

Practical Podiatric Biomechanics

Paul Harradine

MSc, BSc (Hons), SRCh, Cert Ed, Podiatrist, FCPodMed

Presenter

Paul Harradine graduated from the Northampton School of Podiatry in 1994. He is currently the Company Director of The Podiatry & Chiropody Centre, Portsmouth, as well as running a number of private podiatric clinics in Portsmouth and Southampton. He was the Clinical Lead Specialist in podiatric biomechanics within Portsmouth HealthCare NHS Trust between 2000 – 2004. Paul also has a Masters of Science in Sports Injury and Therapy, Certificate in Professional Studies 'Sports Podiatry', Post Graduate Certificate in Sports Science from Manchester Metropolitan University and a Certificate in Education. Paul has regularly taught podiatric workshops to podiatrists, physiotherapists and Naval Medical personnel over the past 8 years. He is a fellow of the College of Podiatrists in Podiatric Medicine.

Course Description

This intensive 2 day theoretical and practical course is based on extensive clinical experience in assessment and treatment of lower limb and gait dysfunction, as well as extensive reference to research publications. A number of pathologies will be presented together with appropriate assessment and treatment techniques. The evidence supporting the use of the assessment and treatment procedures will also be presented. Participants completing this course will gain a greater understanding of the anatomy, biomechanics, assessment and evidence-based treatment of this interesting and complicated subject.

Course Outline

- Introduction and Historical perspective
- Anatomy re-cap & Abnormal foot morphology
- Podiatry & Physiotherapy – Compliment or Conflict?
- Current theories on foot dysfunction and Gait Dysfunction
- High Gear/Low Gear Propulsion
- Screening for foot related causes of lower limb injury and gait dysfunction
- Gait Analysis – theory
- Lower limb assessment – practical session
- Gait Analysis – practical session
- Treatment options
- Functional orthosis
- Case Studies
- Questions and Answers

Fee: £225 by cheque or online, payable to 'Health Education Seminars' (includes refreshments, course manual, and CPD certificate of attendance - 15hrs).

Paul Harradine's recent presentations & publications

Conference Presentations

The role of in-shoe pressure analysis in Podiatric Biomechanics. RS-Scan International Conference, Ipswich. March, 2001.

Unification of Podiatric Gait Dysfunction Theory, Is it possible? Biomechanics Summer School August 2003, Heythrop Park, Oxfordshire

Podiatric Biomechanics: Lower Limb symptomology due to Gait Dysfunction. Wessex Foot & Ankle Forum, Southampton General Hospital, March 2004.

Clinical Gait Dysfunction: Assessment and Treatment using the in-shoe F-Scan. Tekscan Users Conference. October 2004, Staffordshire University.

Biomechanics of the lower limb – Theory and indications for foot orthoses. The 2004 Defence Medical Rehabilitation Conference. October 2004, Defence Medical Rehabilitation Centre, Headley Court.

Does my patient need foot Orthoses? An introduction to the evidence based approach in podiatric biomechanics. 1st International Evidence-Based Physical Therapy Conference, October 2004, Senate House, University of London.

Unification Theory (keynote speaker) : 3rd Staffordshire Conference on Clinical Biomechanics. Staffordshire University. 1st May, 2005

Publications

Harradine P, Bevan L. A review of the theoretical unified approach to podiatric biomechanics in relation to foot orthoses therapy. *Journal of the American Podiatric Medical Association.* 2009 Jul-Aug;99(4):317-25.

Harradine P, Collins S, Webb C, Bevan L. A new method of increasing supinatory moments to a medially deviated subtalar joint axis - The Medial Oblique Shell Inclination. *Podiatry Now.* Vol 11, No. 3. 2008

Harradine P. The role of plantar pressure foot pressure measurement within Podiatry. *Podiatry now: Continuing Professional Development Supplement*, October. 2006

Harradine P, Bevan L, Carter N. An overview of podiatric biomechanics theory and its relation to selected gait dysfunction. *Physiotherapy. Volume 92, Issue 2,* June 2006, Pages 122-127.

Harradine PD. Podiatry. Importance of the Foot. *Positive Health Magazine.* Issue 122, April 2006.

Bevan LS, **Harradine PD**, Durrant B: The effect of temporary immobilisation of the 1st metatarsophalangeal joint upon in-shoe gait analysis parameters – a preliminary study. *British Journal of Podiatry.* 7(2); 2004

Harradine PD, Bevan LJ, Carter N: Podiatric Biomechanics Part 1: Foot based Models. *British Journal of Podiatry.* 11(1); 2003

Carter N, **Harradine PD**, Bevan LJ: Podiatric Biomechanics Part 2. The role of proximal muscle balance. *British Journal of Podiatry.* 11(2); 2003

Harradine PD & Jarret J: Podiatric Biomechanics, the efficacy of a service within the NHS. *The Foot.* 11(1):2001

Harradine PD, Herrington L, Wright R: The effect of low dye taping upon rearfoot motion before and after exercise. *The Foot.* 11(2):2001. p57-61

Harradine PD & Bevan LJ: The effect of rearfoot eversion upon maximum hallux dorsiflexion. *Journal of the American Podiatric Medicine Association* 9(90);2000

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Booking Form

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3. A full refund, **less a £50 administration fee**, will be made if written cancellation is received in the HES Office **four weeks prior** to the course date. No refunds will be made after this time, for whatever reason. Substitute delegates are accepted at any time.
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