

# **THE FASCIA, ITS STRUCTURE AND FUNCTION ONE DAY MASTERCLASS - CLINICAL REASONING PELVIS TO FOOT**

## **What are the Course objectives:**

Participants will learn to assess the alignment & movement of the pelvis, hip, thigh, lower leg & foot in standing, squatting & forward bending.

Participants will form a clinical hypothesis by correcting the structures found to be in non-optimal alignment & assessing the impact of this correction on the whole lower limb.

Participants will learn to palpation & treat soft tissue structures in the lower leg in the areas they hypothesize to be the best place to start.

Participants will re- assess the movement screen to determine if there has been a change in alignment, movement or patient experience & use this reassessment to further guide the reasoning process.

## **What are the course specific outcomes:**

(Review) Participants will learn to assess standing alignment of:

The pelvis - Intra Pelvic Torsion, Transverse Plane Rotation.

The Hip joint position - Relative extension or flexion.

Note both of these skills will have been learn on a previous prerequisite course.

Assessment of bone alignment in the foot & lower leg both in weight bearing & non-weight bearing positions. Specifically the Calcaneus, Talus, Navicular & forefoot.

Motion testing of the foot & lower leg bones in a non-weight bearing position but aligned position. Specifically the Calcaneus, Talus, Navicular & forefoot.

Movement screening of a Squat & Forward bend task with attention of the biomechanics of the foot & lower leg.

Assessment of femoral rotation & pelvic torsion in squat & forward bending tasks & the impact of correction of bone alignment of foot & lower leg on these findings.

Palpation of soft tissue structures in the lower leg.

Forming a clinical hypothesis to determine the best place to focus myofascial treatment techniques based on the findings of position, movement, correction & palpation.

Myofascial treatment techniques to address structures including but not limited to:

Flexor Hallucis Longus, Tibialis anterior,  
Extensor Hallucis Longus,  
Plantar fascia,  
Quadratus plantae,  
Abductor Hallicus.

Re- assessment of the squat or forward bend task to determine a change in alignment,  
movement or patient experience.