



# Foot Mobilisation Techniques Level 1 Seminar

'Foot mobilisation and manipulation has a long history of clinical efficacy, the basics should be known by every podiatrist.'

[www.latrobe.edu.au/podiatry/mobilmanip/maniphxtheory.html](http://www.latrobe.edu.au/podiatry/mobilmanip/maniphxtheory.html)

This 1 ½ day practical training will equip you with all the skills needed to deliver a new treatment option for your biomechanical cases.

#### **COURSE THEORY CONTENT:**

- The science behind FMT
- The principles & purpose of FMT
- Indications, Contra-indications & Precautions
- Assessment tests for evaluating FMT cases
- Monitoring techniques for progress evaluations
- Exercise prescription to compliment FMT
- Practice Management options for introducing FMT to your clientele

#### **PRACTICAL CONTENT:**

##### **REARFOOT CONDITIONS**

Plantar Fasciitis, Heel Spurs, Sinus Tarsi, Ankle Instability, TA Tendonitis, Tib. Post Tendonitis.

##### **TECHNIQUES**

Talar Glide & Posterior Talar Mobilisation, Lateral Navicular & Anterior Calcaneal Manipulations.

##### **MIDFOOT CONDITIONS**

Osteo-arthritis of MTJs, Cuboid Syndrome, Navicular & Cuboid Subluxations.

##### **TECHNIQUES**

Supine MTJ Mobilisation, Talo-Navicular Manipulation, Supine Cuboid Release.

##### **FOREFOOT CONDITIONS**

Morton's Neuroma, Metatarsalgia, Sesamoiditis, HAV, Hammer & Claw Toe deformities.

##### **TECHNIQUES**

MtPJ & Sesamoid Mobilisations, MtPJ Manipulations, 1st MtPJ Release Techniques.

Registrations are strictly limited to 22 participants.

**Please register early.**

Accredited for 10 CPD points.

Further information: [info@footandleg.net](mailto:info@footandleg.net)  
[www.footmobilisation.com](http://www.footmobilisation.com)

*'The best course I've done since graduating!'* A. Daly, Sydney.