FUNCTIONAL REHABILITATION FOR 
LOWER LIMB DISORDERS

Tutor: Alison Middleditch MCSP MMACP
Alison is Director of Surrey Physiotherapy and runs a successful private practice. She qualified from Kings College Hospital and has worked in both the NHS and Private Practice and held a five year Research post at the Bioengineering Department of University College London. Alison has worked extensively in the field of musculoskeletal medicine and has a particular interest in hypermobility and complex musculoskeletal problems. She has a passion for sport having worked with national sports teams and at present she is working with The Kinetic Foundation - a charity that uses sport to engage disadvantaged children. Alison has lectured nationally and internationally, she is the author of several articles, has contributed chapters to three books and is co-author of Functional Anatomy of the Spine.

Aims: At the end of the course participants will:

1. Be able to identify common biomechanical mal-alignments in the lower limb and understand the loading implications on the joints and tissues.
2. Have an understanding of the effect of malalignment of the lower limb on the kinetic chain
3. Have carried out a functional assessment for lower limb dysfunction and altered biomechanics
4. Be able to design and implement a functional rehabilitation programme for lower limb disorders
5. Be able to identify when the prescription of an orthosis may be appropriate

Venue: Physiotherapy Department Finchley Memorial Hospital Granville Road North Finchley London N12 0JE

Date: SATURDAY 16TH MAY 2015

Attached: Programme/Directions/Application form

HANDS ON WORKSHOP PLEASE BRING SHORTS WITH YOU
Participants are asked to bring the following: Shorts/trainers/sports specific shoes eg. Astro boots, football boots, golf shoes/well work shoes.
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PHYSIOTHERAPY DEPARTMENT
FINCHLEY MEMORIAL HOSPITAL
SATURDAY 16TH MAY 2015

PROGRAMME

8.45 am     Registration
9.00 am     LECTURE
            How normal and abnormal biomechanics of the foot affect lower limb alignment and function.

            • Anatomy and biomechanics of the foot and ankle
            • Common foot deformities and their compensation mechanisms—assessment, evaluation and management
            • Biomechanical consideration of the hip and knee

10.30 am    Coffee
10.50 am    PRACTICAL
            Functional assessment of the lower limb

1.00pm       Lunch

2.00pm       PRACTICAL
            Manual testing of the talocrural, subtalar and midtarsal joints
            Biomechanical tests of the hip and knee

3.30pm       Tea
3.50         PRACTICAL
            Devising an effective functional rehabilitation programme
            The value of taping
            What are orthoses?
            Indications and contraindications for the use of orthoses.
            Footwear
            Choosing the right shoe

5.00         Finish
Directions to FINCHLEY MEMORIAL HOSPITAL

The following are brief details about the venue. Please download the map for a full driving and transport directions.  

**Directions**
Please use the AA or RAC website by for driving directions from where you are coming from.

**Parking**
Limited parking is available in the hospital car park, alternatively there is parking on local streets.

**Public transport**
The nearest tube station is West Finchley which is 1/2 mile away. The hospital is served by a number of buses. Please see www.transportdirect.info for a travel planner.
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SATURDAY 16TH MAY 2015

APPLICATION FORM

Name:
(Please print name as you wish for it to be shown on your certificate)

Address for correspondence:

Contact No:  Home :
Work :
Mobile :

E-mail address :

Place of work :

Grade :

Area of work :

Apply to : Welbeing CPD Ltd,
North View, Church Road, Bulphan
RM14 3RU
Tel: 01375 893 820 or
E-mail:enquiries@welbeing-cpd.co.uk

Fee : Rate: £126.00 per person
(cheques payable to Welbeing CPD Ltd)
Credit/Debit card booking available now
Online or Phone
www.welbeing-cpd.co.uk

Included in fee: Course notes
Certificates to assist with your CPD
Refreshments

Cancellation Policy

1. Upon receipt of your application form and course fee you will be sent a letter/email confirming your place on the course and receipt of the course fee. If you are being funded to attend a course please let us know who to invoice and also, if application, purchase order no.

2. A full refund, less a £60 administration fee, will be made if written cancellation is received in the Welbeing office four weeks prior to the course date. No refunds will be made after this time, for whatever reason. Substitute delegates are accepted at any time.

3. Welbeing reserves the right to cancel the course if there are insufficient delegates. If, in the unlikely event a tutor cannot attend the course, Welbeing will endeavor to find a new date for the course to be held. Welbeing will not be held responsible for any losses incurred as a result of course cancellation.