Physiocare Physiotherapy & Rehabilitation Centre

in Association with

Sports Health Incorporated

Organizes Hands on Workshop on

Advanced Ankle and Foot Rehabilitation
Clinical Evaluation and Physiotherapy Management Techniques

Resource Person: Dr. Gagan Kapoor, MPTh, MIAP
Sports Physiotherapist, Former Physiotherapist Indian National Football Team

On
9th and 10th February 2013
At
Physiocare Physiotherapy and Sports Injury Clinic
B35, 936/61, Citizen Enclave, Barewal Road, Ludhiana

No. of Seats: 25
Eligibility: Practicing Physiotherapists, MPT Students, BPT Interns
Organizing Secretary: Dr. Som Gupta (PT),
Physiocare Physiotherapy Clinic, Ludhiana
For further Queries visit www.physiocareclinic.com or contact 9815370607, 9814106639
Fees: Rs. 2000/
The Highlights:

- Pathomechanics of the ankle/foot in relation with the lower extremity
- Detailed assessment skills including Sub Talar Neutral, Tibia Vara and Special tests
- Taping and Strapping Techniques of the Ankle and Foot
- Mobilization Techniques
- Orthotic Management
- Rehabilitation Protocols for Surgical and Non-surgical patients

Program

Day 1

16:00-16:45 Anatomy and Pathomechanics
16:45-17:30 Evaluation and Diagnosis
17:30-17:45 Tea Break
17:45-18:30 Special Tests (Anterior Drawer, Subtalar Neutral, Tibia vara)
18:30-19:15 Practice Special Tests
19:15-20:00 The Unstable Ankle

Day 2

8:30-8:45 Review of Day 1
8:45-9:30 Balance and Proprioceptive Training
9:30-9:45 Tea Break
9:45-10:30 The Pronated Foot
10:30-11:15 Taping Techniques for Ankle and Foot (anti pronation taping/ ankle joint/ turf toe/ plantarfascitis)
11:15-12:30 Practice Taping Techniques
12:30-13:00 Lunch Break
13:00-13:45 Other Ankle and Foot Pathologies
13:45-14:30 Mobilizations of the Ankle and Foot
14:30-15:15 Practice Mobilization Techniques
15:15-16:00 Running Injuries of the Ankle and Foot
16:00-16:30 Footwear and Orthotic Management of Foot Problem

Course Description: The ankle bears the weight of our body making it highly prone to injuries. A thorough understanding of lower extremity biomechanical alignment, pathomechanics and differential diagnosis is critical in determining the appropriate path for successful rehabilitation. A systematic approach combining evidence-based treatment with theory will deliver improved clinical outcomes and patient satisfaction. This essential workshop has been designed to fill the gap for therapists between standard protocol driven approaches to rehabilitation and the practical, clinical management of ankle and foot pathologies. Participants will integrate biomechanical assessment and clinical problem solving skills in order to formulate an appropriate treatment strategy for the individual patient. During workshop will discuss exercise prescriptions which represent evidence-supported best practices for physiotherapy management, plantar fasciitis, posterior tibial tendon dysfunction, metatarsalgia, and both acute and chronic foot disorders.

About Dr. Gagan Kapoor: Dr. Gagan Kapoor is a sports physiotherapist with 15 years of experience in clinical physiotherapy. He has been closely associated with sports for past 8 years and run his specialist sports injury clinics in Delhi and NCR. Dr. Gagan Kapoor has worked as team physiotherapist for the National Football Team and JCT Mills football club. He has keen interest in the lower extremity injuries specially the biomechanical component of overuse injuries. Dr. Kapoor has been guide to over 10 post graduate students from various universities. Dr. Gagan is a graduate from prestigious National Institute of Rehabilitation, Training and Research and member of the Indian Association of Physiotherapists.
Registration Form
Advanced Ankle and Foot Rehabilitation
Clinical Evaluation and Physiotherapy Management Techniques

Name__________________________
Institute/College_________________
Designation_____________________
E mail add._______________________
Phone:___________________________
Postal Address___________________
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