



The Force Model – A simplified approach to biomechanics and the management of lower limb and foot conditions.

Date:

Sunday February 16th to Friday February 21st, 2020

Course Length:

6 days for a total of 41 hours

Course Schedule:

Sunday – 8am to 2:30pm

Monday – 8am to 4pm

Tuesday – 8am to 4pm

Wednesday – 8am to 2:30pm

Thursday – 8am to 4pm

Friday – 8am to 12pm

Course Outline:

See Below

Sunday February 16th – Day 1:
Theme: From the ground up - building functional foundations

8:00am – 8:15am

Welcome, introduction and outline

8:15am – 9:00am

Anatomical principles – structure and function of the lower limb

9:00am – 9:45am

Biomechanical Models of Lower Limb Function

9:45am – 10:00am

Break

10:00am – 10:45am

Functional Foundations

10:45am – 11:45am

Practical session of anatomy, function and biomechanics from mornings' session

11:45am – 12:15pm

Break

12:15pm – 1:00pm

The Force Model (TFM) – Basic Principles – What does a foot do?

1:00pm – 1:45pm

TFM – Basic Principles – Forces in movement – muscle strength, flexibility, balance

1:45pm – 2:30pm

Basic assessment of foot forces

Monday February 17th – Day 2:
Theme: Injury mechanisms and their connection with biomechanical anomalies

8:00am – 8:15am

Review of previous days' content

8:15am – 9:00am

Inflammation and Compensation – the key to understanding disease

9:00am – 9:45am

Intrinsic and Extrinsic Factors Affecting Movement

9:45am – 10:00am

Break

10:00am – 10:45am

Symptomatic Spectrum for intervention

10:45am – 11:30am

The basics of static assessment

11:30am – 11:45am

Break

11:45am – 12:45pm

Practical assessment of static assessment

12:45pm – 1:30pm

The basics of dynamic assessment

1:30pm – 2:00pm

Lunch

2:00pm – 3:00pm

Practical assessment of dynamic assessment

3:00pm – 4:00pm

Putting it all together – working through a biomechanical assessment as a group

Tuesday February 18th – Day 3:
Theme: Orthotics, Footwear and External Appliances

8:00am – 8:15am

Review of previous days' content

8:15am – 9:00am

TOFU – not just a food!

9:00am – 9:45am

Applying TFM to a biomechanical assessment

9:45am – 10:00am

Break

10:00am – 10:45am

TFM treatment algorithm

10:45am – 11:30am

Practical session of TFM treatment algorithm

11:30am – 11:45am

Break

11:45am – 12:30pm

Foot Orthotics and TFM Part 1 – basics and principles

12:30pm – 1:15pm

Foot Orthotics and TFM – prescription algorithm and options

1:15pm – 2:00pm

Lunch

2:00pm – 3:00pm

TFM and other external modalities

3:00pm – 4:00pm

Practical session of orthotic prescription and external appliances

Wednesday February 19th – Day 4:
Themes: Rehab, Manual therapy and Running Biomechanics

8:00am – 8:15am

Review of previous days' content

8:15am – 9:00am

TFM and Manual Therapy

9:00am – 10:00am

Practical Session – manual therapy for common foot conditions

10:00am – 10:15am

Break

10:15am – 11:00am

Keep on moving – musculoskeletal retraining (FABSS – flexibility, adaptability balance, stamina, strength) and dynamic flexibility as a therapeutic tool.

11:00am – 12:00am

Practical session of FABBS and dynamic flexibility

12:00pm – 12:15pm

Break

12:15pm – 1:00pm

TFM and sports injuries – running, periodisation, load management, adaptability.

1:00pm – 1:45pm

From head to toe - Running Biomechanics

1:45pm – 2:30pm

Assessment of Running Biomechanics

Thursday February 20th – Day 5:
Theme: TFM in practice
Case-studies and specific populations

8:00am – 8:15am

Review of previous days' content

8:15am – 9:00am

TFM management of common toe/forefoot problems

9:00am – 9:45am

TFM management of common midfoot/arch conditions

9:45am – 10:00am

Break

10:00am – 10:45am

Practical session – management of forefoot and midfoot conditions

10:45am – 11:30am

TFM management of rearfoot/heel/ankle conditions

11:30am – 11:45am

Break

11:45am – 12:30pm

TFM management of ankle/leg/calf/shin conditions

12:30pm – 1:15pm

TFM management of knee/thigh/hip/lower back conditions

1:15pm-1:45pm

Lunch

1:45pm – 2:45pm

Practical session – management of rearfoot, leg, thigh and lower back conditions

2:45pm – 3:30pm

TFM in Paediatric conditions – pes planus, metatarsus adductus, apophysitis, toe walking, curly toes

Friday February 21st – Day 6:

Theme: Case-studies, specific populations continued and conclusions

8:00am – 8:15am

Review of previous days' content

8:15am – 9:00am

TFM in Geriatric conditions – plantar pad atrophy, falls, arthritis

9:00am – 9:45am

TFM in The Diabetic Foot – foot injury prevention, peripheral neuropathy

9:45am – 10:00am

Break

10:00am – 10:45am

TFM and complex medical conditions – autoimmune diseases, neurological disorders

10:45am – 12:00pm

Summary, conclusion and closing remarks