamics and effusion/palpation assessment (30 min)

9:00-9:40

- Clinical examination nuances and PEARLS
 - Restoring Full Knee Extension, Accessory Rotation (20 min)
 - Quad and Hip Strength/Coordination Assessment (20 min)

9:40- 9:50

- Bathroom Break (10 min)

9:50-11:10

- Clinical Tinkering-> Seamless Integration into Manual Therapy (20 min)
- Quad specific Manual Therapy:
 - Soft tissue Techniques (30 min)
 - Joint Mobilizations (30 min)

11:10-11:20

- Bathroom Break (10 min)

11:20-12:10

- Force Assessment and Testing Setup of the Quad and Hamstring Complex (50 min)

12:10-1:10

- Break for lunch (60 min)

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Course Schedule

DAY 1- 2nd HALF

1:10-2:00

- Manual Resisted Exercises (50 min)

2:00-3:00

- Functional Expression of the Knee
 - Assessment of Constraint-Based Movement and Compensations (40 min)
 - Fluid Dynamics- Applying Bernoulli's Principle (20 min)

3:00-4:00

- Review of Isometrics
 - Yielding, Overcoming, Quasi: Demonstrating and Training (60 min)

4:00- 4:15

- Bathroom Break (15 min)

4:15- 5:00

- Quad + Soleus Synergy and Training Integration
 - Training Strategies (45 min)

5:00-6:00

- NMES assisted strengthening (60 min)

DAY 2

8:00-8:20

- Hamstring Complex and Strain 101
 - Biomechanics and function of the HS (20 min)

8:20- 9:20

- Examination and Manual Therapy Interventions- Hamstring + Popliteus Complex
 - Soft tissue and neurodynamic techniques (60 min)

9:20- 9:30

- Bathroom Break (10 min)

9:30-10:15

- Training Strategies for the HS complex
 - Hip vs Knee dominant HS training (30 min)
- Training Strategies for the Popliteus
 - Integrated MRE and training (15 min)

10:15-11:00

- Plyos Progressions
 - Intensives vs Extensives variations (45 min)

11:00-12:00

- Tendon Talks (60 min)

12:00-1:00

- Lunch (60 min)

1:00-2:00

- Deceleration Continuum (60 min)

2:00-3:30

- Return to Play: Decisions and Management (90 min)



DR. JESS ELIS

YOUR INSTRUCTOR

FOUNDER

CONFIRMED. REHAB
CODE

DEPTH OF KNOWLEDGE

- Enhanced Clinical Reasoning and Examination Techniques
- Mastery of Advanced Manual Therapy Approaches
- Integrating the Latest Evidence into Practice
- Decoding Function Through the Lens of Pathology
- Leveraging Technology for Effective Return-to-Play Strategies

Jess is a seasoned leader with over 16 years of experience, including a decade focused on the health management of professional athletes. His expertise spans both the elite sports private sector (EXOS) and professional team sports (New York Knicks, Portland Trail Blazers), providing him with a unique perspective on human performance. From an educational perspective, he has successfully founded and operated two continuing education companies, demonstrating his expertise in professional development. Additionally, he served as a mentor and consultant for Arizona's largest private physical therapy practice, offering strategic guidance and fostering growth within the organization.

LEADERSHIP ROLES



Director of Physical Therapy

Director of Player Health
and Performance

Vice President of Health

HEALTH AND HUMAN PERFORMANCE LEADERSHIP (PHD)
 FELLOW OF THE AMERICAN ACADEMY OF ORTHOPEDIC MANUAL PHYSICAL THERAPISTS (FAAOMPT)
 BOARD CERTIFIED IN ORTHOPEDIC AND SPORTS PHYSICAL THERAPY (OCS) (SCS)
 CERTIFIED IN ORTHOPEDIC MANUAL THERAPY (COMT)
 CERTIFIED STRENGTH AND CONDITIONING SPECIALIST (CSCS)