
Part 2: Lab Course Description

LEVEL: INTERMEDIATE – Lab enrollment is limited to 12 participants and 6 auditors.

TARGET AUDIENCE: Part 2 enrollees must have attended Part 1 of this program within the past 2 years.

Labs feature closely-supervised trials of several ankle and foot assessment procedures, with findings applied to orthotic posting and design. Materials will be provided for 1.5 days of training in fabrication of two types of below-knee casts, and for undertaking posting trials to preview effects of proposed orthotic modifications.

Lab Course Objectives

Participants completing the *lab sessions* of this course are expected to be able to:

- § Demonstrate novice skill in musculoskeletal assessment of the ankle and foot in the open and closed chains.
- § Bring the principles of orthotic posting to the findings obtained in assessment lab, and formulate an orthotic design plan.
- § Demonstrate novice skill in undertaking an informed, targeted, temporary and exploratory posting trial.
- § Demonstrate novice skill level in the fabrication, check-out, and posting of at least 2 types of below-knee cast used for contracture reduction and neuromotor re-education using a combination of plaster and fiberglass cast tape and a polymer “soft” cast tape.

Part 2 – Lab Program Schedule

DAY 3 – SEMINAR (PM) –ASSESSMENT LAB SESSIONS

Start	DESCRIPTION	Contact Hrs
2:00	LAB: Land-marking the Foot and Ankle for Open-Chain Assessments: Foot in Congruity, Foot Joint ROM, Ankle DFROM – Teams of 2 evaluate each other	1.50
3:30	Short Break	00
3:45	LAB: Resume OKC Assessments	1.75
5:30	Adjourn	
	Total lab contact hours:	3.25

BRING YOUR LUNCH TOMORROW

DAY 4 – CLOSED-CHAIN ASSESSMENTS & BEGIN CAST FABRICATION

Start	DESCRIPTION	Contact Hrs
8:15	Sign in	00
8:30	LAB: Closed-Chain Assessments on each other	1.00
9:30	Short Break – 15 min	00
9:45	Workshop: Generate a Posting Plan for Your New Partner (one foot)	.50
10:00	LAB: Post one insole for your new partner	1:50
11:30	DEMO: FlexCast Fabrication, Posting	00
12:00	Short Lunch (45 min)	00
12:45	LAB: FlexCast Fabrication, Posting, & Removal – <i>Teams of 2</i>	2.25
3:00	Short Break – 15 min.	00
3:15	DEMO & LAB: Footboard Fabrication	2.25
5:30	Clean up and adjourn	00
5:45	Adjourn	Lab contact hours: 7.50

BRING YOUR LUNCH TOMORROW.

DAY 5 –CAST FABRICATION LAB – *TAKE BREAKS AS NEEDED.*

Start	DESCRIPTION	Contact Hrs
8:15	Sign in – Breakfast	00
8:30	DEMO & LAB: Plaster & Fiberglass or SoftCast Combo – Fabrication, Posting	3.50
<i>No formal breaks – graze at will.</i>		
12:00	Lunch on premises	00
12:30	Demo & LAB: Combination Cast Removal	1.00
1:30	DEMO & LAB: Footboard-FlexCast Fabrication	.50
2:00	Make your second cast or repeat a foot assessment .	
5:15	Clean up – complete course evaluations and exchange them for certificates	00
5:30	Adjourn	00
		Lab contact hours: 7.00
		Subtotal – Lab Hours

Thank you, and safely home.