

Ambulation, Activity and AFOs:

Addressing the Ankle to Improve Gait and Function-ONLINE

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 On-Demand, Online 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 influences on foot and ankle dysfunction.
- 2 Interpret a detailed foot and ankle examination including gait dynamic, neuromotor function, and musculoskeletal findings.
- 3 Develop a comprehensive plan of care for the foot and ankle to improve gait in the context of supporting best structural outcome.
- 4 Select treatment techniques to address relative flexibility and promote progressive strengthening in foot and ankle for function.
- 5 Recommend orthotic interventions to maximize short- and long-term functional gait skills.

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.

Help your patients achieve better outcomes.

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Credits

Continuing Education Hours for disciplines not listed below: 11.0 contact hours (1.1 CEUs).
Intermediate level. License # _____.



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This course can be used toward your NBCOT renewal requirements for 11 units. Provider for the FL Occupational Therapy Association CE Broker for 13 CE Hours. Application has been made to the NJ State Board of Physical Therapy Examiners for 11 CEC's. Approved sponsor by the State of IL Department of Financial and Professional Regulation for Physical Therapy for 35 contact hours. The Illinois Early Intervention Training Program has approved this event for ___ hours of EI credential credit in the area of Intervention. Approved provider by the NY State Board of Physical Therapy for 13 contact hours (1.3 CEUs). Education Resources is an approved agency by the PT Board of CA for 11 contact hours. Approved by the APTA Kentucky, A Chapter of the American Physical Therapy Association, for 11 Category 1 contact hour(s). Expiration Date: 3/6/23, approval #CS64-2010-KPTA. This activity is provided by the TX Board of PT Examiners accredited provider #2210017TX for 11 CCUs and meets continuing competence requirements for PTs and PTAs licensure renewal in TX. 11 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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Develop a systematic approach to the evaluation and treatment of toe walking (including biomechanics and sensory processing) in order to devise an effective treatment plan that produces successful long-term outcomes.

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Increase your effectiveness of the evaluation and treatment of equinus gait by incorporating vision/reflexes, the ACT tool and red flags into your approach to address toe walking.