

New Paradigms in Pediatric Foot and Ankle Deformity Management

Instructor:

Beverly Cusick, PT, MS, C/NDT, COF

Education

1972 - BS in PT from Bouve College at Northeastern University (Boston), summa cum laude.

1988 - MS in Clinical and College Teaching for Allied Health Professionals - University of Kentucky in Lexington.

Work Experience

41 years in clinical and university settings and in private practice.

Publications

- Help Patients Manage Equinus Deformity. O&P Business News, 2011; April: 74-77.
- Orthotic Management of Low-Toned Children: The Earlier the Better (Co-author). O&P Edge. 2011; April: 24-29.
- Serial Casting and Other Equinus Deformity Management Strategies for Children and Adults with CNS Dysfunction (2010) by Beverly Cusick, published by GaitWays.
- Foot Talk (2009), a 2-hour lecture on functional foot anatomy and closed chain biomechanics, accompanied by a set of Power Point handouts of the same lecture.
- Progressive Casting and Splinting for Lower Extremity Deformities in Children with Neuromotor Dysfunction. (1990)

And numerous other publications, manuals, textbook chapters, and journal articles dating back to 1979.

Target Audience

This course is designed for the practitioner who has experience in working with children with CNS dysfunction, including physical therapists, orthotists, pediatric orthopedists and physical medicine and rehabilitation physicians.



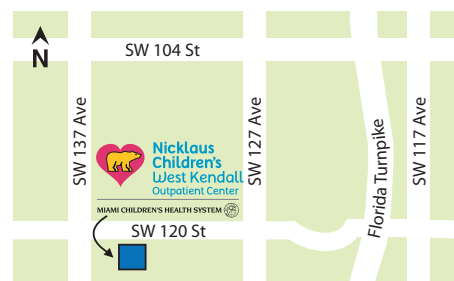
Clinical Teaching

- Associate Professor for the Rocky Mountain University of Health Professions - Pediatrics Program - Provo, Utah.
- Guest lecturer for annual conferences of the APTA, the NDTA, and the American Academy of CP and Developmental Medicine, in the US and Canada; the ISPO Consensus Conference for Orthotics in CP; the British Association of Prosthetists and Orthotists; and the American Academy of Orthotics and Prosthetics.
- Instructor of more than 400 courses by invitation only in the USA and 18 other countries.
- Since 1993, Ms. Cusick has resided in Telluride, CO where she maintains a private practice, devoting most of her professional effort to generating literature and educational materials, to teaching, and to developing therapeutic products, including her invention, TheraTogs orthotic systems, and the new TherAlign Dragonfly TLSO System.

December 1-4, 2016

Nicklaus Children's
West Kendall Outpatient Center

13400 SW 120 Street, Second Floor
Miami, FL 33186

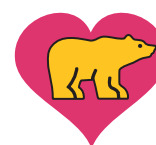


CEUs:

- Part 1 (December 1&2) - 15.75 Contact Hours
- Part 2 (December 3&4) - 18 Contact Hours.
- Enrollment is limited to Nicklaus Children's Hospital staff members.

Cost:

- Day 1&2 \$350 for Nicklaus Children's Employees
- Day 1&2 \$420 for outside participants
- Day 1-4 \$550 Only for Nicklaus Children's Employees



**Nicklaus
Children's
West Kendall
Outpatient Center**

MIAMI CHILDREN'S HEALTH SYSTEM

To register, please contact Leslie Gutierrez at 305-662-8282 or go to nicklauschildrens.org/CusickCourse

Foot Course Program Schedule

The course will proceed on the assumption that assigned pre-course materials have been reviewed in full.

Part 1

(Open to Nicklaus Children's employees and outside participants)

Day 1 - Thursday

- 7:45 a.m. Arrive, sign in, settle in
- 8 a.m. Review of Functional Anatomy & Closed-Chain Function of the Subtalar & Midtarsal Joints Using Plane-Based Terminology
- 9:15 a.m. Standing Lab
- 9:30 a.m. Short Break
- 9:45 a.m. Kinematics Feed Kinetics – Ideal Ankle & Foot Function in Gait
- 10:30 a.m. Development and Assessment of Ankle DFROM – R1 & R2
- 11:15 a.m. Sagittal Plane Posting: Principles & Strategies
- 12 p.m. Lunch
- 1 p.m. Review of Planar Motions and Deviations in the Foot
- 1:15 p.m. Name That Foot Deformity!
- 2 p.m. Short Break
- 2:15 p.m. Foot Assessments Overview – OKC and CKC
- 3 p.m. Limb Length Assessment – New Developments
- 3:15 p.m. Bringing Movement Systems Analysis to Pediatric for Foot Deformity Management
- 4 p.m. Short Break
- 4:15 p.m. Introduction to Foot Pathomechanics and Posting Strategies
- 5:15 p.m. Questions & Discussion

Day 1 Didactic Contact Hours: **7.75**

Day 2 - Friday

- 7:45 a.m. Arrive, sign in, settle in
- 8 a.m. Review of Planar Motions and Structural Deviations in the Foot
- 8:15 a.m. Somatosensory Contributions to Foot & Ankle Development and Function
- 9 a.m. Features of Typical Foot Development
- 9:45 a.m. Short Break
- 10 a.m. Spasticity (?) in Foot Deformity Development and Management in Diplegic CP
- 11 a.m. Goal-Based Review of Orthotic Options
- 12 p.m. Lunch
- 1 p.m. Frontal-Plane Posting
- 1:30 p.m. Below-Knee Serial Casting Principles
- 2 p.m. Short Break
- 2:15 p.m. Workshop: Processing Assessment Findings to Plan Targeted Orthotic Modifications & Design for a Videotaped case.
- 4 p.m. Review workshop cases
- 5:15 p.m. Questions & Discussion
- 5:30 p.m. Adjourn

Day 2 Didactic Contact Hours: **8.0**

Part 2

(Open Only to Nicklaus Children's Hospital Physical Therapists)

Day 3 - Saturday (Lab, Long Day)

Please bring lab clothes – We need to see knees.

- 7:45 a.m. Sign in and settle in. No formal breaks during lab. Graze at will.
- 8 a.m. Open-Chain Assessments - Land-marking and assessing the congruent foot
- 10 a.m. Open-Chain Assessments – Ankle and foot joint ROM, limb lengths, Morton's
- 12 p.m. Lunch
- 12:45 p.m. Repeat foot congruity assessments with a new partner
- 2:15 p.m. Closed-Chain Foot Assessment Procedures
- 3:30 p.m. Repeat Open and Closed-Chain Assessments with a new partner
- 5:15 p.m. Posting Demonstration
- 6 p.m. Adjourn

Day 3 Lab Contact Hours: **9.25**

Day 4 - Sunday

Please bring shoes with removable insoles and lab clothes.

- 7:45 a.m. Sign in and settle in
- 8 a.m. Design a posting plan and post your own shoe using your own findings
- 9:30 a.m. Short break
- 9:45 a.m. Case Presentation – Foot and ankle assessments and orthotic eval/posting (if possible) for an amiable child with orthotic needs.
- 12 p.m. Lunch
- 1 p.m. Repeat OKC assessments with a new partner
- 2 p.m. Set up for lab with amiable children with orthotic needs – ages 3 thru 9 years
- 2:15 p.m. Supervised assessment lab with children. Teams work in groups of 3.
- 5 p.m. Clean up – complete evaluations
- 5:30 p.m. Adjourn

Lab contact hours: **8.75**

Total didactic hours (Part 1): **15.75**

Total Lab hours (Part 2): **18.00**

Total contact hours for Parts 1 & 2: **33.75**