

Toe Walking: In-Depth Clinical Applications Using an Etiological Approach

Liesa M. Ritchie-Persaud, DPT, PCS, PT, CKTP



Faculty

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

About this Live Webinar

In this new course, clinicians will expand their evaluation and treatment knowledge for toe walking that was previously learned in Liesa's "Therapeutic Evaluation and Management of Toe Walking (Pediatric Equinus Gait)". Using her systematic approach, clinical application skills will be further enhanced through case analysis using the Act! (Assessment Criteria for Toe walking) as a guided, evidence-based, detailed, decision making process. Applying Liesa's comprehensive toe-walking specific evaluation to cases, clinicians will learn to identify an etiology-based problem list, choose suitable, appropriate, and feasible interventions and develop a relevant plan of care specific to the problems of each individual child.

Since this new course builds on her first course, participants should attend "Therapeutic Evaluation and Management of Toe Walking (Pediatric Equinus Gait)" first.

Learning Objectives

1. Utilize "The ACT" to focus treatments for improved floor mobility, walking, running, and/or playing in the child who toe walks.
2. Determine the primary & secondary contributing factors (musculoskeletal, neuromotor or sensory) to Pediatric Toe Walking.
3. Examine the research findings relative to gait, toe walking, atypical movement and sensory processing.
4. Determine the appropriate use & implementation of "The Act!" and the "Toe Walking Evaluation."
5. Apply appropriate interventions based on the etiological category of toe walking.
6. Choose an individualized treatment plan using "The Act!" and "Toe Walking Evaluation"
7. Analyze Case Studies in each etiological category to determine a specific Plan of Care.
8. Select an appropriate shoe modification for a child who toe walks to facilitate improved standing tolerance for ADLs, walking, running, skipping, jumping, and/or playing.
9. Identify four benefits of utilizing a multi factorial, comprehensive approach for the management of Pediatric Toe Walking.

Help your patients achieve better outcomes.

Schedule – Day 1 8:40 am - 5:00 pm EST (US)

8:40-9:00 Webinar Registration/Zoom Course Opens

9:00-11:45 Significance, Interpretation & Utilization of Publications Relevant to the Assessment of Toe Walking:

- Substance Exposure in Utero
- Birth Characteristics
- Family History
- Developmental History
- Reflexes
- Vestibular

Additional Information Relevant to Assessment:

- Calf Presentation
- Physical Assessment
- Movement Quality
- Balance
- Gait
- Neurological
- Vision
- Proprioception

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Schedule – Day 1 (continued)

Applicable Information for Determination of the Contributing Factors to Toe Walking:

- Gestational Age
- C Section Delivery
- NICU Stay
- Reflux and/or GI Issues
- In Utero Medications & Substances
- Floor Mobility & Onset of Walking
- Commercial Positioning Toys
- Reflexes
- Vision
- Family History

11:45-12:15 BREAK

12:15-1:15 Characteristics of Ideal Gait & Toe Walking: Description & Explanation

Shoe and Orthotic Modifications:

- External Wedges
- Internal Wedges
- Custom and Pre-Fabricated AFOs

1:15-1:45 BREAK

1:45-5:00 Case Studies (Videos of Evaluation, Interpretation & Intervention):

- Musculoskeletal Etiology
- Neuromotor Etiology
- Sensory Etiology

Audience

This course is appropriate for pediatric PTs, PTAs, OTs, OTAs and Early Interventionists working with patients 0-3 or students aged 3-21 in Home Care or Outpatient settings.

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Credits

This course meets the criteria for 7 contact hours (0.7 CEUs) Intermediate level.



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This course can be used toward your NBCOT renewal requirements for 7 units.

Approved provider of the FL Board of Occupational Therapy-CE Broker – 8 hrs. This course meets the approval of the TX Board of OT Examiners.

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7 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.

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WEBINAR DATES AND TIMES

November 14, 2023

8:40 am EST • 7:40 am CT • 6:40 am MST • 5:40 am PT (US)

Registration is for one session. 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.



\$229 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. We encourage you to register online!

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☐ November 14, 2023

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