

About the Educator

Joshua Bailey PT, DPT, OCS, CSCS, CPed, completed his MPT and DPT degree at Shenandoah University. He is a certified strength and conditioning specialist from the NSCA as well as an orthopedic clinical specialist from the APTA. He is co-owner of Rehabilitation Associates of Central Virginia, a 9 site orthopedic physical therapy center, in Lynchburg, Virginia, where he practices full time managing foot and ankle cases. Dr. Bailey works with a wide variety of patients including athletes, officials and referees in the NFL, NBA, WNBA, Major League Baseball, ACC, Big South Conference, and the Big East Conference. He is an adjunct faculty member with Liberty University and the team physical therapist for the Liberty University athletic program. He acts as a consultant for foot and ankle injuries for several other Division I athletic programs as well. He has lectured in many forums on foot and ankle since 1997 on topics including pre and post surgical management, manual therapy of the foot and ankle, differential diagnosis of foot and ankle disorders, as well as foot orthoses fabrication and modification.

Testimonials

"This course really made me realize that I was definitely was not paying enough attention to the foot and ankle. I am a spine therapist and it has changed how I manage my patients with back pain!"

-Rick, New York

"I feel so much better in my role as Head Athletic Trainer knowing that I have more options for foot and ankle problems that occur in athletes."

-Maureen, Illinois

"This course should be called 'What your book never tells you'. Unbelievable!"

-Phil, Ohio

Why You Should Attend This Course

Have you ever struggled in treating a patient with Plantar Fasciitis? Have you considered that maybe the patient really did not have plantar fasciitis? Ever wonder if your patients poor foot alignment is a factor in their back, knee or hip pain? Don't know when a patient should have a custom orthotic? Then you owe it to yourself and your patients to attend this course. Come and learn how to perform an effective differential diagnosis process for foot and ankle problems, learn what your text book may have failed to explain, and how biomechanics of the foot can create symptoms from the foot to the lumbar spine.

This course is presented over two days to provide intermediate to advanced levels of instruction to allow clinicians to gain practical and useful knowledge for evaluation and treatment for dysfunctions related to the foot and ankle. This course will begin with reviewing bony anatomy and joint function of the foot and ankle complex and using this information to delineate a structured evaluation and specific functional treatment techniques. Through a detailed course manual providing written descriptions, illustrations and selected post/preoperative protocols, emphasis will be placed on understanding biomechanical alignment as well as treatments for isolated weakness and range of motion deficits occurring in various foot and ankle diagnoses. The instruction manual will also provide useful evaluation forms as well as examples of suggested treatments. Clinicians will learn static and functional evaluation and screening techniques to guide differential diagnosis and promote thorough treatment plans for many foot and ankle pathologies including plantar fasciitis, posterior tibial tendon dysfunction, as well as forefoot disorders such as metatarsalgia. The evidenced-based approach provides an unusual approach to foot and ankle education as it integrates assessments across several areas of specialization including physical therapy and Pedorthics that include immediately useful joint mobilization, flexibility and strengthening activities, as well as indications for foot orthotic and specific shoe recommendations.

Case studies and group discussions will be utilized to ensure that the participant can implement learned techniques in the clinical setting. Lab portions of the course will allow individualized instruction in palpation, motion testing, therapeutic exercises, as well as joint and soft tissue mobilization/manipulation for specific range of motion limitation effecting common clinical entities. These techniques will be used to enhance the treatment techniques that the clinicians are presently using in their own practices.

Course Objectives

Upon completion of this course, participants will be able to:

- Utilize a systematic approach to lower extremity biomechanical evaluation.
- Determine normal and pathological lower extremity function.
- Recognize common clinical entities of the foot and ankle through differential diagnostic processes.
- Formulate and implement a comprehensive foot and ankle therapeutic exercise program.
- Identify normal and abnormal accessory motion of ankle, rearfoot, and forefoot.
- Implement appropriate mobilization techniques to enhance joint range of motion.
- Determine when foot orthotic therapy is an indicated treatment.
- Understand common surgical techniques of the foot and ankle and their relationship to postsurgical rehabilitation.
- Provide rationale for appropriate differential diagnosis for rearfoot, forefoot and ankle pathology.

Registration Form

Foot and Ankle Pathomechanics

Course Tuition: \$399



Name _____ Profession _____
Home _____
Address _____
City _____ State _____ Zip _____
Credit Card _____
Exp.date _____ Phone (required) _____
e-mail (required) _____
Location of attendance _____

Send tuition to: North American Seminars, Inc.
2000 Mallory Lane Suite 130-67 Franklin, TN 37067
1-800-300-5512 Fax 1-800-310-5920 www.healthclick.com

All cancellations must be submitted with written notice and received 14 days prior to the course date. Refunds and transfers minus the deposit fee of \$75.00 are provided until 14 business days prior to the course date. No refunds will be issued if notice is received after 14 days prior to the course date. North American Seminars, Inc. reserves the right to cancel any course and will not be responsible for any charges incurred by the registrant due to cancellation. A full course tuition refund will be issued if NAS cancels the course. NAS reserves the right to change a course date, location or instructor. No refund will be issued if course is in progress and is interrupted by an Act of War or God or issue beyond our control. NAS, Inc. will not be responsible for any participant expenses other than a course tuition refund for course cancellations.