

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.
- Take molds for orthoses to support a structural and functional foot impairment.

Patient Population and 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 taking molds for orthoses for each participant, which is included in the \$475 price of the course.
- Participants should bring a Theraband for the course.

Schedule - Day 1 8:30 am - 5:30 pm EST (US)

- 8:00-8:30 Registration Opens**
- 8:30-9:30 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
- 9:30-10:30 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
- 10:30-10:45 Break**
- 10:45-11:30 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
- 11:30-12:30 Evidence for foot and ankle intervention**
- 12:30-1:30 Lunch**
- 1:30-2:15 LAB:**
- Soft tissue mobilizations to improve ankle mobility and relative flexibility
 - Joint Mobilizations: Subtalar and talocrural
- 2:15-3:00 LAB: Mobilizations: midfoot, forefoot, 1st ray, digits**
- 3:00-3:15 Break**
- 3:15-4:15 LAB: Applying Information**
- Advanced mobilizations
 - Addressing talar rotation during hindfoot mobilizations

continued...

- Comprehensive exam and application of treatment techniques
 - Mobilizations with tonic contractions/tone in neurologic and pediatric patients
 - Muscle energy techniques
 - Supination and pronation joint and soft tissue progressions

4:15-4:45 CASE STUDIES: Applying course concepts

4:45-5:30 Developing adaptive stability: addressing neuromotor control of the foot and ankle

Schedule – Day 2 8:15 am – 4:30 pm EST (US)

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

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Credits

Continuing Education Hours for disciplines not listed below: 14 contact hours (1.4 CEUs). Advanced level.

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

Application has been made to the **NJ** State 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).

Education Resources is an approved agency by the PT Board of **CA** for 14 contact hours.

Approved by the APTA **Kentucky**, A Chapter of the American Physical Therapy Association, for 14 Category 1 contact hour(s). Expiration Date: 3/6/23, approval #CS64-2010-KPTA.

This activity is provided by the **TX** Board of PT Examiners accredited provider #2210017TX for 14 CCUs and meets continuing competence requirements for PTs and PTAs licensure renewal in TX.

Approved Provider for **OK** State Board of Medical Licensure & Supervision #BAP202310003.

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 requests: info@educationresourcesinc.com or 800-487-6530.

Live In-Person Course Date/Time:

December 7 and 8, 2024 - 8:00am Registration Begins

Texas Children's Hospital

1102 Bates, (Feigin Center Conf Room FC – 1)

Houston, TX 77030



\$475 fee. LIMITED ENROLLMENT. Early Bird Discount of \$25 until 10/26/24, coupon code HALLDEC24. 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

December 7 and 8, 2024
Houston, TX

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:

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