

2nd International Conference on

Sports Medicine and Fitness

April 18-20, 2016 Dubai, UAE



Vicki Cameron

Founder and CEO StEPS Podiatry, Scotland, UK

Biomechanical Principles of Foot Injuries Commonly Seen in Sport

To provide an overview of foot biomechanics, in terms of normal function of the lower limb and foot, and their interaction during gait, and abnormal function, its effects on gait and the symptoms that result, and to discuss the physical structure and function in the sports patient.

As we discuss biomechanical Examination of the foot and lower extremity, we will ask “Is the structure of the foot causing the injury?” We will carry out a joint assessment, Gait analysis and look at basic foot types.

The use of functional foot orthoses will be discussed, looking at Prefabricated device and Custom moulded devices.

Finally, The management of common foot injuries in sport will be considered, including the following;

- Stress fracture
- Tendonitis
- Heel pain
- Shin splints
- Functional Hallux Limitus

Biography

Dr Vicki Cameron is a Consultant Podiatrist. Her PhD investigated the effectiveness of foot orthoses in patients with inflammatory arthritis, using computerised three dimensional (3D) gait analyses. Vicki won the prestigious Arthritis Research UK Silver Medal for her outstanding contribution to the care of patients with arthritis in 2011. She has published her research in a number of medical journals. She won Business Person of the Year at the Glasgow Business awards 2013, and also won Best Start up Business in Scotland at the Lloyds TSB Enterprise Awards 2013. Vicki consults for the Scottish Football Association, Celtic Football Club and Scottish Athletics Association. She is also a centre affiliate of Alzheimer Scotland.

s.alanzi67@gmail.com