

Lower Limb Biomechanics Hands-On Workshop Module 1:

Perth: 21 May
 Melbourne: 4 June
 Brisbane: 18 June
 Hobart: 23 July
 Sydney: 6 August

Module 2:

Perth: 22 May
 Sydney: 7 August

2011 SEMINAR SCHEDULE

Expand your lower limb biomechanics knowledge: learn unique assessment and treatment techniques which will enhance patient outcomes and recovery. Don't miss this opportunity to learn from renowned Podiatrist Abbie Najjarine.



PLUS, YOU'LL EARN CPD POINTS!

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FREE Orthotic Starter Pack

Attendees of Lower Limb Biomechanics Hands-On Workshop Module 1, receive a **FREE orthotic starter pack.**

The Starter Pack comes with a full range of orthotics & additions plus a copy of **THE ORTHOTIC REVOLUTION** by Abbie Najjarine - a unique practical guide to Superior Biomechanics - and a medical heat gun, plus you'll receive a comprehensive training DVD.

Valued at over \$250

EVERYTHING YOU NEED	
5 pairs assorted ICB Medical Orthotics: 2 x 2/3 length, 1 x dress style & 2 x Full Length	
Orthotic Additions Pack: assorted sizes of metatarsal domes, forefoot wedges, rearfoot wedges & heel lifts	
Heat Gun	'The Orthotic Revolution'. The new book By Abbie Najjarine
Lower Limb Biomechanics Training & Education DVD	Orthotic Catalogue
Patient education brochures & clinic wall posters	

Registrations

To register for a course, please fill out the form (left) and return by mail or fax to:

The International College of Biomechanics
 4/17-19 Marshall Rd
 Kirrawee NSW 2232 AUSTRALIA
 Phone: +61 2 9542 4095
 Fax: +61 2 9545 5567
 Email: info@icbacademy.com
www.icbacademy.com

Please register me to attend:

Lower Limb Biomechanics Hands-On Workshop Module 1: \$325

- Perth: 21 May
- Brisbane: 18 June
- Sydney: 6 August
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Lower Limb Biomechanics Hands-On Workshop Module 2: \$325

- Perth: 22 May
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PAYMENT:	
<input type="checkbox"/> Cheque (AUD only)	<input type="checkbox"/> Money Order (AUD only)
<input type="checkbox"/> Credit Card: <input type="checkbox"/> Visa	<input type="checkbox"/> Mastercard
Card No.: _____	
Expiry Date: ____ / ____	3 Digit Security Code: ____
Cardholder's Name: _____	

Organisation: _____ Modality: _____

Title: _____ First Name: _____ Surname: _____

Address: _____

Suburb: _____ State: _____ Postcode: _____ Shoe Size: _____ AUS / UK / Euro

Phone: _____ Fax: _____ Email: _____

Course Presenter

Abbie Najjarine B.App.Sc. (Pod).

Podiatrist and author of *'The Orthotic Revolution: A Guide to Superior Biomechanics'*. Abbie lectures extensively throughout Australia, New Zealand, United Kingdom, Hong Kong, Taiwan & China and continues to successfully treat thousands of patients experiencing lower limb biomechanical pain and dysfunction.

Course Fees

Include course notes and all required materials. Morning tea, lunch & afternoon tea are also included in the course fee.

Lower Limb Biomechanics Hands-On Workshop Module 1: \$325

Lower Limb Biomechanics Hands-On Workshop Module 2: \$325

Register for both Module 1 & 2 together & receive a 10% discount = \$585

Course fees are tax deductible.

Earn CPD Points

Lower Limb Biomechanics Hands-On Workshop Module 1: APA: 1 point per hour
CAA: 7 FLA hours
COCA & APODC: submit log hours.

Lower Limb Biomechanics Hands-On Workshop Module 2: APA: 1 point per hour
CAA*: 7 FLA Hours
COCA & APODC: submit log hours.

*Pending review due to CAA's new accreditation process

Lower Limb Biomechanics Hands-On Workshop Module 1

Intro to Biomechanics: Cause & Effect
Lower Limb Anatomy: Mechanics of the Foot
Orientation/Axis of Motion: The Sagittal, Frontal & Transverse Planes.
The Subtalar Joint: Triplane Motion & the Lower Leg
Pronation & Supination: Symptoms
Biomechanical Engineering: A Clinical Perspective
Pronation & Gait: Causative Factors
Subtalar Joint Neutral: Examination of Root's theory of lower limb normalcy, and the effect of the tibial varum angle in conjunction with gravity & hard ground surfaces.
Diagnosis of Excessive Pronation: RCSP (Resting Calcaneal Stance Position) & NCSP (Neutral Calcaneal Stance Position)
Obtaining Subtalar Joint Neutral: The Anterior Line Method & Posterior Markings
Identifying Forefoot Valgus & Varus
Identifying Forefoot Supinatus
Assessment & Treatment of Common Lower Limb Biomechanical Conditions: Including Hallux Abducto Valgus, Metatarsalgia & Morton's Neuroma, Plantar Fasciitis & Heel Spur, Severs Disease, Achilles Tendonitis, Shin Splints, Osgood Schlatters Disease, Knee Pain, Functional & Structural Leg Length Discrepancy.
Strapping Techniques: Lateral Heel Lock, Medial & Central Heel Lock & Low Dye Strapping.
Fitting Orthotics: The Prescription & Fitting Process

PLUS: Receive a FREE Orthotic Starter Pack Valued at over \$250 (overleaf).

Lower Limb Biomechanics Hands-On Workshop Module 2

Attendance at a Module 1 course is a pre-requisite to enrolment in Module 2. Module 2 is a further extension of the theories and techniques taught in Module 1. Attendees will also learn the unique NAS Assessment Technique, which is an invaluable system in the assessment, diagnosis & treatment of lower limb dysfunction.

The Anterior Line Method and Talo Navicular Measurement: Using a Gravity Goniometer
Range of Pronation: Measurement & Calculation
Forefoot Valgus: Effects on the lower limb & gait cycle
Forefoot Varus: Effects on the lower limb & gait cycle
Forefoot Supinatus: Effects on the lower limb & gait cycle
Plantarflexed 1st Ray: Assessment for Fixed or Mobile
Dorsiflexed 1st Ray: Assessment for Fixed or Mobile
Sesamoiditis: Assessment & Treatment
NAS Technique: unique diagnostic system to assist in identifying the underlying biomechanical cause of patient pain & discomfort
Tibial Torsion Assessment: Malleolar position & using a Gravity Goniometer to measure tibial torsion.

