

FOOT & ANKLE FUNDAMENTALS FOR CORRECTIVE EXERCISE COACHES

COURSE PROSPECTUS

WHY YOU SHOULD DO THIS COURSE

Did you know that foot and ankle pain is more common than hip and back pain? If you have foot or ankle pain, all of your functional daily activities involving standing and walking will be severely limited. This workshop will teach you how to assess foot and ankle mechanics. Learn how to assess and prescribe corrective training for common foot and ankle problems. This workshop will show you the stages to release and retrain the control of the foot and ankle. Learn practical solutions to improve foot function in this one-day workshop.

COURSE HIGHLIGHTS

- ✓ Understand how to assess and correct common foot/ankle conditions
- ✓ Learn how to release and retrain the foot and ankle
- ✓ Spend 80% of the class learning hands-on corrective techniques
- ✓ Learn techniques that you can easily incorporate into your clinical practice

GOALS OF THE COURSE

- ✓ Understand the relationship between the foot/ankle with the knee and hip
- ✓ Learn a range of practical foot and ankle assessments
- ✓ Learn how to improve ankle dorsiflexion and plantarflexion
- ✓ Learn how to improve common foot problems
- ✓ Learn foot/ankle release and control work

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WHO IS THIS FOR?

Professionals in:

- Fitness industry
- Movement instructors
- Strength & conditioning professionals
- Healthcare professionals
- Running Coaches / Athletes
- Physio

ENROLMENT CRITERIA

- Students from other related fields of work will be considered on a case by case basis.



COURSE INFO

LANGUAGE OF INSTRUCTION

- Available in English
(with Chinese
Translator)

DURATION

- 7 hour In person
practical workshop
- 9am - 5pm

CAPACITY

- 20 Students
(One Instructor)

CECS GAINED

- ACE - pending



TO REGISTER

- Enrollment is complete
upon received payment
- For group registration,
please contact us for
preferential information

COURSE MATERIALS/ TOOLS

- Course manual in English
- Power band – 3-4cm wide
(1 between 2 participants)

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INSTRUCTORS



DAVE LIOW

- Instructor for Strength and Conditioning
- Exercise NZ Educator of the Year Awards Winner
- Founder of Holistic Movement Coach

COURSE STRUCTURE

08:30-09:00	Arrival check in
09:00-09:15	Introduction to HMC and ACE Code of Ethics and Professional Conduct
09:15-10:45	Foot anatomy and practical surface anatomy revision
10:45-11:00	Break
11:00-12:00	Ankle and foot assessment
12:00-12:45	Ankle dorsiflexion and plantarflexion corrections
12:45-13:30	Break
13:15-15:00	Training for structural foot conditions – Moreton's foot, hallux limitus / rigidis, bunions
15:00-15:15	Break
15:15-16:00	The HMC Foot Triangle
16:00-17:00	Foot and ankle release and control work

CONTACT INFO

- Email: specialize@fitnessacademyasia.com
- Whatsapp: (+852) 5540-1516
- Website: www.fitnessacademyasia.com

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MATERIALS NEEDED

- Note pad and writing equipment for notes
- Sports Attire (shorts, t-shirts, sports bra)



ASSESSMENT

Not applicable



CERTIFICATIONS

Certification of Attendance
will be given after the course



Disclaimer: No refund unless class is canceled by the FAA. All bookings are final and refunds are not permitted. In the event you need to cancel or reschedule, please contact us on +852 5540-1516