

## **“THE PROBLEM ANKLE” A ONE DAY WORKSHOP**

**AIM:** To give physiotherapists an understanding of the functional and regional anatomy of the ankle complex. Also, to identify the common injuries and problems likely to be encountered in this frequently injured anatomical region. Whilst specifically focused on musculo-skeletal problems the principles taught and demonstrated can be applied to all spheres of physiotherapeutic practice.

### **PROGRAMME**

9.00 - 9.15	Registration
9.15 - 9.30	Introduction to course.
9.30 - 11.00	“The Ankle revisited” - anatomy and assessment. <i>Revises the main anatomical structures in this area with specific reference to the clinical problems that can arise with disruption or trauma to them.</i>
11.00 - 11.30	<b>COFFEE/TEA</b>
11.30 - 1.00	Practical session (continued) <i>Classifies &amp; identifies the muscles within this anatomical region and details their actions, functions &amp; roles. Also, how this knowledge can be incorporated within clinical assessments and rehabilitation.</i>
1.00 - 1.45	<b>LUNCH</b>
1.45 - 3.30	Rehabilitation & treatments for ankle injuries. <i>Addressing the principles of rehabilitation and treatments for patients with ankle complex injuries. The session aims to clarify and determine the criteria for progressions from the acute/early phase through to the final functional pre-discharge stage of rehabilitation.</i>
3.30 - 3.45	<b>COFFEE/TEA</b>
3.45 - 4.45	Manual therapy & mobilisation techniques. <i>Revision of and instruction in manual therapy techniques that are appropriate to the joints &amp; soft tissues of this particular region. Also, considers the clinical indicators that determine their selection.</i>
4.45 - 5.00	Discussion Session

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