

Foot & Ankle Applied 2023
Movement Based Biomechanics

COURSE AGENDA

Pre-Work

2 hours online content w/ quizzes

Day 1

7:30 *Registration & Sign in*

8:00 Introductions

8:15 Goals/Objectives & Foundations

8:45 Intro Case Study: Achilles Tendinosis

9:15 Intro to Gait & Biomechanics of Pronation

10:00 Break

10:15 **Lab: Pronation Assessment Functional Mobility & Stability**

11:00 **Lab: Pronation Manual Techniques Functional Positions**

11:45 Biomechanics of Supination

12:15 Lunch

1:15 **Lab: Supination Assessment Functional Mobility & Functional Stability**

2:15 Break

2:45 **Lab: Supination Manual Techniques Functional Positions**

3:15 3D Foot Assessment

3:45 Questions

4:15 *Adjourn*

Day 2

8:00 Questions from Day 1

8:15 **Lab: 3D Foot Assessment**

9:15 Intro to Muscles | Gastrocnemius & Soleus Muscle Function

9:45 **Lab: 3D Muscle Loading Gastroc-Soleus**

10:45 Break

11:00 Achilles Tendinosis Clinical Practice Guideline

11:30 Introduction to the Movement Diagnosis System (MDS)

12:00 Lunch

1:00 **Achilles Tendinosis Case Study**

2:00 Introduction to Wedging | **Lab: Wedging**

2:30 **Lab: Gait Analysis**

3:00 Questions & Feedback

3:30 Course Evaluation & Wrap Up

4:00 *Adjourn*