Ambulation, Activity and AFOs: Addressing the Ankle to Improve Gait and Function

Amanda Hall, PT, MPT, PCS

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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 kinesiopathology, 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 Webinar

Would you like to increase your skill with orthotic recommendations? Are you interested in increasing your treatment repertoire for the foot and ankle for pediatric and adult patients with neurological, developmental and/or orthopedic diagnoses? This course presents a movement systems approach to management of the foot and ankle. Using a kinesiopathologic lens, participants examine the effect of repeated movements, sustained alignments, cumulative micro-trauma, and altered relative flexibility on the function of the ankle. This course presents a comprehensive approach to care based on differential diagnosis, while examining the evidence for interventions which maximize the resiliency of the ankle complex through skeletal maturation and into adulthood. Participants learn hands-on skills for an integrated approach including mobilizations to promote adaptive relative flexibility; improving intrinsic stability through strengthening of the "foot core"; and interventions to positively impact neuroplasticity. Participants also actively use the ICF model to guide recommendations for targeted use of the external support of orthoses and casts to guide adaptive tissue-specific stresses.

Learning Objectives

- Recognize the interplay of musculoskeletal and neuromuscular influences on foot and ankle dysfunction
- Interpret a detailed foot and ankle examination including gait dynamic, neuromotor function, and musculoskeletal findings.
- Develop a comprehensive plan of care for the foot and ankle to improve gait in the context of supporting best structural outcome
- Select treatment techniques to address relative flexibility and promote progressive strengthening in foot and ankle for function
- Recommend orthotic interventions to maximize short- and long-term functional gait skills

Patient Population & Audience

This course is designed for novice to advanced PTs, PTAs, OTs, OTAs, and ATCs working with patients with pediatric or neurological health conditions

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Schedule - Day 1 9:40 am - 5:30 pm EST (US)

9:40-10:00	**Webinar Registration/Zoom Course Opens**
10:00-10:20	Lecture: Introduction and Terminology (with polls)
10:20-10:30	ACTIVITY: Terminology Worksheets

10:30-11:15	Building a Model of Foot and Ankle Function
	• Requisites for therapeutic gait
	• Functional anatomy of the foot and ankle
	• Kinesiopathologic model
	  • The ankle as a movement system
	  • Impact of pediatric, neurologic, orthopedic health conditions
	• Function of Foot Intrinsics: The "Foot Core"

11:15-12:00	Do We Need to Intervene? • Cultures of intervention • Review of relevant evidence
12:00-12:15	**Break**
12:15-12:30	Impact on developing systems: The Developmental Movement System Model (DMSM)
12:30-1:00	ACTIVITY: Developing goals at multiple ICF levels, Developing DMSM Goals
1:00-1:30	**LAB**: Musculoskeletal Key Tests: Dorsiflexion Stress Test and Talo-crural Axis Test
1:30-2:00	**Lunch**
2:00-3:00	Lecture: Movement System Analysis for the Foot and Ankle Musculoskeletal Exam
3:00-3:15	**Break**
3:15-3:45	Lecture: Movement System Analysis for the Foot and Ankle • Neuromotor Exam • Sensory/Perceptual and Pain Exam • Relevant Systems and Individual Qualities
3:45-4:30	Movement System Analysis for the Foot and Ankle: Gait • Gait Diagnosis Groups
4:30-4:45	ACTIVITY: Case Examples Using the Movement System Analysis for the Foot and Ankle
4:45-5:30	Interventions and Evidence: Maximizing the resiliency and resources of the foot and ankle complex • Joint Mobilizations to improve ankle mobility and relative flexibility • Soft tissue mobilizations to improve ankle mobility and relative flexibility

Schedule – Day 2 9:40 am – 5:00 pm EST (US)

9:40-10:00	**Webinar Registration/Zoom Course Opens**
10:00-10:20	**LAB**: Hindfoot mobilizations
10:20-10:35	**LAB**: Supination and pronation progressions
10:35-11:00	Improving Motor Control and Strength of the foot and ankle Strategies to improve motor learning
11:00-11:45	**LAB**: resistance, taping, novel task for motor learning
11:45-12:00	**Break**
12:00-12:30	Retraining patterns of recruitment and tonic contraction: emphasis on stability in the "foot core" and eccentric gastrocsoleus
12:30-1:00	**LAB**: Skill building: Progressive Resistive Exercises for the foot core for foot core and eccentric control
1:00-1:30	The Role of Neuroplasticity in Foot and Ankle Function
1:30-2:00	**Lunch**
2:00-2:30	Interventions to address neuroplastic changes Pain neuroscience education for the foot and ankle
2:30-3:00	Use of orthoses to support neuromotor and musculoskeletal rehabilitation and development • Goals of orthotic intervention • Orthotic prescription versus design • Orthotic prescription based on musculoskeletal exam
3:00-3:15	**Break**
3:15-4:00	Orthotic design based on Movement System Analysis findings • Orthotic groups • Gait diagnosis groups • Designing support: Coronal, Sagittal, and Transverse Planes
4:00-5:00	ACTIVITY: Video case studies to apply course concepts, presentation to group for discussion

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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

September 6 and 7, 2025

9:40 am EST • 8:40 am CST • 7:40 am MST • 6:40 am PST (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.

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- Amanda Hall, PT

❑ September 6 and 7, 2025

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