

## **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**

