

A wireframe human figure in a dynamic, athletic pose, rendered in white lines and dots against a dark background. The figure is shown from the side, with one leg extended forward and the other bent, suggesting movement or exercise. The head is tilted back, and the arms are positioned as if in a running or jumping motion.

*Progressive Podiatry Project*

# **EXERCISE THERAPIES IN PODIATRIC PRACTICE**

*Course Information*





# INTRODUCTION

Thank you for your interest in our industry-leading course,

## **Exercise Therapies in Podiatric Practice**

You're interested in this course because you want to be at the forefront of podiatry.

You want to deliver the highest quality care to your patients & achieve great clinical outcomes, all based on the latest evidence.

This course is **guaranteed** to build your knowledge, skills and confidence when it comes to devising exercise rehabilitation plans for a range of musculoskeletal pathologies commonly seen in podiatric practice.

You won't find cookie-cutter protocols here.

In this course we will build your knowledge from the ground up, so you can deliver truly individualised exercise & management plans, based on your client's individual needs. That right there, is what will set you apart from the competition & allow you to excel in musculoskeletal practice.

We have **TWO** course options available, *Foundations* & *Pro*. So which one is for you? Read on...

## FREQUENTLY ASKED QUESTIONS

Cost (*GST inclusive*):      Foundations \$689AU      Pro \$989AU

CPD Hours:                      Foundations 15hrs      Pro 22hrs

*Additional/optional CPD activities included in course purchase*

Course Access:                      2 years from date of purchase

## Which Course Is For Me?

Our interests, patient cohorts and clinical scope all vary. So we have created TWO versions of **Exercise Therapies in Podiatric Practice** to meet your educational needs.



### Foundations

- You want the foundational knowledge pertaining to injury pathophysiology & musculoskeletal condition management.
- You want to understand, step-by-step how to formulate successful exercise rehabilitation programs to achieve specific tissue adaptations.
- Your musculoskeletal clinical focus is primarily plantar heel pain, tendinopathy, foot arthritis & muscle strains in general/less active populations.

### Pro

- Your musculoskeletal clinical focus caters to the above, **PLUS** complex musculoskeletal presentations & sporting/more active populations.
- You want to learn how to manage ankle sprain injuries & stress fractures.
- You want more in-depth knowledge pertaining to complex presentations, chronic pain & rehabilitation concepts.
- You want to delve in to screening & managing patients with complex pain &/or psychosocial factors contributing to their plantar fascia, tendon or other musculoskeletal pathology.
- You want to conduct specific functional assessments to guide your rehabilitation programs.



### Quality Education

We are committed to delivering the highest-quality professional education, based on the latest evidence.

Exercise Therapies in Podiatric Practice (*Foundations & Pro*) are approved continuing professional development courses by the **Australian Podiatry Association** and the **British Journal of Sports Medicine**.



This is the **only** podiatry-specific online exercise therapies course in the world to have received APodA & BJSIM approval.

This means you can be assured that your course has been independently reviewed and is recognised internationally as delivering a high-standard of educational content, based on the latest peer-reviewed evidence.



# EXERCISE THERAPIES IN PODIATRIC PRACTICE

*Foundations*

*Pro*

## *Learning Outcomes*

*Blue = additional  
outcomes in PRO course*

Understand the structure & function of various musculoskeletal tissues, and how these tissue respond to physiological & pathological loads leading to the development of pathology.

Gain an understanding of the current evidence & best-practice guidelines pertaining to the management of a range of lower extremity musculoskeletal pathologies via movement-based therapies.

Learn how various types of exercise & movement load tissues and gain an understanding of the role each will play in physical rehabilitation programs.

Learn how to write exercise programs, based on individual patient goals and therapeutic needs.

Understand the range of variables that can be utilised to alter dosage, to achieve specific tissue responses.

Build your knowledge & skills in how to successfully collaborate with your patients, set goals, improve engagement, improve adherence and subsequently improve your treatment outcomes.

Understand the various psychobehavioural barriers that may present in clients with musculoskeletal pathologies.





# EXERCISE THERAPIES IN PODIATRIC PRACTICE

*Foundations*

*Pro*

## *Learning Outcomes contd...*

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Explore various management strategies you may employ to improve your clinical outcomes in complex client groups, with psychobehavioural barriers present.

Learn the various psychobehavioural screening tools that exist and understand their clinical utility in podiatric musculoskeletal practice.

Learn the fundamentals of psychologically informed treatment management and understand the process required to successfully integrate these tools in to your clinical practice.

Learn a range of lower extremity functional tests that exist and how you can utilise these in your clinical practice to inform your management decisions.

## *Learning Resources*

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Your course will be delivered via;

- Video lectures
- pdf copies of all lecture slides
- Journal articles
- Downloadable resources
- P3 Coach Me



# Modules & Lectures

All modules & lectures will be made available as soon as your purchase is active.

To get the most out of this course it is advised to complete the modules & lectures in order.

To consolidate your learning, after completing the course in order, revisit the clinical application of exercise therapies lectures.

By reviewing this module after completing your musculoskeletal lectures, you will be able to gain a clearer picture of how you will approach prescribing exercise therapies for your patients with these conditions.

Below are the modules & lectures included in your course purchase.

### **Introduction**

- Course introduction & outline

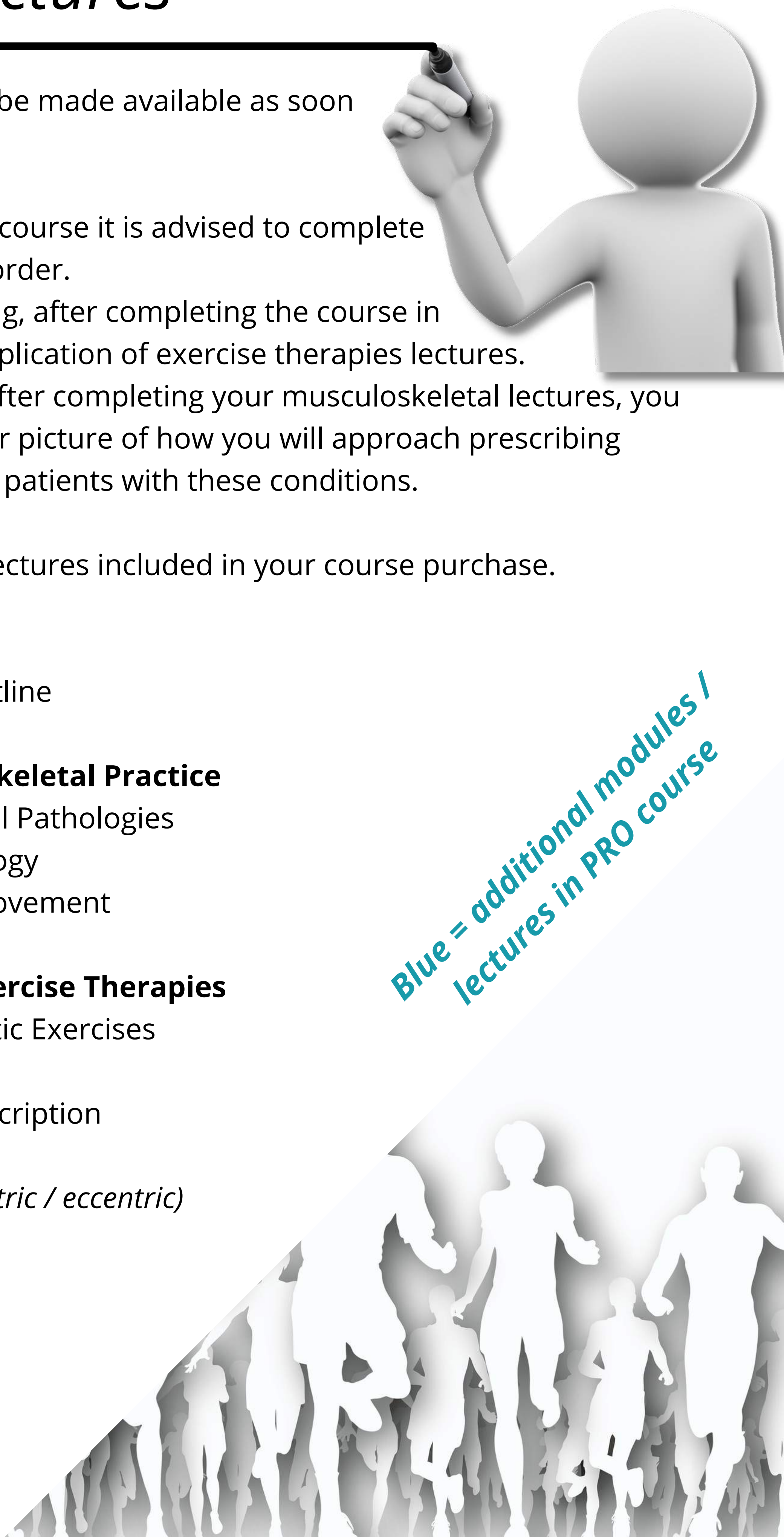
### **Foundations of Musculoskeletal Practice**

- Managing Musculoskeletal Pathologies
- Key Concepts & Terminology
- Introduction to Pain & Movement

### **Clinical Application of Exercise Therapies**

- Introduction to Therapeutic Exercises
- Tissue Response to Load
- Therapeutic Exercise Prescription
- Stretching Exercises
- Isotonic Exercises (*concentric / eccentric*)
- Isometric Exercises
- Plyometric Exercises
- Exercise Programming

Blue = additional modules / lectures in PRO course





# Modules & Lectures

### **Osteoarthritis Management**

- Arthritis & Movement

### **Plantar Fasciopathy Assessment & Management**

- Plantar Fascia Structure & Function
- Foundations of Managing Plantar Heel Pain
- Plantar Fasciopathy Presentations
- Plantar Fascia Diagnostic Imaging
- Plantar Fascia Clinical Assessment
- **Managing Plantar Heel Pain**

### **Tendinopathy Assessment & Management**

- Tendon Structure & Function
- Lower Extremity Tendon Pathologies
- Foundations of Managing Tendinopathy
- Achilles Tendon Clinical Assessment
- PTTD Clinical Assessment
- **Managing Stage I & II PTTD**
- **Management of Lower Limb Tendinopathy**

### **Muscle Strain Assessment & Management**

- Skeletal Muscle Structure & Function
- Ageing & Immobilisation
- Managing Muscle Strain Injuries

*Exercise Therapies in Podiatric Practice (Pro) sees the addition of the Managing Plantar Heel Pain & Management of Lower Limb Tendinopathy lectures. Both lectures review & expand upon the foundation lectures, giving a more in-depth understanding of the elements required for successful management of your clients.*

**Blue = additional modules / lectures in PRO course**





# Modules & Lectures

### Ankle Injury Assessment & Management

- Ligament Structure & Function
- Ligament Injury & Management
- Chronic Ankle Instability

### Bone Stress Injury Assessment & Management

- Osseous Structure & Function
- Bone Stress Injury Risk Factors
- Diagnostic Imaging
- e-Book Bone Stress Injury Fast Facts

### Pain & The Biopsychosocial Model of Care

- Biopsychosocial Model of Care
- Fundamentals of Pain Generation
- Understanding the Flag System
- Psychologically Informed Management

### Outcome Measures & Functional Measures

- Outcome Measures
- Functional Outcome Measures

### Final Assessment & Feedback

*\*Remember to revisit the Clinical Application of Exercise Therapies Module after completing these musculoskeletal lectures to consolidate your learning.*

*Blue = additional modules / lectures in PRO course*





# More Than Lectures

## P3 Coach Me

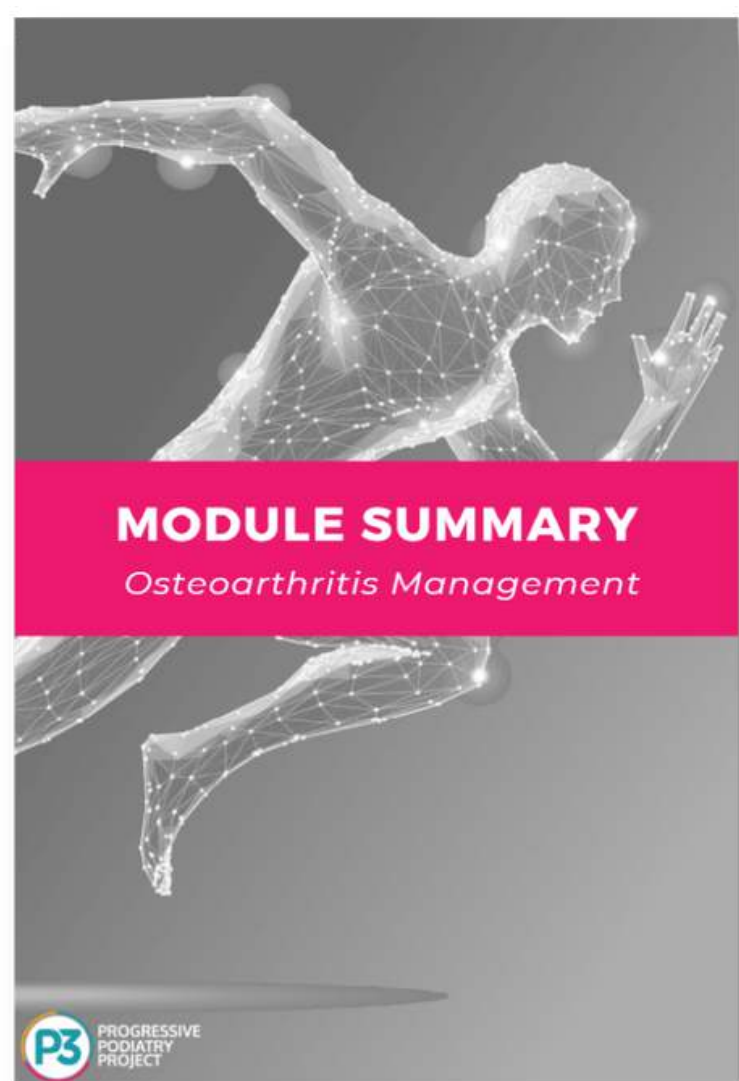
Each month P3 Coach Me does an in-depth analysis of the 'movement of the month'. FREE subscription access for the duration of your course.

Exploring the targeted structures, technique & movement cues, dosage variables, exercise progressions & regressions, clinical applications and case study examples.



## Downloadable Resources

You will gain access to a range of journal articles & resources to further expand your learning. Modules also contain module summaries, covering key educational content and example exercise programs exploring the clinical utility of a range of exercises.



## Exclusive e-Book

**Bone Stress Injuries - Fast Facts** is available to those who purchase the **Pro** edition of the course. With over 60 pages of evidence-based information covering high & low risk stress fractures of the lower limb. In-depth chapters covering clinical presentations, diagnostic imaging, management, return to play guidelines and appropriate exercises.



## Bonus Offers

The Progressive Podiatry Project has partnered with a range of product & service providers to bring our P3 Community exclusive offers & discounts.

These are all designed to compliment what you learn in our course & allow you to take your musculoskeletal practice to the next level.

**Fasciitis Fighter**

**Movement Assessment Technologies**

**The Rehab Lab**

**Solushin**





# P3 Coach Me

## Take your exercise prescription to the next level!

As a special bonus for you, you'll be granted FREE access to the online monthly subscription **P3 Coach Me** for the duration of your course access.

P3 Coach Me delivers monthly deep-dives in to the world of rehabilitation exercises.

With in-depth information pertaining to the *movement of the month*.

Each month P3 Coach Me will deliver resources covering;

- Exercise overview
- Targeted structures
- Technique cues & tips
- Dosage variables & dosage modifications
- Clinical utility for specific adaptations (*eg: power, acceleration performance, tendon adaptation etc.*)
- Exercise regressions & progressions.
- Clinical applications
- Case study examples

After your course access is complete you will have the option to continue your access to P3 Coach Me - don't worry, you will **not** be automatically charged. Continuing your access is entirely optional.



# Exercise Library

Your exercise library includes video demonstrations. These are separated into body regions/function.

## Exercises

- Foot & Intrinsic
- Gait Training (*walking*)
- Balance & Proprioception
- Tibialis Posterior / Ankle Invertors
- Peroneals / Ankle Evertors
- Calf Muscle Complex / Ankle Plantar Flexors
- Hamstrings / Knee Flexors
- Quadriceps / Knee Extensors
- Hip Flexors
- Hip Extensors

*Exercise library will continue to be expanded & updated.*



# Exclusive Offer

**The Rehab Lab**, in partnership with the Progressive Podiatry Project, are offering a great deal for the P3 community.

This special offer grants you:

- **33% off** the price of your initial subscription period\*.
- Your **1st Month Free** (*no payment required to activate your first month*).
- Access to **over 2,000 exercises**.
- The web's most user-friendly exercise software.
- **No obligation to purchase** after your first free month.

\* Subscription price reverts to standard full price following your first subscription period (excluding your first free month). 12-month, 6-month or 3-month subscription periods available.





### Exclusive Offers

**Take your functional assessments to the next level!  
With Movement Assessment Technologies**

Get the most out of your functional assessments with **The MAT**.

By purchasing MAT products or course via our unique affiliate link, you will not only qualify for P3's exclusive discount offer, saving you **15% off** your purchases for all items in the MAT shop.

**Star Excursion Balance Test (SEBT)**

**Y-Balance Test (YBT)**

**Weight Bearing Lunge Test (WBLT)**

**Hop + Jump tests**

**Squats tests**

**Lunge tests**

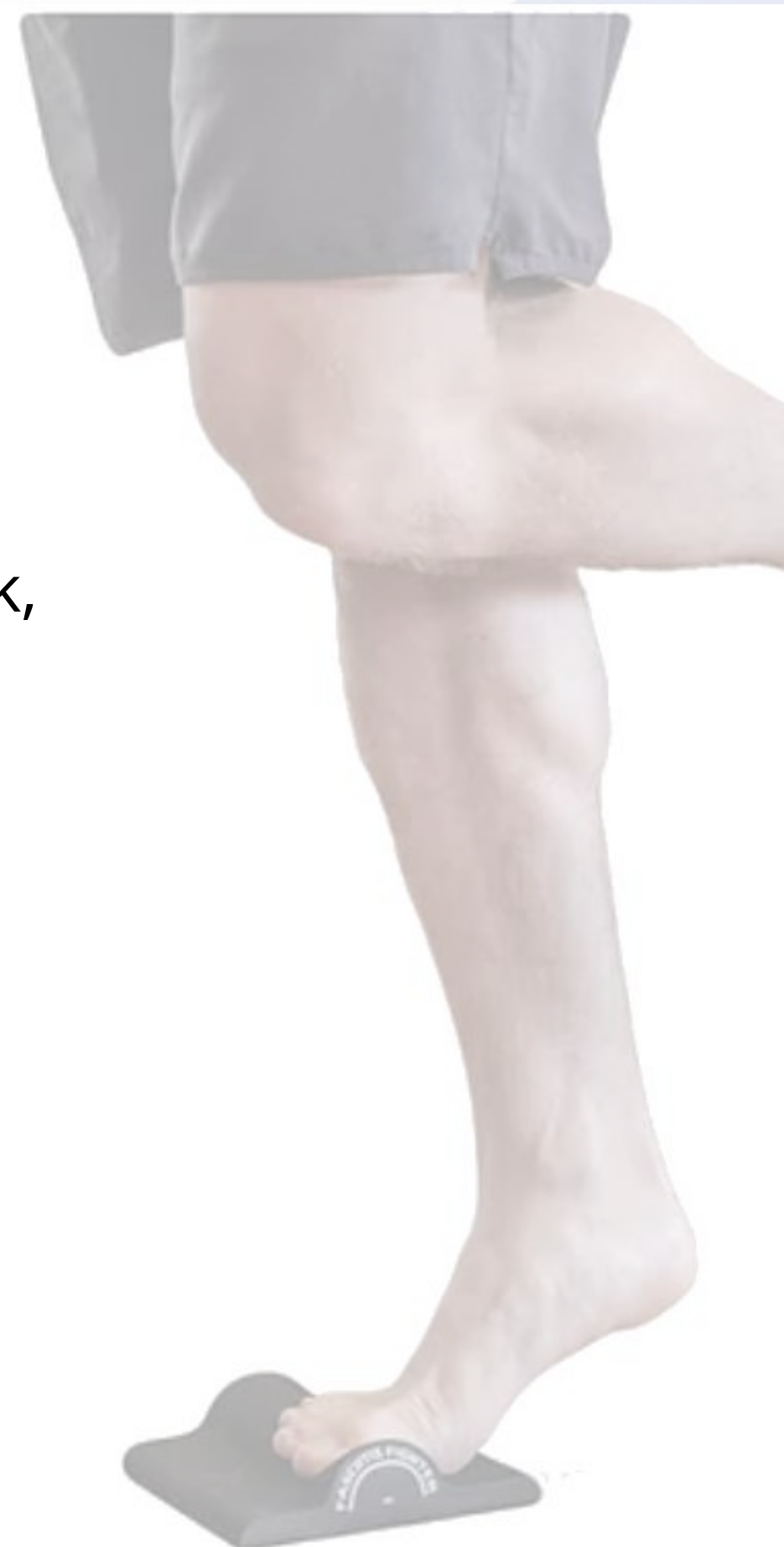
**Star Excursion Sitting Test (SEST)**

**Standing Long Lump**

### **Fasciitis Fighter**

One of the BEST treatment adjuncts for your exercises for managing Plantar Fasciopathy

By purchasing the Fasciitis Fighter via our unique affiliate link, you will qualify for P3's exclusive offer and bonus exercise therapies content.



# Ongoing Support

We invite you to join the P3 Community.

This course isn't a set and forget, we regularly engage with our students, to ensure everyone is getting the most out of their learning.



## QnAs

Each month we email our cohort to see if anyone has any questions relating to either course content or how to apply the content in their clinic (*ie: tricky musculoskeletal cases*).

Those questions that would be beneficial to the entire student cohort and then answered via a video, which is then uploaded into the QnA section of your course.

## **1-on-1 Coaching**

At the time of course purchase, students are given the option to purchase 2 x 1hr discounted coaching sessions, that can be used at any time throughout the duration of your course access.

Use the coaching to;

- Consolidate your course learnings.
- Refine your application of exercise therapies to your patients.
- Develop systems & processes to integrate your new skills into your clinic.
- Strategies to build & market your new clinical scope.

*\*Coaching can be purchased at anytime throughout the duration of your course, though not at the heavily discounted rate.*



# Course Completion

## Feedback & Testimonials

Each and every time we develop content & courses we have you in mind. Your feedback is greatly appreciated. We encourage you to submit your feedback to us so we can keep generating great courses and content for you.



If you love this course and would like to share your thoughts with the world, ensuring other health practitioners can see the benefits of completing our course, please submit your testimonials to us so we can share. You can choose to have your testimonial public or anonymous.



## Certificate of Completion

Once you have completed all modules and passed your final assessment, you will be eligible for your certificate of completion to contribute towards your CPD requirements.

**We can't wait to have you on board!**

**Cheers,  
The P3 Team**