

# Lower Limb Biomechanics Hands-On Workshop Module 1:

Adelaide: 23 June  
Melbourne: 7 July  
Sydney: 4 August

## Module 2:

Sydney: 5 August

# 2012 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!**

[icbacademy.com](http://icbacademy.com)

## 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, email 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](mailto:info@icbacademy.com)  
[www.icbacademy.com](http://www.icbacademy.com)

**Please register me to attend:**

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

- Adelaide: 23 June     Melbourne: 7 July  
 Sydney: 4 August

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

- Sydney: 5 August

<b>PAYMENT:</b>	
<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, Europe, 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.

## 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.

