

Ambulation, Activity and AFOs: Addressing the Ankle to Improve Gait and Function

Amanda Hall, PT, MPT, PCS



Faculty

Amanda Hall is an engaging speaker and experienced therapist who developed a framework for pediatric and neuro ankle intervention. Her area of expertise includes therapeutic casting and orthotic design based on kinesiopathology, differential diagnosis, manual therapy, and alignment for therapeutic gait with individualized intervention and patient-centered designs. She currently provides casting as well as orthotic and assistive technology interventions at HSC Pediatric Center in Washington, D.C. Amanda is a Pediatric Clinical Specialist. She has presented internationally, with special emphasis on serving patients with complex presentations and “outliers”, including at the Combined Sections Meeting of the American Physical Therapy Association, the APTA Pediatrics Annual Conference, and at the National Institutes of Health.

Disclosures: Financial: Ms. Hall receives an honorarium from ERI for teaching. Non-financial: No non-financial relationships to disclose.

About this Live Webinar

Would you like to increase your skill with orthotic recommendations? Are you interested in increasing your treatment repertoire for the foot and ankle for pediatric and adult patients with neurological, developmental and/or orthopedic diagnoses? This course presents a movement systems approach to management of the foot and ankle. Using a kinesiopathologic lens, participants examine the effect of repeated movements, sustained alignments, cumulative micro-trauma, and altered relative flexibility on the function of the ankle. This course presents a comprehensive approach to care based on differential diagnosis, while examining the evidence for interventions which maximize the resiliency of the ankle complex through skeletal maturation and into adulthood. Participants learn hands-on skills for an integrated approach including mobilizations to promote adaptive relative flexibility; improving intrinsic stability through strengthening of the “foot core”; and interventions to positively impact neuroplasticity. Participants also actively use the ICF model to guide recommendations for targeted use of the external support of orthoses and casts to guide adaptive tissue-specific stresses.

Learning Objectives

- Recognize the interplay of musculoskeletal and neuromuscular influences on foot and ankle dysfunction
- Interpret a detailed foot and ankle examination including gait dynamic, neuromotor function, and musculoskeletal findings.
- Develop a comprehensive plan of care for the foot and ankle to improve gait in the context of supporting best structural outcome
- Select treatment techniques to address relative flexibility and promote progressive strengthening in foot and ankle for function
- Recommend orthotic interventions to maximize short- and long-term functional gait skills

Patient Population & Audience

This course is designed for novice to advanced PTs, PTAs, OTs, OTAs, and ATCs working with patients with pediatric or neurological health conditions

Help your patients achieve better outcomes.

Schedule - Day 1 9:40 am - 5:30 pm EST (US)

- 9:40-10:00 **Webinar Registration/Zoom Course Opens**
- 10:00-10:20 Lecture: Introduction and Terminology (with polls)
- 10:20-10:30 ACTIVITY: Terminology Worksheets
- 10:30-11:15 Building a Model of Foot and Ankle Function
- Requisites for therapeutic gait
 - Functional anatomy of the foot and ankle
 - Kinesiopathologic model
 - The ankle as a movement system
 - Impact of pediatric, neurologic, orthopedic health conditions
 - Function of Foot Intrinsic: The “Foot Core”
- 11:15-12:00 Do We Need to Intervene?
- Cultures of intervention
 - Review of relevant evidence
- 12:00-12:15 **Break**
- 12:15-12:30 Impact on developing systems: The Developmental Movement System Model (DMSM)
- 12:30-1:00 ACTIVITY: Developing goals at multiple ICF levels, Developing DMSM Goals
- 1:00-1:30 **LAB:** Musculoskeletal Key Tests: Dorsiflexion Stress Test and Talo-crural Axis Test
- 1:30-2:00 **Lunch**
- 2:00-3:00 Lecture: Movement System Analysis for the Foot and Ankle
Musculoskeletal Exam
- 3:00-3:15 **Break**
- 3:15-3:45 Lecture: Movement System Analysis for the Foot and Ankle
- Neuromotor Exam
 - Sensory/Perceptual and Pain Exam
 - Relevant Systems and Individual Qualities
- 3:45-4:30 Movement System Analysis for the Foot and Ankle: Gait
- Gait Diagnosis Groups
- 4:30-4:45 ACTIVITY: Case Examples Using the Movement System Analysis for the Foot and Ankle
- 4:45-5:30 Interventions and Evidence: Maximizing the resiliency and resources of the foot and ankle complex
- Joint Mobilizations to improve ankle mobility and relative flexibility
 - Soft tissue mobilizations to improve ankle mobility and relative flexibility

Schedule – Day 2 9:40 am – 5:00 pm EST (US)

- 9:40-10:00 **Webinar Registration/Zoom Course Opens**
- 10:00-10:20 **LAB:** Hindfoot mobilizations
- 10:20-10:35 **LAB:** Supination and pronation progressions
- 10:35-11:00 Improving Motor Control and Strength of the foot and ankle
Strategies to improve motor learning
- 11:00-11:45 **LAB:** resistance, taping, novel task for motor learning
- 11:45-12:00 **Break**
- 12:00-12:30 Retraining patterns of recruitment and tonic contraction: emphasis on stability in the “foot core” and eccentric gastrocnemius
- 12:30-1:00 **LAB:** Skill building: Progressive Resistive Exercises for the foot core for foot core and eccentric control
- 1:00-1:30 The Role of Neuroplasticity in Foot and Ankle Function
- 1:30-2:00 **Lunch**
- 2:00-2:30 Interventions to address neuroplastic changes
Pain neuroscience education for the foot and ankle
- 2:30-3:00 Use of orthoses to support neuromotor and musculoskeletal rehabilitation and development
- Goals of orthotic intervention
 - Orthotic prescription versus design
 - Orthotic prescription based on musculoskeletal exam
- 3:00-3:15 **Break**
- 3:15-4:00 Orthotic design based on Movement System Analysis findings
- Orthotic groups
 - Gait diagnosis groups
 - Designing support: Coronal, Sagittal, and Transverse Planes
- 4:00-5:00 ACTIVITY: Video case studies to apply course concepts, presentation to group for discussion

ERI: Life-changing learning

You love what you do. Our courses remind you why. As a therapist, you change lives every day – and have your life changed in return. ERI is life-changing learning, for therapists by therapists.

The ERI Advantage:

- Techniques you'll use the next day
- Peers who share your passion
- Renowned faculty
- Evidence-based courses that improve outcomes
- 30 years of life-changing learning

Specialty Tracks throughout the lifespan – Neonatal, Pediatric, Adult, Geriatric

Each ERI specialty track is designed to make the most of your continuing education time, budget, and goals. Start your search with us and plan every course you'll take in 2022.

Visit [educationresourcesinc.com](https://www.educationresourcesinc.com) for all your 2022 courses.

ERI Rewards

Your ERI experience is more rewarding than ever.

- First Course Discount
- Group Discounts
- \$100 off your 4th Multi-day Course
- And more

Subject to availability. Exclusions may apply. Visit our website for details and coupon codes.

Credits

This course meets the criteria for 12.5 contact hours (1.25) CEUs, Intermediate Level.



Education Resources Inc. is an AOTA Approved Provider of professional development. Provider #3043. This Distance Learning-Interactive course is offered at 12.5 contact hours 1.25 CEUs. Intermediate level, OT Service Delivery. AOTA does not endorse specific course content, products, or clinical procedures.

This course can be used toward your NBCOT renewal requirements for 12.5 units.

Approved provider of the FL Board of Occupational Therapy-CE Broker for 15 CE hours.

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

Application has been made to the FL Physical Therapy Association for 15 continuing education contact hours.

Application has been made to the MD State Board of Physical Therapy Examiners.

Approved by the MN Board of Physical Therapy.

Approved by the NJ Board of Physical Therapy Examiners.

Approved sponsor by the State of IL Department of Financial and Professional Regulation for Physical Therapy for 15 contact hours. Application has been made to Illinois EI Training Program.

Approved provider by the NY State Board of Physical Therapy for 15 contact hours (1.5 CEUs). Education Resources, Inc. is an approved provider for Physical Therapy CEUs in the following states: CA, KY, OK and TX.

The following state boards of physical therapy accept other states' approval: AK, AR, AZ, DC, DE, GA, HI, ID, IN, KS, MA, MI, MO, MS, NC, OR, PA, RI, SC, UT, VA, VT, WI, WY.

The following state boards of physical therapy either do not require course pre-approval or do not require CEUs for re-licensure: AL, CO, CT, IA, ME, MT, NE, ND, NH, SD, WA.

12 hours of this course qualify towards the discipline-specific hours for the 20-hour requirement for NDTA re-certification. They do NOT qualify towards the 8-hour NDTA Instructor requirement for re-certification.

Education Resources Inc. 266 Main St, Medfield, MA 02052. Please contact us with any special needs or requests: info@educationresourcesinc.com or call 800-487-6530.

Webinar Dates and Times

January 20 and 27, 2023

9:40 am EST • 8:40 am CST • 7:40 am MST • 6:40 am PST (US)

Registration is for both 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.



\$369 fee. LIMITED ENROLLMENT. Cancellation will be accepted until 14 days prior to the start date of the course, minus a \$75 Administration Fee. There will be NO REFUNDS after this 14 day deadline. Registration will be accepted after deadline on a space available basis. We encourage you to register online!

Ambulation, Activity, & AFOs: Addressing the Ankle to Improve Gait and Function-Amanda Hall

January 20 and 27, 2023

Course Registration Form

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Home Phone: _____ Work Phone: _____

Cell Phone: _____

Needed in the event of an emergency scheduling change

Email: _____

Please clearly print your email address for course confirmation

Employer: _____

Discipline: _____ Specialty: _____

How did you learn of this course? _____

Education Resources reserves the right to cancel any course due to insufficient registration or extenuating circumstances. We are not responsible for any expenses incurred by participants if the course must be cancelled.

I have read your refund policy above and understand.

Cardholder's name & billing address with zip code if different from above:

Signature _____

Amount charged _____

I hereby authorize you to charge my: VISA MC DISCOVER# _____

Exp. Date _____ CVV2 Code _____