

Mastering Movement of the Foot & Ankle



MASTERING MOVEMENT OF THE FOOT & ANKLE

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Module 1: Course Introduction

Mastering movement of the foot and ankle

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Mastering Movement of the Foot & Ankle

Our feet connect us to the world

Stiffness for propulsion

Flexibility for load absorption

"The human foot is a masterpiece of engineering and work of art".
Leonardo Da Vinci
(1452-1519)

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Goal Statement

This course explores the different aspects of foot and ankle function, with particular focus on the muscle system and the implications this has for muscle & movement assessment and therapeutic exercise prescription around the foot and ankle.

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Overall aims

This course aims to:

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



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Learning Objectives



Describe key elements of foot & ankle function



Define functional roles of muscles



Perform a multifaceted assessment



Design a targeted exercise program

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Course Outline

Module 1:
Introduction to
Course

Module 3:
Intrinsic foot muscles

Module 7:
Assessment of foot &
ankle function

Module 9:
Quiz & Reference list

Module 2:
Key elements for
foot & ankle function

Module 4:
Posteromedial
muscles

Module 8:
Therapeutic exercise
for the foot & ankle

Module 5:
Anterolateral
muscles

Module 6:
Calf muscles

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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.

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