2-DAY LIVE WEBINAR

Footprints Physical Therapy

A REVIEW OF

DEVELOPMENTAL ORTHOPEDICS

A REVIEW OF OPERATING PROCESSES WITH IMPLICATIONS FOR MANAGEMENT

INSTRUCTOR: **Beverly Cusick, PT, MS, NDT, COF/BOC**

UPDATED & RESTRUCTURED TO WELCOME ORTHOTISTS & OCCUPATIONAL THERAPISTS

DAY 1: ORTHOPEDIC DEVELOPMENTAL PROCESSES

DAY 2: LE TORSIONAL CHANGES ASSESSMENTS, MANAGEMENT

TARGET AUDIENCE:

DAYS 1&2: PT, PTA, OT, ORTHOTISTS
DAY 1: Only OTs eligible for this option

LEVEL: INTERMEDIATE
(PRE-COURSE READINGS ARE ASSIGNED)

DATES: APRIL 11 & 12, 2021
DAY 1: 8AM-4:30PM EST
DAY 2: 8AM-5PM EST

Continuing Education Units*:

DAY 1: 7 Contact HRS

DAYS 1&2: 14.25 Contact HRS

**APPROVED BY NYSED PT STATE BOARD, IL, ACEND, ABC & AOTA
*NJ PT APPROVAL PENDING**

This course content is not intended for use by any participants outside the scope of their license or regulation

COURSE FEES:

DAY 1: $215 *Available only to OTs*

GROUP RATE (MIN 4): $200 each

DAYS 1 & 2: $315

GROUP RATE (MIN 4) $300

TO REGISTER:

Visit Us At:

FootprintsCEU.COM

Email us:

footprintsphysicaltherapy@gmail.com

Call Us: 845-513-6607

Deformity Development in relation to:

- Massed practice, laxity, prematurity
- Use history in postural malalignment
- Movement strategies in the presence of inadequate postural control

Management strategies are related to:

- Bodyweight distribution onto the base of support
- Routine functioning joint alignment
- Musculoskeletal assessment findings

Day 1: This program begins with an overview of skeletal modeling mechanisms and a detailed discussion of the biomechanics and kinesiology of typical postural control acquisition. Instructor relates orthopedic development of the trunk and extremities to the innate drive to gain and maintain the upright position, somatosensory input, functioning alignment, competent bodyweight shifting, and massed practice. She discusses faulty routine limb use and deformity development in the context of postural control deficits bringing principles of S.A. Sahrmann's Movement Systems Analysis and Targeted Training to the process of evaluating and managing muscle contractures. A deeper understanding of these underlying mechanisms will provide the clinician with new strategies for optimizing upper & lower limb use and orthopedic development.

Day 2: The Instructor discusses in detail the orthopedic development of the lower limbs in the transverse plane, related musculoskeletal assessments, and clinical implications of the findings. She also addresses the role of the foot as a contributor to and a product of orthopedic development. The relevance of the findings obtained in the musculoskeletal assessment to target selected interventions will be made evident in videotaped cases.

Course Objectives:

- Distinguish between strain and load in skeletal modeling.
- Describe the influences of compression, tension, and shear loads on developing bones and joints.
- Relate postural control acquisition to limb use and orthopedic development.
- Explain the somatosensory benefits of optimizing the postural base of support.
- Identify features of ideal and pathological torso and limb alignment at different stages of development.
- Describe the influence of typical neonatal lower limb alignment on motor skills acquisition.
- Explain the influences of foot pronation/supination on bodyweight displacements.
- Relate competent and compromised weight shifting to emerging limb use.
- Describe the swing limb torque generator in gait & relate it to changes in long bone torsion.
- Explain the relationship between the innate drive for verticality, functioning bodyweight carriage, and the development of common LE contractures.
- Name 4 LE musculoskeletal assessments that can identify the source of the foot progression angle in gait.
- Differentiate between femoral anteversion & antetorsion & explain how that distinction relates to the safe use of orthotic & therapeutic interventions.
- Discuss the role of the foot in orthopedic development.
- Distinguish typical from pathological features of developing lower limb alignment in the first 8 years.