

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 Course

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

- 1 Recognize the interplay of Musculoskeletal and Neuromuscular Movement System Diagnoses and neuroplastic changes on foot and ankle dysfunction.
- 2 Perform a detailed foot and ankle examination including gait kinematics, neuromotor function, and musculoskeletal structures.
- 3 Develop a comprehensive plan of care for the foot and ankle to improve gait in the context of supporting best structural outcome.
- 4 Perform treatment techniques to address relative flexibility and promote progressive strengthening in foot and ankle for function.
- 5 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

Help your patients achieve better outcomes.

Schedule – Day 1

7:30-8:00	Registration/Continental Breakfast
8:00-9:00	Foot and Ankle Function <ul style="list-style-type: none"> Functional anatomy of the foot and ankle Kinesiopathological impact of Pediatric/Neurologic health conditions on ankle function Requisites for Therapeutic Gait
9:00-10:00	LAB + Lecture: Foot and Ankle Examination
10:00-10:15	Break
10:15-10:45	LAB (including video) + Lecture: Gait Analysis
10:45-11:30	LAB + Lecture: Movement System Analysis for the foot and ankle <ul style="list-style-type: none"> Developmental Kinesiopathological Framework Foot and Ankle Movement System Analysis System Special tests
11:30-12:00	Do We Need to Intervene? Review of the Evidence
12:00-1:00	Lunch (On your own)
1:00-1:30	Interventions and Evidence: Maximizing the resiliency and resources of the foot and ankle complex
1:30-2:45	LAB: Joint Mobilizations to improve ankle mobility and relative flexibility
2:45-3:00	Break
3:00-3:45	LAB: Soft tissue mobilizations to improve ankle mobility and relative flexibility
3:45-4:30	Applied Lab: comprehensive exam and application of treatment techniques
4:30-5:00	Case Studies

Schedule – Day 2

7:30-8:00	Continental Breakfast
8:00-8:30	Improving Motor Control and Strength of the foot and ankle
8:30-10:15	LAB: Improving intrinsic stability through progressive strengthening Retraining patterns of recruitment and tonic contraction: emphasis on stability in the “foot core”
10:15-10:30	Break
10:30-11:00	The Role of Neuroplasticity in Foot and Ankle Function
11:00-12:00	Interventions to address neuroplastic changes
12:00-1:00	Lunch (On your own)
1:00-2:00	Targeted use of external supports to guide adaptive tissue-specific stresses <ul style="list-style-type: none"> Taping Interventions Casting as an adjunct to joint mobilization/soft tissue interventions
2:00-2:45	Use of orthoses to support neuromotor and musculoskeletal rehabilitation and development <ul style="list-style-type: none"> Goals of orthotic intervention Key Questions for Orthotic Design Special considerations based on Health Condition Designing support: Coronal, Sagittal, and Transverse Planes
2:45-3:00	Break
3:00-3:30	LAB: Applied Orthotic Design Low profile, Supra-malleolar, Ankle-foot orthoses, KAFOs and beyond
3:30-4:00	Case Studies

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Credits

This course meets the criteria for 14 contact hours (1.4 CEUs). This workshop meets accepted standards for continuing competence as outlined by the **CT** General Statutes. The **IN** State Board of Physical Therapy recognizes other state board's approvals. **TX** Physical Therapy Association accredited provider. Application has been made to the **NJ** Board of Physical Therapy Examiners.

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Approved by the **TX** Board of OT Examiners.

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NBCOT professional development provider - 14 PDUs

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Locations and Dates - 2020

Aug 21-22	Plantation, FL	Pediatric Therapy Associates of South Florida
Sept 25-26	Danbury, CT	Danbury Hospital
Oct 2-3	Dallas, TX	Children's Health Specialty Center at Cityville Southwestern Medical District
Oct 17-18	Chicago, IL	Shriners Hospital for Children



\$435 fee. Deadline for registration is 3 weeks prior to course. Registration will be accepted after deadline on a space available basis. Cancellation accepted up until 2 weeks before course, minus an administration fee of \$75. NO REFUNDS WITHIN 2 WEEKS OF COURSE.

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Ambulation, Activity, & AFOs/Hall

☐ Aug/FL ☐ Sept/CT ☐ Oct/TX ☐ Oct/IL

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