

## Testimonials

*"This course is a true reminder that in our bodies everything is connected. Providing treatment to an area distant to the area of the patient's complaint is often more effective than treating it directly. The course has opened an added dimension to my examination and treatment procedures."*

Roz Sofer, PT, DPT, OCS, Professor of Physical Therapy, Touro College

*"In school, we were taught that the function of one body part impacts another. Using Kinesiology, Dr. Correia explains exactly how injuries at the foot and ankle affects the back. It has changed my way of thinking about how to treat back pain."*

John G. Fox, P.T., M.A., C.W.T

*"I treated the foot using the Dr. Correia's techniques on my first patient with low back pain after taking the course. They reported immediate improvement in symptoms."*

D.C., PTA

### 2008-2009 Part A:

#### Saturdays:

2008: Sept 20, Oct 18, Nov 15

2009: Feb 7, Mar 7, Apr 4

#### Sundays:

2008: Oct 26

2009: Mar 15

### 2008-2009 Part B (pre-requisite Part A):

#### Saturdays:

2008: Oct 4, Nov 1, Dec 6

2009: Feb 21, Mar 21, Apr 25

#### Sundays:

2008: Nov 9

2009: May 3

### Course Times:

Saturday 12:00 - 7:00

Registration 11:30

Sunday 9:00 - 4:00

Registration 8:30

Cost: \$175 per day

### Location:

SportsCare Physical Therapy, PC

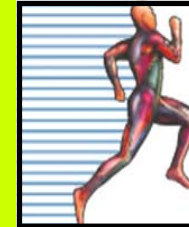
814 Fulton St. (Rte 109)

Farmingdale, NY 11735

www.SportsCarePTPC.com

Limited enrollment  
CEUs: 0.6 per day pending

Hosted by



SportsCare  
Physical  
Therapy, PC

# Resolving Hip & Back Pain by Treating the Foot & Ankle

Presented by:

Karen Correia, PT, PhD

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(516) 731-2180

### Course Description:

This course presents a newly-developed system of identifying and treating foot and ankle dysfunctions that has an immediate impact on single leg stance, proximal muscle function, and hip and back symptoms.

Dr. Correia developed her system of evaluation and treatment from Kinesiology evidence from the literature, and clinical experience.

### The physical therapist will learn:

1. How dysfunctions at the foot and ankle result in compensatory overloading at the hip, pelvis, and lumbar spine leading to pain.
2. Visual and manual evaluation skills to identify previous injuries of the foot and ankle that lead to aberrant movement patterns.
3. Newly-developed manual techniques to normalize foot and ankle dysfunctions.
4. Neuromuscular training techniques and exercise strategies that result in optimum performance of the foot and ankle leading to improved functioning of the hip, pelvis, and lumbar spine.



The **FOOT** may be **THE KEY** to effectively treating **HIP & BACK PAIN**.

### Part A (lecture and lab)

1. Functional Anatomy
2. Treat the Cause Principles
3. Single Leg Stance
4. Functional relationships between the foot/ankle and hip/back - the frontal plane
5. Effect of ankle sprain on movement
6. Diagnosing frontal plane relationships
7. Treatment techniques in the frontal plane
8. Neuromuscular re-education

### Part B (lecture and lab)

1. Review of Principles
2. Gait and the Foot
3. Functional relationships between the foot/ankle and hip/back - the sagittal and transverse planes
4. Diagnosing sagittal and transverse plane relationships
5. Treatment techniques in the sagittal and transverse planes
6. Neuromuscular re-education

### Karen Correia, PT, PhD

Dr. Correia has over 15 years experience treating pediatric and orthopedic patients with movement disorders. Her education includes a BS in Mechanical Engineering in 1981, a PhD in Bioengineering in 1985, a BS in Physical Therapy in 1991 and over 700 hours in continuing education coursework. She has a broad background in manual therapy and has had hands-on mentoring from renowned physical therapists and podiatrists.

Dr. Correia has taught Kinesiology, Biomechanics, and Spinal Stabilization Training to physical therapists and has given numerous lectures for the LI District APTA and the community on muscle imbalances, foot function and scoliosis.

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Name: \_\_\_\_\_

Address: \_\_\_\_\_  
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Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Date Selected:

Alternate Date:

**Check payable to:**

Karen Correia, PT, PhD

Send to: SportsCare Physical Therapy