

Foot Issues in the Runner and Athlete

Dr. Ben Sefcik DPM, a native Albertan, received his undergraduate degree from the University of Alberta and his Doctorate in Podiatric Medicine from the Ohio College of Podiatric Medicine in 2007 and then completed a two-year primary care and surgical residency and was appointed Chief Resident of three hospitals in his senior year.

His chief interests are in non-surgical correction of biomechanical dysfunction of the foot as they affect the foot and the entire lower quadrant in the runner and other athletes. He is a runner himself and so is intimate with the problems runners face. He currently works in private practice in Airdrie, Edmonton and Grand Prairie.

I have worked with Dr. Sefcik for the last five months and have found him to be an excellent clinician who is reluctant to go to the surgical option unless absolutely necessary and to take great care in the fitting and adapting of orthotics and because of this he has tremendous success in ankle, foot, knee, hip and back pain. Jim Meadows

Topical Outline

This is a one-and-a-half-day course with Dr. Sefcik teaching on Saturday and Jim Meadows on Sunday morning.

Saturday - 8am - 4pm

Dr. Ben Sefcik DPM

The biomechanics of running
Cummulative stress injuries in athletes

- Fractures
- Tendonopathy
- Plantar fasciitis
- Hallux Valgus and Bunions
- Metatarsalgia

The assessment of the foot
Indications for and types of orthotics

- High arches
- Low arches
- Normal arches

Measuring for an orthotic

- Observation
- Mobility tests
- Cast or camera

Adjusting an orthotic
Manipulative techniques

Sunday Jim 8am - 12pm Meadows FCAMPT

Detailed surface anatomy of the foot and ankle

Bio-mechanical mobility testing

Manipulative techniques on selected joints

The hip as a first cause of cumulative stress injuries to the lower quadrant

Non-manipulative treatments

- Shockwave therapy for plantar fasciitis and tendonopathies
- Electrical muscle stimulation for mobilizing, strengthening and stretching tendonopathies
- **Effective** use of ultrasound
- Specific and individual exercise prescription

This one and a half day course presented by an expert podiatrist and a Fellow of the Canadian Academy of Manual Physical Therapist and will concern the biomechanics, pathomechanics, pathologies, assessment and identification of injuries to the foot and how they impact the entire lower quadrant.

The first day of the course Dr. Sefcik will present on the biomechanics of running, cumulative stress injuries, assessment of the foot and ankle and treatment including orthotics, manual therapy and exercises. On the second day Jim Meadows will demonstrate and have you practice the biomechanical assessment and treatment of the foot. He will also demonstrate the use of shockwave and the proper and effective use of ultrasound (yes it actually does work when used correctly) as well as specific exercise prescription.

This course will give you a breadth and depth on the foot that you almost certainly do not possess at the moment and at the same time will open up the vista of remote and independent etiologies of the lower quadrant allowing you to look for less than obvious causes of low back, hip, knee and foot pain.

At the end of this course you will be able to:

- Better understand the biomechanics of the foot in running and walking
- Better understand the pathologies that affect the foot and ankle and their effect on the lower quarter
- Understand the indications and effects of orthotics
- Effectively use ultrasound and shockwave therapy for plantar fasciitis and tendonopathies
- Know the indications and contra-indications for manipulation of the foot and ankle
- Be able to manipulate the foot and ankle

- Prescribe specific exercises programs based on the outcome of the patient's assessment