



Sports Podiatry

7-8 February 2022

Introduction

Podiatrists see a variety of lower limb sports injury. The management of an athlete is complex and may differ from routine management of lower limb pathologies. Each athlete with a lower limb injury is unique and management strategies are dependent on the requirement and nature of the sport. An understanding of the biomechanical demands on the lower limb during sports is critical in customizing a management plan specific for each athlete.

Course Objectives

This course enables participants to :

- Understand key considerations when treating an athlete
- Describe the etiology of lower limb injuries in the context of specific sports.
- Apply appropriate assessment strategies using technology such as video analyses
- Review short, mid and long term management techniques with focus on orthotic therapy for specific sports

Course Outline

- Differences between an athlete and a 'regular' patient - managing expectations of athlete and clinician
- Apply biomechanical and physiological theories in managing sports injuries
- Video analyses – what am I looking for?
- Review therapeutic management strategies e.g. shockwave, ultrasound, orthoses
- Case studies and discussions

Target Audience

Podiatrists or Physiotherapists/Occupational Therapists with an interest in treating patients with lower limb sports condition or routinely treating patients with lower limb sports conditions

Quick links

[FAQs](#) | [PGAHI Programmes](#) | [Training Calendar & Directory](#)

Course Details

Date	: 7-8 February 2022
Time	: 9am to 1pm
Duration	: 2 sessions; 4 hours per session
Class size	: 20 participants
Device required	: Laptop/ Desktop (with microphone, speaker and webcam for Zoom sessions)
Platform	: Zoom Cloud Meetings (Meeting details will be provided at a later date.)
Fee	: S\$360 (SingHealth) S\$400 (Regular) (inclusive of 7% GST)

Teaching Faculty

Dr Malia Ho is the Head of Course of Podiatry at CQUniversity (Australia) and teaches sports and biomechanics units. As a clinician, she worked at Tan Tock Seng Hospital and National Healthcare Group Polyclinics before moving to Singapore Sports Medicine Centre as Principal Podiatrist. Malia enjoys teaching and mentoring the next generation of podiatrists and actively contributes to the podiatry and sports profession, being part of the Australian Podiatry Association (APODA), and Sports Medicine Australia (SMA) Queensland Regional Committees.

Registration

To register, scan the QR code or click on the web link. Registration closes on **17 January 2022**.



<https://form.gov.sg/619dd04a7fe4fc0014e3d55e>

Upon registration, you agree to the [Terms & Conditions](#) of PGAHI.