

Clinical Reasoning of the Foot + Ankle Complex

DATE

April 23-24. 2021

LOCATION

Upstate AHEC Training Room
104 South Venture Drive
Greenville, SC 29615

COURSE DESCRIPTION

This course will cover a detailed assessment and treatment of the foot and ankle complex. A framework for assessing the kinetic chain, clinical reasoning to the findings, and treatment consisting of manual therapy and specific exercise prescription will be provided. Furthermore; topics of footwear, orthotics, and taping will be covered.

TARGET AUDIENCE

This course is appropriate for beginner and intermediate level PT, OT, PT assistants, and OT assistants. Although reviewed in the course, knowledge of lower extremity anatomy, basic biomechanics, and palpation skills are recommended.

OBJECTIVES

- Learner will understand the anatomy of the foot and ankle and how it relates to function
- Learner will understand the biomechanics of the lower extremity and how it relates to function
- Learner will be able to perform a thorough lower extremity evaluation and relate it to the foot and ankle complex
- Learner will understand how to treat foot and ankle injuries such as tendinopathy, ligament sprains, and osteochondral defects
- Learner will be able to demonstrate correct ankle mobilization techniques
- Learner will have basic understanding of shoe and orthotic design

Instructional Method: Live-Lecture & Hands-On Lab
Lab Notice: Participants must dress in lab appropriate clothing. Participants must also wear a mask. Disposable gloves will be provided during the course (to be worn when touching other participants in lab).
Level of Course: Beginner // Intermediate

Upstate AHEC
Excellence In Health Care Through Education

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SCHEDULE

Day 1 // Friday, April 23, 2021

8:00-8:30	**Registration**
8:30-9:00	Introduction and Anatomy
9:00-10:00	Evaluation (pelvis, hip, tibia, rearfoot, talar position)
10:00-10:15	**Break**
10:15-11:00	Lab
11:00-12:30	Evaluation (midfoot, forefoot, gait, movement debrief)
12:30-1:30	**Lunch (on your own)**
1:30-2:30	Review and Lab
2:30-4:00	Common pathologies (tendinopathy, sprains, fractures)

Day 2 // Saturday, April 24, 2021

8:30-9:30	Exercise Prescription
9:30-10:30	Lab & Lecture: Manual therapy of the fibula, talocrural joint, rearfoot, midfoot, soft tissue consideration and techniques
10:30-10:45	**Break**
10:45-12:00	Orthotic, shoes, and taping lecture

ABOUT THE INSTRUCTOR

Alex Volfson was originally born in Belarus and immigrated to the United States in 1990. He grew up in Ohio and Georgia, later going to the University of Georgia for his undergraduate degree in Exercise Science. Afterwards, he went on to graduate school at the Medical College of Georgia and graduated with his Doctorate of Physical Therapy degree in 2009. Since graduation he has completed his orthopedic clinical specialist certification and went through a rigorous residency through the Institute of Physical Art. Professionally, he also works with the Greenville Triumph professional soccer club and is in charge of the running analysis lab at Bon Secours St. Francis. When not working, he enjoys spending time with his wife, 2 daughters and dog, exercising, and doing outdoor activities.

REGISTRATION

To register: visit www.upstateahec.org, click on the CE Tab > Live Courses > April
For registration issues, please call 864.349.1160.

Program Fee:
$48 for Upstate AHEC Consortium Members
$160 for non-Upstate AHEC Consortium Members

CONTINUING EDUCATION CREDIT

Physical Therapists: This course has been submitted to the South Carolina Physical Therapy Association (SCAPTA) for CEU credit. Credit statements will be updated as approvals are received.

Occupational Therapists: The course is under review by a consultant with the South Carolina Occupational Therapy Association (SCOTA) for CEU credit. Credit statements will be updated as approvals are received.

MORE INFORMATION

Successful completion of the program requires attendance for 100 percent of the program and a completed online evaluation by the participant within 10 calendar days of the program date. A certificate of completion will not be made available for you if the evaluation is not completed within this timeframe. No partial credit available.

Americans with Disabilities Act (ADA): Upstate AHEC is committed to equality of educational opportunity and does not discriminate against applicants, students or employees on the basis of race, color, religion, sex, national origin, age, disability or veteran's status. If you require reasonable accommodations for a disability in order to participate fully in a continuing education activity, call 864-349-1160 no later than one week before the date of the activity.

Refund and Cancellation Policy: Upstate AHEC reserves the right to cancel a continuing education program if enrollment is not sufficient to warrant offering the program. If a class must be cancelled for any reason, a full refund will be granted. In the event that Upstate AHEC should find it necessary to cancel or postpone a program for any reason including, but not limited to, registration responses, strikes, or acts of God, a full refund will be granted. Upstate AHEC will not be liable for registrants' expenses.

Registrants canceling between 2 weeks and 48 hours prior to the program will receive a 75 percent refund. No refunds or credits will be given for cancellations received less than 48 hours prior to the program. No refunds or credits will be given for no-shows. Participant substitutions are welcome (please notify us in advance of the program). Cancellations must be made in writing (mail or email – registration@upstateahec.org).

*** Your experience with AHEC live, in-person courses will look different for the foreseeable future as we navigate the current COVID-19 pandemic + related restrictions. Our commitment to you is that we will continue to make proactive decisions that are grounded in safety. We are taking the following steps at our events to help protect the health + well-being of our team + clients: making hand sanitizer available, limiting course size, contactless sign-in process, social distanced seating, + requiring face masks or coverings.**