

The sporting foot & ankle

Timetable day 1

08.30 – 09.00 Registration
09.00 – 09.15 Introduction & Gait Obs
09.15 – 10.00 Lecture – Anatomy
10.00 – 10.45 Practical – Palpation & Orientation
10.45 – 11.00 Morning break
11.00 – 12.00 Lecture – Key Pathologies
12.00 – 12.30 Practical – Achilles Assessment
12.30 – 13.30 Lunch
13.30 – 14.30 Practical – Pathology Assessment
14.30 – 15.30 Lecture – Structure Governs Function
15.30 – 15.45 Afternoon Break
15.45 – 17.00 Practical – Structural Assessment

Timetable day 2:

09.00 – 09.45 Lecture – Gait & Running
09.45 – 10.45 Practical – Manual Therapy & Articular Strapping
10.45 – 11.00 Morning Break
11.00 – 12.00 Lecture – Function Governs Structure
12.00 – 13.00 Practical – Muscle Functional Assessment & Strapping
13.00 – 14.00 Lunch
14.00 – 14.30 Practical – Intervening in Gait – a problem solving approach
14.30 – 14.45 Lecture – Key Rehabilitation Principles
14.45 – 15.30 Practical – Exercise Therapy & loading strategies
15.30 – 15.45 Afternoon Break
15.45 – 17.00 Practical – Proprioception; dynamic mobility & RTR