Examining the Active Foot & Ankle

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Course tutor
Fraser McKinney currently works as 1st Team Physiotherapist, Rehabilitator and Movement Specialist West Bromwich Albion Football Club in the Premiership. Fraser has over 11 years experience in sport, previously working in premiership rugby for Newcastle Falcons RUFC and as the Head Physiotherapist for British Basketball in the lead up to and at the London 2012 Olympics. His academic interest in foot and ankle injuries in sport combined with extensive clinical physiotherapy skills across the many settings has given Fraser a strong knowledge base around the topic of the ‘foot & ankle’ anatomy, injuries, rehabilitation and treatment interventions. Fraser has presented at the International Amateur Athletics Federation (IAAF) conference, presented CPD events at Professional sports clubs, lectured at MSc level and delivered teaching seminars to therapists and professional athletes. He has a growing national reputation as a sports physiotherapist with increasing recognition of his expertise in the specific area of the rehabilitation of the foot and ankle.

Course Outline
This intensive 2 day course is aimed at all therapy & sports rehab practitioners wanting to re-affirm clinical assessment skills and learn new concepts & treatment possibilities in relation to the foot & ankle. The course starts with a refresher of the anatomy of the foot & ankle with a bias that allows and develops into an understanding of the biomechanics, clinical reasoning behind the handling skills, assessment pathways and treatment possibilities. This broad understanding approach is integrated with existing treatment models and guided by clinical experience from top UK surgeons & diagnostic practitioners and from the tutors own clinic experience. The course runs a strong bias towards a manual therapy approach to assessment of the region while treatment options vary from soft tissue, manual therapy, exercise therapy and discussions around alternative approaches of Neural treatment & surgical management and orthotics ‘when to prescribe & not’. Although there is a strong clinical research bias behind the teaching of this course it remains practically driven to ensure all participants feel comfortable with their handling skills and able to clinical work through a structured assessment plan built on a back bone of clinical guidelines. The course will investigate specific injury types commonly seen in both an NHS setting and sporting environment. All participants should leave feeling more confident at understanding and assessing the foot & ankle while realising the treatment options available.

Aims & Objectives
- Understanding of foot and ankle anatomy and biomechanics
- Able to manually handle a foot & ankle with an ability to differentiate between structures
- Perform and understand the mechanism behind a clinical assessment of passive & active testing of the Foot & Ankle
- Understand the mechanism of varying injuries and subsequent subjective and objective findings
- Ability to asses and treat a varied range of ankle & foot injuries
- Realisation of the whole body effect of the ankle and subsequent risk factors
- Awareness of alternative treatment pathways

Workshop will include:
- Foot & Ankle anatomy review
- Practical - hands on review of anatomy
- Epidemiology of injury and clinical reasoning behind assessment
- Foot & ankle assessment
- Evidence of rehabilitation
- Foot & Ankle treatment (lecture & practical)
- Alternative treatment options & assessments
- Open forum for questions

Fee: £250 by cheque or online, payable to ‘Health Education Seminars’ (includes refreshments, course manual and CPD certificate of attendance - 15hrs).
Payment Booking Form

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