



SSK-FORMATION
KINÉSITHÉRAPIE

Programme Formation

Actualisation scientifique et pratique - Prévention et traitement de la cheville

Les entorses de la cheville sont les pathologies musculo-squelettiques plus fréquentes que ce soit chez les sujets sédentaires ou sportifs. Comprendre l'importance du bilan et de la prise en charge est essentiel pour assurer une rééducation la plus efficace possible. La gestion du retour sur le terrain ou à la simple activité est également un élément clé dans la prévention des récurrences.

L'objectif de cette formation est de vous permettre de prendre en charge une entorse de cheville de la blessure sur le terrain jusqu'au retour à la compétition. Nous aborderons l'ensemble des éléments que le kinésithérapeute doit maîtriser afin d'obtenir une prise en charge optimale et minimisant le risque de récurrence ou d'instabilité chronique. A travers des éléments scientifiques et pratiques nous passerons en revue les tests, outils, questionnaires et exercices de rééducation les plus adaptés à la prise en charge du patient.





Intervenant

François Fourchet
Kinésithérapeute
Maître de conférence
Doctorat de sciences du sport
Formateur

Public : Kinésithérapeutes
Durée : 2 Jours soit 14 heures
Horaires : 9h00 - 18h
Prise en charge : FIFPL - DPC (sous réserve de validation)

Les innovations scientifiques des 5 dernières années au service des thérapies de la cheville

Objectifs

Partie Cheville :

- Le stagiaire devra être capable :
- D'identifier et d'évaluer les déficiences et incapacités du patient par l'intermédiaire du bilan diagnostic kinésithérapique
- De déterminer la démarche thérapeutique, en référence aux recommandations en éducation en santé et aux recommandations internationales de bonnes pratiques.
- D'utiliser et d'adapter les techniques de rééducation en fonction des stades de la pathologie, jusqu'au retour à l'activité.

Moyens pédagogiques et techniques :

Apport théoriques - Travaux pratiques

Un support de formation est remis à chaque stagiaire. La pédagogie est active et participative, alternant des apports théoriques et des phases de mise en pratique. L'évaluation de la progression des stagiaires est réalisée tout au long de la formation, au travers des échanges et par le biais d'exercices de synthèses individuels ou de groupe.

Modalités d'évaluation :

Contrôle de connaissances pré-formation et post-formation sous forme de QCM et de questions à réponses courtes



Déroulé pédagogique

Jour 1 Cheville (7h)

8h45

- Accueil des participants, présentations et évaluation préformation

9h - 9h30

- Rappels anatomiques, mise au point dans le contexte de l'entorse

9h30 - 10h

- Repérage et palpation anatomique en pratique

10h00 Pause

10h15 - 11h

- Comprendre l'instabilité chronique de cheville

11h00 - 11h45

- Identification des facteurs de risque biomécaniques et sensori-moteurs de l'entorse

11h45 - 12h30

- Savoir comprendre et repérer les mécanismes lésionnels de l'entorse

12h30 Déjeuner

14h - 14h30

- Prise en charge de l'entorse de cheville sur le terrain : Drapeaux rouges et priorités de la prise en charge

14h30 - 14h45

- Prise en charge de l'entorse de cheville aigue en cabinet

16h00 - 17h

- Bilan fonctionnel de l'entorse de cheville, le ROAST

17h00 - 17h30

- Retour sur les éléments clés de la journée, Q/R

18H Fin de la première journée

Jour 2 Cheville (7h)

8h30 - 10h30

- Mise en place pratique des critères du ROAST

10h30 Pause

10h45 - 12h30

- Cas cliniques : réflexions de groupe et discussions

12h30 Déjeuner

14h - 14h30

- La prise en charge rééducative en cabinet

14h30 - 15h30

- Mise en pratique de techniques et exercices de rééducation

15h30 Pause

15h45 - 16h15

- Comprendre les enjeux du RTS

16h15 - 17h

- Mise en pratique des tests de RTS

17h - 17h30

- Conclusion de la formation, retour sur les points clés, Questions Réponses et évaluation post formation

17H30 Fin de la formation

Publications scientifiques

- (68) Tourillon R, Six A, Bothorel H, Fourchet F. Are foot posture and morphological deformation associated with ankle plantar flexion isokinetic strength and vertical drop jump kinetics? A principal component analysis. (2023). Sports Biomech. Mar 24;1-15. doi: 10.1080/14763141.2023.2191868.
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- (66) Servant G, Barrue-Belou S, Gojanovic B, Fourchet F. (2023). Éviter les biais cognitifs : exemple lors de l'évaluation quantifiée de la force musculaire. Rev Med Suisse 2023; 10.53738/REVMED.2023.19.835.
- (65) Weck M, Rockstroh C, Fourchet F. (2022). Physiotherapeutische Mobilisierung, muskuläre Kräftigung und Stabilisierung des diabetischen Fußes – bisher vernachlässigte Facetten der Therapie? Diabetes Stoffw Herz 2022;31: 29-35.
- (64) Tourillon R, Six A, Fourchet F, Morin JB. (2022). La différence de posture et de déformation de la morphologie du pied modifie elle la production de force en flexion plantaire et la cinétique de saut ? Entretiens de Podologie. 20-35.
- (63) Picot B, Hardy A, Terrier R, Tassignon B, Lopes R and Fourchet F. (2022). Which Functional Tests and Self-Reported Questionnaires Can Help Clinicians Make Valid Return to Sport Decisions in Patients With Chronic Ankle Instability? A Narrative Review and Expert Opinion. Front. Sports Act. Living 4:902886. doi: 10.3389/fspor.2022.902886
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- (60) Servant, G., Fourchet, F.; Pernoud, A.; Bothorel, H.; Christofilopoulos, P. (2022.) Evolution of Hip Muscles Strength in Femoroacetabular Impingement Patients Treated by Arthroscopy or Surgical Hip Dislocation: A Retrospective Exploratory Study. Biology 2022, 11, 1765. https://doi.org/10.3390/ biology11121765.
- (59) Benjamin D, Odof S, Abbès B, Fourchet F, Christiaen B, Taïar R. Shock Response Spectrum Analysis of Fatigued Runners. Sensors (2022). Mar 18;22(6):2350. doi: 10.3390/s22062350. PMID: 35336519.



- (58) Tourillon R, Bothorel H, McKeon P, Gojanovic B, Fourchet F. (2022). Effects of a single electrical stimulation session on foot force production, foot dome stability and dynamic postural control. J Athl Training. doi: 10.4085/1062-6050-0561.21.
- (57) Froideval et al. (Fourchet) (2021). Les drapeaux rouges en kiné du sport: définition et contextes. KSI SFMKS. 2ème Trimestre 2021: 4-6.
- (56) B Gojanovic, F Fourchet, V Gremeaux. (2021). Cognitive biases cloud our clinical decisions and patient expectations: A narrative review to help bridge the gap between evidence-based and personalized medicine. Ann Phys Rehabil Med. 18;65(4):101551. doi: 10.1016/j.rehab.2021.101551
- (55) B Picot, R Terrier, N Forestier, F Fourchet, PO McKeon. (2021). The Star Excursion Balance Test: An Update Review and Practical Guidelines. International Journal of Athletic Therapy and Training 26 (6), 285-293.
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- (50) D. Benjamin, S. Odof, B. Abbes, J.B. Nolot, D. Erre, F. Fourchet & R. Taiar (2020). Shock response spectrum analysis in running performance. Computer Methods in Biomechanics and Biomedical Engineering, 23:sup1, S28-S30, DOI:10.1080/10255842.2020.1811500.
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- (44) Degache F & Fourchet F (2019). Isocinétisme : grands principes méthodologiques. Mains Libres 2019 : 248-53.
- (43) Kwiatkowski B, Lutz N et Fourchet F (2019). Entorse de la cheville chez le jeune sportif. Rev Med Suisse 2019 ; 15 : 1318-22.
- (42) Rejeb A, Fourchet F, Materne O, et al. (2019). Beighton scoring of joint laxity and injury incidence in Middle Eastern male youth athletes: a cohort study. BMJ Open Sport & Exercise Medicine ; doi:10.1136/bmjsem-2018-000482.
- (41) Fourchet F, Maffiuletti N, Agosti F, et al. (2018). Impact of rocker sole footwear on plantar pressure distribution during standing and walking in adult obese women. Disability & Rehabilitation 25:1-4.
- (40) Delahunt E, Bleakley CM, Bossard DS, Fourchet F, et al. (2018). International Ankle Consortium Rehabilitation-Oriented Assessment: Infographics. Br J Sports Med 0:1-2.
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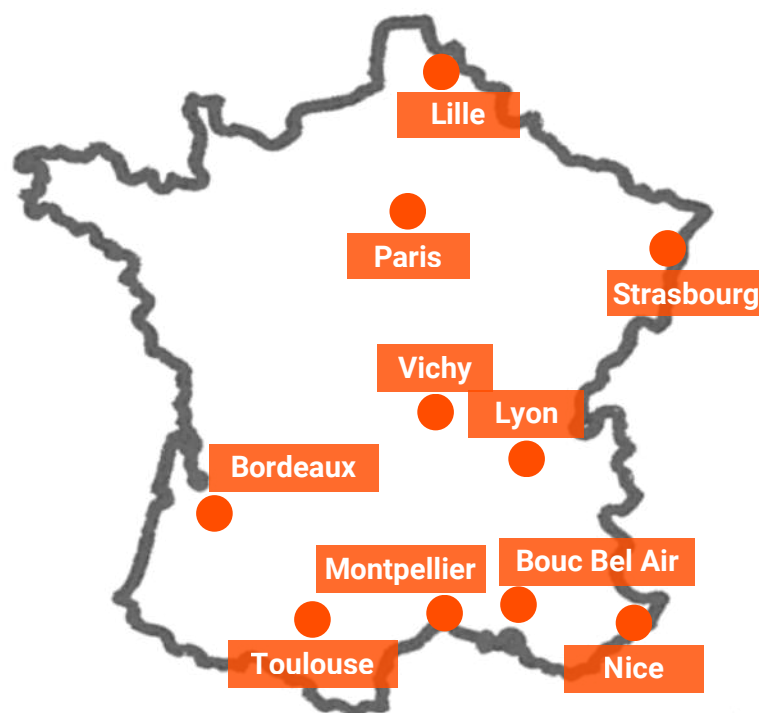
“ Depuis plus de 10 ans, SSK Formation a toujours eu à coeur de proposer aux kinésithérapeutes des stages de qualité, avec les meilleurs formateurs de la région. J'adresse un sincère merci à tous les lecteurs de cet ouvrage spécifique. Conçu pour vous par nos experts, ce manuel vous aidera à mettre en pratique un enseignement de haut niveau auprès de vos sportifs qui exigent l'excellence. À bientôt dans l'un de nos centres, pour continuer à vous accompagner dans nos meilleures formations. ”

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Amicalement,

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