

PRE-CONFERENCE SYMPOSIUM

Adult & Pediatric Biomechanics Master Class | Thursday, October 24

ACCREDITATION

This activity has been planned and implemented in accordance with the standards and requirements for approval of providers of continuing education in podiatric medicine through a joint provider agreement between The Podiatry Institute and Region One Podiatric Medical Association. The Podiatry Institute is approved by the Council on Podiatric Medical Education as a provider of continuing education in podiatric medicine. The Podiatry Institute has approved this activity for a maximum of 6 continuing education contact hours.

COURSE DESCRIPTION

This one-day program examines both the science and practice management of biomechanics, orthotics of all ages. It will include both lecture and hands on workshops that will cover the A-to-Z's of running a successful foot orthotic program. The program will offer attendees an over-view of the normal development of a child's foot, normal and pathological foot biomechanics and how to classify pediatric and adult foot types, specialized content on pediatric biomechanics conditions, and marketing strategies on how to expand your orthotic and bracing program. Practitioners will be participating in a hands on biomechanics lab that will show them first hand how to biomechanically characterize and treat almost any foot type.

OVERALL STUDENT OBJECTIVES

- 1 Gain a comprehensive biomechanical understanding of the Pediatric Foot
- 2 Learn the principals of torsion and how that affects the developing body
- 3 Gain a comprehensive biomechanical understanding of the Adult Foot
- 4 Understand biomechanical foot typing through a hands-on lab
- 5 Perfect a Biomechanical & Orthotics Protocol
- 6 Learn how to Grow and cultivate a more Pediatric based niche

8:30 AM - 10:00 AM

Comprehensive Biomechanical Understanding of the Pediatric Foot

Louis DeCaro, DPM

Objectives:

- Understand the most common foot and ankle pathologies associated with podopediatrics and adult foot types involving orthotic treatments. Age specific protocols will be discussed.
- Understand the long-term implications of foot types in starting with children and their correlation and prevention of many common adult kinetic chain pathologies including but not limited to bunions, hammertoes, neuromas, plantar fasciitis, and other common podiatric adult complaints.
- Understand how to select the appropriate orthotic design and selection based on pathological foot-type.

10:00 AM - 11:00 AM

Pediatric Torsion to Toe Walking - Why it all Matters and How to Manage it Comprehensively

Louis DeCaro, DPM

Objectives:

- Identify torsional and other transverse plane deformities of the lower extremity and describe how to evaluate and diagnose them in static and dynamic exam
- Discuss the significance of torsional and other transverse plane deformities in altering normal gait and normal foot function
- Discuss treatment options for torsion, other transverse plane deformities and resultant compensatory pedal deformity

11:00 AM - 12:00 PM

Growing your Podopediatrics Practice

Louis DeCaro, DPM

Objectives:

- To identify potential referral sources such as other medical practitioners, athletic directors, school nurses and other professionals in your referring area.
- To learn how to use your internal marketing structure to educate your community about the pediatric aspect of your practice.
- To learn how to utilize existing adult patients and link the genetics of their conditions to explain why they should have their kids examined.

12:00 PM - 12:30 PM

Lunch

12:30 PM - 2:00 PM

Comprehensive Biomechanical Understanding of the Adult Foot

Roberta Nole, PT

Objectives:

- Understand how to identify the basic biomechanical principles of the foot and lower extremity as a function of gait, and recognize the affect pathological foot conditions have upon normal gait.
- Understand a way to be able to differentiate between a compensated and uncompensated rearfoot varus deformity and their affect on gait. Thus the ability to differentiate between common pathological foot-types.
- Understand how to select the appropriate orthotic design and selection based on pathological foot-type.

2:00 PM - 4:00 PM

Hands on Biomechanics Foot Typing Lab

Roberta Nole, PT & Louis DeCaro, DPM

- Learn to perform visual static and dynamic gait analysis, interpreting key weight bearing compensations in order to differentially interpret a patient's foot type.
- Understand how to implement the algorithmic process to classify an individual's foot into one of 6 major foot, or "quad" types.
- Understand how the specific gait sequencing of each foot type may predispose an individual to a certain set of pathologies.

Lab sessions will include foot typing fellow practitioners and actual fitting of functional foot orthoses, At the conclusion of this program, each practitioner will leave this program skilled in a more functional approach to foot and gait assessment, allowing them to return to their clinic with the ability to offer their patients a more accurate orthotic solution.

DPMS, CPED, OR PT
\$150.00

ASSISTANTS
\$99.00