

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 of 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

"Evaluation & Management of Toe Walking" challenged the clinician to ask the right questions and form a systematic approach to the child who "toe walks." Chaos was replaced with clarity through an organized evaluation procedure that results in appropriate intervention. "In-Depth Clinical Applications" continues with additional detail on assessment & intervention.

Updated in 2023, Dr Ritchie's comprehensive Toe Walking specific Evaluation provides complementary information regarding rationale & an appropriate plan of care for each contributing factor to the toe walking gait. Previously introduced, The Act! (Assessment Criteria for Toe walking), is further utilized in a guided, evidence-based, detailed, decision-making process. Clinical application skills are enhanced via supplemental provided case studies.

Participants will apply information, from both The Act! & the Evaluation, to identify specific problems for each individual child. Both tools are then used to make decisions in order to implement appropriate & feasible interventions. Finally, Liesa guides the treating clinician towards an etiology-based problem list, suitable interventions & a relevant plan of care.

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 9:40 am - 6:00 pm EST (US)

9:40-10:00 Webinar Registration/Zoom Course Opens

10:00-11:30 Interpretation & Utilization of Evidence relevant to The Evaluation of Toe Walking:

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

Evaluating Toe Walking Continued:

Additional Areas to Consider

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

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Schedule – Day 1 (continued)

11:30-1:00 Determining Contributing Factors to Toe Walking:

- Gestational Age
- C Section Delivery
- NICU Stay
- Reflux &/or GI Issues
- In Utero Medications & Substances
- Floor Mobility & Onset of Walking
- Commercial Positioning Toys
- Sensory Processing

Etiology Based Intervention:

- Problem list
- Interventions
- Individualized Plan of Care

Gait Characteristics of Toe Walking

1:00-1:30 BREAK

1:30-6:00 VIDEO Case Studies (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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This course meets the criteria for 7 contact hours (0.7 CEUs) Intermediate level.



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WEBINAR DATES AND TIMES

May 11, 2026

9:40 am EST • 8:40 am CT • 7:40 am MST • 6:40 am PT (US)

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☐ May 8, 2026

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