

# Clinical Biomechanics Boot Camps

## Dates & Venues

Jun 20 & 21:  
London

Jun 22 & 23:  
Glasgow

Jun 24 & 25:  
Gloucester

Jun 25 & 26:  
Leeds

Full details of venues will  
be sent upon registration.

## Theory and Practice over two days

### Mission statement:

The application of all the most recent thought, concepts, ideas, theories and research on foot biomechanics and foot orthotics into clinical practice.

### Objectives:

At the end of this course, participants will:

- Have a greater understanding of the most recent concepts, ideas, theories and research that could impact on the clinical practice of biomechanics and foot orthoses
- Better critically evaluate their own clinical practice in the context of the most recent concepts, ideas, theories and research on clinical biomechanics and foot orthoses

### Facilitator:

Craig Payne

### Fees:

£220.00; Includes tuition, practical materials, lunch and breaks and course notes.

### Registration:

Only available online at:

<http://www.podiatry-arena.com/podiatry-forum/view.php?pg=bootcamps>

### Further Information:

Email: [podiatryarena@gmail.com](mailto:podiatryarena@gmail.com)

## Suitable for all levels of experience

### Content:

- Role of forces vs motion
- Clinical tests to improve prescribing and clinical outcomes
- Linking the biomechanical assessment to the orthotic prescription
- Practical applications of newer theoretical approaches
- A re-evaluation of foam box casting
- The role of foot orthoses in sensory input
- Where are we at we understanding the ankle joint – stiffness vs range of motion
- What needs to be altered with foot orthoses to affect outcomes
- Lateral wedging for medial knee osteoarthritis
- Foot orthotic clinical decision making
- Practical steps to improve outcomes
- What is stiffness and what does it mean for clinical practice
- The latest on patellofemoral pain and foot orthoses
- The role & importance of the lateral column
- When to preload the Hallux
- Plantar fascial grooves – what, when, how?
- The dissonance between clinical practice and the research evidence
- Prefabricated vs custom: What and when? - Evidence vs clinical experience.
- Gait retraining vs orthotic modification of gait
- More.....

**The number of registrations will be limited at each venue. Please register early.**