



PROGRAMME

Day 1

- 14.00 – 15.30 Understanding gait – Control of sagittal and rotational components.
Movement impairments during gait
- 15.30 – 15.45 Coffee/tea
- 15.45 – 17.30 Rotational alignment evaluation / Sagittal alignment evaluation / Structural vs functional impairments
- 17.30 - 18.00 Dinner
- 18.00 – 19.00 Movement control impairments at the knee- tests, retraining (including synergies), restrictions
- 19.00 – 19.15 Coffee/tea
- 19.15 – 20.00 Pattern recognition & clinical scenarios including ITB impairments

Day 2

- 14.00 – 15.30 Pattern recognition & clinical scenarios including patella-femoral impairments
Movement Control Impairments at the ankle and foot – tests
- 15.30 – 15.45 Coffee/tea
- 15.45 – 17.30 Movement Control Impairments at the ankle and foot – tests, retraining (including synergies), restrictions and pattern recognition
- 17.30 - 18.00 Dinner
- 18.00 - 19.00 Continue
- 19.00 – 19.15 Coffee/tea
- 19.15 – 20.00 Clinical scenarios