

Foot & Ankle - Applied
Movement Based Biomechanics

Day 1

- 7:30 *Registration & Sign in*
8:00 Introduction
8:15 Goals/Objectives & Foundations
8:45 Intro Case Study: Achilles Tendonitis
9:15 Foot & Ankle Anatomy and Planes of Motion | **Practice**
9:45 Intro to Gait & Biomechanics of Pronation | **Practice**
10:30 *Break*
10:45 **LAB: Pronation Assessment: Functional Mobility & Functional Stability**
11:45 Pronation: Manual Techniques
12:00 **LAB: Part 2 Pronation: Manual Techniques Functional Positions**
12:30 *Lunch*
1:30 Introduction to Wedging
2:00 **LAB: Pronation Wedging**
2:45 Wedging Research & Pronation Wrap-Up
3:00 *Break*
3:15 Biomechanics of Supination
3:45 **LAB: Supination Assessment: Functional Mobility & Functional Stability**
4:15 **LAB: Supination Manual Techniques**
4:45 Supination Dysfunction & Treatment | Case Study
5:30 *Adjourn*

Day 2

- 8:00 Questions from Day 1
8:15 **LAB: 3D Foot Assessment**
8:45 Introduction to the Movement Diagnosis System (MDS)
9:00 **LAB: MDS / Gait Analysis**
9:45 *Break*
10:00 Intro to Muscles | Gastrocnemius & Soleus Muscle Function
10:30 **Lab: 3D Muscle Loading Gastroc-Soleus**
11:15 Achilles Tendonitis | Likely Suspects
12:00 *Lunch*
1:00 **LAB: Achilles Tendinosis Case Study**
1:45 **LAB: 3D Muscle Loading & Motor Patterns**
2:45 **Case Study & Lower Extremity Tweaks**
3:30 *Break*
3:45 Post Tib / Per Longus Muscle Function (*time dependent*)
4:30 Questions & Feedback
5:00 Course Evaluation & Wrap Up
5:30 *Adjourn*