



## Advanced Biomechanics Study Day with Paul Harradine

### Day 2

#### Kettering Conference Centre

This advanced course follows on from the one day practical biomechanics course.

After a short review the aim is for delegates to:

- 1) To understand specific orthotic modifications for specific conditions such as plantar fasciitis, Paediatric pes planus, posterior tibial tendon dysfunction and rheumatoid arthritis
- 2) To understand the use of 2D video gait analysis in the assessment of walking related gait dysfunction
- 3) To understand the use of 2D video gait analysis in the assessment of running related gait dysfunction
- 4) To introduce the current evidence on distance running assessment and treatment, and clinically use this in relation to specific injury such as medial tibial stress syndrome and patello-femoral pain syndrome.

#### **Programme outline:**

9.30 - recap and questions

10.30 - Premise of orthotic manufacture and specific modifications for specific injury

11.30 - Orthotic outcomes and 2D video gait analysis

12.30 Lunch

1.30 - Running and Running assessment in relation to injury

2.30-4.30 - Clinical assessment and use of the days lectures using delegates as examples

**PLEASE NOTE: This is a practical course and examples will be taken from the delegates group. Delegates should wear sportswear and trainers if possible.**

Paul Harradine is a clinical podiatrist and director of The Podiatry Centre Ltd and The Foot Orthotics Laboratory Ltd. Paul has gained an MSc and CertEd working in both NHS clinical specialist posts and educational settings before becoming a full time private practitioner in 2003. He has published papers in podiatric, physiotherapy and orthopaedic texts on first ray function, plantar pressure analysis technology, taping, orthoses production and foot function theory amalgamation.