

ASPETAR WORLD CONFERENCE 2025

09th - 11th October 2025, Aspire Zone

ASPETAR
اسبيتار

AGENDA

ADVANCED WORKSHOP ON FOOT & ANKLE REHABILITATION

13 October 2025

#Aspetarcon25



Agenda
Advanced Workshop on Foot & Ankle Rehabilitation
12-13 October 2025

Target Audience: Allied Health Professionals (Physiotherapists only)

Activity code: HGI-03-P172

Venue: Aspetar, Rehabilitation Training Room, West Expansion, Ground Floor

Time: 08:00-16:00

Please note that this activity is offered as a part of the [Aspetar World Conference 2025](#), therefore, you must be registered for the conference to be able to sign up for this workshop.

Overall Learning Objectives:

On completion of this activity, participants will be able to:

1. Discuss the anatomical structures, injury mechanisms, and pathomechanics relevant to Ankle, Calf, and Achilles injuries.
2. Discuss various acute and subacute conditions of the ankle, calf, and Achilles, and determine appropriate prognostic considerations.
3. Identify and interpret key clinical markers and performance assessments to monitor rehabilitation progress and guide decision-making.
4. Design and apply systematic rehabilitation strategies incorporating early loading, hydrotherapy, motor control, strength, and explosiveness training.
5. Implement practical strength training and reactive strength exercises tailored to deficits observed following injury.
6. Analyze running, acceleration, and change-of-direction (COD) mechanics, and develop targeted interventions to optimize running performance post-injury.
7. Evaluate conditioning strategies (including HIIT) to support cardiovascular fitness during rehabilitation.
8. Develop and apply progressive running and return-to-sport protocols based on objective assessments and sport demands.
9. Integrate multidisciplinary rehabilitation components into a comprehensive management plan for ankle, calf, and Achilles injury rehabilitation.

This activity is an Accredited Group Learning Activity (Category 1) as defined by the Ministry of Public Health's Department of Healthcare Professions - Accreditation Section and is approved for a maximum of 12.75 hours.

Time	Topic	Session Learning Objectives By the end of this session, participants will be able to:	Speaker/Facilitator
Day 1 12 October 2025			
07:30 – 08:00	Registration		
08:00 – 09:00	Anatomy, Mechanisms and Pathomechanics (45min lecture – 15min interactive)	<ul style="list-style-type: none"> Discuss the anatomical considerations, injury mechanisms and the pathomechanics associated with ankle, calf & Achilles injuries 	Simon Wallace
09:00-10:30	Assessment, Diagnosis and prognosis of Acute, Calf & Achilles injuries (30min lecture – 60min interactive)	<ul style="list-style-type: none"> Differentiate between differential diagnoses and prognoses of various acute injuries to the ankle, calf & Achilles. 	Evan Jeanguyot
10:30 – 10:45	Coffee break		
10:45 - 11:15	Key clinical markers (Clinical Milestones) (30min lecture)	<ul style="list-style-type: none"> Identify and interpret key clinical tests to monitor progression and determine readiness to advance rehabilitation. 	Evan Jeanguyot, Simon Wallace
11:15 – 12:15	Performance (Lab) assessment following acute Ankle, Calf & Achilles injuries (15min lecture – 45min interactive)	<ul style="list-style-type: none"> Examine advanced assessment techniques and metrics used in lab-based evaluation of acute ankle, calf & Achilles injuries. 	Nuno Nascimento
12:15 – 13:15	Lunch break		
13:15 – 14:15	Early Loading, Hydrotherapy and Mobility (15min lecture – 45min interactive)	<ul style="list-style-type: none"> Describe and design targeted systematic approaches for early loading, hydrotherapy, and mobility following injuries. 	Ben Salcinovic, Mansour Otayek
14:15 – 14:30	Coffee break		
14:30 – 16:00	Motor Control (30min lecture – 60min interactive)	<ul style="list-style-type: none"> Apply motor control assessment and interventions following acute ankle, calf & Achilles injuries 	Simon Wallace, Bruna Antunes
16:00	Finish		

Time	Topic	Session Learning Objectives By the end of this session, participants will be able to:	Speaker/Facilitator
Day 2 8 October 2025			
08:00 – 09:00	Strength Assessment (10min lecture – 50min interactive)	<ul style="list-style-type: none"> Select and apply appropriate methods to assess calf strength and interpret assessment findings. 	Evan Jeanguyot, Simon Wallace, Tom Carruthers
9:00-9:30	Ankle Strength – Theory (30min lecture)	<ul style="list-style-type: none"> Analyze exercise selection, set-up, and programming strategies to optimize adaptation in the calf & Achilles. 	Simon Wallace, Tom Carruthers
9:30 – 10:00	Coffee break		
10:00 – 11:00	Ankle Strength Practical (60min interactive)	<ul style="list-style-type: none"> Implement strength training methods to address deficits post-injury in ankle, calf & Achilles. 	Simon Wallace, Tom Carruthers
11:00 – 12:00	Ankle Explosiveness & Reactive Strength (10min lecture – 50min interactive)	<ul style="list-style-type: none"> Examine the role of explosiveness and reactive strength and implement appropriate training methods. 	Ben Salcinovic, Michael Palladino
12:00 – 13:00	Lunch break		
13:00 – 14:00	Running, Accel & COD Mechanics (10min lecture – 50min interactive)	<ul style="list-style-type: none"> Conduct systematic assessments of running mechanics and develop interventions for calf, foot & ankle injury management. 	Konstantinos Defteraivos, Evan Jeanguyot
14:00 – 14:15	Coffee break		
14:15 – 14:45	Conditioning- HIIT: The Perfect Fit? (30min lecture)	<ul style="list-style-type: none"> Evaluate conditioning strategies to maintain and improve fitness following ankle, calf or Achilles injury. 	Rehab Fitness Faculty
14:45 - 15:45	Running, Accel & Return to Sport (15min lecture – 45min interactive)	<ul style="list-style-type: none"> Develop and apply practical progression models for running rehab and return to sport. 	David Power, Evan Jeanguyot, Tom Carruthers
15:45 - 16:00	Bringing it all together (15min interactive)	<ul style="list-style-type: none"> Discuss key rehabilitation concepts covered throughout the workshop. 	Evan Jeanguyot

16:00

Finish

Scientific Planning Committee:

Konstantinos Epameinontidis (Chair), Simon Wallace (Co-Chair), Evan Jeanguyot, Enda King

The Scientific Planning Committee has reviewed all disclosed financial relationships of speakers, moderators, facilitators and/or authors in advance of the CPD activity and has implemented procedures to manage any potential or real conflicts of interest.

Overall time: 765 min; lecture: 270 min; interactive: 495 min (65%)

