



CPD event: Lower Limb Biomechanics & Orthotic Therapy tutorial workshop

Date: Saturday 16th and Sunday 17th October 2010
Saturday 09:00 – 16:00, Sunday 09:00 – 13:00
Hotel details provided on request

Venue: Oxford Belfry Hotel, Milton Common, Nr Thame, Oxfordshire OX9 2JW Tel: 01844 279381 (maps/directions sent with registration confirmation).

Event outline

This two day workshop and tutorial will provide Chiropractors and Allied Healthcare Professionals with in-depth knowledge and skills to assess for biomechanical dysfunction. Delegates will learn to integrate orthotic therapy into their treatment regime, along with mobilisations, stretching and other techniques to improve patient treatment outcomes.

As a result Orthotics can be easily and speedily prescribed in the clinic, eliminating expensive outsourcing, providing cost savings to patients.

Tutorials will focus on the Anterior Line Method for finding Subtalar Joint Neutral, and the NAS Technique – a unique lower limb biomechanical diagnostic assessment system.

Delegates will practice how to prescribe and heat mould orthotics, using the NAS Technique to restore body alignment. On completion delegates will be competent to integrate the NAS Technique and orthotic prescription, improving patient treatment results, referrals and clinic revenue.

Facilitator: Abbie Najjarine BSc Podiatry, Dip Podiatry (NSW), Dip. Sports Injury, Dip. R.M. (NSW), Cert. Acupuncture, Cert. Prolotherapy and author of 'The Orthotic Revolution'.

Internationally renowned Podiatrist, based in Sydney, Australia, with 15 years clinical experience treating many thousands of patients with lower limb dysfunction. Abbie lectures extensively throughout Australia, New Zealand, United Kingdom, Europe and Asia, educating a range of medical professions in lower limb biomechanical assessment and treatment. Abbie has a special interest in lower limb biomechanics, successfully treating elite sports people, children with disabilities and patients suffering lower limb conditions.

How to Register: Please phone 0118 946 9727 / email: admin@colchiro.org.uk to register with Direct Debit payment, or complete the registration form (below or linked) and send it with a cheque payable to 'College of Chiropractors' to the address provided. **Cancellations:** Fees will be refunded, less a £10 administration charge, for all cancellations received at least 10 days before the event. No refunds can be given after this date.

*Registration fee:

College members £185, non-members £245

Course content:

Tutorials combined with practical hands on workshops:

- Biomechanics of the foot and effects on the musculoskeletal system
- Pronation and Supination: Cause and effect on the ankle, knee, hip and lower back
- Relationship between pronation/supination and leg length discrepancy, pelvic alignment, back pain and functional Scoliosis
- Assessment techniques to find Subtalar Joint Neutral
- The Tibial Varum Angle: Balancing the musculoskeletal foundation with orthotic therapy
- Treating common conditions incl. Back Pain, Pelvic misalignment (twist and flare), Plantar Fasciitis, Achilles Tendonitis, Shin Splints, Hallux Abducto Valgus (bunions)
- Orthotic Modification Techniques using metatarsal domes, forefoot and rearfoot wedges, heel lifts, deflections and more
- Advanced Lower Limb Biomechanics: NAS™ Technique including Malleolar torsion (int. and ext.), hip range of motion, measuring for forefoot deformities and leg length.

10+ CPD hours

"The best and most relevant course I have done for a long time." UK Chiropractor
"I now see a better way of treating patients." UK Physiotherapist
"I have learnt more about biomechanics in this course than in four years of study." UK Chiropractor

*Included in the registration fee!

- Over £160-worth of materials including:
- Five pairs of ICB Heat Moulding Orthotics
- Orthotic Additions Sample Pack
- ICB Medical Heat Gun
- 'The Orthotic Revolution' by A.R. Najjarine
- Biomechanics Training DVD

Registration Form: Lower Limb Biomechanics and Orthotic Therapy Tutorial Workshop 16&17/10/10

Name: _____

Address: _____

Postcode: _____

Email: _____

Phone no: _____

Ref: OX101016/17

Registration fees:

I enclose a cheque for £.....

Please charge my existing Direct Debit mandate £.....

**Please send your completed registration form to:
The College of Chiropractors, Chiltern Chambers,
St Peters Avenue, Reading RG4 7DH**

Your shoe size UK/EUR Mens/Womens

Please wear or bring lace-up style shoes for orthotic fitting.