# Toe Walking: In-Depth Clinical Applications ON-DEMAND

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

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## Faculty

Liesa M. Ritchie-Persaud, PT, DPT, PCS, is a licensed physical therapist with 30 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.

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 ON-DEMAND Course

Clinicians will expand their evaluation and treatment knowledge for toe walking that was previously learned in Liesa's *Therapeutic Evaluation and Management of Toe Walking (Pediatric Equinus Gait)* live webinar. Using her systematic approach, clinical application skills will be further enhanced through case analysis using "The Act!" (Assessment Criteria for Toe Walking) as a guided, evidence-based, detailed, decision-making process. Applying Liesa's comprehensive toe-walking specific evaluation to cases, clinicians will learn to identify an etiology-based problem list, choose suitable, appropriate, and feasible interventions and develop a relevant plan of care specific to the problems of each individual child.

**PLEASE NOTE**: Since this course builds on her first course, it is recommended that participants attend *Therapeutic Evaluation & Management of Toe Walking (Pediatric Equinus Gait)* live webinar OR take the on-demand version: *Toe Walking: Evaluation and Treatment of Pediatric Equinus Gait* (new title for "Part A," same exact course), before registering for this on-demand course.

## Learning Objectives

1. Utilize "The ACT" to make decisions regarding the most appropriate intervention for Pediatric Toe Walking.
2. Determine the primary and 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 and 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 appropriate shoe modifications for one etiological category.
9. Identify four benefits of utilizing a multi factorial, comprehensive approach for the

## ON-DEMAND Schedule

**2 HOURS, 30 MINUTES:**

**Interpretation and 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 Cont'd: Additional Areas to Consider**

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

**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

## ON-DEMAND Schedule *(cont'd)*

**Etiology-Based Intervention**

- Problem List
- Interventions
- Individualized Plan of Care

**Gait Characteristics of Toe Walking**

**4 HOURS, 15 MINUTES:**

**VIDEO** Case Studies (Evaluation, Interpretation & Intervention)

- Musculoskeletal Etiology
- Neuromotor Etiology
- Sensory Etiology

**30 MINUTES:**

Post-Test

## 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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## More On-Demand Courses for Your Learning Convenience!

**Ambulation, Activity and AFOs: Addressing the Ankle to Improve Gait and Function – On-Demand** – $299
Instructor – Amanda Hall, PT, MPT, PCS – 11 Contact Hours

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Instructor: Cindy Miles, PT, PhD, PCS, NDT – 13.5 Contact Hours

**Primitive Reflexes: Strategies to Promote Integration – Strengthening Foundational Skills – Online Series** – $299
Instructor: Janine Wiskind, MS, OTR/L, CBIS – 11 Contact Hours

**Treatment of Motor Issues in Children with Sensory Dysfunction-Online Series** - $299
Instructor: Liesa M. Ritchie-Persaud, PT, DPT, PCS, CKTP – 11.5 Contact Hours

**Vestibular Therapy for the School-Aged Child and Adolescent Online Series** - $309
Instructor: Inger Brueckner, MS, PT – 13.5 Contact Hours

## Credits

This course meets the criteria for 7 contact hours (0.7 CEUs) Intermediate Level.

AOTA American Occupational Therapy Association Approved Provider

Education Resources Inc. is an AOTA Approved Provider of professional development. Course approval ID#06442. This Distance Learning-Independent course is offered at 7 contact hours, 0.7 CEUs. (Intermediate level, OT Service Delivery). AOTA does not endorse specific course content, products or clinical procedures.

This course can be used toward your NBCOT renewal requirements for 7 units. Approved provider of the FL Board of Occupational Therapy-CE Broker – 8 hrs. This course meets the approval of the TX Board of OT Examiners. Course meets the basic criteria of the MD Board of Physical Therapy Examiners for 7 contact hours. Application has been made to the NJ State Board of Physical Therapy Examiners for 7 CEC's. Application has been made to the MN Board of Physical Therapy.

Approved sponsor by the State of IL Department of Financial and Professional Regulation for Physical Therapy for 8 contact hours. The IL Early Intervention Training Program has approved this event for 7.5 hours of EI credential credit in the area of Intervention. Approved provider by the NY State Board of Physical Therapy for 8 contact hours (0.8 CEUs).

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

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

7 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.

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