

# **T**HE PROBLEM ANKLE

## **A one-day workshop**

**Tutor:** Prof. Graham N Smith GradDipPhysFCSP DipTP CertED  
Chartered & HPC Registered Physiotherapist  
Rehabilitation & Sports Injury Consultant

Professor Graham N Smith qualified as a Physiotherapist in 1977 and as a teacher of Physiotherapy in 1982. He is currently an independent rehabilitation and sports injury consultant based in Glasgow. He has extensive experience in the treatment and management of injuries at all levels of the sporting spectrum and has worked with Glasgow Rangers FC, the British Olympic Team and numerous national representative sporting teams. He was also responsible for establishing the Football Association National Rehabilitation and Sports Injury Centre, Lilleshall. He is a Fellow of the Chartered Society of Physiotherapy, a Visiting Professor at Chichester University and a Visiting Lecturer on the MSc in Sports Medicine at Trinity College, Dublin. He was also one of a small group of international presenters invited to give a workshop at the fifth edition, Olympic academic programme of sport, medicine and sports physiotherapy in the London 2012 Olympic Village. He combines his clinical and consultancy roles with lecturing commitments both nationally and internationally on rehabilitation and sports and musculoskeletal injury management.

**Aim: To give physiotherapists an understanding of the functional and regional anatomy of the ankle complex. Also, to identify the common injuries and problems likely to be encountered in this frequently injured anatomical region. Whilst specifically focused on musculo-skeletal problems the principles taught and demonstrated can be applied to all spheres of physiotherapeutic practice.**

**Venue:** NCORE Training Room  
Level 3, Junction 3  
London Road Community Hospital  
London Road  
Derby  
DE1 2QY

**Date:** Friday 18<sup>th</sup> October 2019

**Attached:** Programme  
Directions  
Application form

**HANDS ON WORKSHOP PLEASE BRING SHORTS WITH YOU**

**“THE PROBLEM ANKLE”**  
**A one-day workshop**  
**NCORE TRAINING ROOM**  
**LEVEL 3, JUNCTION 3**  
**LONDON ROAD COMMUNITY HOSPITAL DERBY**

**FRIDAY 18<sup>TH</sup> OCTOBER 2019**

**PROGRAMME**

09:00 – 09:15	Registration
09:15 – 09:30	Introduction to course.
09:30 – 11:00	“The Ankle revisited” - anatomy and assessment. <i>Revises the main anatomical structures in this area with specific reference to the clinical problems that can arise with disruption or trauma to them.</i>
11:00 – 11:30	<b>COFFEE</b>
11:30 – 1:00 pm	Practical session (continued) <i>Classifies &amp; identifies the muscles within this anatomical region and details their actions, functions &amp; roles. Also, how this knowledge can be incorporated within clinical assessments and rehabilitation.</i>
1:00 pm – 1:45	<b>LUNCH</b>
1:45 – 3:15	Rehabilitation & treatments for ankle injuries. <i>Addressing the principles of rehabilitation and treatments for patients with ankle complex injuries. The session aims to clarify and determine the criteria for progressions from the acute/early phase through to the final functional pre-discharge stage of rehabilitation.</i>
3:15 – 4:30	Manual therapy & mobilisation techniques. <i>Revision of and instruction in manual therapy techniques that are appropriate to the joints &amp; soft tissues of this particular region. Also, considers the clinical indicators that determine their selection</i>
4:40 – 4:45	Discussion & Debrief Session
4:45	Departure

**NB:** *Delegates will be required to participate in the practical sessions to enhance experiential learning. Therefore appropriate sportswear should be worn.*

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LEVEL 3, JUNCTION 3  
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**FRIDAY 18<sup>TH</sup> OCTOBER 2019**

**Directions - please visit link for map and further information**

London Road Community Hospital is located in the city of Derby, close to all the city's main amenities. The Hospital can be reached from the A52 and the M1 junction 25. Derby train station is within walking distance.

<http://www.derbyhospitals.nhs.uk/about/how-to-find-us/finding-the-london-road-community-hospital/>

**Refreshments:** will be provided

**Catering outlets:** League of Friends opposite the lifts on Level 3, Bistro Restaurant Level 2, just after lifts

**Parking:** Should you be traveling by car there are car park facilities.