

Comprehensive Treatment of the Foot and Ankle

LOCATION

3D Physical Therapy - Cherry Hill
496 Kings Highway N, Suite 110
Cherry Hill, NJ 08034

DATES AND TIMES

October 3, 2026: 8:00am - 5:30pm
October 4, 2026: 8:00am - 5:00pm

PRICE

\$650 incl. tax*

*Employees of the host facility listed above may apply the Course Host Employee Discount at checkout for \$150 off!

COURSE DESCRIPTION

The foot is an area that's commonly grazed over within academic curriculums. This course will provide you with a great foundation for how to evaluate and treat the most common foot diagnoses, even connecting the dots from dysfunctions elsewhere in the body that may influence the area. Come unravel the mystery of the foot through treatment of its joints, intrinsic muscles and fascia.

This course focuses on how to restore normal foot mechanics and take stress off of the soft tissues in the foot through manual techniques, taping and orthotic therapy. Manual therapy techniques covered include joint mobilizations and myofascial release/soft tissue mobilizations. You'll also make a pair of temporary orthotics, utilizing a structural and functional approach that can be easily replicated on Monday morning.

INSTRUCTOR: Skye Prince, PT, CIMT, Cert-DN

COURSE OUTLINE

Saturday

- 7:30am Doors Open
- 8:00am Lecture: Introduction, Naming and Understanding FF & RF Dysfunctions, Normal and Abnormal Foot Biomechanics, Common Pathologies from Over Pronation and Supination
- 10:15am Lecture: Foot Function during Gait, Athletic Shoe Discussion, Function of Orthotics, Anatomy Review
- 12:00pm Lunch (on your own)
- 1:00pm Lab: Palpation and Evaluation of the Foot/Ankle Complex
- 3:15pm Lab: Palpation and Evaluation (cont.)
- 4:00pm Lab: Mobilization of the Ankle: TC, Distal and Proximal Tib-Fib Joints
- 5:00pm Lab: Review of Evidence-Based Literature
- 5:30pm Adjourn

Sunday

- 7:30am Doors Open
- 8:00am Lab: Joint Mobilization of the Rearfoot and Midfoot Joints
- 9:00am Lab: Joint Mobilization of Forefoot and Hallux Joints
- 10:15am Lab: MFR of the Foot/Ankle Complex
- 11:00am Lab: Taping
- 12:00pm Lunch (on your own)
- 1:00pm Lab: Taping
- 2:00pm Orthotic Discussion and Demonstration
- 3:00pm Orthotic Fabrication
- 4:00pm Case Study and Speed Mobilization Review
- 4:30pm Review of Evidence-Based Literature
- 5:00pm Adjourn

CONTINUING EDUCATION

Our courses are submitted for continuing education approval in the state in which they are held. Please check www.glseminars.com to ensure that the course you are planning to attend is approved in your state. Certificates of completion with the number of course hours will be emailed to attendees after the completion of each course.

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