



# Clinical Mastery in Female Hip and Groin Pain

From the Active Athlete to the  
Postpartum Patient



Speaker

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# “Navigating Hip and Groin Pain in Pelvic Health”

Is it FAI, Hip Dysplasia or Extra-articular Pathology?  
Vital Insights for the Pelvic Health Professional

Do you want to improve your diagnostic skills to confidently differentiate between intra and extra-articular hip pathologies in female patients with chronic pelvic and groin pain?

Would you like to expand your toolkit with practical skills and rehabilitation solutions, specifically tailored to address hip and groin pathologies in your pelvic health physiotherapy practice?

## Introduction

As a skilled professional dedicated to supporting women with pelvic pain, you understand the complexities of the female body. This course is specifically designed to equip you with the knowledge and expertise to effectively identify and address common hip and groin pathologies that often intertwine with pelvic floor dysfunction. Gain the skills to improve patient outcomes and enhance your pelvic health physiotherapy practice with our comprehensive two-day course on " Navigating Hip and Groin Pain in Pelvic Health."



## Why Attend?

By attending this course, you will gain invaluable insights into the intricate interplay between hip pathologies and pelvic floor dysfunction, empowering you to provide optimal care and facilitate better treatment outcomes for your patients. Understanding the connection between these two domains is crucial in delivering comprehensive and holistic care to women experiencing hip and groin pain. With the expertise gained from this course, you will be able to enhance your diagnostic abilities, streamline treatment strategies, and achieve more favorable patient results.

Throughout this dynamic two-day program, we will focus on three distinct patient groups commonly encountered in clinical practice, expanding your understanding and your skills in each area:



## Contents of the Course:

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### **1. Hip and Groin Pain in the Active Female Patient:**

Gain the tools to identify early symptoms of intra-articular pathologies, such as femoro-acetabular impingement, and to pick up red flags such as femoral stress fractures in the running population.



### **2. Peri and Post-Menopausal Population:**

Dive into the realm of extra-articular pathologies prevalent in this demographic, such as gluteal tendinopathy and proximal hamstrings tendinopathy. Develop a specialised skill set to effectively address these issues and improve patient outcomes.



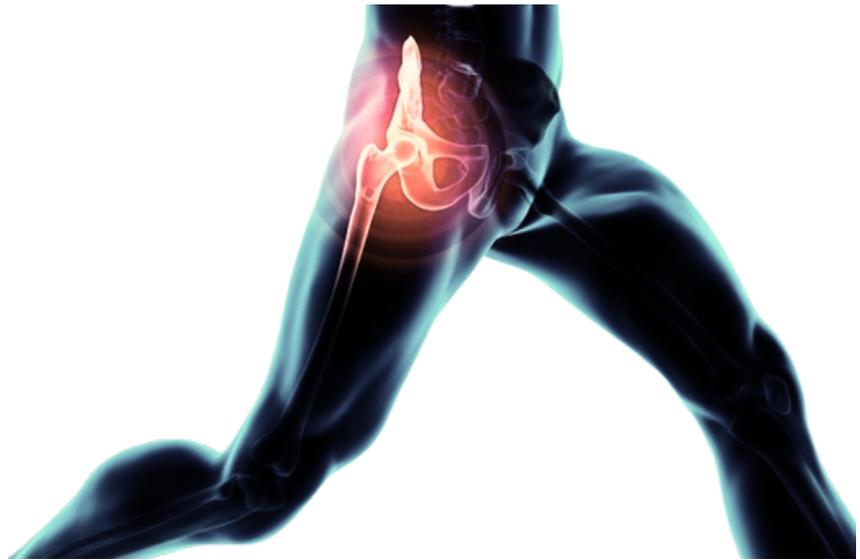
### **3. Postpartum Population:**

Learn how to discern musculoskeletal causes of pelvic and groin pain, including hip dysplasia, and effectively screen for red flags in this group. By identifying and addressing these concerns, you can provide targeted care that promotes long-term recovery and improved quality of life.

# Key Learning Outcomes:

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By the end of this course, you will have achieved the following key learning outcomes, which will significantly impact your pelvic health physiotherapy practice:



## **1. Enhanced Assessment Skills:**

Gain confidence in the assessment of the female patient with chronic hip and groin pain and enabling you to make accurate diagnoses and devise targeted treatment plans.

## **2. Confidence in Differential Diagnosis:**

Develop confidence in ruling out lumbar spine and sacroiliac joint involvement through specialised examination techniques. Acquire a robust repertoire of special tests to effectively identify hip pathologies, aiding in timely and appropriate intervention.

## **3. Overview of Key Pathologies in Females:**

Deepen your understanding of prevalent hip pathologies observed in the female population, including hip impingement, hip dysplasia, gluteal tendinopathy, and deep gluteal syndrome. Armed with this knowledge, you can tailor your treatments to address the specific needs of your patients.

## **4. Practical Skills and Rehabilitation Ideas:**

Acquire practical skills and rehabilitation strategies to optimize the management of patients presenting with hip and groin pain. From therapeutic exercises to targeted interventions, you will develop a toolkit of effective techniques to improve patient outcomes.

# Tutor

## **Benoy Mathew, MSc, MCSP, PGCert MSK US,**

Advanced Practice Physiotherapist/Lower Limb Specialist/MSK  
Sonographer

Shockwave Specialist Tutor (Radial and Focus),

Editor: Hip and Knee Pain Disorders Textbook (Singing Dragon Ltd)

Benoy is a highly specialist physiotherapist and Advance Practice Physiotherapist, working in London, in both the NHS and private practice. He has been working as a physiotherapist for more than 25 years with the last 15 years, specialising in hip and groin pathologies. He is full-time clinician, and his typical caseload is complex second opinion cases, who have failed traditional rehab. He is passionate about application of research in clinical practice and is involved in regular teaching on multiple courses, both in the UK and overseas.

More than 4000 participants have attended his course in the last 12 years. He is also a Master Trainer in Shockwave therapy and is the UK head of education for shockwave courses. He is also a trained MSK Sonographer and injection therapist and uses diagnostic ultrasound in his clinical practice.

He is the lead editor of the international best-selling textbook 'Hip and Knee Pain Disorders' which was published in June 2022. He also works with Physio tutors on multiple online courses.

## **Key Outcomes:**

We will be covering assessment and management of Female Patients with Hip, Groin and Buttock Pain in all these clinical categories on the two day course:

- Active 20s and 30s: Intra-articular (FAI & Dysplasia)
- Patient in their 40s-60s: GTPS, Early OA
- Runners: Femoral/Pelvic BSI, Osteitis Pubis, Proximal ITB Syndrome
- Post-Partum: TOH, AVN (Not-to-miss Red Flags)
- Chronic Buttock Pain: Proximal Hamstrings Tendinopathy, Deep Gluteal Syndrome, Ischio-femoral Impingement



# DAY 1 Course Schedule:

<b>8.45 am to 9.00 am</b>	Registration
<b>9.00 am to 12.45 pm</b>	<ul style="list-style-type: none"><li>• Overview of Hip &amp; Groin Pathologies and Link with Pelvic Floor</li><li>• Intra-articular Pathologies Presentation (FAI, Dysplasia)</li><li>• Red Flag Screening in Hip and Groin (Case Studies)</li></ul>
<b>11.00 am to 11.10 am</b>	(Coffee Break)
<b>11.10 am to 12.45 pm</b>	Practical: Efficient Evaluation of Hip & Groin (5 Step Process) Labral Tears
<b>12.45 pm to 1.30 pm</b>	(Lunch Break)
<b>1.30 pm to 3.30 pm</b>	<ul style="list-style-type: none"><li>• Extra-articular Presentation in Hip and Groin</li><li>• Greater Trochanteric Pain Syndrome (GTPS)</li><li>• Proximal ITB Syndrome</li></ul>
<b>3.30 pm to 3.40 pm</b>	Coffee Break
<b>3.40 pm to 4.45 pm</b>	<ul style="list-style-type: none"><li>• Rehab Progression</li><li>• Case Studies and Quiz Answers</li></ul>
<b>4.45 pm to 5.00 pm</b>	(Q&A)

## DAY 2 Course Schedule:

9.00 am to 11.00 am	<ul style="list-style-type: none"><li>• Pathophysiology of Femoral &amp; Pelvic Bone Stress injuries (BSI)</li><li>• How to diagnose and differentiate BSI from other pathology</li><li>• Overview of Osteitis Pubis in Post-partum Population</li><li>• Management Strategies and Referral Pathways in BSI Injuries</li></ul>
11.00 am to 11.15 am	(Coffee Break)
11.15 am to 12.45 pm	<ul style="list-style-type: none"><li>• Return to Running in Hip &amp; Groin Pathologies</li><li>• Case Scenarios</li></ul>
12.45 pm to 1.30 pm	(Lunch Break)
1.30 pm to 3.30 pm	<ul style="list-style-type: none"><li>• Chronic Buttock pain in the Female patient</li><li>• Deep Gluteal Syndrome (DGS)</li><li>• Proximal Hamstrings Tendinopathy (PHT)</li><li>• Ischiofemoral Impingement (IFI)</li></ul>
3.30 pm to 3.40 pm	Coffee Break
3.40 pm to 4.45 pm	<ul style="list-style-type: none"><li>• Rehab Progression</li><li>• Role of Adjuncts (Shockwave therapy, Diagnostic US, etc)</li></ul>
4.45 pm to 5.00 pm	(Q&A)



# THANK YOU

*We are looking forward to seeing you in the upcoming course*

[Register Here](#)



## Contact Us

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