

In this 'hands-on' workshop Stefania uses ATMs, talks, and demonstrations to explore the anatomy of the foot and lower limb, foot-types and the effects on posture and walking gait.



Stef Penkala graduated as a Feldenkrais teacher in 1997 and is an experienced Podiatrist in musculoskeletal rehabilitation and university education. Teaching across a range of professions including Podiatry, and Sports and Exercise Science, she has taught in a variety of units such as sports medicine, soft tissue techniques, clinical assessment and rehabilitation,

musculoskeletal disorders, evidence-based practice and research methods. Stef recently completed her PhD at the University of Sydney. Entitled "Footwear choices for children: Knowledge, application and the relationship to health outcomes", her doctoral thesis highlighted the central theme of Stef's professional career: Health literacy and the promotion of healthy life long physical activity, mobility and well-being.

CONTENTS

MP3 AUDIO

ATM-1 AY #111

ATM-2 Roman Sandal

ATM-3 Water carriers walk

MPEG4 VIDEO

1 - Talk: on footwear & feet

2 - Talk & demo: things you need to know about the foot

3 - Talk & demo: more about the foot, standing & walking

4 - Talk & demo: the weight bearing foot

5 - Talk & demo: weight bearing dynamics for walking

6 - Demo: water carriers walk