

## From Stability to Stride: Mastering Foot, Ankle & Running Rehab

Benoy Mathew England <https://youtu.be/Vf6D3IPbQbw>

*Kurset giver 0,7 ECTS points*

- Dato:** 14.11. og 15.11. 2025
- Tidspunkt:** Fredag kl. 9.00 – 17.00, lørdag kl. 9.00 – 17.00
- Sted:** Bjerringbro Kultur og Idrætscenter  
Vestre Ringvej 7, 8850 Bjerringbro (fredag)
- Gudenådalens Fysioterapi  
Østergade 44, 8850 Bjerringbro (lørdag)
- Antal:** Maks. 22 deltagere.
- Undervisere:** Benoy Mathew, advanced physiotherapist MSc, MCSP, PGCert  
MSK US. (se kursusbeskrivelse herunder)  
Undervisningssproget er engelsk
- Pris:** 3400 kr. medlemmer (inklusive forplejning)  
3900 kr. hvis du ikke er medlem af selskabet.
- Tilmelding:** [DSFTT@fysio.dk](mailto:DSFTT@fysio.dk)
- Indbetaling ved tilmelding  
Reg.nr. 9070 konto: 6751 5723 34
- Vigtigt at du anfører navn ved overførslen!*
- Sidste frist:** 17.10. 2025.
- Kontaktperson:** Nils-Bo de Vos Andersen, tlf:23936501  
mail: nils-bo.andersen@stab.rm.dk



# From Stability to Stride: Mastering Foot, Ankle & Running Rehab

*“Elevate Your clinical Practice with an integrated approach to Lower Limb Injuries”*

Are you looking to refine your expertise in assessing and treating foot, ankle, and running-related injuries? Our two-day intensive workshop is designed to provide physiotherapists with cutting-edge knowledge and hands-on skills to enhance clinical decision-making and rehabilitation strategies.

Combining **‘Foot and Ankle Simplified’** and **‘Running Rehab – The Essentials’**, this course offers a seamless integration of evidence-based assessment, manual therapy, and rehabilitation techniques, ensuring you leave with a structured approach to managing both acute and chronic lower limb conditions. This unique course combination offers a logical progression from understanding fundamental foot and ankle mechanics to applying these principles in managing running-related injuries. Day one builds your foundation in foot and ankle assessment and treatment, while day two expands this knowledge into practical applications for treating runners - creating a complete learning journey that reflects the interconnected nature of lower limb rehabilitation.

By attending this integrated workshop, you will:

- Develop advanced assessment skills for complex foot, ankle, and running-related conditions
- Master evidence-based manual therapy techniques and exercise progression
- Learn to implement comprehensive rehabilitation programs from acute injury to return to sport
- Gain confidence in managing challenging cases like chronic tendinopathies and running injuries

Receive extensive resources including pre-course materials, assessment forms, and clinical reasoning frameworks

**Course Highlights** (This comprehensive two-day workshop that seamlessly connects foot and ankle rehabilitation with running-specific injuries)

## Day 1: Foot & Ankle Simplified

- Differential diagnosis of common foot & ankle conditions (e.g., tibialis posterior tendinopathy, medial tibial stress syndrome, chronic heel pain).
- Manual therapy techniques and functional rehabilitation strategies.
- Practical movement screening and clinical reasoning to improve patient outcomes.

## Day 2: Running Rehab – The Essentials

- Step-by-step rehab progression for key running injuries (Achilles tendinopathy, patellofemoral pain, MTSS, gluteal tendinopathy).
- Biomechanical assessment, gait retraining, and return-to-running screening.
- Strength & conditioning principles for long-term injury prevention.

## Why Attend?

- **Integrated Learning:** Connect foot and ankle mechanics with running biomechanics for a complete rehab approach.
- **Hands-On Training:** Apply practical techniques immediately in clinical settings.
- **Expert-Led Teaching:** Learn from an advanced practice physiotherapist with over 25 years of experience and supported by experienced teaching assistants.
- **Immediate Clinical Impact:** Gain tools to confidently manage complex cases and enhance patient recovery.

**Why Take Both Days Together?** The integration of these two workshops provides a unique opportunity to understand both the foundational aspects of foot and ankle rehabilitation and their practical application in managing running injuries. This comprehensive approach reflects the reality of clinical practice, where understanding the interconnection between static and dynamic function is crucial for successful outcomes.

## Time-Table (DAY 1: Foot and Ankle Simplified)

### Registration (8.30 to 9.00)

#### AM (09.00 to 12.45)

- Welcome
- Introduction
- Foot Mechanics
- Overuse Leg, Foot and Ankle Injuries in the Active Population  
(Overview of common pathologies and Differential Diagnosis)
- Practical Assessment of the Foot and Ankle Region  
(Kinetic chain evaluation, movement screening, contractile(myogenic) and Osteochondral evaluation)

### Lunch (12.45 to 1.30)

#### PM (1.30 to 5.00)

- Conservative Management of Leg, foot and ankle pain
- Practical – Manual therapy and Integrated Approaches
- Rehabilitation & Progression of Exercises
- Case Studies
- Q&A

## Time-Table (DAY 2: Running Rehab Essentials)

### Registration (8.45 to 9.00)

#### AM (09.00 to 12.45)

- Welcome and Course Schedule
- Management Principles of Running Injuries (Principles of biomechanics and running injury management)
- Subjective Evaluation of the Injured Runner
- Practical (PFP in Runners – Overview and Management)  
(Efficiently screening the runner for muscle capacity, joint. Mobility and control)
- Practical (Hip Pain in Runners)

Screening for Red Flag Pathologies including bone stress injuries and to differentiate between intra vs extra-articular sources of pain.

### Lunch (12.45 to 1.30)

#### PM (1.30 to 5.00)

Management of Achilles Tendinopathy

Practical – Achilles

Running biomechanics and consideration to injury – kinetics, kinematics, neuromotor considerations. Lecture, video examples and discussion

15:30 Gait Analysis Demo

Introduction to running retraining including theory, case examples and practical – understand benefits, safety, when and how to change running biomechanics (step rate, strike pattern, limb stiffness, pelvis, trunk, upper-limb, head, swing phase).

16:00 MTSS in Runners

16:45: Q&As

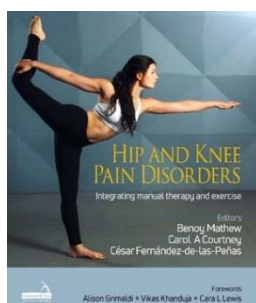
17:00 Close

**Note:** Each activity will consist of theoretical and practical components. Please bring shorts to the course for the practical sessions. Pre-reading articles and videos will be sent before the course.

#### Tutor:

**Benoy Mathew**, MSc, MCSP, PGCert MSK US. Advanced Practice Physio (Lower Limb)/ Certified MSK Sonographer, Shockwave Specialist Tutor (Radial & Focus), Editor: Hip and Knee Pain Disorders Textbook (Singing Dragon Ltd)

Benoy is a highly specialist physiotherapist and Advanced Practice Physiotherapist, working in London, in both the NHS and private practice. He has been working as a physiotherapist for more than 25 years with the last 15 years, specialising in hip and groin pathologies. He is full-time clinician, and his typical caseload is complex second opinion cases, who have failed traditional rehab. He is passionate about application of research in clinical practice and is involved in regular teaching on multiple courses, both in the UK and overseas.



More than 3000 participants have attended his course in the last 11 years. He is also a Master Trainer in Shockwave therapy and is the UK head of education for shockwave courses. He is also a trained MSK Sonographer and injection therapist and uses diagnostic ultrasound in his clinical practice. He is the lead editor of the international best-selling textbook 'Hip and Knee Pain Disorders' which was published in June 2022. He also works with Physio tutors on multiple online courses.