

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

Liesa M. Persaud, DPT, PCS, PT, CKTP

## Faculty

Liesa Persaud is a compelling instructor and accomplished licensed physical therapist with 27 years' experience in the field of adult and pediatric therapy. Liesa is the owner of Know to Change, and has educated healthcare professionals in advanced treatment techniques, specialized practical training, and consultative services. Liesa has worked in a variety of settings, including private pediatric and adult clinics, schools, private homes, hospitals, and long-term care facilities. She is a Credentialed Clinical Instructor and teaches human anatomy, physiology, and nutrition at Tulsa Community College. She received her Bachelor of Science Degree in Organizational Leadership from Southern Nazarene University in Tulsa, Oklahoma and a master's degree in Physical Therapy from the University of Findlay in Findlay, Oklahoma. She also earned a post-graduate doctorate from Rocky Mountain University of Health Professions and is a Board-Certified Specialist in Pediatric Science.

Disclosure: Financial: Liesa Persaud receives a speaking fee from Education Resources for this course. Non-Financial: She has no relevant nonfinancial relationships to disclose.

## About this Course

This course covers therapeutic evaluation & treatment of pediatric equinus gait ("toe walking"). It is common for the practitioner to feel lost when a child presents with a toe walking gait pattern. Both evaluation and treatment of these children are often frustrating for all involved and frequently results in inaccurate evaluation with ineffective intervention and poor achievement of results. Long term results are rarely achieved with either resultant surgical intervention and/or a reoccurrence of the problem. However, establishing a specific approach to treating this type of patient can be made less frustrating and more rewarding by asking the right questions and forming a deliberate approach. This course is excellent for alleviating a chaotic approach to the treatment of pediatric toe walking. 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.

## Objectives

- 1 Identify specific pathologies relevant to pediatric equinus gait.
- 2 Develop an organized evaluation approach and use the data to determine various etiologies of pediatric equinus gait.
- 3 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.
- 5 Design an effective & individualized treatment plan for the pediatric patient.
- 6 Explain the future consequences of incorrect intervention.
- 7 Gain confidence with the evaluation and treatment of pediatric toe walking.

## Audience

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

Help your patients achieve better outcomes.

## Schedule – Day 1

<b>7:30-8:00</b>	Registration/Continental Breakfast
<b>8:00-10:15</b>	<b>IDEAL GAIT &amp; EQUINUS GAIT</b> <ul style="list-style-type: none"> <li>• Definition of Idiopathic Toe Walking</li> <li>• Problems &amp; concerns regarding an equinus gait pattern</li> <li>• Components of normal gait &amp; gait development</li> <li>• Characteristics of equinus gait</li> </ul>
<b>10:15-10:30</b>	Break
<b>10:30-12:00</b>	<b>BIOMECHANICS</b> <ul style="list-style-type: none"> <li>• Necessity of a stable base</li> <li>• The influence of an anterior center of mass</li> <li>• Muscle Balance Theory</li> <li>• <b>LAB</b> - Passive ankle DFROM measurement technique: R1 &amp; R2</li> </ul>
<b>12:00-1:00</b>	Lunch (on your own)
<b>1:00-3:00</b>	Biomechanics (cont.)  Orthoses: Changes to tradition
<b>3:00 – 3:15</b>	Break
<b>3:15 – 5:30</b>	Biomechanics (cont.) <ul style="list-style-type: none"> <li>• <b>LAB:</b> Posting wedges &amp; calcaneal eversion</li> <li>• Transverse plane movement &amp; ankle strategies</li> <li>• Biomechanical training aids</li> </ul>

## Schedule – Day 2

<b>7:30-8:00</b>	Continental Breakfast
<b>8:00-9:45</b>	<b>KINESIOLOGY</b> <ul style="list-style-type: none"> <li>• Physiology Passive stretching</li> <li>• Manual therapy</li> <li>• Myofascial release</li> <li>• Muscle lengthening strategies</li> <li>• Muscle strengthening strategies</li> </ul>

## Schedule – Day 2 (cont.)

<b>9:45-10:00</b>	Break
<b>10:00-12:00</b>	<b>LAB</b> - Muscle lengthening technique: an alternative to stretching  <b>LAB</b> - Therapeutic Taping
<b>12:00-1:00</b>	Lunch (on your own)
<b>1:00-2:30</b>	<b>SENSORY PROCESSING</b> <ul style="list-style-type: none"> <li>• Consideration of the sensory systems: tactile, vestibular, visual, proprioceptive, emotional</li> </ul> <b>SENSORY PROCESSING DISORDER</b> <ul style="list-style-type: none"> <li>• Anatomy &amp; characteristics</li> <li>• Assessment with regards to Toe Walking</li> </ul>
<b>2:30-2:45</b>	Break
<b>2:45-4:00</b>	<b>ASSESSMENT: CRITERIA, RESULTS &amp; INTERVENTION</b> <ul style="list-style-type: none"> <li>• Birth history</li> <li>• Developmental history</li> <li>• Vision</li> <li>• Etiology</li> </ul>

## Day 3 Online

Learn even more from case studies, demonstrations, directed practice lab and engaging lectures in 3 online sessions (package \$229) or individual sessions:

- Utilizing the ACT (Assessment Criteria for Toe Walking) and Outcomes and Footwear Modification to Improve Outcomes - \$79
- The Role of Vision and Reflexes - \$99
- Red Flags for Referral and Intervention Strategies -\$99

Includes downloadable handouts and access for one year from registration date.

## Course Requirements

Please bring a yoga mat or towel and a goniometer.

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## Credits

The course meets the criteria for 14.5 contact hours (1.45 CEUs). Application has been made to the **NJ** Physical Therapy Examiners and the **MN** Board of Physical Therapy. The **WI** Board Physical Therapy Association accepts other board approvals. Approved sponsor by the State of **IL**. This course satisfies CE Requirements in **IO** Dept. of Financial and Professional Regulation for Physical Therapy. This workshop meets accepted standards for continuing competence as outlined by the **CT** General Statutes.

Approved provider by the **NY** State Board of Physical Therapy for 17.4 contact hours.



Approved provider of continuing education by the American Occupational Therapy Association #3043, for 14.5 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.

NBCOT professional development provider - 14.5 PDUs

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

## Locations and Dates - 2020

<b>March 20-21</b>	St. Louis Park, MN	Park Nicollet Methodist Hospital
<b>Oct 2-3</b>	Weymouth, MA	South Shore Hospital
<b>Oct 30-31</b>	New Brunswick, NJ	Children's Specialized Hospital

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\$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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Limited enrollment. We encourage you to register online!

### Therapeutic Evaluation and Treatment of Toe Walking/Persaud

☐ March/MN   ☐ Oct/MA   ☐ Oct/NJ

#### Course Registration Form

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City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

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Needed in the event of an emergency scheduling change

Email: \_\_\_\_\_

Please clearly print your email address for course confirmation

Employer: \_\_\_\_\_

Discipline: \_\_\_\_\_ Specialty: \_\_\_\_\_

How did you learn of this course \_\_\_\_\_

Education Resources reserves the right to cancel any course due to insufficient registration or extenuating circumstances. Please do not make non-refundable travel arrangements until you have called us and received confirmation that the course will be held. We are not responsible for any expenses incurred by participants if the course must be cancelled.

☐ I have read your refund policy above and understand.

Additional Online Course Series:

- ☐ Utilizing the ACT (Assessment Criteria for Toe Walking) and Outcomes and Footwear Modification to Improve Outcomes - \$79
- ☐ The Role of Vision and Reflexes - \$99
- ☐ Red Flags for Referral and Intervention Strategies - \$99
- ☐ Complete online series (save \$48)

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