

**לראשונה בארץ קורס פודיאטריה עם  
Joseph (Yossi) Frenkel מאוסטרליה  
בתהליך להגשה לגמול השתלמות !!!**

**הקורס יתקיים בביה"ס לפיזיותרפיה אסף הרופא  
תאריכים: 24-28.11.2019 בין השעות 09:00-17:00**

*Course Background:*

The feet, lower limbs and back are unique, kinetic, connected and interdependent structures involved in almost every major movement we perform. The necessity for weightbearing locomotion underpins human development and is growing increasingly strained in our modern, unergonomic world. As such, the possibility for injury, dysfunction and disease are commonplace creating the need for a new, broad approach to management and treatment.

The Force Model (TFM) is a simple yet effective approach to the assessment, diagnosis, management and treatment of lower limb and foot pathology for the modern world. Using intuitive and multifaceted methods, TFM incorporates physical therapy, manual therapy and orthotic therapy in a harmonious way. With TFM, the most complex problems are manageable producing successful outcomes for both patient and clinician.



**Joseph (Yossi) Frenkel**

*Bachelor of Podiatry (La Trobe) Master of Science (Wound Healing and Tissue Repair) (Cardiff University) Advanced Certificate of General Dermatology. (Bond University)* With over 14 years of clinical and teaching experience, Yossi is a highly qualified and energetic health professional. Having studied for over 8 years in undergraduate and post graduate settings and holding academic positions at 2 universities, Yossi's expertise covers a large range of specialty areas including Biomechanics, High-Risk Foot, Dermatology, Wound Healing and Health Communication.

The basis for Yossi's development of The Force Model (TFM) came from his Masters thesis which was an evidence-based review on the use of orthotics in Diabetic Foot Management. Through this study and his extensive clinical practice, Yossi developed an alternative approach to biomechanics and movement with outstanding clinical results. After successful completion of his Masters degree, Yossi integrated TFM into his clinical work as well as using it as a teaching tool for his university student

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### Course Outline:

- Part 1: From the ground up – anatomical principles, biomechanical models, musculoskeletal movements and functional foundations.
- Part 2: Inflammation and compensation – the key to understanding virtually every disease and condition!
- Part 3: The Force Model – a simplified approach to a complicated world.
- Part 4: Basics of Biomechanical Assessment – static assessment.
- Part 5: Basics of Biomechanical Assessment – dynamic assessment.
- Part 6: Intrinsic and Extrinsic Factors Affecting Movement.
- Part 7: The symptomatic spectrum – how to know what to do and when.
- Part 8: Putting it all together – diagnosis and management strategies using TFM.
- Part 9: What, when and how – choosing the right strategy for lower limb pathology.
- Part 10: Tools of the trade – using TFM to prescribe orthotics, heel lifts, wedges, pads, shoes, braces and taping.
- Part 11: Keep on moving – musculoskeletal retraining (FABSS – flexibility, adaptability balance, stamina, strength,) and dynamic flexibility as a therapeutic tool.
- Part 12: Foot and lower limb specific manual therapy techniques – mobilisation, massage, active stretching.
- Part 13: TFM management of common toe/forefoot problems – turf toe, metatarsalgia, bursitis, sesamoiditis, hallux valgus, hallux limitus, hallux rigidus, hammer toe, plantar plate injuries, Morton's neuroma, Tailors Bunion.
- Part 14: TFM management of common midfoot/arch conditions – cuboid syndrome, plantar fascia strain, pes planus, pes cavus, arthritis.
- Part 15: TFM management of rearfoot/heel/ankle conditions – plantar fasciitis, Achilles tendinopathy, tibialis posterior dysfunction, sinus tarsi syndrome, ankle sprains.
- Part 16: TFM management of ankle/leg/calf/shin conditions – shin splints, stress fractures, compartment syndrome.
- Part 17: TFM management of knee/thigh/hip/lower back conditions.
- Part 18: TFM in Paediatric conditions – pes planus, metatarsus adductus, apophysitis, toe walking, curly toes.
- Part 19: TFM in Geriatric conditions – plantar pad atrophy, falls, arthritis.
- Part 20: TFM in The Diabetic Foot – foot injury prevention, peripheral neuropathy.
- Part 21: TFM and sports injuries – running, periodisation, load management, adaptability.
- Part 22: TFM and complex medical conditions – autoimmune diseases, neurological disorders.
- Part 23: Summary, conclusion and closing remarks.