

April 29, 2023

## EM265: VERBANIA: Foot & Ankle neuro muscolo skeletal disorders



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Teacher

### Course aims:

During the course, theoretical knowledge on the most common problems of the foot and ankle will be deepened with a critical analysis of the literature and the clinical consequences for health professionals.

The common problems of the foot and ankle will be addressed from a bio-psycho-social perspective, considering how these can be evaluated and managed in rehabilitation as well as the concepts of kinetic chain linked to functions and the clinical consequences for the evaluation and treatment of the problems of foot and ankle.

Participants will learn practical and theoretical clinical assessment skills with feedback from the teacher. Physiotherapeutic interventions will be discussed to guide the patient from the most acute phases, up to the return to function and physical capabilities specific to sport.



28 Seats



€390.00



16 Hours



20 ECM

#### INTENDED FOR

Physiotherapists, Doctors Deposit €195.00 within 7 days from the registration

Balance €195.00

**Total: €390.00**

#### PAYMENTS

#### CALENDAR

29 - 30 April 2023

#### LANGUAGE

Italian

#### Early Booking €360,00 by 29 March 2023

**Deposit:** € 195,00

**Balance:** € 165,00

## SCHEDULE

#### PROGRAMMA:

#### Day 1

08.30-09.00 Registration

09.00-09.15 Presentation & Course Introduction

09.15-10.00 Clinical Reasoning for Foot and Ankle NMSK Problems (T)

10.00-11.00 Foot & Ankle Disorder (Specific vs Non specific Foot & Ankle disorder). Reference to load pattern, movement impairment vs motor control disorder (T)

11.00-11.15 Coffee Break

11.15-13.00 Ankle Sprain: Theory and guide lines (T)

13.00-14.00 Lunch

12.00-13.00 Planning P/E and Physical Exam (Practice)

14.00-16.15 Physiological passive Mvt, Accessory Mvt, evaluation and treatment (P)

16.15-16.30 Coffee Break

16.30-18.00 Physical abilities of the lower limb, progression of treatment and exercises (aspects related to the recovery of muscle strength, adaptation to the patient's capacity) (P)

## Giorno 2

09.00-09.45 Day 1 recap

09.45-10.45 Plantar bundle disease, Metatarsalgia, Heel pain (T)

10.45-11.00 Coffee Break

11.00-12.00 Treatment progression and Exercises (Power and Plyometria) (P)

13.00-14.00 Lunch

14.00-15.00 Tendinopathy (Achilles Tendinopathy, Posterior Tibial Tendinopathy) (T)

15.00-16.00 Physical Exam (P)

16.00-17.30 Treatment progression and Exercises. Physical abilities and kinetic chain: how the ankle affects the other parts of the lower limb and body. (P)

17.30-18.00 Conclusions and ECM Test