

# Practical Foot & Ankle Biomechanics - level 2

..... *A fitting end to foot pain*

**Paul Harradine** MSc, BSc (Hons), SRCh, Cert Ed, Podiatrist

## **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.

## **Course Description**

Following the ongoing success of the original Practical Podiatric Biomechanics courses run by Paul, there have been continued requests for further sessions taking the course on to the next level. Although treatment methods were taught in part 1 (taping, felt inserts, footwear advice and manipulations), the next progression introduces and supplies clinical experience in the provision of good, prefabricated orthoses which can be modified / customised to specifically meet patients needs. Each attendee will leave with a pair of orthoses and experience in selecting, modifying and issuing such appliances.

The course is suitable to any practitioner with a wish to accrue knowledge in this area.

Orthoses will be modified using heating tools and adhesive wedges, as well as grinders for the more experienced or those wishing to progress further into this field. Although the knowledge gained can be used in issuing many types of commercial prefabricated devices, the appliances used are from the FitaFeet and MedaFeet range, designed and imported with help from JM Orthotics (USA) by Paul to link into the unified foot function theory he teaches.

These orthoses are new and commercially available following this course.

## **Course Outline**

The aims for this course are to allow the delegate to:

- Consolidate knowledge acquired from the previous course.
- Further knowledge in the assessment and treatment of foot dysfunction from felt and tape to durable prefabricated orthoses
- Assess the improvement in function with the use of orthoses at the fitting appointment via gait analysis (visual and video)

**Fee:** £100 by cheque or online, payable to 'Health Education Seminars' (includes refreshments, course manual, and CPD certificate of attendance - 7.5hrs). *VAT INCREASE from January 1st 2010.*

## Course timetable

Time	Description
08.45 - 09.00	Coffee and Registration
09.00 - 09.15	Recap on Foot Anatomy and Morphology
09.15 - 10.15	Normal and Abnormal Function of the Foot
10.15 - 10.30	Coffee
10.30 - 12.00	Practical Assessment and Gait Analysis
12.00 - 13.00	Lunch
13.00 - 14.00	Practical Instant Orthotic Provision
14.00 - 15.45	Practical Review of Outcomes with Orthoses (including video analysis)
15.45 - 16.00	Coffee
16.00 - 17.00	Relating foot dysfunction to symptomology and specific orthotic prescription. Examples to include: <ul style="list-style-type: none"><li>• Adult acquired flat foot / Posterior tibial dysfunction</li><li>• Plantar fasciitis</li><li>• Mortons Neuroma</li><li>• Medial Tibial Stress Syndrome</li></ul>
17.00 - 17.30	Questions and close

## **Paul Harradine's recent publications**

### Publications

**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 1<sup>st</sup> 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

Course \_\_\_\_\_ Course Date \_\_\_\_\_  
Your Name \_\_\_\_\_ Course Fee £ \_\_\_\_\_  
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Tel No (day) \_\_\_\_\_ (evening) \_\_\_\_\_  
Where did you hear about the course \_\_\_\_\_  
Your profession \_\_\_\_\_

#### Terms & Conditions

1. Completion and the signing of this form creates a binding agreement to follow the course and pay the full fee.
2. Upon receipt of your application form and course fee you will be sent a letter confirming your place on the course and receipt of the course fee. If you are being funded to attend a course (see section below) the full course fee must be made at least 4 weeks prior to the course date.
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.
4. HES reserves the right to cancel the course if there are insufficient enrolments. If, in the unlikely event a tutor cannot attend the course, HES will endeavour to find a new date for the course to be held. HES will not be held responsible for any damages incurred as a result of course cancellation.
5. This form is correct at the time of printing, but is subject to alteration.

#### **Please complete the following:**

I agree to the conditions of enrolment and enclose a cheque for £ \_\_\_\_\_ as full fee made payable to Health Education Seminars Ltd for the course marked above.

Signature: .....

Date:

#### **Funded participants (if applicable):**

If you are to be funded to attend these courses, please enter the name and address of the person to whom INVOICES are to be sent.

Name: \_\_\_\_\_ Position: \_\_\_\_\_  
Address: \_\_\_\_\_  
Post Code: \_\_\_\_\_

Booking reference/Order number (if applicable): \_\_\_\_\_

**Please return this completed application form with your full fee to:**

**Health Education Seminars, 42 Richmond Road, Poole, Dorset BH14 0BU**

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