

Clinical Biomechanics of the Lower Limbs

臨床下肢生物力學

Outlines 課程重點

4月26日 2025 星期六
報到時間:08:00 ~ 08:30 AM

4月27日 2025 星期日
報到時間:8:00~8:30 AM

Day 1

Registration 08:00am to begin at 08:30am

☆ **Afternoon Session start 09:00am~10:30am**

What is Biomechanics ?
The Science Behind Biomechanics Engineering
History of Biomechanics
Biomechanics Today
The importance of Clinical Biomechanics when treating patients

☆ *Morning Break 10:30am – 10:45am*
Morning Session 10:45am~12:30pm

Biomechanics concepts using Newtons third law
The importance of Gravity and Ground reaction forces
What are some biomechanics anomalies
Clinical perspective to using Biomechanical engineering graph
What is NBA?
Najjarine biomechanical assessment (NBA)
NBA System - 7 steps Assessment System

☆ **Lunch 12:30pm – 13:30pm**

Afternoon Session 13:30pm-15:30pm
Foot Biomechanics - Three arches
Foot Biomechanics of Keystone structure of the foot
Axis of the Subtalar joint
Using Najjarine Anterior line method (NAL)
Using Najjarine Posterior line method (NPL)
Biophysical criteria of Normalcy
Forefoot deformities
malleolar Position

☆ *Afternoon Tea 15:30pm – 15.45pm*
Afternoon Session 15:45pm~17:00pm
case studies
Learning the types of orthotic available to treat certain conditions
practical demonstration
Q and A

☆ **Conclude 17:00pm**

Day 2

Registration 08:00am to begin at 08:30am

☆ **Morning Session Lesson start 9:00am~10:30am**

How Can biomechanics assist us in our treatment regime?

Learning the 7 steps in depth of the NBA system
1.NBA of RCSP
2.NBA of NCSP
3.NBA of Hip Range of motion internal :
External (extended)
4.NBA of Hip Range Of motion internal :
External (flexed)

☆ *Morning Break 10:30am – 10:45am*
Morning Session 10:45am~12:30pm

What is NBD?
5.NBA of Malleolar position - internal and external tibial torsion
6.NBA of Forefoot Valgus, forefoot varus, Forefoot Supinatus, plantarflexed 1st, dorsiflexed 1st
7.NBA of LLD

☆ **Lunch 12:30pm – 13:30pm**
Afternoon Session 13:30pm-15:30pm

What is NBT?
Children's Growing Pain
Diabetic Foot Ulcers (DFU)
Treating stroke patients using the NBA
Compensation of LLD

☆ *Afternoon Tea 15:30pm – 15.45pm*
Afternoon Session 15:45pm~17:00pm
Practical heat moulding session
using wedges with orthotic therapy and other modalities
Q and A

☆ **Conclude 17:00pm**

IMPORTANT WARNING :
INTELLECTUAL PROPERTY
By Dr.Abbie Najjarine

★ 此課程有很多時段是操作實習。