

# Therapeutic Evaluations and Management of Toe Walking (Pediatric Equinus Gait)

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



## Faculty

Liesa M. Ritchie-Persaud, PT, DPT, PCS, is a licensed physical therapist with 33 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

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

At the end of this course, participants will be able to:

- Identify specific etiologies relevant to pediatric equinus gait
- Choose evaluation tools to determine etiology of toe walking in the pediatric population
- Apply an evidence-based treatment strategy based on etiology of a child who toe walks
- Prioritize the treatments within an individualized treatment plan for the pediatric patient, based on the needs of the child and family
- Determine the future consequences of incorrect intervention

## Audience

This course is designed for Occupational Therapists, Occupational Therapy Assistants, Physical Therapists and Physical Therapist Assistants

Help your patients achieve better outcomes.

## Schedule – Day 1 10:40 am - 5:15 pm EST (US)

10:40-11:00 Webinar Registration/Zoom Course Opens

### 11:00-12:45 IDEAL GAIT & EQUINUS GAIT

- ④ Definition of Idiopathic Toe Walking
- ④ Problems & concerns regarding an equinus gait pattern
- ④ Components of normal gait & gait development
- ④ Characteristics of equinus gait

12:45-1:00 Break

### 1:00-5:15\* BIOMECHANICS

- ④ Necessity of a stable base
- ④ The influence of an anterior center of mass
- ④ Muscle Balance Theory
- ④ Passive ankle DFROM measurement technique: R1 & R2
- ④ Orthoses: Changes to tradition
- ④ Shoe Modifications

\* One (1) 15-minute Break will be included

*"Excellent, practical and realistic approach to treatment of a wide variety of toe walkers. Liesa is a dynamic speaker who has the ability to captivate attention and promote active learning through lecture and lab. Thank you for putting the pieces of the puzzle together." - N. Falcone, PT*

## Schedule – Day 2 10:40 am - 5:15 pm EST (US)

10:40-11:00 Webinar Registration/Zoom Course Opens

### 11:00-1:00 KINESIOLOGY

- ④ Physiology
- ④ Manual therapy
- ④ Muscle lengthening & strengthening strategies
- ④ Therapeutic Taping

1:00-1:15 Break

### 1:15-3:15 SENSORY PROCESSING & SENSORY PROCESSING DISORDER

- ④ Consideration of the senses: tactile, vestibular, visual, proprioceptive,
- ④ Anatomy, Diagnosis & Incidence
- ④ Assessment with regards to Toe Walking

3:15-3:30 Break

### 3:30-5:15 ASSESSMENT: CRITERIA, RESULTS & INTERVENTION

- ④ Birth & Developmental history
- ④ Vision
- ④ Classifications of Toe Walking Etiologies
- ④ Assimilation of material

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## Credits

This course meets the criteria for 11.5 contact hours (1.15 CEUs) Intermediate level.



Education Resources Inc. is an AOTA Approved Provider of professional development. Course approval ID# 05143. This Distance Learning-Interactive course is offered at 11.5 contact hours 1.15 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 11.5 units. Approved provider of the FL Board of Occupational Therapy-CE Broker – 13.5 hrs. This course meets the approval of the TX Board of OT Examiners.

Application has been made to the FL Physical Therapy Association for 13.5 continuing education contact hours. Approved by the MD Board of Physical Therapy Examiners. Approved by the MN Board of Physical Therapy. Approved by the NJ Board of Physical Therapy Examiners. Approved by the OH Physical Therapy Association. Approved sponsor by the State of IL Department of Financial and Professional Regulation for Physical Therapy for 13.5 contact hours. Application has been made to the Illinois EI Training Program. Approved provider by the NY State Board of Physical Therapy for 13.5 contact hours (1.35 CEUs). Education Resources, Inc. is an approved provider for Physical Therapy CEUs in the following states: CA, OK and TX.

The following state boards of physical therapy accept other states' approval: AK, AR, AZ, DC, DE, GA, HI, ID, IN, KS, KY, 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.

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## WEBINAR DATES AND TIMES

**January 27 and 28, 2025**

**10:40 am EST • 9:40 am CT • 8:40 am MST • 7:40 am PT (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.



\$389 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!

**WEBINAR: Therapeutic Evaluations and Management of Toe Walking/Liesa M. Ritchie-Persaud**  
**☐ January 27 and 28, 2025**

**Course Registration Form**

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Needed in the event of an emergency scheduling change

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Please clearly print your email address for course confirmation

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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.

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