

Practical Podiatric Biomechanics

Paul Harradine

MSc, BSc (Hons), SRCh, Cert Ed, Podiatrist

Presenter

Paul Harradine graduated from the Northampton School of Podiatry in 1994. He is currently the Company Director of The Podiatry & Chiropractic Centre, Portsmouth, as well as running a number of private podiatric clinics in Portsmouth and Southampton. He was the Clinical Lead Specialist in podiatric biomechanics within Portsmouth HealthCare NHS Trust between 2000 – 2004. Paul also has a Masters of Science in Sports Injury and Therapy, Certificate in Professional Studies 'Sports Podiatry', Post Graduate Certificate in Sports Science from Manchester Metropolitan University and a Certificate in Education. Paul has regularly taught podiatric workshops to podiatrists, physiotherapists and Naval Medical personnel over the past 8 years.

Course Description

This intensive 2 day theoretical and practical course is based on extensive clinical experience in assessment and treatment of lower limb and gait dysfunction, as well as extensive reference to research publications. A number of pathologies will be presented together with appropriate assessment and treatment techniques. The evidence supporting the use of the assessment and treatment procedures will also be presented. Participants completing this course will gain a greater understanding of the anatomy, biomechanics, assessment and evidence-based treatment of this interesting and complicated subject.

Course Outline

- Introduction and Historical perspective
- Anatomy re-cap & Abnormal foot morphology
- Podiatry & Physiotherapy – Compliment or Conflict?
- Current theories on foot dysfunction and Gait Dysfunction
- High Gear/Low Gear Propulsion
- Screening for foot related causes of lower limb injury and gait dysfunction
- Gait Analysis – theory
- Lower limb assessment – practical session
- Gait Analysis – practical session
- Treatment options
- Functional orthosis
- Case Studies
- Questions and Answers

Fee: £220 by cheque, payable to 'Health Education Seminars' (includes refreshments, buffet lunch, extensive course manual, and certificate of attendance)

Paul Harradine's recent presentations & publications

Conference Presentations

The role of in-shoe pressure analysis in Podiatric Biomechanics. RS-Scan International Conference, Ipswich. March, 2001.

Unification of Podiatric Gait Dysfunction Theory, Is it possible? Biomechanics Summer School August 2003, Heythrop Park, Oxfordshire

Podiatric Biomechanics: Lower Limb symptomology due to Gait Dysfunction. Wessex Foot & Ankle Forum, Southampton General Hospital, March 2004.

Clinical Gait Dysfunction: Assessment and Treatment using the in-shoe F-Scan. Tekscan Users Conference. October 2004, Staffordshire University.

Biomechanics of the lower limb - Theory and indications for foot orthoses. The 2004 Defence Medical Rehabilitation Conference. October 2004, Defence Medical Rehabilitation Centre, Headley Court.

Does my patient need foot Orthoses? An introduction to the evidence based approach in podiatric biomechanics. 1st International Evidence-Based Physical Therapy Conference, October 2004, Senate House, University of London.

Unification Theory (keynote speaker) : 3rd Staffordshire Conference on Clinical Biomechanics. Staffordshire University. 1st May, 2005

Publications

Harradine P, Collins S, Webb C, Bevan L. A new method of increasing supinatory moments to a medially deviated subtalar joint axis - The Medial Oblique Shell Inclination. Podiatry Now. Vol 11, No. 3. 2008

Harradine P. The role of plantar pressure foot pressure measurement within Podiatry. *Podiatry now: Continuing Professional Development Supplement*, October. 2006

Harradine P, Bevan L, Carter N. An overview of podiatric biomechanics theory and its relation to selected gait dysfunction. *Physiotherapy. Volume 92, Issue 2*, June 2006, Pages 122-127.

Harradine PD. Podiatry. Importance of the Foot. *Positive Health Magazine*. Issue 122, April 2006.

Bevan LS, **Harradine PD**, Durrant B: The effect of temporary immobilisation of the 1st metatarsophalangeal joint upon in-shoe gait analysis parameters - a preliminary study. *British Journal of Podiatry*. 7(2); 2004

Harradine PD, Bevan LJ, Carter N: Podiatric Biomechanics Part 1: Foot based Models. *British Journal of Podiatry*. 11(1); 2003

Carter N, **Harradine PD**, Bevan LJ: Podiatric Biomechanics Part 2. The role of proximal muscle balance. *British Journal of Podiatry*. 11(2); 2003

Harradine PD & Jarret J: Podiatric Biomechanics, the efficacy of a service within the NHS. *The Foot*. 11(1):2001

Harradine PD, Herrington L, Wright R: The effect of low dye taping upon rearfoot motion before and after exercise. *The Foot*. 11(2):2001. p57-61

Harradine PD & **Bevan LJ**: The effect of rearfoot eversion upon maximum hallux dorsiflexion. *Journal of the American Podiatric Medicine Association* 9(90):2000

Booking Form

Course _____ **Course Date** _____
Your Name _____ **Course Fee** £ _____
Address _____

Post Code _____ **email** _____
Tel No (day) _____ **(evening)** _____
Where did you hear about the course _____
Your profession _____

Terms & Conditions

1. Completion and the signing of this form creates a binding agreement to follow the course and pay the full fee.
2. Upon receipt of your application form and course fee you will be sent a letter confirming your place on the course and receipt of the course fee. If you are being funded to attend a course (see section below) the full course fee must be made at least 4 weeks prior to the course date.
3. A full refund, **less a £50 administration fee**, will be made if written cancellation is received in the HES Office **four weeks prior** to the course date. No refunds will be made after this time, for whatever reason. Substitute delegates are accepted at any time.
4. HES reserves the right to cancel the course if there are insufficient enrolments. If, in the unlikely event a tutor cannot attend the course, HES will endeavour to find a new date for the course to be held. HES will not be held responsible for any damages incurred as a result of course cancellation.
5. This form is correct at the time of printing, but is subject to alteration.

Please complete the following:

I agree to the conditions of enrolment and enclose a cheque for £ _____ as full fee made payable to Health Education Seminars Ltd for the course marked above.

Signature: Date:.....

Funded participants (if applicable)

If you are to be funded to attend these courses, please enter the name and address of the person to whom INVOICES are to be sent.

Name: _____ Position: _____

Address: _____

_____ Post Code: _____

Booking reference/Order number (if applicable): _____

Please return this completed application form with your full fee to:

Health Education Seminars, 42 Richmond Road, Poole, Dorset BH14 0BU

Tel/fax: 01202 568898 email: info@heseminars.com www.heseminars.com