

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

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



## Faculty

Liesa M. Ritchie-Persaud, PT, DPT, PCS, is a licensed physical therapist with 37 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.

Financial Disclosure: Liesa M. Ritchie-Persaud receives an honorarium from Education Resources, Inc. Non-Financial: Liesa M. Ritchie-Persaud has no relevant nonfinancial relationships to disclose.

## About this Live Webinar

A comprehensive seminar that provides valuable tools for evidence-based evaluation, assessment and treatment of pediatric toe-walking with a descriptive, organized approach for health care professionals.

Gain comfort with the evaluation and treatment of pediatric toe walking: It is common for the practitioner to feel lost when a child presents with a toe walking gait pattern. Both evaluation and treatment of these children are often frustrating for all involved and frequently results in inaccurate evaluation with ineffective intervention and poor achievement of results. Long term results are rarely achieved with either resultant surgical intervention and/or a reoccurrence of the problem. However, establishing a specific approach to treating this type of patient can be made less frustrating and more rewarding by asking the right questions and forming a deliberate approach.

This course is excellent for alleviating a chaotic approach to the treatment of pediatric toe walking. 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.

## Learning Objectives

- 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

- ① Definition of Idiopathic Toe Walking
- ① Problems & concerns regarding an equinus gait pattern
- ① Components of normal gait & gait development
- ① Characteristics of equinus gait

12:45-1:00 Break

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

- ① Necessity of a stable base
- ① The influence of an anterior center of mass
- ① Muscle Balance Theory
- ① Passive ankle DFROM measurement technique: R1 & R2
- ① Orthoses: Changes to tradition
- ① 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

- ① Physiology
- ① Manual therapy
- ① Muscle lengthening & strengthening strategies
- ① Therapeutic Taping

1:00-1:15 Break

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

- ① Consideration of the senses: tactile, vestibular, visual, proprioceptive,
- ① Anatomy, Diagnosis & Incidence
- ① Assessment with regards to Toe Walking

3:15-3:30 Break

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

- ① Birth & Developmental history
- ① Vision
- ① Classifications of Toe Walking Etiologies
- ① Assimilation of material

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## Credits

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This course can be used toward your NBCOT renewal requirements.

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

Application has been made to the **FL** Physical Therapy Association. Accreditation of this course does not necessarily imply the FPTA supports the views of the presenter or the sponsors.

Approved by the **MD** Board of Physical Therapy Examiners.

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Approved sponsor by the State of **IL** Department of Financial and Professional Regulation for Physical Therapy. Approved provider by the **NY** State Board of Physical Therapy.

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## WEBINAR DATES AND TIMES

**November 16 and 18, 2026**

**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 Evaluation and Management of Toe Walking/Liesa M. Ritchie-Persaud**

**November 16 and 18, 2026**

**Course Registration Form**

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