

Therapeutic Evaluation and Treatment of Toe Walking (Pediatric Equinus Gait) from a PT and OT Perspective

Liesa Persaud, DPT, PCS, PT



Faculty

Liesa M. Persaud, PT, DPT, PCS, CKTP is a compelling instructor and accomplished licensed physical therapist with 26 years' experience in the field of adult and pediatric therapy. She has educated healthcare professionals in advanced treatment techniques, specialized practical training, and consultative services. Ms. Persaud has worked in a variety of settings, including private pediatric and adult clinics, schools, private homes, hospitals, and long-term care facilities. She is a Credentialed Clinical Instructor and teaches human anatomy, physiology, and nutrition at Tulsa Community College. She received her Bachelor of Science Degree in Organizational Leadership from Southern Nazarene University in Tulsa, Oklahoma and a master's degree in Physical Therapy from the University of Findlay in Findlay, Oklahoma. She also earned a post-graduate doctorate from Rocky Mountain University of Health Professions and is a Board-Certified Specialist in Pediatric Science.

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

About this Course

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

Course Requirements

Please bring a yoga mat or towel and a goniometer.

Help your patients achieve better outcomes.

Schedule – Day 1

- 7:30-8:00** Registration/Continental Breakfast
- 8:00-10:30** Ideal Gait & Equinus Gait
Definition of Idiopathic Toe Walking
Problems & concerns regarding an equinus gait pattern
Components of normal gait and gait development
Characteristics of equinus gait
- 10:30-10:45** Break
- 10:45-12:00** Biomechanics
Necessity of a stable base
The influence of an anterior center of mass
Muscle Balance Theory
Passive ankle DFROM measurement technique: R1 & R2 **LAB**
- 12:00-1:00** Lunch (on your own)
- 1:00-2:30** Biomechanics (cont.)
Dynamic Response Ankle Foot Orthosis
- 2:30 – 2:45** Break
- 2:45 – 3:30** Posting wedges & calcaneal eversion **LAB**
- 3:30 – 5:30** Biomechanics (cont.)
Transverse plane movement & ankle strategies
Biomechanical training aids

Schedule – Day 2

- 7:30-8:00** Continental Breakfast
- 8:00-10:00** Kinesiology
Physiology Passive stretching
Manual therapy
Myofascial release
Muscle lengthening strategies **LAB** Muscle Strength: Soleus Eccentric exercise NMES
Kinesiotape®

Schedule – Day 2 (cont.)

- 10:30-10:15** Break
- 10:15-12:00** Therapeutic Taping
DF assist, Gastroc inhibition, transverse abdominus & oblique facilitation
- 12:00-1:00** Lunch (on your own)
- 1:00-2:15** Sensory Processing
Consideration of the sensory systems: tactile, vestibular, visual, proprioceptive, emotional
Sensory Processing Disorder
Anatomy
Diagnosis
Incidence Assessment with regards to Toe Walking
- 2:15-2:30** Break
- 2:30-4:00** Assessment: Criteria Results & Intervention
Birth history
Developmental history
Vision

Day 3 Online

Liesa Persaud teaches the online course using case studies, demonstrations, extensive directed lab practice and lecture.

Register for the complete online series for \$229, or for individual sessions:

- Utilizing the ACT (Assessment Criteria for Toe Walking) and Outcomes and Footwear Modification to Improve Outcomes - \$79
- The Role of Vision and Reflexes - \$99
- Red Flags for Referral and Intervention Strategies - \$99

Includes downloadable handouts and access for one year from registration date.

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Credits

The course meets the criteria for 14.5 contact hours (1.45 CEUs). Application has been made to the **NJ** and **MD** Boards of Physical Therapy Examiners and the **OH** Physical Therapy Association. The **DC, DE, KS, MO, PA, SC** and **VA** Boards of Physical Therapy accept other board approvals. Approved sponsor by the State of **IL**, Dept. of Financial and Professional Regulation for Physical Therapy. ERI is an approved agency by the PT Board of **CA**.

Approved provider by the **NY** State Board of Physical Therapy for 17.4 contact hours.

Application has been made to the **FL** Physical Therapy Association for 17 continuing education hours.



Approved provider of continuing education by the American Occupational Therapy Association #3043, for 14.5 contact hours - Intermediate Level Occupational Therapy Process: assessment, intervention. The assignment of AOTA CEUs does not imply endorsement of specific course content, products or clinical procedures by AOTA.

Approved provider by the **FL** Board of Occupational Therapy - CE Broker

NBCOT professional development provider - 14.5 PDU

Please contact us with any special needs requests:
info@educationresourcesinc.com or 508-359-6533

Locations and Dates - 2019

June 7-8	Wichita, KS	Heartspring
June 22-23	Lexington, SC	Palmetto Health USC Orthopedic Center
Aug 8-9	New Brunswick, NJ	Children's Specialized Hospital
Sep 21-22	Los Angeles, CA	NAPA Center
Oct 17-18	Winter Park, FL	Florida Hospital Pediatric Rehabilitation
Nov 23-24	Sylvania, OH	ProMedical Flower Hospital



\$435 fee. Deadline for registration is 3 weeks prior to course. Registration will be accepted after deadline on a space available basis. Cancellation accepted up until 2 weeks before course, minus an administration fee of \$75. NO REFUNDS WITHIN 2 WEEKS OF COURSE.

Please make check payable and return to: Education Resources, Inc. 266 Main St., Suite 12 • Medfield, MA 02052 508-359-6533 or 800-487-6530 (outside MA) FAX 508-359-2959 • www.educationresourcesinc.com Limited enrollment. We encourage you to register online!

Therapeutic Evaluation and Treatment of Toe Walking/Persaud

- June/KS June/SC Aug/NJ Sept/CA Oct/FL Nov/OH

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. Please do not make non-refundable travel arrangements until you have called us and received confirmation that the course will be held. 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.

Additional Online Course Series:

- Utilizing the ACT (Assessment Criteria for Toe Walking) and Outcomes and Footwear Modification to Improve Outcomes - \$79
The Role of Vision and Reflexes - \$99
Red Flags for Referral and Intervention Strategies -\$99
Complete online series (save \$48)

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 _____