



#### Dynamic Stabilisation of the Foot & Ankle

##### Lesson 1 Introduction

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#### Goal Statement

The foot and ankle are involved in shock absorption, propulsion, balance mechanisms, and provide essential information to the brain for motor planning of the whole kinetic chain. Dysfunction of the foot & ankle have been linked with both local and more proximal pain and injury.

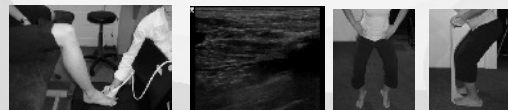


This course will explore in detail the intricate stability mechanisms of the foot and ankle.

#### Overall Aims

This course aims to:

1. Enhance clinical reasoning, and skills for development of therapeutic exercise for the foot and ankle
2. Challenge participants to re-examine their own clinical practice
3. Stimulate new thought & provide direction for those who may be interested in contributing to the research in this field.



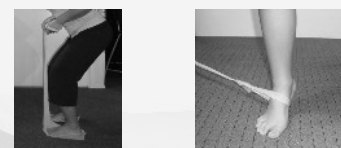
#### Learning Objectives

*Upon completion of this course participants should be able to:*

- Describe the key elements required for optimal foot & ankle stability
- Define functional roles of the musculature surrounding the foot and ankle
- Design a targeted exercise programme for the foot and ankle considering both intrinsic and extrinsic dynamic stability mechanisms

#### Is this course suitable for you?

This course is suitable for anyone involved in the development of exercise programmes for the foot & ankle, or the management of musculoskeletal pain of the lower quadrant.





#### Content Outline

Lesson 2: Key elements for foot and ankle stability

**PASSIVE**



**ACTIVE**



**NEURAL**

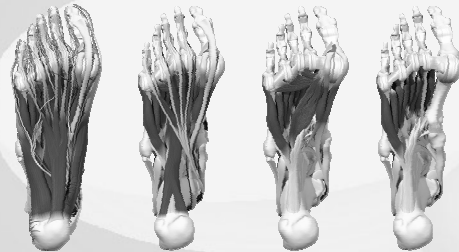


Panjabi 1992

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#### Content Outline

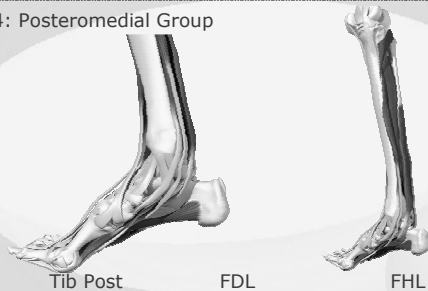
Lesson 3: The Foot Intrinsic



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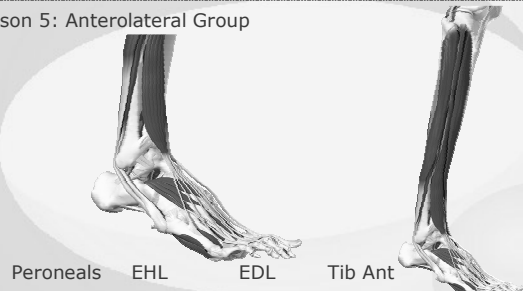
Lesson 4: Posteromedial Group



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#### Content Outline

Lesson 5: Anterolateral Group



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#### Content Outline

For each muscle group:

Structural anatomical relationships

Function & dysfunction

Links with stability mechanisms



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