



Instructor: **Russ Horbal** BMR.PT, CAT (c), BPE., ED.(cert), RISPT, Diploma Sport Physiotherapy

Dates: Wednesdays March 6th, 13th, 20th and April 3rd, 2019

Times: 5:30 to 9:30 pm.

(a light dinner will be served at the start of each session so you can come directly from work and learn while you dine)

Location: Room R170 – College of Rehabilitation Sciences,
Rady Faculty of Health Sciences – University of Manitoba,
771 McDermot Avenue, Winnipeg, Manitoba

Cost: \$550.00 *Written withdrawal from the course before Feb. 25, 2019 will be subject to a \$25.00 fee. After Feb. 27, 2019, refunds will be provided only if the spot can be filled by another applicant.*

Registration Limited to 28 Participants

Registration Deadline: February 20th, 2019

Course Objectives:

Upon completion of this course participants will be able to:

- define and discuss the normal anatomy and biomechanics of the foot and ankle as they function in the lower kinetic chain;
- define and discuss the pathomechanics of the foot and ankle as they relate to dysfunction in the lower kinetic chain;
- perform a thorough biomechanical assessment of the foot and ankle as they function in the lower kinetic chain;
- prescribe appropriate active footwear with reference to foot, ankle and lower kinetic chain mechanics;
- define and discuss pathology-specific orthotic therapy intervention including design, selection, prescription and fabrication of a neutral cast for subsequent orthotic fabrication; and
- define and discuss pathology-specific physical therapy intervention for common foot, ankle and lower kinetic chain conditions.

Course Outline

1. Anatomy and Biomechanics Review
2. Pathomechanics of the Foot and Ankle in the Function of the Lower Kinetic Chain
3. Biomechanical Assessment of the Foot and Ankle
4. Footwear Therapy:
 - *Matching Your Patient's Biomechanics and Functional Demands Proper Footwear*
5. Orthotic Therapy:
 - *Pathology Specific Orthotic Decision Making and Treatment*
 - *Casting/Lab Process Review*
6. Biomechanical Approach to the Treatment Foot & Ankle
7. *Case Studies*
 - a. Plantar Fasciitis/Plantar Heel Pain
 - b. Forefoot Pain – Metatarsalgia, Morton's Neuroma, Plantar Plate Injury
 - c. Hallux Problems
 - d. Posterior Tibial Tendon Dysfunction
 - e. Achilles Tendinopathy
 - f. Systemic Conditions
 - i. Rheumatoid Patient
 - ii. Diabetic Patient

**For further information contact: Russ Horbal email: rhoral@mymts.net
cell: 204-771-7397**

Registration:

Complete the following form and mail with a cheque for the registration fee to:

**Russ Horbal Consulting
91 Gardenia Bay,
Winnipeg, Manitoba
R2P 0Y6**

Name: _____

Address: _____

email: _____

cell: _____

Place of Employment:

Dietary Restrictions:
