

Ambulation, Activity and AFOs 2: Advanced Hands-On Course

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 kinesiotherapy, 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 In-Person Course

Learn hands-on advanced evaluation and treatment of the foot and ankle to improve gait and function for patients with pediatric, neurologic, and orthopedic health conditions. Practice an organized system to evaluate ankle function using a kinesiotherapeutic approach, determining key findings to develop a clinical hypothesis. Multiple labs will include the latest evidence-based interventions to improve foot and ankle function for individuals across the movement spectrum, including joint and soft tissue mobilizations, improving strength and motor control of the “foot core”, and addressing pain. Participants will also learn hands-on skills for orthotic design as well as foot/ankle taping techniques.

Learning Objectives

- Analyze foot and ankle exam findings including gait kinematics, neuromotor function, and musculoskeletal findings to design individualized treatment plans.
- Apply advanced manual mobilization skills to joint and soft tissues to improve foot and ankle mobility and function.
- Design a progressive strengthening program to improve motor control of the foot and ankle.
- Design a comprehensive orthotic plan to improve function and gait for patients with identified foot/ankle dysfunction.
- Fabricate a shoe-insert orthotic to support a structural and functional foot impairment.

Patient Population & Audience

This course is for or those who have taken Amanda Hall’s original course: *Ambulation, Activity, and AFOs: Addressing the Ankle to Improve Gait and Function*, online, via webinar or in-person, OR with other prior experience or training for foot/ankle and ankle-foot-orthotics.

Important Course Info!

- The instructor will be providing materials for orthosis fabrication for each participant, which is included in the \$460 price of the course.
- Participants should bring a Theraband for the course.
- Attendees will be required to wear masks for COVID/Flu protocols (see below).

Schedule - Day 1 7:30 am - 5:00 pm EST (US)

- 7:30-8:00 Registration Opens**
- 8:00-9:00 Foot and Ankle Function**
- Efficient ankle function: structure and function
 - Therapeutic Gait: Key elements during loading response, midstance, and terminal stance
 - Ankle dysfunction: impact of structural and functional variants using the kinesio-pathologic model in pediatric, neurologic, and orthopedic patients
 - Evidence related to ankle dysfunction through the kinetic chain
- 9:00-10:00 LAB: Musculoskeletal Foot and Ankle Examination**
- Weightbearing functional assessment
 - Special tests: Dorsiflexion Stress test and Talocrural Axis Test
 - Musculoskeletal Examination: Establishing the structural anatomy and current functional status of the foot and ankle
- 10:00-10:15 Break**
- 10:15-11:15 LAB: Orthoses fabrication**
- Fabricating shoe-insert orthotics to support structural and functional findings
- 11:15-12:00 LAB: Movement System Analysis for the Foot and Ankle**
- Neuromotor Exam
 - Tests for "foot core" function
 - Balance tests
 - Test to determine contributors to atypical patterns of tonic contraction
 - Sensory/Perceptual and Pain Exam
 - Hypo/hyper altered sensation
 - Pain: perception and communication
 - Relevant Systems and Individual Qualities
- 12:00-1:00 Lunch**
- 1:00-1:45 Evidence for foot and ankle intervention**
- 1:45-2:30 LAB:**
- Soft tissue mobilizations to improve ankle mobility and relative flexibility
 - Joint Mobilizations: Subtalar and talocrural
- 2:30-2:45 Break**
- 2:45-3:30 LAB: Mobilizations: midfoot, forefoot, 1st ray, digits**
- 3:30-4:30 LAB: Applying Information**

continued...

- Comprehensive exam and application of treatment techniques
 - Advanced mobilizations
 - Addressing talar rotation during hindfoot mobilizations
 - Mobilizations with tonic contractions/tone in neurologic and pediatric patients
 - Muscle energy techniques
 - Supination and pronation joint and soft tissue progressions
- 4:30-5:00 CASE STUDIES: Applying course concepts**

Schedule – Day 2 7:30 am – 4:15 pm EST (US)

- 7:30-8:00 Registration Opens**
- 8:00-8:30 Developing adaptive stability: addressing neuromotor control of the foot and ankle**
- 8:30-9:15 LAB:**
- Progressive resisted exercises: "foot core"
 - Improving motor control for the key elements of therapeutic gait: loading response, midstance, and terminal stance
- 9:15-10:15 LAB: Taping techniques for the foot and ankle: stability, alignment, and facilitation**
- 10:15-10:30 Break**
- 10:30-11:00 The role of neuroplasticity in foot and ankle function in orthopedic and neurologic dysfunction**
- 11:00-12:00 LAB:**
- Applied neuroplasticity interventions for foot and ankle function
 - Improving efficient recruitment and timing
 - Pain techniques and pain neuroscience education
- 12:00-1:00 Lunch**
- 1:00-2:00 Framework for orthotic prescription, design, and dosing**
- Coronal, sagittal, and transverse plane design
- 2:00-3:00 LAB: CASE STUDIES and applied orthotic trials**
- 3:00-3:15 Break**
- 3:15-3:45 Shoe selection and design**
- 3:45-4:15 CASE STUDIES: Applying course concepts**

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Credits

This course meets the criteria for 14 contact hours (1.4 CEUs) Advanced Level.

Approved by the **MD** Board of Physical Therapy Examiners.

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 16.5 contact hours.

Approved provider by the **NY** State Board of Physical Therapy for 16.5 contact hours (1.65 CEUs).

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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.

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

Live In-Person Course Date/Time:

March 11 and 12, 2023 – 7:30am Registration Begins

Children's National | The HSC Health Care System

1731 Bunker Hill Road, NE

Washington, DC 20017



\$460 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!

Live In-Person "Ambulation, Activity, & AFOs 2: Advanced Hands-On Course"
Amanda Hall, PT, MPT, PCS

March 11 and 12, 2023
Washington, DC

Course Registration Form

Name: _____

Address: _____

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Home Phone: _____ Work Phone: _____

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Needed in the event of an emergency scheduling change

Email: _____

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How did you learn of this course? _____

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