

# Ambulation, Activity, & AFOs:

## Addressing the Ankle to Improve Gait and Function

Amanda Hall ATP, MSPT, PCS, PT



### 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 developmental kinesio pathology, differential diagnosis, manual therapy, and alignment for therapeutic gait with individualized intervention and patient-centered designs. She currently provides therapeutic casting as well as orthotic and assistive technology interventions at HSC Pediatric Center in Washington, D.C. Amanda is a Pediatric Clinical Specialist and Assistive Technology Professional. She has presented and lectured at various conferences including the American Academy of Pediatric Physical Therapists Annual Conference in 2019 and various APTA meetings.

Disclosures: Financial: Ms. Hall receives an honorarium from ERI for teaching. Non-financial: No non-financial relationships to disclose.

### About this 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 kinesio pathological 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.

### Objectives

- Recognize the interplay of Musculoskeletal and Neuromuscular Movement System Diagnoses and neuroplastic changes on foot and ankle dysfunction.
- Perform a detailed foot and ankle examination including gait kinematics, neuromotor function, and musculoskeletal structures.
- Develop a comprehensive plan of care for the foot and ankle to improve gait in the context of supporting best structural outcome.
- Perform treatment techniques to address relative flexibility and promote progressive strengthening in foot and ankle for function.
- Make detailed recommendations for casting and orthotic interventions.

### 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.

### Schedule - Day 1 5:40 pm - 9:00 pm EST (US)

- 5:40-6:00 Introduction/Discussion of Workshop Plan
- 6:00-6:30 Foot and Ankle Function
- Functional anatomy of the foot and ankle
  - Kinesiopathological impact of pediatric/neurologic health conditions foot and ankle function
  - Requisites for therapeutic gait
- 6:30-9:00 Movement System Analysis for the Foot and Ankle
- 6:30-7:15pm Musculoskeletal Structural Exam
- 7:15-8:00pm Musculoskeletal Functional Exam, Special Tests
- 8:00-8:30pm **LAB:** meaningful goniometry
- 8:30-9:00pm **ACTIVITY:** Case Studies for application of concepts

### Schedule - Day 2 5:40 pm - 9:30 pm EST (US)

- 5:40-6:00 Webinar Registration/Zoom Course Opens
- 6:00-6:45 Movement System Analysis for the Foot and Ankle, continued
- Neuromotor Exam
  - Sensory/Perceptual and Pain Exam
  - Relevant Systems and Individual Qualities
- 6:45-7:15 Movement System Analysis for the Foot and Ankle: Gait
- Segmental Eval
  - Gait Diagnosis Groups
- 7:15-8:00 Do We Need to Intervene? Review of evidence
- Kinesiopathological Model
  - Identification of key clinical exam findings
- 8:00-9:00 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
- 9:00-9:30 **ACTIVITY:** Case Studies for application of concepts

### Schedule – Day 3 5:40 pm - 9:00 pm EST (US)

- Continued: Interventions and Evidence: Maximizing the resiliency and resources of the foot and ankle complex
- 5:40-6:00 Webinar Registration/Zoom Course Opens
- 6:00-6:45 Improving Motor Control and Strength of the foot and ankle
- Retraining patterns of recruitment and tonic contraction: emphasis on stability in the “foot core”
- Strategies to improve motor learning, including electrical stimulation
- 6:45-7:15 Taping strategies to increase foot core recruitment
- 7:15-8:00 Skill building: Progressive Resistive Exercises for the foot core
- 8:00-8:45 The Role of Neuroplasticity in Foot and Ankle Function
- Interventions to address neuroplastic changes
  - Pain neuroscience education for the foot and ankle
- 8:45-9:00 **ACTIVITY:** Case Studies for application of concepts

### Schedule – Day 4 5:40 pm - 9:00 pm EST (US)

- 5:40-6:00 Webinar Registration/Zoom Course Opens
- 6:00-6:45 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
- 6:45-7:30 Orthotic design based on Movement System Analysis findings
- Orthotic groups
  - Gait diagnosis groups
  - Designing support: Coronal, Sagittal, and Transverse Planes
- 7:30-8:00 Developing a comprehensive orthotic plan
- 8:00-8:30 Considerations for serial/therapeutic casting
- 8:30-9:00 **ACTIVITY:** Case Studies for application of concepts

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### Credits

This course meets the criteria for 12.5 contact hours (1.25) 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 **FL** Physical Therapy Association for 15 continuing education contact hours. Course has been approved by **KY, MD, NJ, NV, OK** Boards of Physical Therapy.

Approved sponsor by the State of **IL** Department of Financial and Professional Regulation for Physical Therapy for 15 contact hours. Approved provider by the **NY** State Board of Physical Therapy for 15 contact hours (1.5 CEUs).

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Approved provider of continuing education by the American Occupational Therapy Association #3043, for 12.5 contact hours (1.25 CEUs)- 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.

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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.

Please contact us with any special needs requests:  
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### Webinar Dates and Times

**January 25 • February 1 • February 8 • February 15, 2021**  
5:40 pm EST • 4:40 pm CST • 3:40 pm MST • 2:40 pm PST (US)

Registration is for all four 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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**Ambulation, Activity, & AFOs/Hall**

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