CPD EVENT RECORD

RUNNER'S KNEE & LOWER LIMB BIOMECHANICS

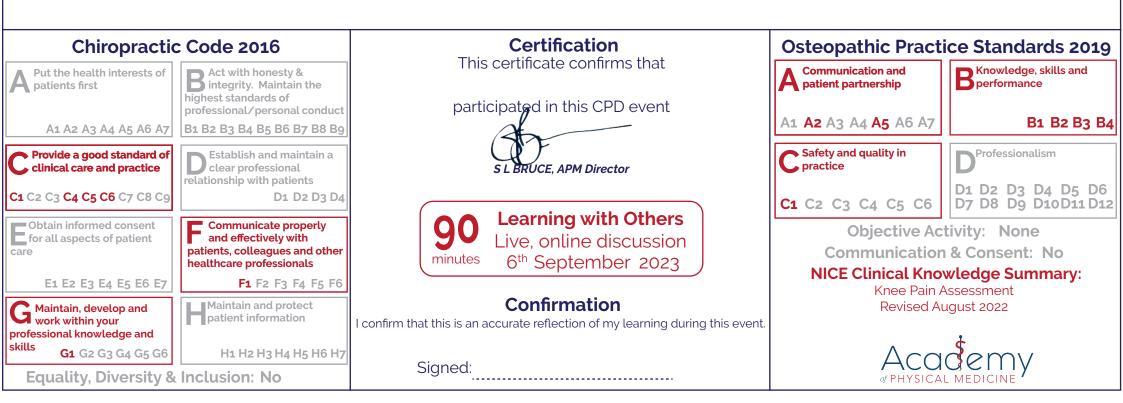
with Robin Lansman



This discussion made the connection between knee injuries and other elements in the biomechanical chain. Gait was considered, and there was a comparison of forefoot, midfoot and rearfoot styles. "Gravitational pulse" and the role of the hip and ankle in locomotion were outlined, and the merits of correcting flat feet with orthoses dicussed.

Assessment and rehab techniques for lower limb injuries were demonstrated and the role of stretching discussed. Guidelines for prescribing exercises were also given.

A hand-held dynamometer was demonstrated and its value in obtaining objective results from strength testing explained.



Evaluation, Reflection and Impact on Practice (this part of the certificate is **not** automatically generated - it has been entered by the participant)