

Mastering Movement of the Foot & Ankle









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<p>Our feet connect us to the world</p>		<p>Propulsion</p>	
	<p>Shock absorption</p>		<p>"The human foot is a masterpiece of engineering and work of art". Leonardo Da Vinci (1452-1519)</p>
		<p>Balance</p>	

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<h2>Goal Statement</h2>
<p>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.</p>

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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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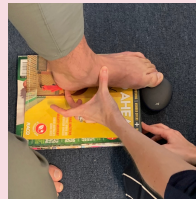
Learning Objectives



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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