

## Introduction

Therapists are becoming increasingly skilled at being able to diagnose and treat injury. One factor that is now recognised to compliment that process is the understanding of biomechanics. No longer can we look at one joint and hope to understand its full implications to the patient's condition. The body is an integrated system and all of its component parts affect each other. The kinetic chain and how structures relate to each other in biomechanical terms can have a profound affect on treatment outcomes. In a case study, a player with 'non-specific' groin pain which was unable to be diagnosed, despite specialist consultation and MRI scanning, was treated successfully by working on the biomechanical function of his opposite shoulder. An understanding of the biomechanical links between the key biomechanical pillars is critical to enable a highly effective and long term solution to patient's problems.

In terms of orthotic prescription for an over-pronator, for example, one of the compensations for a leg length discrepancy is pronation of the sub-talar joint. If however the leg length discrepancy was caused by a rotated pelvis, then the correct prescription for the foot may no longer be relevant and may in fact harm the patient. By screening the biomechanics of the patient's key biomechanical pillars, you can identify when the foot is pronating due to a global biomechanical issue or one from the foot. So if you have a person with an injury that is failing to respond to treatment, chances are there is a biomechanical cause somewhere else in the body that is loading that susceptible area. Finding the global biomechanical cause can be critical in getting that person back to sport and importantly minimising the risk of recurrence.

The courses will teach the therapist how to screen for the relevant biomechanical issues by using the most effective manual biomechanical tests. This will enable them to establish the main biomechanical issues with their patients and then teach them how to apply this information to their clinical condition. A series of exercises are taught so that the therapist can provide some self-help exercises at home to empower the patient to help themselves to compliment the treatment they are already receiving.

## Aims

This event aims to

- ◆ Equip health professionals with the skills to competently assess biomechanics of the pelvis, spine and nervous system, and relate findings to that of the biomechanics of the foot and ankle, therefore, allowing for a more accurate decision on prescription of orthotics.
- ◆ To be able to prescribe exercises to compliment their orthotic prescription and help manage any biomechanical issues

## Learning Outcomes

All delegates will be able to understand the different principles of biomechanical screening that exist and consider their benefits.

They will all have sufficient knowledge and experience to be able to use the information in their practice following a period of practice.

## Intended Participants

Prosthetists, Orthotists, Physiotherapists & Occupational therapists.

## Learning, Teaching and Assessment Strategy

1. Observation of practical demonstrations and cross referencing with detailed workbooks.
2. Small group participation and practice of biomechanical screening, and recording data.
3. Ongoing assessment through the day by assessor observations, Q&A, written data, and small group practice and discussion.
4. All course participants will receive an attendance certificate upon completion of the course.

## Event Contributors

Martin Haines, Chartered Physiotherapist

Mike Grice, Personal Trainer and Student Osteopath

## Contact Information

To register for this event please complete the registration form and send it to the BAPO Secretariat or email completed registration form to [morag@bapo.com](mailto:morag@bapo.com) For additional registration forms please visit the Education page or the Short Course CPD forum at [www.bapo.com](http://www.bapo.com)

Please note that:

Places will be allocated on a first-come-first-served basis. Please apply early to avoid disappointment.

Registration closes 15 working days before the date of the event; therefore you must ensure your registration form arrives at the Secretariat by this time.

Employers wishing to book several places can do so by sending a purchase order or credit card details to the BAPO Secretariat. Please note that any unused places MUST be paid for in full.

For registrations received 15 days or less before the event a late fee of £30 will be incurred.

We encourage orthotic personnel (Orthotists, Orthotic Technicians, Orthotic Assistants) to apply for reimbursement from the Orthotic Education and Training Trust. Application forms are available from the OETT website [www.oett.org.uk](http://www.oett.org.uk) requests for reimbursement must include evidence of reflective learning using the CPD form provided on the website.

Unable to attend the scheduled dates but interested in attending? Please complete the form overleaf indicating your interest in future dates.

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**Registration Form** See how Biomechanical Screening can improve your orthotic prescription

Delegate Details: This information will appear on your delegate badge	
Name	
Discipline	
Contact Details	
Invoice Address	
Day Tel No	
Email address	
BAPO Member/ Associate No.	
Payment	
BAPO Member/Associate	
Other	
Late Registration fee (15 working days before event)	
Cheques and purchase orders payable to "baPo ltd". If you wish to pay by credit card please contact the Secretariat.	
Date	
Special Needs or Dietary Requirements (please detail below)	
Unable to attend scheduled dates but interested in attending a future event	

**Venue and Dates**

Loughborough University  
Leicestershire, UK  
LE11 3TU

**Registration Fees**

The fee for the course is

BAPO Members	£260.00
Non Members	£320.00

**30 September 2010 9.30 am - 4.45 pm**

I understand that

- \* My registration fee is not refundable
- \* I am responsible for booking my own accommodation

Signed \_\_\_\_\_ Date \_\_\_\_\_



# *BAPO CPD Event*

**See how Biomechanical Screening  
can improve your orthotic prescription**

**30 September 2010**  
Loughborough University

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BAPO Secretariat  
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Abbey Mill Business Centre  
Paisley  
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