

The Foot Orthotics Laboratory

The Podiatry Centre
77 Chatsworth Ave
Cosham
Portsmouth
PO6 2UH
UK

.....A fitting end to foot pain

Practical Foot and Ankle Biomechanics, Part 2: Applying theory to instant orthoses prescription

Course Tutor: Paul Harradine MSc BSc (Hons) MChS CertEd
Podiatrist

Venue: The Podiatry and Chiropody Centre
77 Chatsworth ave, Cosham, Portsmouth. PO6 2UH

Following the ongoing success of Foot and Ankle / Podiatric Biomechanics courses run by Paul, there have been continued requests for further sessions taking the course on to the next level. Although treatment methods were taught in part 1 (taping, felt inserts, footwear advice and manipulations), the next progression introduces and supplies clinical experience in the provision of good, prefabricated orthoses which can be modified / customised to specifically meet patients needs. Each attendee will leave with a pair of orthoses and experience in selecting and modifying / issuing such appliances. The course is suitable to any practitioner with a wish to accrue knowledge in this area.

Orthoses will be modified using heating tools and adhesive wedges, as well as grinders for the more experienced or those wishing to progress further into this field. Although the knowledge gained can be used in issuing many types of commercial prefabricated devices, the appliances used are from the FitaFeet and MedaFeet range, designed and imported with help from JM orthotics (USA) by Paul to link into the unified foot function theory he teaches. These orthoses are new and commercially available following this course.

The aims for this course are to allow the delegate to:

- Consolidate knowledge acquired from the previous Podiatric Biomechanics course.
- Further knowledge in the assessment and treatment of foot dysfunction using durable modifiable prefabricated orthoses
- Assess orthoses outcomes using static and dynamic methods such as static tests and gait analysis (visual and video)

Provisional Timetable

Time	Course Details
8.45 – 9.00	Coffee and Registration
9.00 – 9.15	Recap on Foot Anatomy and Morphology
9.15 – 10.15	Normal and Abnormal Function of the Foot
10.15 – 10.30	Coffee and lunch order
10.30 – 12.00	Practical Assessment and Gait Analysis
12.00 – 1.00	Lunch (provided)
1.00 – 2.00	Practical Instant Orthotic Provision
2.00 – 3.45	Practical Review of Outcomes with Orthoses (including video analysis)
3.45 – 4.00	Coffee
4.00 – 5.00	Relating foot dysfunction to symptomology and specific orthotic prescription. Examples to include: <ul style="list-style-type: none">• Adult acquired flat foot / Posterior tibial dysfunction• Plantar fasciitis• Sinus Tarsi Syndrome• Medial Tibial Stress Syndrome
5.00 – 5.30	Questions and close