

THE FPF MASTER KNEE COURSE

12-WEEK CURRICULUM

12
WEEKS

13
MODULES

117
LESSONS

44.5
VIDEO HRS

6
CASE STUDIES

10
PATHOLOGY TRACKS

A cohort-paced path through knee evaluation, clinical reasoning and treatment — so you assess with confidence, build better plans of care, and return patients to strength, performance and sport.

WEEKS 1–3
FOUNDATIONS & MOVEMENT

WEEKS 4–5
SURGICAL & POST-OP REHAB

WEEKS 6–11
PATHOLOGY MASTERCLASSES

WEEK 12
ASSESSMENT & CERTIFICATION

01 START HERE

ORIENTATION & COMMUNITY ONBOARDING

2 LESSONS · MODULE 1

COURSE INTRODUCTION

- Medical Disclaimer — Read First
- Welcome to the Course

YOUR WEEK 1 TASKS

Introduce yourself in the community — who you treat, where you practice, and the cases that stump you — then tell us what you want from this course.

02 FOUNDATIONS

MECHANISMS, EXAMINATION & PLAN OF CARE

4 LESSONS · 2.2 VIDEO HRS

MECHANISMS OF INJURY & REHAB PRINCIPLES

- The 5 Drivers of Knee Injury: Risk, Training & Recovery
- CLINICAL EXAMINATION & PLAN OF CARE**
- Subjective Exam: Diagnose Before You Touch the Patient
- Objective Exam: Confirm Your Diagnosis With Confidence
- Designing the Plan of Care: A Roadmap to Outcomes

03 PRESCRIPTION

EXERCISE PRESCRIPTION & MOVEMENT MASTERY

24 LESSONS · 3.7 VIDEO HRS

EXERCISE PRESCRIPTION, PROGRAMMING & PROGRESSION

- Ex. Rx Fundamentals: What to Choose, Dose and Progress
- Knee-Specific Ex. Rx: Right Exercise, Right Pathology

NON-OPERATIVE KNEE REHAB PROGRAMS

- Build Programs That Keep Patients Progressing

THE SQUAT

- Exercise Demonstration & Technical Key Points
- Principles of the Squat
- How to Coach the Squat Like a Boss
- How to Correctly Use a Weightlifting Belt
- **Addressing 8 squat faults:** Knee-In · Foot Spin Out · Hip Dominant · Early Hip Rise · Anterior Pelvic Tilt & Lumbar Extension · Knee Dominant · Butt Wink · Hip Shift
- Mastering Mobility for the Squat
- 30 Days to a World Class Squat — Mobility
- How to Modify the Squat to Eliminate Pain
- **Done-For-You 12 Week Return to Squatting:** Low Back · Knee · Hip Pain
- Biomechanical Review of the Squat [Article]

SINGLE LEG EXERCISES

- Coaching Single Leg Exercises
- Modifying Single Leg Exercises for Knee Pain

04 SURGICAL

PROCEDURE-SPECIFIC KNEE REHAB

7 LESSONS · 2.2 VIDEO HRS

WHAT CHANGES AFTER ACL-R, MENISCUS REPAIR, TKA & MORE

- Post-op Rehab Roadmap: Recovery at Every Stage
- ACL-R Rehab: From Surgery to Return to Sport
- Meniscus Rehab: Repair, Meniscectomy, Progression
- Quad & Patellar Tendon Repair: Extensor Mechanism
- Cartilage Restoration: Protect, Load, Rebuild
- The Complex Knee: PCL, PLC & Multiligament Recon
- Arthroplasty & Osteotomy: TKA, UKA, TTO, HTO

05 POST-OP

POST-OP REHAB: SURGERY TO RETURN TO SPORT

13 LESSONS · 4.1 VIDEO HRS

POST-OPERATIVE KNEE REHAB

- The First 6 Weeks: What Every PT Must Do (And Avoid)
- Strength Training After Surgery: Every Stage
- Return to Impact: Running, Plyos & Agility
- Return to Sport Mastery: Testing & Decisions
- + Get BACK to 100% Knee Mobility After Surgery
- + Why Your Patient's Quads Shut Down After Surgery
- + Stiff Knee? Uneven Stride? Fix Your Gait After Surgery
- + Knee Strength Testing — Criteria Based Progressions
- + Return to Sport BETTER With Jump Exercises
- + My FAVORITE Return to Run Progressions
- + Agility Progression After Knee Surgery: Step-by-Step
- + Force Plates: Is Your Athlete Ready to Progress?
- + When Is It SAFE to Return to Sport After ACL-R?

06 MASTERCLASS

PATELLOFEMORAL PAIN

8 LESSONS · 3.7 VIDEO HRS

CHEAT SHEET LIBRARY

- Knee Clinical Cheat Sheet Library

ASSESSMENT, EXERCISE SELECTION & PROGRESSION

- What PTs NEED to Know About PF Pain
- Evidence Based Treatments for PF Pain
- PF Pain: Evidence Based Update
- Clinical Examination of PF Pain
- 6 of My Favorite Treatments for PF Pain
- **Case Study:** PF Pain — Runner & Rec. Weight Lifter
- Patellofemoral Pain PT Protocol

07 MASTERCLASS

TENDINOPATHY & LATERAL KNEE PAIN

12 LESSONS · 4.1 VIDEO HRS

PATELLAR & QUAD TENDINOPATHY

- What PTs Need to Know: Patellar & Quad Tendinopathy
- How I Diagnose Patellar Tendinopathy [Clinical Exam]
- Evidence Based Treatment of Patellar & Quad Tendon
- Exercise Progressions and Regressions [Evidence Based]
- 4 Steps to Success: Progressive Tendon Loading
- **Case Study:** PF Pain & Quad Tendinopathy — Hyrox
- Patellar Tendinopathy Non-Op Rehab Protocol

ILIOTIBIAL BAND SYNDROME

- IT Band Pain — Evidence Based Guide for PTs
- How to DIAGNOSE IT Band Pain
- 3 Keys to IT Band Treatment
- 4 Step Treatment Plan for IT Band Pain
- IT Band Pain Rehab Protocol

08 MASTERCLASS

MENISCUS INJURY

9 LESSONS · 5.8 VIDEO HRS

DECISION-MAKING & EXERCISE PROGRESSION

- What PTs Need to Know: MENISCUS Injuries
- Clinical Examination of MENISCUS Tears
- Accurate Meniscus Tear Diagnosis
- Surgery vs Physical Therapy for MENISCUS TEARS
- Meniscus Tear Surgeries Compared: Which Is BEST?
- Treating Meniscus Tears NO SURGERY [Evidence]
- 6 Step Plan for Meniscus Repair Rehab
- **Case Study:** Meniscus Repair — Elite Powerlifter
- Meniscus Protocols

09 MASTERCLASS

ACL INJURY MANAGEMENT

10 LESSONS · 6.8 VIDEO HRS

FROM DIAGNOSIS TO RETURN TO FUNCTION

- What PTs Need to Know About ACL Injuries
- Clinical Examination of ACL Injuries
- ACL Injuries: Step-by-Step Diagnosis
- Do You NEED Surgery After ACL Injury?
- Non-Op ACL Rehab: Cross-Bracing Research
- ACL-R BREAKDOWN: Graft Choices That Matter
- PREHAB vs NO PREHAB — What Science Says
- 12 Keys to ACL-R Post-op PT
- **Case Study:** ACL-R Pre-op & Post-op
- ACL-R Pre & Post-op Protocol

10 MASTERCLASS

OSTEOARTHRITIS, ARTHROPLASTY & CARTILAGE

12 LESSONS · 6.1 VIDEO HRS

KNEE OSTEOARTHRITIS & REPLACEMENT

- What PTs Need to Know About Knee OA
- Non-Operative Management of Knee OA
- Evidence Based Manual Therapy for Knee OA
- Knee Osteoarthritis PT Protocol
- **Case Study:** Knee OA in a Powerlifter
- What PTs NEED to Know: Knee Replacement
- Evidence Based Guide to TKR Rehabilitation
- Total Knee Arthroplasty Post-op Protocol

KNEE CARTILAGE INJURIES

- Cartilage Injuries — What PTs NEED to Know
- Keys to Treating Articular Cartilage Lesions
- Cartilage Lesion Non-op Rehabilitation Protocol
- Cartilage Repair Post-op Protocol (Microfracture/OATS/MACI)

11 MASTERCLASS

LIGAMENT, PES ANSERINE & THE YOUNG ATHLETE

13 LESSONS · 5.8 VIDEO HRS

MCL, LCL, PCL & PLC

- What PTs Need to Know About MCL Injuries
- Diagnose MCL Sprains EASILY [PT's Guide]
- What PTs Need to Know: LCL & Posterolateral Corner
- What PTs Need to Know About PCL Injuries
- Diagnose PCL Sprains EASILY [PT's Guide]
- **Case Study:** Non-op LCL Sprain — Weightlifter & BJJ
- Ligament Injury Protocols

PES ANSERINE PAIN

- What PTs Need to Know About Pes Anserine Pain
- Accurate Diagnosis of Pes Anserine Pain
- 4 Steps to TREAT Pes Anserine Pain
- Pes Anserine Pain PT Protocol

OSGOOD-SCHLATTER DISEASE

- Osgood-Schlatter — What PTs Need to Know
- Osgood-Schlatter PT Protocol

12 FINISH

FINAL ASSESSMENT & CERTIFICATION

3 LESSONS · MODULES 11–13

COURSE WRAP-UP

- Knee Master Course Survey
- Master Knee Course Final Assessment (50 questions)
- Get Your Certificate of Completion

YOUR WEEK 12 TASKS

Complete the survey, pass the final assessment and claim your certificate — then share your biggest takeaway in the community.