

# 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 kinesiotherapy, 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 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 kinesiotherapeutic 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 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 <ul style="list-style-type: none"> <li>• Requisites for therapeutic gait</li> <li>• Functional anatomy of the foot and ankle</li> <li>• Kinesiopathological model <ul style="list-style-type: none"> <li>• The ankle as a movement system</li> <li>• Impact of pediatric, neurologic, orthopedic health conditions</li> </ul> </li> <li>• Function of Foot Intrinsic: The "Foot Core"</li> </ul>
11:15-12:00	Do We Need to Intervene? <ul style="list-style-type: none"> <li>• Cultures of intervention</li> <li>• Review of relevant evidence</li> </ul>
12:00-12:15	Break
12:15-12:30	Impact on developing systems: The Developmental Kinesiopathological Model (DKM)
12:30-1:00	ACTIVITY: Developing goals at multiple ICF levels, Developing DKM 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 <ul style="list-style-type: none"> <li>• Musculoskeletal Exam</li> </ul>
3:00-3:15	Break
3:15-3:45	Lecture: Movement System Analysis for the Foot and Ankle <ul style="list-style-type: none"> <li>• Neuromotor Exam</li> <li>• Sensory/Perceptual and Pain Exam</li> <li>• Relevant Systems and Individual Qualities</li> </ul>
3:45-4:30	Movement System Analysis for the Foot and Ankle: Gait <ul style="list-style-type: none"> <li>• Gait Diagnosis Groups</li> </ul>
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 <ul style="list-style-type: none"> <li>• Joint Mobilizations to improve ankle mobility and relative flexibility</li> <li>• Soft tissue mobilizations to improve ankle mobility and relative flexibility</li> </ul>

## 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 gastrosoleus
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 <ul style="list-style-type: none"> <li>• Goals of orthotic intervention</li> <li>• Orthotic prescription versus design</li> <li>• Orthotic prescription based on musculoskeletal exam</li> </ul>
3:00-3:15	Break
3:15-4:00	Orthotic design based on Movement System Analysis findings <ul style="list-style-type: none"> <li>• Orthotic groups</li> <li>• Gait diagnosis groups</li> <li>• Designing support: Coronal, Sagittal, and Transverse Planes</li> </ul>
4:00-5:00	ACTIVITY: Video case studies to apply course concepts, presentation to group for discussion

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### Webinar Dates and Times

March 5-6, 2021

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



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**Hall/Ambulation, Activity, & AFOs**  
 **March 5-6, 2021**

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