

Ankle, Leg and Foot

Tuition: \$79

Hours: 4

Instructor

- Dustin Nabhan, DC, DACBSP, CSCS

Course Description

This four-hour distance based course will provide health care providers with current information regarding common conditions of the ankle, leg and foot. Topics covered will include the epidemiology, anatomy, pathophysiology, physical examination, diagnostic imaging, active and passive treatment approaches to these conditions. The learner's participation (time) is actively tracked and logged.

Evaluation

The learner's time spent studying course materials is tracked electronically. A learning outcome examination is administered at the termination of the course materials. You must obtain a minimum of 75% in order to pass.

Outline

Hour 1

Ankle functional anatomy, pathomechanics, physical exam and imaging

Hour 2

Management of ankle injury with exercise and manual therapy

Hour 3

Conditions of the leg

Hour 4

Tendinopathy and conditions of the foot

Objectives

In this course the learner will:

1. Learn the functional anatomy of the ankle.
2. Consider the key risk factors for ankle sprain.
3. Study the pathomechanics of ankle sprains and Lisfranc injury.
4. Survey rehabilitation techniques used in return to play after ankle sprains and achilles tendiopathy
5. Review the terminology of tendinopathy
6. Consider current best practices in treatment of tendinopathy
7. Become acquainted with manual therapy to restore ankle mobility
8. Learn the concepts of exercise prescription for prevention of ankle injury