CONTINUING EDUCATION AND TRAINING IN PHYSIOTHERAPY

1 day (7 hours)

Motor control and ankle joint protection

*Update on scientific knowledge and practical consequences for physiotherapists*

Pascal TOSCHI, Physiotherapist
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Motor control and ankle joint protection

Training session on the use of Myolux™ devices

Trainers

Pascal TOSCHI: physiotherapist
Romain TERRIER: PhD in motor control

The contents of the training session have been developed in collaboration with:

Brice PICOT: sport physiotherapist
Nicolas FORESTIER: research Professor in motor control (Université de Savoie, France).

Objectives

The objective of this training session is to present an update on the latest scientific knowledge in the field of joint protection and ankle sprain rehabilitation. With this knowledge, the trainers will present the requirements that are essential in the management of efficient ankle sprain rehabilitation. The contents of the training will enable trainees to integrate this new knowledge into their daily practice in very practical ways.

Training recognized by the physiotherapy profession

This course is already taught in the following Physiotherapy Schools and Continuing Education structures:

- ENKRE - Saint-Maurice, France
- IFMK - Grenoble, France
- CEERRF - Saint-Denis, France
- HES-SO - Loeche-les-Bains, Switzerland
- Sport physiotherapy training, SFMKS (French Society of Sport Masseurs-Physiotherapists)
- Sports Physiotherapy training - Marseille, France
Contents of the training session

The session is scheduled on one day (7 hours)

I. Ankle sprain

1. Functional anatomy of the ankle
2. Medico-economic challenges of ankle sprain
3. History of rehabilitation management

II. Motor control and ankle joint protection

1. Limits of the conventional management strategies
2. Strengthening optimization of ankle eversor muscles
3. Optimization of ankle proprioceptive training
4. Integration of efficient neuromuscular re-programming: pro-activation and unloading strategies

III. Practical tests of the Myolux™ devices

2. Objective measurements of proprioceptive quality and strength production capacity of eversor muscles with a laboratory instrumented-tool
Related publications

The contents of this training session are the results of a continual collaboration between physiotherapists and researchers in motor control (Exercise Physiology Laboratory - Savoy, France) and were the subject of numerous publications:


