Therapeutic Evaluation and Treatment of Pediatric Equinus Gait (Toe Walking)

Learning Objectives
At the end of this course, participants will be able to:

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. Describe the role of vision and reflexes in equinus gait.
7. Identify methods of assessment of reflexes.
8. Apply techniques of reflex integration.
9. Apply decision making skills by use of the ACT!
10. Assess the modification of shoes & orthoses

Location / Dates
134 Infield Court
Mooresville NC 28117
Friday, November 2nd - Sunday, November 4th, 2018

Upcoming Courses
• Eyesight to Insight
• Regulation and Trauma
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http://pediatricadvancedtherapy.com/continuinged.php
for information about upcoming courses
Therapeutic Evaluation and Treatment of Pediatric Equinus Gait (Toe Walking)

Instructor Bio
Liesa M. Persaud, PT, DPT, PCS, CKTP is a licensed physical therapist with 26 years experience in the field of adult and pediatric therapy. Additionally, she has educated health care professionals, both nationally and internationally, in advanced treatment techniques, specialized practical training and consultative services. She has worked in a variety of settings, including private pediatric and adult clinics, schools, private homes, hospitals and long-term care facilities. Ms. Persaud is a Credentialed Clinical Instructor and also teaches human anatomy, physiology and nutrition at Tulsa Community College. She received her Associate’s Degree in 1993 and worked as a physical therapist assistant while completing her Bachelor of Science Degree in Organizational Leadership from Southern Nazarene University. Ms. Persaud earned her Master’s Degree in Physical Therapy in 2003 and continued to expand her expertise in the field. She received her post-graduate Doctorate from Rocky Mountain University of Health Professions in Pediatric Science and is a Board Certified Specialist in Pediatric Physical Therapy. Her wide range of clinical experience, organizational leadership, and proficient teaching skills make her an exciting and compelling instructor!

Course Description
This seminar 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 re-occurrence 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.

As requested by previous participants, Day 3 continues with further detail on the role of reflexes & vision in equinus gait, specifically the assessment, implications & intervention. In addition, practical application of the assessment process for the modification of shoes & orthoses is presented. Previously introduced, the ACT! (Assessment Criteria for Toe walking) is further utilized in a guided, evidence-based, detailed, decision making process for provided case studies.

Who should attend
- Physical Therapists
- Physical Therapy Assistants
- Occupational Therapists
- Occupational Therapy Assistants

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## Course Schedule - 22.5 Contact Hours

### Day One - Friday (8:00am-5:30pm)

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>7:30-8:00</td>
<td>Registration</td>
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| 8:00-10:15 | IDEAL GAIT & EQUINUS GAIT  
  - Definition of Idiopathic Toe Walking  
  - Problems & concerns regarding an equinus gait pattern  
  - Components of normal gait & gait development  
  - Characteristics of equinus gait |
| 10:15-12:00 | BIOMECHANICS  
  - Necessity of a stable base  
  - The influence of an anterior center of mass  
  - Muscle Balance Theory |
| 12:00-1:00 | Lunch  
  - Passive ankle DFROM measurement technique: R1 & R2 (LAB)  
  - Biomechanics (cont’d.)  
  - Dynamic Response Ankle Foot Orthosis  
  - Orthoses  
  - Posting wedges & calcaneal eversion (LAB)  
  - Biomechanics (cont’d.)  
  - Transverse plane movement & ankle strategies  
  - Biomechanical training aids |
| 5:30pm | Day 1 ENDS |

### Day Two - Saturday (8:00am-5:30pm)

<table>
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<tbody>
<tr>
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| 8:00-10:00 | KINESIOLOGY  
  - Physiology  
  - Passive stretching  
  - Manual therapy  
  - Myofascial release*  
  - Muscle lengthening strategies  
  - Muscle strength: soleus, eccentric exercise, NMES, Therapeutic Taping |
| 10:15-12:00 | (LAB)  
  - Muscle lengthening technique: an alternative to stretching  
  - NMES technique  
  - Therapeutic Taping: DF assist, Gastroc inhibition, transverse abdominus & oblique facilitation |
| 12:00-1:00 | Lunch  
  - Sensory Processing  
  - Consideration of the sensory systems: tactile, vestibular, visual, proprioceptive, emotional |
| 1:00-2:30 | (LAB)  
  - Assessment: Criteria, Results & Intervention  
  - Birth history  
  - Developmental history  
  - Vision  
  - Differential diagnoses  
  - Etiology |
| 2:45-5:30 | Assessment with regards to Toe Walking  
  - Anatomy, Diagnosis, & Incidence |
| 4:00pm | Day 2 ENDS |

### Day Three - Sunday (8:00am-4:00pm)

<table>
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<tbody>
<tr>
<td>7:30-8:00</td>
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| 8:00-8:30 | ROLES OF REFLEXES, VISION & BRAIN BALANCE IN TW  
  - Reflex assessment & remediation  
  - Vision screening & intervention  
  - Brain Balance significance, assessment & home programming |
| 8:30-10:00 | PRACTICAL APPLICATION OF ASSESSMENT PROCESS FOR MODIFICATION OF SHOES & ORTHOSES  
  - Posting wedges & calcaneal eversion  
  - Forefoot & Rearfoot wedges  
  - Orthoses & shoes styles modifications |
| 10:30-12:00 | (LAB)  
  - Reflex assessment & remediation  
  - Vision screening & intervention  
  - Brain Balance significance, assessment & home programming |
| 12:00-1:00 | Lunch  
  - GUIDED DECISION MAKING PROCESS, WITH SPECIFIC CASE STUDY, AS A LARGE GROUP  
  - Subjective information & indications  
  - Objective data & use  
  - Assessment criteria & implications  
  - Plan & goals  
  - Plan of Care establishment & progression |
| 1:00-2:30 | (LAB)  
  - GUIDED DECISION MAKING PROCESS, WITH ILLUSTRATED CASE STUDY, AS SMALL GROUPS  
  - Information Gathering  
  - Goal Setting  
  - Plan of Care Modifications  
  - Critical Thinking |
| 4:00pm | Day 3 ENDS |

### CEU Policy

22.5 contact hours, 2.25 CEUs

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## Cancellation Policy

A refund/voucher towards future course will be issued to all participants when a course is cancelled. This will be completed by check payment or credit card refund, dependent on method of payment utilized by course attendee. Option to select voucher/refund at the participants preference.

Cancellations received no less than 10 days before the course are refundable minus a $50 administrative fee. No refunds will be issued for cancellations after this deadline.

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Return registration form by mail, email or fax to:

Pediatric Advanced Therapy  
Mail: 134 Infield Court Mooresville, NC 28117  
Fax: 704-799-6825  
Phone: 704-799-6824  
Email: continuinged@pediatricadvancedtherapy.com
Pediatric Equinus Gait (Toe Walking) Therapeutic Evaluation and Treatment of

Learning 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 techniques in order to identify precipitating factors. Describe the role of vision and reflexes in producing toe-gait.
5. Develop an organized examination plan and design an effective treatment plan for the pediatric patient.
6. Describe the role of vision and the development of abnormal reflexes in producing toe-gait.
7. Develop an organized examination plan and design an effective treatment plan for the pediatric equinus gait population.
8. Apply effective examination techniques in order to identify precipitating factors. Describe the role of vision and reflexes in producing toe-gait.
9. Describe the role of vision and the development of abnormal reflexes in producing toe-gait.
10. Assess the modification of shoes & orthoses.