

## **LIVE FUNCTION COURSE DESCRIPTION** **FUNCTIONAL FOOT / ANKLE**

### **Course Overview:**

A new and innovative one day seminar providing participants with essential principles, strategies and techniques of Applied Functional Science. This seminar encourages direct participation and interaction with the instructor and participants to enhance the ability to assess and address client / patient function. During this course you will learn a principle based approach to creating strategies for assessment / testing, prevention, training and rehabilitation to facilitate improved functional thresholds. This class is designed for all health professionals and applies to all client / patient populations.

### **Course Objectives:**

The foot and ankle is a very complex anatomical structure consisting of 26 irregularly shaped bones, 30 joints, over 100 ligaments, 23 muscles acting directly on the foot/ankle. In addition, the rest of the body and its parts must work harmoniously to achieve efficient movement of the foot/ankle complex. The foot/ankle's ability to quickly transform from a mobile adaptor to a stabile propeller becomes paramount to understanding its function. The foot demonstrates tremendous stability while it is mobile and provides for tremendous mobility while it is stabile; to simplify this complexity we will share a principle, strategy, technique process thus empowering you to assess and address foot/ankle function.

To accomplish the aforementioned participants will be empowered to learn:

1. A principle, strategy, technique process for the foot/ankle complex
2. Over 50 new foot/ankle techniques for all levels of patient / client
3. The science of "Tweakology" therefore empowering you to expand all techniques into specific applications
4. An introduction to Foot/ Ankle Functional Manual Reaction®

### **Topics include:**

- 1) Functional principles that relate to the foot/ankle complex
  - a) Individuality and thresholds
  - b) Physical laws of nature...reactive vs. traditional anatomy, the difference and its application
  - c) Integration between the foot/ankle, and the rest of the body
  - d) Concept of motion-stability

- 2) **Practical strategies for the foot//ankle**
  - a) **How and why to position client / patient relative to needed task, activity, function**
  - b) **How to achieve the desired response**
  - c) **Gradually reduce stability while maintaining mobility...how far do we go?**
  
- 3) **Integrated foot/ankle programming (techniques)**
  - a) **The test is the exercise and the exercise is the test**
    - i) **Demonstrate foot/ankle flexibility, stability, strength, power, endurance techniques**
      - (1) **Establish an individual threshold**
      - (2) **Utilize Functional Manual Reaction to enhance authentic function**
      - (3) **Utilizing the art of Tweakology, explore the infinite possibilities that exist yet being specific to what we observed during assessment**
      - (4) **Programming sequence**
        - (a) **Functional preparation**
        - (b) **Fundamental movement**
        - (c) **Enhancement movement**
        - (d) **Activity-Skill specific**

## **One Day Breakdown**

<b>7am</b>	<b>Registration / Set Up</b>
<b>8-930am</b>	<b>Principles of function applied to the foot/ankle</b>
<b>930-10</b>	<b>Strategies of function applied to the foot/ankle</b>
<b>10-10:15am</b>	<b>BREAK</b>
<b>10:15-12pm</b>	<b>Technique Lab</b>
<b>12-1pm</b>	<b>LUNCH</b>
<b>1-2:45pm</b>	<b>Technique Lab</b>
<b>2:45-3pm</b>	<b>BREAK</b>
<b>3-4</b>	<b>Technique Lab</b>
<b>4-5</b>	<b>Putting it all together...Program design</b>
<b>5-5:30</b>	<b>Questions, answers, review</b>