Course Title: The Functional Foot and Ankle, Level 1

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Course Type: e-Learning Home Study

Credit hours: AEA 3.0, ACSM 3.0, ATRI 0.3, COPS-KT 0.3, NSCA 0.3  
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Dr Emily Splichal, Podiatrist and Human Movement Specialist, is the Founder of the Evidence Based Fitness Academy. With over 10 years in the fitness industry, Dr Splichal has dedicated her medical career towards studying postural alignment and human movement as it relates to foot posture and foot strength. Dr Splichal is expert lecturer and TV personality with appearances on Oprah Winfrey, The Today Show & Good Day NY. Dr Splichal is sought after for her expertise in barefoot training, foot health and postural alignment. 

Degrees/Certifications: Doctor of Podiatric Medicine (DPM), Master's in Public Health (Fall Reduction), M.S. Human Movement, NASM-CPT, ACSM- Exercise Specialist

Course Summary:

The organized actions of the foot and ankle complex is often overlooked and misunderstood in the fitness industry. This adaptive lever plays a role in every upright action from human locomotion to squats and lunges. With the advancement of the fitness industry and expanding role of the fitness professional there is greater likelihood of encountering a client with foot pathology or foot compensations. To remain competitive among your colleagues and achieve the greatest results with your clients, it is imperative to gain an understanding of the role the foot and ankle play in creating and modifying fitness programs.

Objectives:

After completing this course you will:

1. Understand the complexity of the foot and ankle and why this knowledge is important for the fitness professional.
2. Learn the interconnection of the foot and ankle with the rest of the body's kinetic chain.
3. Review foot and ankle case studies in which you will be asked to identify foot type, analyze for dysfunction, and apply a corrective fitness program.
4. Learn the anatomy of the foot and ankle including osseous anatomy, joints, and muscles.
5. Identify general movement patterns for the body and specifically for the foot.
6. Explain foot types and understand how they relate to movement and pathology.
7. Practice a basic foot and ankle joint assessment.
8. List pain conditions associated with the foot.
9. Consider pathological conditions of the foot and ankle as related to training and function.

Outline:

Foot Facts

Feet and the Fitness Professional

Case Studies
  Case Study 1
  Case Study 2
  Case Study 3

Anatomy of the Foot and Ankle
  Osseous Anatomy of Foot and Ankle
    The Rearfoot
    The Midfoot
    The Forefoot

  Joints of the Foot and Ankle
    Ankle Joint
    Subtalar Joint
    1st Metatarsal Phalangeal Joint

  Muscles of the Foot and Ankle
    Extrinsic Muscles of the Foot and Ankle
      Anterior Muscle Group
      Lateral Muscle Group
      Posterior Muscle Group (Deep)
      Posterior Muscle Group(Superficial)

    Intrinsic Muscles of the Foot and Ankle

General Movement Principles of the Foot and Ankle
  Sagittal Plane
  Frontal (Coronal) Plane
  Transverse (Horizontal) Plane
  Triplanar Motion of the foot
Foot Types
   Neutral foot
   Pes Planus
   Pes Cavus
   Rigid vs. Flexible

Foot and Ankle Joint Assessment
   Assessment Form
   Open Chain Assessment
   Closed Chain Assessment
   Closer look at Closed Chain Assessment

Pain Conditions Associated with the Foot
   Foot Posture and Knee Pain
   Foot Posture and Low Back Pain

Limb Length Discrepancy (LLD)

Corrective Exercise for the Foot and Ankle
   Corrective Exercise for Pes Planus Foot Type
   Corrective Exercise for Pes Cavus Foot Type

Pathological Considerations
   Achilles Tendonitis
   Compartment Syndrome
   Medial Tibial Stress Syndrome
   Hallux Limitus
   Hallux Abducto Valgus (Bunion)
   Lateral Ankle Stability
   Peripheral Neuropathy
   Plantar Fasciitis
   Stress Fractures

Case Studies—Revisited
   Case Study 1
   Case Study 2
   Case Study 3

Foot and Ankle Fitness Pearls

Bibliography: