

IFASCON WORKSHOP 29TH AUGUST 2019 (THURSDAY), INDIAN SPINAL INJURY CENTRE, VASANT KUNJ

Indian spinal injuries centre organized foot and ankle rehabilitation workshop on 29 august 2019 in which two faculty members Dr Savita Tamaria & Dr Avi Choudhary along with 32 students of our institute participated. The workshop was conducted by Dr. **Anne-Marie Hutchinson**, Consultant Foot & Ankle Physiotherapist, Honorary Senior Lecturer, The Medical School Swansea University, United Kingdom and Dr Anuj Chawla, Foot and Ankle Surgeon orthopedic Surgery, Tan Tock Hospital, Singapore.

The workshop was very informative and topic specific and the organizing team made sure to gather complete concentration of the audience. Several topics in foot and ankle rehab were covered like how to properly assess the foot and ankle from very basic to the deep anatomical aspects of foot.

They inculcated deep knowledge about the osteokinematic chain associated with foot and ankle. Different pathologies like plantar fasciitis, pes planus, pes cavus, achilles tendon tear, achilles tendinitis and much other different pathology were discussed in detail. Case presentation was done twice to make sure that the students attending know how to assess a foot and ankle patient. Orthotic workshop where different types of orthoses were shown to students and another workshop of taping were also conducted in which both rigid and KT taping was taught.

The students were also enthusiastic to such a different and new experience. They surely enjoyed this learning process thoroughly.

