

# Therapeutic Evaluation and Treatment of Toe Walking (Pediatric Equinus Gait) from a PT and OT Perspective

Liesa Ritchie-Persaud, DPT, PCS, PT, CKTP



## Faculty

Liesa M. Ritchie-Persaud is a licensed physical therapist with 30 years' experience in the field of adult and pediatric therapy. Dr. Ritchie-Persaud is a practicing physical therapist at Tulsa Sunshine Center in Oklahoma. Additionally, she is owner of Know to Change, and has educated health care professionals, both nationally and internationally, in advanced treatment techniques, specialized practical training and consultative services. Dr. Ritchie-Persaud is a Credentialed Clinical Instructor and also taught human anatomy, physiology and nutrition at Tulsa Community College. She received her post-graduate Doctorate from Rocky Mountain University of Health Professions and is a Board Certified Specialist in Pediatric Physical Therapy. In 2007, Dr. Ritchie-Persaud served as Treasurer for the Oklahoma Physical Therapy Association and has been a member of the Oklahoma Foundation for Physical Therapy since 2004, her wide range of clinical experience, organizational leadership, and proficient teaching skills make her an exciting and compelling instructor. Disclosure: Financial: Liesa 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

- ④ Identify specific etiologies relevant to pediatric equinus gait
- ④ Discuss etiology-specific & age-appropriate assessment & management strategies for this population
- ④ Apply effective examination, evaluation, intervention and treatment strategies to toe walking in the pediatric population
- ④ Design an effective & individualized treatment plan for the pediatric patient
- ④ Explain the future consequences of incorrect intervention

## Audience

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

## Schedule – Day 1 5:40 pm - 10:00 pm EST (US)

5:40–6:00 Webinar Registration/Zoom Course Opens

6:00-10:00 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

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 Transverse plane movement & ankle strategies
- ① Biomechanical training aids

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

5:40–6:00 Webinar Registration/Zoom Course Opens

6:00-9:00 BIOMECHANICS Cont'd

- ① Shoe Modifications
- ① Transverse plane movement & ankle strategies
- ① Biomechanical training aids

KINESIOLOGY

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

## Schedule – Day 3 5:40 pm - 9:15 pm EST (US)

5:40–6:00 Webinar Registration/Zoom Course Opens

6:00-9:15 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

ASSESSMENT: CRITERIA, RESULTS & INTERVENTION

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

*Includes 15 minute break each day*

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## Credits

This course meets the criteria for 9.5 contact hours (.95 CEUs) Intermediate level.

Most Physical Therapy State Boards accept webinars as a live offering. Please check with your state board to confirm.

Application has been made to the **NV** and **OK** Boards of Physical Therapy. Application has been made to the **FL** Physical Therapy Association for 11 continuing education contact hours. Application has been made to the **IL** Early Intervention Training Program.

Approved by the **MD, MN, NJ** and **NM** Boards of Physical Therapy.

Approved sponsor by the State of **IL** Department of Financial and Professional Regulation for Physical Therapy for 11 contact hours. Approved provider by the **NY** State Board of Physical Therapy for 11.4 contact hours (1.14 CEUs).

Education Resources, Inc. is an approved provider for Physical Therapy CEUs in the following states: **CA, KY** and **TX**.

The following state boards of physical therapy accept other states' approval: **AK, AR, AZ, DC, DE, GA, HI, ID, IN, KS, 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, MA, ME, MT, NE, ND, NH, SD, WA**



Approved provider of continuing education by the American Occupational Therapy Association #3043, for 9.5 contact hours - Intermediate Level Occupational Therapy Process: assessment, intervention. The assignment of AOTA CEUs does not imply endorsement of specific course content, products or clinical procedures by AOTA.

Approved provider by the **FL** Board of Occupational Therapy - CE Broker for 11.5 hours. This course meets the approval of the **TX** Board of OT Examiners.

NBCOT professional development provider - 9.5 PDUs

9.5 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.

Please contact us with any special needs requests: [info@educationresourcesinc.com](mailto:info@educationresourcesinc.com) or 508-359-6533

## WEBINAR DATES AND TIMES

**March 1 • March 8 • March 15, 2021**

**5:40 pm EST • 4:40 pm CT • 3:40 pm MST • 2:40 pm PT (US)**

Registration is for all 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.



\$369 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. Registration will be accepted after deadline on a space available basis. We encourage you to register online!

**WEBINAR: Therapeutic Evaluation and Treatment of Toe Walking/Ritchie-Persaud**

**March 1, 8, 15, 2021**

**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: \_\_\_\_\_

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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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