

■ **Intitulé de la formation :** « La cheville & vous ! Comprendre, évaluer, traiter »

■ **Objectifs de la formation :**

- Approfondir la compréhension fonctionnelle des pathologies orthopédiques de la cheville
- Actualiser ses connaissances sur la rééducation de la cheville
- Intégrer les notions de bases d'anatomie, physiopathologie et biomécanique pour améliorer ses prises en charge.
- Savoir réaliser un bilan de cheville
- Comprendre et utiliser la gestion de la quantification de la charge de travail dans ses rééducations.
- Maîtriser des techniques clés de thérapie manuelle
- Savoir réaliser un programme de rééducation adapté à la problématique du patient
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■ **Public :** Masseurs-kinésithérapeutes D.E. **Pré-requis:** Aucun

■ **Moyens techniques et pédagogiques :**

- 2 formateurs en activité spécialistes du membre inférieur.
- Mise à disposition de matériels de rééducation dans un cabinet.
- Salle de cours équipée de projecteurs.
- Support de cours.

■ **Durée :** 3 jours (23h)

■ **Coût de la formation 740€** hors frais de repas de 50 euros

■ **Formateurs :** Jean Baptiste Colombié, Cédric Vincent Masseur-Kinésithérapeute D.E.

Déroulé pédagogique

A travers ce document, le formateur s'engage à appliquer la pédagogie de l'organisme de formation. Le déroulé pédagogique apporte toutes les informations nécessaires au formateur et lui facilite l'animation.

JOUR 1					
Heure et Durée	Objectif(s) pédagogique(s)	Notions abordées	Activités	Moyen d'évaluation/ Formateur(s)	Support(s) / outil(s) pédagogique(s)
8h45	• Accueil des stagiaires		Discussion informelle	Colombie / Vincent	
9h00-9h30 (30')	- Présentation du déroulé de la formation (objectifs, programme) - Présentation du contexte de la formation - Questionnaire interactif	- Présentation du contexte de la formation - Enoncé des problématiques liées à la pratique, - Présentations personnelles - Présentation du déroulé de la formation (objectifs, programme) - Questionnaire interactif	- Tour de table : 3 questions obligatoires : - Présentation personnelle (Qui ? Je suis...) - Attentes (les attentes de chacun par rapport à la formation) - Etat des lieux de la pratique	Sondage interactif Colombie / Vincent	- Présentation Power Point - Table ronde - Paper board
9h30-10h30 (1h')	Faire le lien entre les Syndromes pathologiques et les pathologies segmentaires	• Bio mécanique ethiopathologie	- Exposé théorique - Reflexion didactique et inéractive	Evaluation oral par les formateurs Colombié	- Présentation Power Point - Paper Board - Support papier - Table ronde
PAUSE (15')					
10h30-13h (2h30h)	• Affiner ses diagnostics différentiels	Réalisation et interprétation des tests Raisonnement clinique Arbres décisionnels	• Exposé théorique et pratique	Evaluation oral par les formateurs Colombié/ Vincent	- Présentation Power Point - Paper Board - Support papier - Table ronde
PAUSE DEJEUNER (1h)					
14h-15h30 (1h30')	Approfondir ses connaissances sur 2 syndromes	- Focus - Physiopathologie tendineuse - et Inhibitions musculaires	Exposé théorique et pratique en 2 petits groupes différentiel	Evaluation des pratiques par ses pairs	- Présentation PowerPoint - Paper Board - Support papier

Déroulé pédagogique

		Bilan clé / Thérapie manuelle / auto mobilisation / exercices spécifique / Return to Play / exemple		<i>Colombié/Vincent</i>	Pratique par le formateur Pratique entre stagiaires Prise de notes, Photos, Vidéos
15h30-16h30 (1h)	Acquérir des techniques manuelles génériques	Techniques manuelles usuelles	- Démonstration pratique ☐ - Pratique expérientielle	Evaluation des pratiques par les formateurs et ses pairs <i>JB. Colombié</i> <i>C. Vincent</i>	Présentation Power Point
PAUSE 15'					
16h15-18h (1h45')	Actualiser ses connaissances et sa pratique sur 2 notions essentielles	- Cercle du sur entrainement e de la douleur - Streching	- Exposé - Théorique - Démonstration pratique - Pratique expérientielle	Evaluation des pratiques par les formateurs <i>JB. Colombié</i> <i>C. Vincent</i>	- Présentation Power Point - Paper board
JOUR 2					
Heure et Durée	Objectif(s) pédagogique(s)	Notions abordées	Activités	Moyen d'évaluation / Formateur(s)	Support(s) / outil(s) pédagogique(s)
8h45	Accueil des stagiaires				
9h00-10h30 (1h30')	Développer une stratégie de soins en regard du bilan et de la biomécanique	- Reprise du bilan ROAST pour - identification des axes de rééducation - Théorie et pertinence)	- Exposé - Théorique - Démonstration pratique	Evaluation par les formateurs <i>Vincent</i>	Pratique
PAUSE (15')					
10h45-11h45 (45')	Apprendre à réaliser un bilan axé sur les déficits. Savoir relever des données	- Pratique - ROAST - identification des déficits (flexion dorsale, endurance	- Exposé - Théorique - Démonstration pratique	Evaluation par les formateurs	- Présentation Power Point - Paper Board

Déroulé pédagogique

	objectives et subjectives	force mollet, controle postural etc etc...)		<i>Vincent</i>	
11h45-13h (1h15)	Actualiser ses connaissances et sa pratique sur 2 notions essentielles	- Focus sur les déficits de flexion dorsale - Bilan clé / Thérapie manuelle / auto mobilisation / exercices spécifique / Return to Play / exemple	- Exposé théorique et pratique □ - Jeu de rôle avec un formateur qui joue le rôle d'un patient - Démonstration pratique - Pratique commune des - tests et manipulations	Evaluation de la pratique par les formateurs <i>Colombié/Vincent</i>	- Prise de note - Photos - Vidéos
PAUSE DEJEUNER(1h)					
14h00-15h30 (1h30')	Développer ses connaissances et sa pratique sur un syndrome clé	- Focus sur les déficits de flexion dorsale - Bilan clé / Thérapie manuelle / auto mobilisation / exercices spécifique / Return to Play / exemple	- Exposé théorique et pratique - Jeu de rôle avec un formateur qui joue le rôle d'un patient - Démonstration pratique - Pratique commune des - tests et manipulations	Evaluation par les formateurs • retours par les pairs <i>Vincent/Colombié</i>	- Présentation PowerPoint Paper Board - Support papier Pratique par le formateur - Pratique entre stagiaires - Prise de notes, Photos, - Vidéos
PAUSE (15')					
16h30-17h15 (45')	Développer ses connaissances et sa pratique sur un syndrome clé	- Contrôle du - Varus du pied, - Liens avec le contrôle postural	Exposé théorique et pratique	Evaluation par les formateurs • retours par les pairs <i>Vincent/Colombié</i>	- Présentation Power Point - Paper Board - Support papier - Table ronde
17h15 – 18h (45')	Construire une reprise d'activité physique cohérente	Théorie et pratique de la progression du retour au sport	- ExposéThéorique - Démonstration pratique - Pratique expérientielle	Evaluation par les formateurs • retours par les pairs	- Présentation PowerPoint Paper Board - Support papier Pratique par le formateur

Déroulé pédagogique

				Vincent/ Colombié	- Pratique entre stagiaires - Prise de notes, Photos, Vidéos
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JOUR 3

Heure et Durée	Objectif(s) pédagogique(s)	Notions abordées	Activités	Moyen d'évaluation/ Formateurs	Support(s) / outil(s) pédagogique(s)
8h45	Accueil des stagiaires				
9-10h45 (1h45)	Développer ses connaissances et sa pratique sur un syndrome clé	- Syndrome douloureux postérieur de la cheville - Td. corporéale, enthèse, carrefour post, LFH, etc...)	Exposé théorique et pratique Pratique commune des tests et manipulations	Evaluation par les formateurs Colombié/Vincent	Présentation Power Point
PAUSE (15')					
11h-11h45 (45')	Développer ses connaissances et sa pratique	Gestion de phase irritable Pratique adaptation spécifique à la pathologie	Exposé théorique et pratique	Vincent	Présentation Power Point
11h45-13h (1h15)	Développer ses connaissances et sa pratique sur deux pathologies du segment jambier	- Focus sur les lésion myo aponévrotique du triceps sural + physiopatho musculaire - Bilan clé / Thérapie manuelle / auto mobilisation / exercices spécifique / Return to Play / exemple	Exposé théorique et pratique	Colombié/Vincent	- Présentation Power point - Vidéo
PAUSE DEJEUNER (1h)					
14h00-16h15 (2h15)	Développer ses connaissances et sa pratique sur deux pathologies	- Focus sur les périostites / tendinopathies fibulaires et tibial postérieur / - Aponévropathies plantaires Bilan clé / Thérapie manuelle / auto mobilisation / exercices spécifique / Return to Play / exemple	Exposé théorique et pratique	Colombié/Vincent	- Présentation Power Point - Paper Board

Déroulé pédagogique

PAUSE (15')					
SEQUENCE DE FIN					
16h15-17 (45')	Evaluer l'atteinte des objectifs de la formation • Conclusion		Test de validation des acquis • Tour de table • Renvoi vers le questionnaire de satisfaction	Test post-formation <i>Vincent / colombié</i>	Questionnaire papier • Paper board

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