TIMETABLE FOR THE FOOT&ANKLE WORKSHOP

CONTEMPORARY MANUAL THERAPY APPROACH TO THE MUSCULOSKELETAL FOOT&ANKLE DISORDERS

DAY 1

9:00 – 11:00 CURRENT DIAGNOSTIC MODELS of the FOOT&ANKLE DISORDERS
  - Effectiveness of the different treatment modalities based on the current diagnostic models

11:00 – 11:15 Coffee

11:15 – 13:00 NEW APPROACH to the CLASSIFICATION AND DIAGNOSIS of the CHRONIC FOOT&ANKLE DISORDERS WITHIN the BIOPSYCHOSOCIAL FRAMEWORK
  - Introduction of the motor control and movement impairment patterns of the foot&ankle

13:00 – 14:00 Lunch

14:00 – 17:00 CLINICAL REASONING PROCESS of the FOOT&ANKLE DISORDERS WITHIN THE BIOPSYCHOSOCIAL FRAMEWORK
  - Phases of the clinical reasoning process

  - Clinical practice of the phases of the physical examination of the foot&ankle
  - Observation in non-weight bearing and weight-bearing
DAY 2

9:00 – 11:00 CLINICAL PRACTICE OF THE PHYSICAL EXAMINATION OF THE FOOT AND ANKLE
- functional tests of the foot&ankle
- observation of the gait

11:00 – 11:15 Coffee

11:15 – 13:00 PATIENT DEMO

13:00 – 14:00 Lunch

14:00 – 17:00 CLINICAL PRACTICE OF THE PHYSICAL EXAMINATION OF THE FOOT AND ANKLE
- active movement testing
- passive movement testing
- screening tests
- Classification&diagnosis based on clinical examination findings – identifying underlying mechanisms of the foot&ankle disorder

DAY 3

9:00 – 11:00 INTERVENTION of the FOOT&ANKLE DISORDERS
- Intervention of the motor control and movement impairments
- Clinical practice of the manual therapy of the foot&ankle
  - clinical examples will include the direction specific movement impairments

11:00 – 11:15 Coffee
11:15 – 13:00 INTERVENTION of the FOOT&ANKLE DISORDERS
   - Clinical practice of the therapeutic exercise of the foot&ankle
   - Clinical examples will include the direction specific motor control impairments

13:00 – 14:00 Lunch

14:00 – 15:00 INTERVENTION of the FOOT&ANKLE DISORDERS
   - Orthoses and taping of the foot&ankle

15:00 – 16:00 REVIEW of the ONGOING RESEARCH PROJECTS ACCORDING to the FOOT&ANKLE DISORDERS in FINLAND