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Foot Biomechanics (Assessment to Effective Treatment)

A two-day course

COURSE DESCRIPTION

This course helps understand foot biomechanics during weight bearing activities, especially gait and the load experienced by the soft tissues during these activities. It covers theoretical aspects of how pain occurs when tissues work out of the Zone Of Optimal Stress (ZOOS) and what measures can be taken to get the tissues to work in the ZOOS again. Practical aspect includes techniques to help identify areas of stress through validated tests and application of various techniques including but not limited to prescription of insoles (only if required), footwear additions, taping, dry needling and conditioning exercises to alleviate distress. Case studies are also discussed to help understand the concept better. The course emphasis is on the fact that "Pronation is not bad and not all feet that pronate need an insole". There are three general foot types and we help you understand how to modify to insole to suit each foot type provided they show the symptoms. Clinical reasoning lies at the core of both the assessment and treatment. Thus treatment is only prescribed to those who show symptoms irrespective of the foot type.

OBJECTIVES

Upon completion of this course, participants will be able to:

1. Demonstrate an understanding of the relevant Biomechanics of Foot / Ankle and Zone Of Optimal Stress of soft tissues.
2. Assess foot and ankle using validated tests to decide further course of action.
3. Develop the skill to prescribe the right insole with additions if required.

COURSE PROGRAM

THEORY	PRACTICAL APPLICATION
<ul style="list-style-type: none">- Foot and Ankle Biomechanics- Zone Of Optimal Stress (ZOOS)- Causes of Foot Injuries- Foot and Ankle Assessments- Insoles - designs, additions- Application of Insoles- Use of other therapeutic means for Ankle and Foot related issues- Discussion on various Foot conditions and appropriate treatment/management techniques- Case studies for better understanding of applications	<ul style="list-style-type: none">- Understanding various Insole designs and additions- Assessing the Foot and Ankle- Determining the right insoles and additions based on requirements

ELIGIBILITY

Bachelor of Physiotherapy

NOTE

- It is recommended you wear comfortable and appropriate clothing for practice sessions throughout the course.
- Photography/Video recording during the course is not allowed. If this guideline is not adhered to the person may be asked to leave the premises.