



Biomechanics, Sports & Remedial Therapies

76 Derby Road, Long Eaton, Nottingham, NG10 4LB. Tel: 0115 983 5780 Email: enquiries@sobsart.com
www.sobsart.com

Workshop: Soft tissue manipulation and mobilisation of the foot & ankle Part 2

Aims & Objectives	<p>To provide delegates with practical skills and knowledge of techniques in soft tissue manipulation and mobilisation of the lower limbs.</p> <p>This workshop focuses on the practical application of joint mobilisation for treating a wide range of musculoskeletal conditions that affect the lower limbs.</p> <p>This workshop is the final part of a two part workshop.</p> <p>It is not compulsory to complete both parts of this workshop.</p>
Suitable applicants:	<p>This is an introductory joint mobilisation workshop.</p> <p>No knowledge of joint mobilisation is required.</p>
Date:	2 nd October 2011
CPD Points:	7
Venue:	School of Biomechanics, Sports & Remedial Therapies
Fee:	£105.00
Number of Students:	Maximum 12
For More Information Contact:	
Iona Lyn	Head of CPD
Facilitators:	Steve Bailey and Rob Smith

If you require any further information, please contact the school on:
0115 983 5780
Or email at:
enquiries@sobsart.com

The numbers of places available is limited to ensure a low student to clinician ratio. Therefore, please note that applications will be accepted on a "first come first served" basis. Please send your application form and the appropriate workshop fee to:

SOBSART, 76 Derby Road, Long Eaton, Nottingham, NG10 4LB

Workshop Timetable

09.00 hrs	Registration
09.15 hrs	Introduction to mobilisation <ul style="list-style-type: none"> ▪ <i>Technique & grading</i> ▪ <i>Signs & symptoms Vs Treatment</i> ▪ <i>General rules to consider</i> Mobilisation of the subtalar joint <ul style="list-style-type: none"> ▪ <i>Adhesions & Crepitus</i> ▪ <i>Sinus Tarsi Syndrome</i> Practical session Mobilisation of the tarsometatarsal joints <ul style="list-style-type: none"> ▪ <i>Subluxed Cuboid</i> ▪ <i>1st proximal metatarsal head</i> ▪ <i>Navicular, Cuneiform</i>
10.30 hrs	Tea break
11.00 hrs	Mobilisation of the metatarsophalangeal joints <ul style="list-style-type: none"> ▪ <i>Metatarsalgia</i> ▪ <i>Capsulitis</i> ▪ <i>Hallux limitus</i>
11.45 hrs	Practical session
12.30 hrs	Lunch
13.30 hrs	Lateral ankle sprain <ul style="list-style-type: none"> ▪ <i>Fibula heads</i> ▪ <i>Talocalcaneal joint</i> ▪ <i>To increase dorsi/plantarflexion</i>
15.15 hrs	Tea break
15.45 hrs	Practical session Discussion & Review
17.00 hrs	Close

This timetable may be subject to changes