



Spine & Sport Physical Therapy Presents: Ankle and Foot Impairments and How They Relate to Gait

With Michael Miller, PT, MPT, OCS, FAAOMPT, CCI

*Michael Miller is an experienced Physical Therapist and has presented nationally on many topics.
(See attached bio page 2)*



Come join us for a 2 day for extensive course on
**Foot and Ankle Manual Therapy and
Therapeutic Exercise.**

The course will include:

- Lecture
- Laboratory
- Discussion
- Breakfast and Lunch
- Full Schedule on Page 2!

This will be 2 full days of an advanced course so
please come prepared and ready to learn!

16 hours (1.6 CEU) Credit

Date: Oct. 4 & Oct. 5 2014

Time: 8:00AM– 5:00PM

Price: \$500

(Includes Breakfast and lunch)

**Free for Spine & Sport Employees*

Location:

Spine & Sport Kearny Clinic
3760 Convoy St Suite 100
San Diego, CA 92111

Course Description:

A two-day seminar designed to provide the participant with an understanding of gait, selected examination and intervention procedures used for the ankle and foot. When to do what examination procedures and what do they mean in relation to gait and weight bearing? From there, the participant will be able to implement selected soft tissue and joint mobilization procedures for both the ankle and foot. This will be followed by a discussion of home exercises programs for this patient population.



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Course Objectives:

Upon completion of this course, the participant will be able to:

1. Understand the various phases of gait, joint positions, and common impairments related to each phase of gait
2. Demonstrate appropriate and correct examination procedures related to foot and ankle associated disorders
3. Develop a treatment plan associated with returning to optimal level of function
4. Demonstrate the correct implementation of foot and ankle interventions including therapeutic and home exercise program instruction

Schedule

Day 1	Day 2
8:00 Introduction	8:00 Questions from Day 1
8:15 Gait	8:15 Participant directed review of selected ankle procedures
9:15 Ankle Anatomy and Impairments	8:45 Quick review of gait
10:00 Break	9:00 Assessment and Intervention of rear foot
10:15 Gait Observation	10:00 Break
11:00 Ankle Assessment	10:15 Assessment and Intervention of the medial foot
12:00 Lunch	12:00 Lunch
1:00 Ankle Assessment	1:00 Assessment and Interventions of the lateral foot
2:00 Ankle Interventions	2:00 Assessment of foot stability
3:00 Break	3:00 Break
3:15 Ankle Interventions	3:15 Whips and bringing it together
4:30 Question and Answer	4:30 Question and Answer

Biography of Instructor:

Michael Miller, PT, MPT, OCS, FAAOMPT, CCI

Michael graduated from California State University, Long Beach in 1990, completed his Masters in 2006 at Loma Linda University, and completed his DPT at Western University in 2012. He completed the PNF Post Graduate training course at Kaiser, Vallejo in 1995 and the Kaiser Permanente Los Angeles Orthopaedic Residency Program in 1997. A Board Certified Specialist in Orthopaedic Physical Therapy since 1997, he works as a Clinical Specialist and mentor at several physical therapy clinics, is a part-time instructor at Loma Linda University, and Clinical Faculty for several Orthopaedic Physical Therapy Residency Programs. He is also a Fellow of the American Academy of Orthopaedic Manual Therapists.

Michael is a past Chair and item bank coordinator for the Orthopaedics Specialty Council and currently a course developer and instructor for the Advanced Clinical Practice courses offered through the APTA.