

Therapeutic Evaluation and Treatment of Toe Walking (Pediatric Equinus Gait)



Liesa Ritchie, DPT, PCS, PT, CKTP

Faculty

Liesa M. Ritchie (formerly Persaud), PT, DPT, PCS, is a licensed physical therapist with 30 years experience in the field of pediatric therapy. Liesa is the owner of *Know To Change*, an organization dedicated to advancing the knowledge and skills of clinicians in pediatric practice. Both nationally and internationally, she has educated healthcare professionals in advanced treatment techniques, performed specialized practical training and provided consultative services. Liesa has worked in a variety of settings, including private pediatric clinics, schools, private homes, hospitals and long-term care facilities, as well as facilities overseas. Dr. Ritchie is a Credentialed Clinical Instructor and also taught human anatomy, physiology. She received her Associate degree in 1993 and worked as a Physical Therapist Assistant while earning her B.S. in Organizational Leadership from Southern Nazarene University in Tulsa, OK. Dr. Ritchie earned her Master's degree in Physical Therapy from the University of Findlay in Findlay, OH in 2003. She received her post-graduate Doctorate from Rocky Mountain University of Health Professions in 2011 and is a Board Certified Specialist in Pediatric Physical Therapy. Liesa's passion for helping others extends into her private life. She has volunteered as a Call Rape Advocate and Salvation Army volunteer. Her passion for travel has led her to teach and treat in Australia, New Zealand, Turkey, the Arab Emirates and Mexico, plus organizing and participating in mission work in Mexico, Ukraine and Palestine. Liesa's wide range of clinical experience, organizational leadership, proficient teaching skills, motivation to improve the standard of care and enthusiasm and passion for her field make her an exciting and compelling instructor.

Disclosure: Financial: Liesa Ritchie-Persaud receives a speaking fee from Education Resources for this course. Non-Financial: She has no relevant

About this Live Webinar

This course will teach clinicians to develop interventions based on etiologies to produce successful long-term outcomes. Through an organized evaluation procedure, specific data will be used to direct the clinician to potential etiologies. Causes and appropriate intervention strategies are identified in order to utilize a systematic approach to developing an effective treatment plan. This course challenges the clinician to ask the correct questions in order to form a systematic approach to treating the child who "toe walks."

Objectives

- 1 Identify specific etiologies relevant to pediatric equinus gait
- 2 Discuss etiology-specific & age-appropriate assessment & management strategies for this population
- 3 Apply effective examination, evaluation, intervention and treatment strategies to toe walking in the pediatric population
- 4 Design an effective & individualized treatment plan for the pediatric patient
- 5 Explain the future consequences of incorrect intervention

Audience

This course is designed for Occupational Therapists, Occupational Therapy Assistants, Physical Therapists and Physical Therapist Assistants

Help your patients achieve better outcomes.

Schedule – Day 1 10:40 am - 5:00 pm EST (US)

10:40–11:00 Webinar Registration/Zoom Course Opens

11:00-12:45 IDEAL GAIT & EQUINUS GAIT

- ④ Definition of Idiopathic Toe Walking
- ④ Problems & concerns regarding an equinus gait pattern
- ④ Components of normal gait & gait development
- ④ Characteristics of equinus gait

12:45-1:00 Break

1:00-5:00 BIOMECHANICS

- ④ Necessity of a stable base
- ④ The influence of an anterior center of mass
- ④ Muscle Balance Theory
- ④ Passive ankle DFROM measurement technique: R1 & R2
- ④ Orthoses: Changes to tradition
- ④ Shoe Modifications

"Excellent, practical and realistic approach to treatment of a wide variety of toe walkers. Liesa is a dynamic speaker who has the ability to captivate attention and promote active learning through lecture and lab. Thank you for putting the pieces of the puzzle together." -N. Falcone, PT

The instructor was outstanding!!!! Extremely knowledgeable and had a wealth of experience on the subject- I.DeMasi

This course was great! A lot of information on underlying history/problems that contribute to toe walking and effective treatment. I am using the information to work with my toe walking patients now. Thank you! -B. Denaro

Schedule – Day 2 10:40 am - 5:15 pm EST (US)

10:40–11:00 Webinar Registration/Zoom Course Opens

11:00-1:00 KINESIOLOGY

- ④ Physiology
- ④ Manual therapy
- ④ Muscle lengthening & strengthening strategies
- ④ Therapeutic Taping

1:00-1:15 Break

1:15-3:15 SENSORY PROCESSING & SENSORY PROCESSING DISORDER

- ④ Consideration of the senses: tactile, vestibular, visual, proprioceptive,
- ④ Anatomy, Diagnosis, & Incidence
- ④ Assessment with regards to Toe Walking
- ④ Walking

3:15-3:30 Break

3:30-5:15 ASSESSMENT: CRITERIA, RESULTS & INTERVENTION

- ④ Birth & Developmental history
- ④ Vision
- ④ Classifications of Toe Walking Etiologies
- ④ Assimilation of material

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Credits

This course meets the criteria for 11.5 contact hours (1.15 CEUs) Intermediate level.



This course meets the criteria for 11.5 contact hours (1.15) CEUs, Intermediate Level. Education Resources Inc. is an AOTA Approved Provider of professional development. Provider #3043. This Distance Learning-Interactive course is offered at 11.5 contact hours 1.15 CEUs. Intermediate level, OT Service Delivery. AOTA does not endorse specific course content, products, or clinical procedures.

Approved provider of the **FL** Board of Occupational Therapy-CE Broker for 13.5 CE hours.

This course meets the approval of the **TX** Board of OT Examiners.

NBCOT professional development provider – 11.5 PDUs.

Most Physical Therapy State Boards accept webinars as a live offering. Please check with your state board to confirm. Approved sponsor by the State of **IL** Department of Financial and Professional Regulation for 13.5 contact hours. Application has been made to **IL** EI Training Program. Application has been made to the **FL** Physical Therapy Association for 13.5 continuing education contact hours. Application has been made to the **NJ, MD and MN** Boards of Physical Therapy. Application has been made to the **OK** Board of Medical Licensure and Supervision for Physical Therapy.

Approved provider by the **NY** State Board of Physical Therapy for 13.8 contact hours (1.38 CEUs). Education Resources, Inc. is an approved provider for Physical Therapy CEUs in the following states: **CA, KY and TX**.

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WEBINAR DATES AND TIMES

April 27 and 28, 2022

10:40 am EST • 11:40 am CT • 12:40 pm MST • 1:40 pm PT (US)

Registration is for all sessions. Zoom log-in instructions and course materials will be emailed/added to your ERI account 5-7 days prior to the first date of the Webinar.



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WEBINAR: Therapeutic Evaluation and Treatment of Toe Walking/Ritchie
 April 27 and 28, 2022

Course Registration Form

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